

# THE Spotlight

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May 8 - May 14, 2019

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## NEWS Revisiting 'Revisited'

Library hopes to preserve town's 'bicentennial story.'

Story on Page 3

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## TOP STORY

# Stuff of nightmares

Bethlehem Central Middle School to present "Nightmare on Kenwood"

By **DIEGO CAGARA**

cagarad@spotlightnews.com

◀ The Bethlehem Central Middle School will present a four-act original production, adorned with shivering thrills, iridescent costumes, familiar horror-themed storytelling, and what co-director William Reilly promises to be a surprise ending.

**BETHLEHEM** — Halloween may be five months away but spooky tales will take center stage at the Bethlehem Central Middle School with its Stage Creations' "Nightmare on Kenwood" production from Thursday, May 9 through Saturday, May 11.

"Nightmare on Kenwood" is an original stage production written by William Reilly who also serves as its co-director, alongside Michelle Grogan.

Divided into four so-called acts, it also combines several classic thrillers including William Shakespeare's "Macbeth," W.W. Jacobs' 1902 supernatural short story, "The Monkey's Paw," Edgar Allen Poe's 1842 short story "The Masque of the Red Death" and Mary Shelley's 1818 novel, "Frankenstein." Numerous famous figures like Cleopatra and Julius Caesar will also be portrayed in this 90-minute production.

Diego Cagara /  
Spotlight News

**Continues on page 9**

## ENTERTAINMENT



**All hail!**

Albany's Tulip Festival kicks off this Saturday.

Story on Page B1

## SPORTS



**32 (and counting)**

Bethlehem tennis is on a roll.

Story on Page 7

# Home Improvement & Gardening Pages

- STYLISH DESIGNS • INNOVATIVE IDEAS
- HOME IMPROVEMENTS

**INSIDE THIS ISSUE**

## ■ POLICE, COURTS, and EMERGENCY CALLS

### Body found

**BETHLEHEM** — Bethlehem police identified a body, that was discovered at 6:11 a.m. on Saturday, May 4 in the Hudson River at Henry Hudson Park, as a 66-year-old man who committed suicide.

While his name was not revealed, he had been reported missing since March. According to reports, an autopsy was scheduled for Sunday, May 5 at Ellis Hospital and determined that no foul play was involved.

The body had been found by two people fishing in the park and the police and Selkirk Fire Department responded to the scene. A Selkirk Fire Department boat helped remove the body from the river. Police had reviewed missing persons cases as part of the investigation.

### Larceny charges

**GLENMONT** — A 68-year-old Albany woman was arrested on Saturday, April 20 at 9:30 a.m. on larceny-related charges.

According to police reports, an unnamed individual reported to Bethlehem police that her wallet was stolen at the Glenmont Walmart location.

Upon reviewing the surveillance footage, police saw that Naseema Khan stole the individual's wallet. Khan was then arrested and the police determined that she did not spend any of the money yet and hid the wallet in the store's breakroom. The stolen items were returned safely.

Khan was transported to the Bethlehem Police Department where she was processed and released with a scheduled return court date of Tuesday, May 21 at 5:30 p.m.

Khan was charged with a grand larceny felony and a petit larceny misdemeanor.

### Mistreatment

**BETHLEHEM** — Bethlehem police arrested a 32-year-old Troy woman on Wednesday, May 1 in relation to physically injuring a disabled person.

A Center for Disability

Services group home, for physically and mentally disabled people in Delmar, first reported possible inappropriate care of a consumer there. Bethlehem police and the New York State Justice Center for the Protection of People with Special Needs then began a joint investigation.

According to reports, they determined that Tracey-Ann L. Gardner, an employee at the group home, mistreated and injured a physically disabled individual there. She then allegedly falsified records in a patient treatment record to pretend that it did not happen.

After her arrest, Gardner was arraigned in the Town Court; she was released under the supervision of probation and has a return court date on Tuesday, May 7 at 4 p.m. She was charged with endangering the welfare of an incompetent or physically disabled person; falsifying business records; and assault.

Anyone with more information about this case should contact Bethlehem police at 518-439-9973.

## ■ COMMUNITY

### Honoring locals

**BETHLEHEM** — Bethlehem Grange 137 will honor Albany County Sheriff Craig Apple and recognize Damien Verga, an A.W. Becker Elementary School teacher, at Bethlehem Grange 137's Community Awards Ceremony on Wednesday, May 15 at 6 p.m.

The public is invited to join in acknowledging the two individuals' outstanding service to the community. The ceremony will be followed by refreshments and a meeting of Bethlehem Grange's membership, which the public is invited to attend to learn about the Grange and its improved Grange Hall.

Bethlehem Grange 137 is located on 24 Bridge St. in Selkirk and is handicap-accessible.

### Craft Fair and Plant Sale

**BETHLEHEM** — Bethlehem Grange 137

will be holding a Craft Fair & Plant Sale on Saturday, May 18 from 9 a.m. to 4 p.m.

The event will offer gift ideas for family and friends; there will also be a bake sale, coffee, tea, soda, lunch and snacks. Vendors interested in renting a space for the event are encouraged to contact Jackie Schrom at 518-810-6031 as few spaces are still available.

All proceeds will benefit the Revitalization Committee of Bethlehem Grange 137 to continue its community service projects and maintenance of its historic building. Bethlehem Grange 137 is located on 24 Bridge St. in Selkirk and is handicap-accessible.

### Donations

**BETHLEHEM** — Bethlehem Grange 137 will begin accepting donations of new and gently-used items on Monday, May 20 for its June garage sale.

Such items may

include collectibles, toys, puzzles, games, linens, household and decorative items, jewelry, holiday items, books, clothing, fabrics, music records, flower pots, and more. Tires, television sets and computers are not accepted. Donors can drop off items after arranging to meet with a Bethlehem Grange member first.

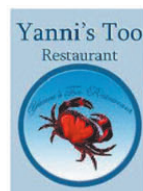
To arrange for a delivery or pickup, contact Carol Carpenter at 518-438-8862 (home) or 518-421-1384 (cell); or Vern Starr at 518-567-4294 (cell); or Jackie Schrom at 518-810-6031 (cell); or Charles Ryan at 518-227-8954 (cell).

The garage sale will be on June 7, 8, 14 and 15 from 9 a.m. to 4 p.m. All proceeds will benefit the Revitalization Committee of Bethlehem Grange 137 to continue its community service projects and maintenance of its historic building. Bethlehem Grange 137 is located on 24 Bridge St. in Selkirk and is handicap-accessible.



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■ COMMUNITY

# Revisiting the town's history

Preserving the past for future access

By **DIEGO CAGARA**  
cagarad@spotlightnews.com

**BETHLEHEM** — The local public library hopes to post an online version of a rare 1993 book, "Bethlehem Revisited: A Bicentennial Story" on its website within a month to continue preserving it and the town's history.

Town Historian Susan Leath said it "is really the only full-length general history book of Bethlehem" and contains 14 chapters with notes.

According to the April 24 Town Board agenda, the book was first authorized by the Town Board on Feb. 26, 1986 to be created by the Bethlehem Bicentennial Commission, a town committee which wrote about the town's history up until then.

1993, its publication, coincided with the town's bicentennial, or 200th anniversary, of its establishment from the town of Watervliet; this occurred on March 12, 1793.

It only had 22 printed copies when it was first published, which Leath

said "rapidly sold out." The library's director, Geoffrey Kirkpatrick, said that this was likely due to how the book mainly was of local interest, so readership was not expected to be high.

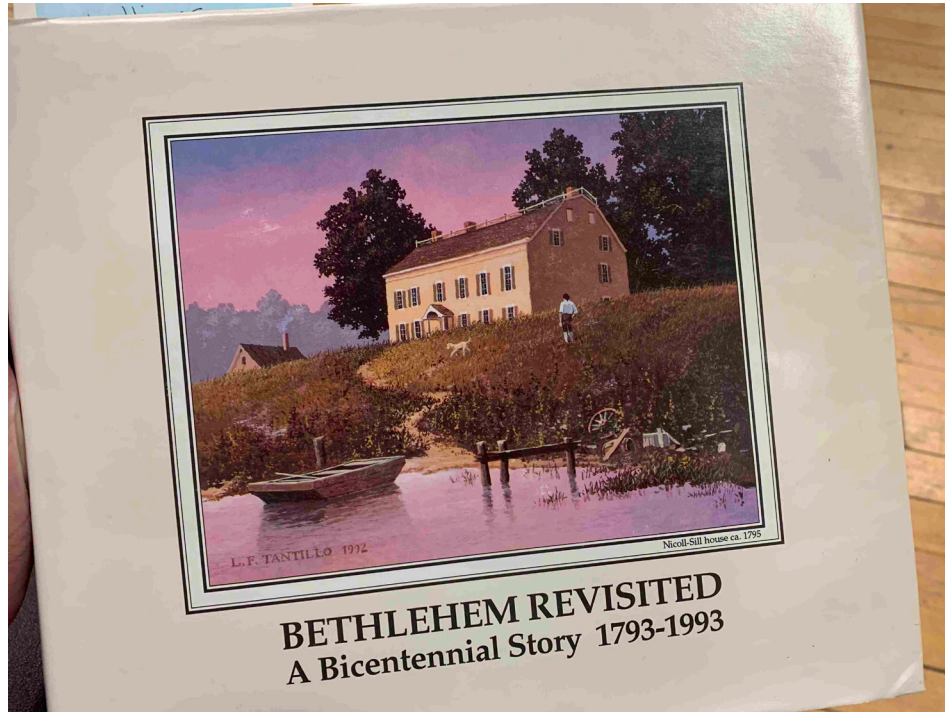
He added that printing books costs money which was likely another factor since the book was not, anticipating large sales.

Three copies are kept in the library — two are available for the public to access and the other is not for the sake of maximum physical preservation.

He said that the former two have been used by genealogists, living descendants who want to know more about the town or their ancestors' history, and students completing history-related assignments.

Leath said that she reached out to the library in early April to ask if its website could post an online copy of the book. "It's a great resource for anyone who wants to learn more about Bethlehem; plus, everyone does their research more online these days," she said.

Kirkpatrick said he welcomed the idea and "it fits well in our local history resources and I think it's fantastic whenever we can



Only 22 copies of this book, which details Bethlehem's history, was printed for the public. To preserve its information, the town and library plan to post an online version for easier access.

Diego Cagara / Spotlight News

collaborate with the town."

Speaking of which, Leath appeared before the Town Board during its April 24 meeting to request for their approval to have the book's online version posted on the library's website. The Town Board voted unanimously in favor of it.

Town Board member Jim Foster said he was

surprised to find that his grandmother was credited in the book for creating the title page's sketch.

"I was surprised, especially since she's not an artist," he said, generating some laughter throughout the town hall, although he suspected perhaps one of his grandmother's close friends actually created the sketch and his grandmother somehow "helped facilitate

it."

In a separate phone interview, Leath said she was inspired to have the book posted online because she had spoken over the phone with a woman living in Colorado in February.

She said the woman found out through the Bethlehem Historical Association that she was a descendant of slaves who

served Caesar Augustus and Ann Marie VanDeusen, a Bethlehem family, from 1799 to 1827.

The woman then contacted Leath via Facebook as she did not know there was a write-up about her descendants.

This experience caused Leath to realize that an online version of "Bethlehem Revisited: A Bicentennial Story" would be beneficial for people who cannot physically access the book, since there are no more available print copies.

"I want to get the book out there to a wider audience since people are so spread far and wide around the country and maybe the world but they have family here or they used to live here," she said.

Besides access, another reason for posting it online would be for preservation purposes.

"From the library's standpoint, preservation of a work like this, particularly given that it's a small print run, is so important and there's always a chance it could somehow get lost or destroyed like in a fire," said Kirkpatrick. "If you lose the work, you lost a

**Continues on 13**

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■ COMMUNITY

**Market opens**

**DELMAR** — The Saturday Delmar Farmer's Market is open for the 2019 season, held each Saturday at Bethlehem Central Middle School.

The Market features local, organic and natural farm products, baked goods, local and fair trade crafts, and fine musical performances. All our vendors come from within 35 miles of the market, and everyone is committed to sustainable production and packaging.

**Lupine Fest**

**ALBANY** — The Albany Pine Bush Preserve will host Lupine Fest on Saturday, May 18 from 10 a.m. to 4 p.m.

Fields of violet Lupine flowers and fluttering Karner blue butterflies set the stage. Visitors can enjoy nature walks, activities, music, games, crafts, food and more!

The Preserve is located at 195 New Karner Road, Albany.

**Restaurant Week returns to Bethlehem for the 8th year**

**DELMAR** — This year marks the eighth annual Bethlehem Restaurant Week, and the event is more popular than ever!

The 2019 crop of restaurants include 15 eateries representing an array of cuisine.

From Indian to Italian, and sushi to contemporary American, there's something for every palate to enjoy.

The promotion will begin Monday, May 13, and will run through Sunday, May 19.

For more information on the participating restaurants and to view their specialized Restaurant Week menus, visit [www.bethlehemchamber.com](http://www.bethlehemchamber.com).

Participating restaurants include Akira, Glenmont; Bellini's Italian Eatery, Slingerlands; Garden Bistro 24, Slingerlands; Mountain View Brasserie, Greenville; Nicole's Restaurant & Catering, Albany; Normanside, Delmar; O'Slattery's

Irish Restaurant & Pub, Delmar; Sam's Italian American Restaurant, Albany; Shogun Sushi and Sake Bar, Delmar; Swifty's Restaurant & Pub, Delmar; Taj Fine Indian Cuisine, Glenmont; Tomo Asian Bistro, Slingerlands; Track 32 Italian Restaurant & Pub, Feura Bush; Twisted Vine Wine & Tap, Delmar; and Gianni's Too, Coeymans.

Restaurants will be serving up a delicious array of three-course dinners for only \$25.

The event celebrates and showcases the Bethlehem area's restaurants and chefs.

Show your support for these local eateries by dining out at participating restaurants.

"Restaurant Week is an excellent way to support local small businesses," said Maureen McGuinness, President of the Bethlehem Chamber of Commerce. "Each of these restaurants help make Bethlehem the unique community that it is. We look forward to

welcoming our neighbors from around the Capital Region during this delicious week."

To stay up-to-date on this event and future Chamber events, please visit the Bethlehem Chamber website at [www.bethlehemchamber.com](http://www.bethlehemchamber.com) or call the Bethlehem Chamber office at 518-439-0512.

**About the Bethlehem Chamber of Commerce**

The Bethlehem Chamber maintains a membership of more than 450 businesses and serves the business communities of Delmar, Elsmere, Glenmont, North and South Bethlehem, Ravena, Selkirk, Slingerlands, and the surrounding areas. We are committed to providing ample opportunities for businesses both large and small to showcase, network, and promote their organization.



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■ COMMUNITY

# New body armor coming

Updating part of their inventory

By **DIEGO CAGARA**  
cagarad@spotlightnews.com

**BETHLEHEM** — The Bethlehem Police Department plans to have around 29 new ballistic body armor worth \$30,040.70 within three months, to replace their current inventory.

BPD Chief Louis Corsi had requested the Town Board's authorization back on Wednesday, April 24 to purchase the replacement body armor, and the board voted in favor unanimously.

The board's agenda indicated the "Town has been awarded a grant from the Bulletproof Vest Partnership (BVP), created by the Bulletproof Vest Partnership Grant Program Reauthorization Act of 2016, a U.S. Department of Justice initiative designed to



Spotlight file photo

provide a critical resource to state and local law enforcement."

However, the grant amount and when it was awarded were not listed. According to the BVP's online database, the city of Albany received an award of \$37,796 for the 2018 fiscal year.

The BVP program has provided over 13,000 jurisdictions across the country with \$467 million

in federal funds as a means to purchase around 1.3 million vests as of January 2019.

For the 2019 fiscal year, grant applications are accepted by the BVP from April 16 through May 28.

In Bethlehem's case, half of the purchase, exactly \$15,020.35, would be covered by the grant and the other half will be paid by BPD's own budget. Corsi said the

replacement body armor are in production now in the meantime.

When asked why purchase the replacement body armor now, Corsi said, "There's a recommended expiration date on every piece of body armor and the national Department of Justice looks at and evaluate them first. When they get through a certain age, we start going through the process of replacing them. Under general standards, after about six to seven years is when we should start replacing the body armor."

He did note that not all of BPD's body armor are due to be replaced at the same time but the order for 29 replacements was what was needed for now.


"Our officers deserve the best and we try very hard to maintain that," he concluded. "I'm also pleased we're able to keep up with the equipment purchases."



## Out in Nature

**GUILDERLAND** — About 60 Boy Scouts of America scouts and adult volunteers from five local troops spent the weekend of May 4 at Tawasentha Park in Guilderland. From Troop 24, 50, 75G, 83 and 264 across Guilderland, Altamont and Delmar, they did over 250 hours of volunteer work there, helping prepare the park for the busy summer season. They planted trees, cleaned up trails, blazed a new trail, and more.

Source: Suzy Pris

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LIBRARIES

# Reminisce with BPL

Adults 60 years and up are invited to take a trip down memory lane at Bethlehem Town Hall Friday, May 10, from 2 to 4 p.m. at a special sock hop-themed "Seniors" Prom, co-hosted by Bethlehem Public Library and Bethlehem Senior Services in conjunction with Bethlehem Senior Projects, Inc.

Poodle skirts and rolled up jeans will be the attire du jour, but feel free to dress your best in whatever strikes your fancy!

We'll be flashing back to a time when radio was king with the King himself, as prom guests get a chance to mingle with an oh-so-cool Elvis impersonator.

There will even be a green screen portrait opportunity that will put prom-goers in a classic car cruising down the open road!

Other photo ops include the "Malt Shop" and a



cutout jukebox. Cut a rug to live music by Betsy and the ByeGons, or just sit back and enjoy the tunes.

Light refreshments will be available.

Please register for the free Seniors Prom through Bethlehem Senior Services, Inc. by calling (518) 439-4955, ext. 1176.

The event takes place at Bethlehem Town Hall.

## 2019-20 library budget and info

The library has a proposed budget of \$4.3 million for the 2019-20 fiscal year.

The levy portion of that comes in at \$4 million – a proposed increase of 3.31 percent, within the state-mandated cap.

A detailed budget chart

is available online at [www.bethlehempublib.org](http://www.bethlehempublib.org), along with information about the candidates for the Board of Trustees and their statements from the library's Meet the Candidates night.

The library board will provide an overview of the budget at the Monday, May 13, meeting at 6 p.m.

Voting takes place Tuesday, May 21, from 7 a.m. to 9 p.m. at Bethlehem Central High School.

## Constructive conversation

The Better Angels Capital Region Alliance will be holding a moderated workshop at the library Saturday, May 11, that will focus on encouraging an atmosphere of listening and reflection among red and blue participants as opposed to debate.

The three-hour Red/Blue workshop begins at 11 a.m.

During that time, participants will work to debunk stereotypes, share what is most important to them, listen respectfully to others, disclose their own point of view and identify common grounds.

To register, email [betterangelscapitalregion@gmail.com](mailto:betterangelscapitalregion@gmail.com).

## Constructive conversation

Are you one of the thousands who have taken an Ancestry DNA test to learn more about your heritage or connect with distant relatives?

Maybe you are confused by the results or unsure of what they mean.

On Tuesday May 14, at 7 p.m., the library will be hosting "Understanding Your Ancestry DNA Test" with genealogist Lisa Dougherty.

She will discuss what you can expect

from a DNA test, along with DNA myths and interpreting ethnicity estimates.

## Other upcoming events

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

### Friday, May 10 Breakout EDU

Like an Escape Room, you will use puzzle-solving skills to unlock the box before time is up, 3:30 p.m. For ages nine through 14. Sign up online or call.

### Sunday, May 12 Sunday Cinema

Film series with titles suitable for adult audiences, 2:30 p.m. See [www.bethlehempublib.org](http://www.bethlehempublib.org) for a list of titles. Shown with Subtitling for the Deaf and Hard of Hearing

when possible. Kids and families welcome at this special showing about the return of everyone's favorite nanny.

### Monday, May 13 Open Sewing

Sewing machines will be available for independent projects, 6 p.m. Bring your own supplies. Volunteers may be on hand to assist you. Register for up to two sessions.

### Tuesday, May 14 KBA: Kids Builder Association

Build your fun with Legos, Snap Circuits, K'nex, blocks, puzzles, origami and more, 4 p.m.

### Thursday, May 16 Listening Parties: Claude Debussy

Listen to and discuss this influential composer who invented his own system of harmony and musical structure, 7 p.m.

— Kristen Roberts

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May 8, 2019

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■ SPORTS HEADER

# 32 in a row for Bethlehem tennis

By **SAM VAIL**

Intern@Spotlightnews.com

**BETHLEHEM** — On Monday, March 25 the Bethlehem Boys varsity tennis team beat Burnt Hills to start the season right, and continue a winning streak started at the beginning of their 19-0 Section II championship 2018 season.

On Thursday, May 2 the squad beat Shaker 7-2 to stay undefeated — 13-0 this season — and extending its winning streak to 32.

This 2019 roster includes 22 players, and has two first year captains; senior Adam Wilson, and junior Mike Bienvenue.

“Everyone on the team knows who we are and what we are trying to do,” Wilson said, “It’s easy to forget how hard we worked to get the Section II title and go undefeated last season, but there are players on the team who remember what it was like before we were the head of the pack in Section II.”

Prior to the 2018 season, Bethlehem had made it to consecutive Section II championship games against Saratoga and failed to bring home the title.

“If just one more player had pulled through in either year, Bethlehem would’ve walked away from the match with the

title,” said Wilson.

But in 2018 they were finally able to celebrate.

“There was a great sense of accomplishment for all of us at the end of last season, because we had fully committed to being more focused and doing all we could to prepare for another run at the Section II championship,” said head coach Steve Smith. “To win it all after two previous seasons ending in such difficult, hard fought losses in the sectional finals was an amazing feeling for all the players and coaches.”

After the 2018 season, six of 12 Bethlehem starters had

graduated. The other six starters from last season are: Mike Bienvenue, Will Bienvenue, Govind Chari, Justus Demarest, Lleyton Emery and Kevin Lin.

Chari, who was ranked as number one on the Bethlehem team last year, is currently ranked 44th in New York state and 918th in the country.

“We had a really solid season last year,” said senior Justus Demarest. “We still have a lot of strong players from last year, and we’ve gained more this year.”

“We are fortunate enough to have 10 of our 22 players returning from last season,” Smith said, “They are fully aware

of how hard it is to win a Section II title, and they are setting the tone for the entire team to be sure we are working even harder than we did last season.”

With momentum built up from last season, and hard work that the team puts in, they hope to repeat last year’s success.

“Last season, we were on the offensive,” said Wilson. “We had nothing to lose but a match. This season, we are the ones who have the title on the line. Mentally, it’s completely separate from the mentality we had last year. I think everyone can expect us to all try our best. I know this team, and our best is dangerous.”



## Bethlehem bests Shaker

**BETHLEHEM** —The Eagles beat Shaker 5-2 on Thursday, May 2 in a Suburban Council matchup by a score of 5-2.

Bethlehem took a 3-2 lead into the sixth, when Josh Bein ripped a two-run triple into deep left field just out of the reach of a diving Brian Cunningham.

Chris Taranto went 1 for 3 for Bethlehem with a double and a run scored and Brian Bolduc went 1 for 3 with a run scored.

Alonzo Barrett went 2 for 4 for The Bison including an RBI single in the fifth to bring Shaker within a run.

Jeff Hammond got the win for Bethlehem, giving up two runs on four hits while walking three.

Justin Osborn was on the mound for Shaker, giving up five runs on six hits while walking five and striking out seven.

Check out our website for more photos of the game.



— Jim Franco

More sports on Page 8

# ■ HIGH SCHOOL SPORTS

## Ravena boys and girls win

RAVENA — Meaghan Houk hit a two-run homer in the first inning and that's all the Indians needed to get by Catholic Central in a classic Colonial Council matchup on Tuesday, April 30.

CCHS scored a run in the top of the first, but then Kayla Loomis settled in for Ravena, striking out 10 while allowing just three hits and not walking a batter.

Caitlin Orsino went 1 for 3 with a run scored and Kaylee Eacho went 1 for 2 for RCS (2-5.)

Abby Cowieson had an RBI double for CCHS in the first inning (2-4.)

McCayla Burns went the distance for CCHS, giving up the two runs on three hits while striking out seven and walking one.

Check out our website for more photos of the games.

RAVENA — The Indians jumped out with four runs in the first inning and never looked back, despite Tamarac scoring three in the last to pull within a run.

Tyrell Irvis led Ravena (4-3) at the plate, going 4 for 4 with four RBIs and scoring twice. Spencer Brown went 2 for 3 with a pair of doubles and an RBI while David Close went 2-4 with a double and an RBI.

Noah Algozzine started the game for Ravena and gave up three runs on two hits and three walks over two innings. Spencer Kane pitched the next inning and gave up a run on a hit while walking three and striking out one. Adam Wells went the next three and a third giving up three runs on four hits while walking five and striking out one. Spencer Brown came in to get the last out with the bases loaded.



## The Lady Dutch upset the Lady Raiders

GUILDERLAND — The Lady Dutch used the long ball to upset The Lady Raiders by a score of 7-6 in a Suburban Council matchup on Wednesday, May 1.

Guilderland (5-4) had back-to-back homers by Riley Sullivan and Alyssa Burg in the first to take a 2-0 lead. Then, Colonie tied it up in the second, and took a 6-5 lead after into the fifth but Guilderland scored two in its half of the fifth to take a 7-6 lead.

Colonie (6-5) had runners on first and third with two outs in the top of the seventh when Sydney Newcomb ripped a shot to left center, but Kendall Rafferty made a spectacular, off balance catch near the wall to end the game.

Colette Cohen went 2 for 4 with

a home run and two runs scored for Guilderland while Burg also had a single for a 2 for 4 performance. Kendall Rafferty went 2 for 4 with a run scored.

For Colonie, Lindsey Dobbs went 3 for 4 with a run scored and Danielle went 1 for 2 with two walks and a run scored.

Michelle Topaltzas got the win for Guilderland, relieving Burg in the fifth inning without giving up a run. The two combined for six runs on seven hits while walking six and striking out three.

Gemmett gave up seven runs on 11 hits while walking two and striking out seven for Colonie.

Check out our website for more photos of the game.

— Jim Franco



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## From page 1 ... Stuff of nightmares

Performances will be on Thursday, May 9 at 7 p.m.; Friday, May 10 at 7 p.m.; and Saturday, May 11 at 2 and 7 p.m. Tickets are \$8 for adults and \$5 for students, seniors and faculty. While tickets first went out on Thursday, May 2, they are also available for sale in the middle school lobby for two hours before each show. Viewers can expect a showing that includes strobe lights, creepy characters and a “big surprise” ending where the audience will be able to interact with the cast, according to Reilly.

Reilly said that this was his first opportunity to direct a play although he did produce two 90-minute black-and-white mystery films for the school around seven years ago which had involved 50 faculty and students. He recalled that they were “big hits” and about 5,000 watched it. “But this year, I decided to jump in and I’m learning the directing process with this play,” he said. “Moviemaking has given me lots of skills and I’m having a great time with the kids.”

Speaking of whom, there are over 60 students who make up this production’s extensive cast and crew. Reilly said the production has been overcoming challenges like how hectic the set changes are since there are four acts, and how light and sound must be timed perfectly with the acting cast on stage to deliver the scenes. He added that the sets and most of the costumes were designed and created by the students.

“Students have such responsible roles in every

aspect of this production and I even have some students to help direct,” he said. “One of my goals is to give students as many opportunities as I can for them to experience leadership and decision-making. Often, they’ve challenged me in a good way and even come up with ideas I didn’t come up with. That overall has improved the play really.”

Olivia Skuza and Anna Brock, both seventh graders, serve as the assistant directors. “We help get the actors into playing their character roles as best as we can and we also work with the lighting, sound and stage people,” Skuza said. “We basically help run it when Mr. Reilly is busy directing other students in the meantime.”

They both said they had been involved in last year’s production too where they thought their work with the makeup and costume departments individually then can better help their roles as assistant directors this year. Brock said Reilly offered them their roles, and that auditions and the first meetings for “Nightmare for Kenwood” began last October; rehearsals began before March.

“It’s been a huge learning experience definitely and it’s been a lot of fun,” Brock added. “One challenge, maybe, is that we have many new actors in this production so we have to work with them with direction with their roles. But besides that, it’s mostly been pretty smooth sailing.”

Fellow students Piper Doolen, a seventh grader, and Lyla Stebbins, a sixth

grader, are in charge of the costume department. Doolen said she was in a school play last year and was ecstatic when Reilly emailed her last summer to manage the costume department this year. She also confirmed that many costumes, originally homemade, were reused from the theater’s inventory which Reilly pulled out and some other costumes were brought in from students’ homes.

Stebbins, also excited to be involved this year, said, “There’s now more than enough costumes. It does get really hard though when people lose their costumes because it is a very big production so things can get a bit crazy. But we also try to keep the costumes organized as much as we can.”

When asked what other challenges the production has faced, Reilly said that sometimes students forget their lines or need more time to rehearse. “It was also difficult working with microphones and coordinating with everyone due to sound issues and our lighting board is complicated,” he said. “But I’m always constantly encouraging and I see them growing with more confidence over time. I’ve had students who didn’t know what a lighting board is before and now they get a lot more experience.”

Regardless, Reilly expressed pride in how his students take their roles seriously, “especially since many underestimate them for being young and all. I give the kids much credit for their work. So, if you come to this production, you’ll have a really great time. It’s made to thrill and be fun and I believe the quality of this production reflects on the hard work my students have put in.”



Rehearsals have been underway where the students worked to perform their scenes, remember their dialogue and time perfectly with the sound and lighting crew. Reilly commended them all as they are not easy tasks.

Diego Cagara / Spotlight News

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## From page 3 ...

# Bethlehem's revisited history

lot of the history of the town and so if we preserve it with an online version, we can at least preserve the information."

He added that having an online version does help conserve physical space within the library and also because physical copies deteriorate in quality over time.

Other "unique, local works," he said, the library preserves include school yearbooks and past *Spotlight News* print issues.

Kirkpatrick brought up,

however, that an online version will not be posted immediately yet, but perhaps within a month from now, since the library is still working with the book's copyright holders and Leath to ensure no copyright violations are made.

He said that it has been quite tricky since the Bethlehem Bicentennial Commission does not exist anymore, and the town then technically should become the copyright holder.

This was partially why

Leath officially requested the Town Board's approval on April 24 about its online posting.

Both then expressed gratitude when the Town Board approved it.

"Bethlehem has a great history and we want to just get the word out that we do have these resources within reach," said Leath.

"History happens while we're not paying attention and things that people think are maybe trivial in the moment turn out to be historically significant," Kirkpatrick concluded.

"This is why it's important to take stock and look back on our history."

## COMMUNITY

### Onto the Promise Land

ALBANY — Albany Pine Bush Preserve will host The Promise Land on Friday, May 10 from 6 to 8 p.m.

The public is invited to attend the 4th annual fundraiser to benefit the Rapp Road Historical Association. This promises to be a great social and educational experience which will include a light fare and beverages, photo gallery and entertainment. The Rapp Road Historical Association will honor Christopher Hawver, Executive Director of the Albany Pine Bush Preserve Commission.

For donation and reservation requirements, visit [www.eventbrite.com](http://www.eventbrite.com).

The Albany Pine Bush Preserve is located at 195 New Karner Road,

Albany.

### Mawignack Preserve

CATSKILL — The Greene Land Trust will host a Spring Songbird and Native Wildflower Walk at the Mawignack Preserve on Sunday, May 12 at 8 a.m.

Join the Greene Land Trust for a Spring Songbird and Native Wildflower Walk with well-known local bird expert and naturalist, Rich Guthrie. The preserve offers a variety of habitats that are regularly visited by numerous bird species, including eagles.

For more information, call 518-731-5544.

The Mawignack Preserve is located at 52 Snake Road, Catskill.

LEGALS	LEGALS	LEGALS	LEGALS	LEGALS	LEGALS	LEGALS	LEGALS										
<p><b>NOTICE OF LLC FORMATION</b> SPIDER REALTY GROUP LLC. Arts. of Org. filed with the SSNY on 04/04/19. 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, 8 Beacon Lane, Rye Brook, NY 10573. Purpose: Any lawful purpose. D-214741</p> <p><b>NOTICE OF LLC FORMATION</b> STAR DEVELOPMENT ENTERPRISE LLC. Arts. of Org. filed with the SSNY on 04/09/19. 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, 49 Barlow Drive North, Brooklyn, NY 11234. Purpose: Any lawful purpose. D-215123</p> <p><b>SUMMARY NOTICE OF BOND SALE \$17,227,100*</b> TOWN OF BETHLEHEM, ALBANY COUNTY, NEW YORK \$17,227,100* PUBLIC IMPROVEMENT (SERIAL) BONDS, 2019 SEALED PROPOSALS will be received and considered by the Town Supervisor of the Town of Bethlehem, Albany County, New York (the "Town") at the offices of Fiscal Advisors &amp; Marketing, Inc., 120 Walton Street, Suite 600, Syracuse, New York 13202, until 10:30 A.M., Prevaling Time, on <b>Tuesday, May 14, 2019</b> at which time and place the bids will be opened, for the purchase IN FEDERAL FUNDS at not less than par and accrued interest of \$17,227,100* Public Improvement (Serial) Bonds, 2019 (the "Bonds"). The Bonds are payable in annual installments on May 15 in each year as follows:</p> <table border="1"> <tr> <td>Year</td> <td>Amount*</td> </tr> <tr> <td>2020</td> <td>\$ 12,100</td> </tr> <tr> <td>2021</td> <td>330,000</td> </tr> <tr> <td>2022</td> <td>345,000</td> </tr> <tr> <td>2023</td> <td>360,000</td> </tr> </table>	Year	Amount*	2020	\$ 12,100	2021	330,000	2022	345,000	2023	360,000	<p>2024 370,000 2025 385,000 2026 400,000 2027 415,000 2028 435,000 2029 450,000 2030 465,000 2031 485,000 2032 505,000 2033 525,000 2034 545,000 2035 565,000 2036 585,000 2037 610,000 2038 635,000 2039 655,000 2040 685,000 2041 710,000 2042 735,000 2043 765,000 2044 795,000 2045 825,000 2046 860,000 2047 890,000 2048 925,000 2049 960,000</p> <p>* The aggregate par amount of the Bonds may be decreased in an amount not in excess of the premium offered by the successful bidder and the amount of each annual maturity, as set forth herein, may be adjusted to the extent necessary, in order that the total proceeds, which include the total par amount of the Bonds plus the original issue premium, if any, received by the Town does not exceed the maximum amount permitted under applicable provisions of the Internal Revenue Code of 1986, as amended. The annual maturities of the Bonds may also be adjusted for the purpose of attaining debt service that is substantially level or declining, as provided pursuant to Section 21.00 (d) of the New York State Local Finance Law. Such adjustments will be made by 3:00 P.M. (Prevaling Time) on the day of the bid opening. The successful bidder may neither withdraw nor modify its bid as a result of any such post-bid adjustment. Any such adjustment shall be conclusive, and shall be binding upon the successful bidder. The Bonds will be dated May 23, 2019 and will bear interest payable semi-annually on May</p>	<p>15 and November 15 of each year, commencing May 15, 2020. The Bonds maturing on or before May 15, 2026 shall not subject to redemption prior to maturity. The Bonds maturing on or after May 15, 2027 shall be subject to redemption prior to maturity as a whole or in part (and by lot if less than all of a maturity is to be redeemed) at the option of the Town on May 15, 2026 or on any date thereafter at par (100.0%), plus accrued interest to the date of redemption. The purchaser will have the option of having the Bonds issued as registered bonds in the name of the purchaser, or, at the option of the purchaser, the Bonds may be registered to The Depository Trust Company, New York, New York (DTC). The purchaser must notify Bond Counsel by 3:00 P.M., Prevaling Time, on the date of sale whether the Bonds will be issued in non-book-entry form or book-entry form. The Bonds will bear interest at the rate or rates per annum in multiples of one-eighth or one-hundredth of one per centum (ascending rates and only one rate per maturity) specified by the successful bidder. The Bonds will be awarded to the bidder offering to purchase the Bonds at such rate or rates of interest as will produce the lowest net interest cost in accordance with the terms set forth in the full Notice of Sale. A good faith deposit in the form of a certified or cashier's check or wire transfer in the amount of \$344,542 should accompany each bid. THE TOWN RESERVES THE RIGHT TO CHANGE THE DATE AND TIME FOR THE OPENING OF BIDS. NOTICE OF ANY SUCH CHANGE SHALL BE PROVIDED NOT LESS THAN ONE HOUR PRIOR TO THE TIME SET FORTH ABOVE FOR THE OPENING OF BIDS</p>	<p>BY MEANS OF A SUPPLEMENTAL NOTICE OF BOND SALE DISSEMINATED VIA TM3 AND VIA EMAIL NOTIFICATION SENT BY FISCAL ADVISORS AUCTION. The Town will furnish the Bonds and the approving legal opinion of Hodgson Russ LLP, Albany, New York, on or about May 23, 2019. Requests for copies of the Notice of Sale herein summarized and the Official Statement relating to the Bonds and such other information as the Town Supervisor may prescribe by rule or order may be directed to Fiscal Advisors &amp; Marketing, Inc., 120 Walton Street, Suite 600, Syracuse, New York 13202; (315) 752-0051. Dated: May 1, 2019 By: /s/ Hon. David VanLoven Town Supervisor</p> <p><b>NOTICE OF LLC FORMATION</b> SUNNY ISLES DEVELOPERS LLC. Arts. of Org. filed with the SSNY on 08/28/15. 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 Claude Castro &amp; Associates, PLLC, 444 Madison Avenue, Suite 500, New York, NY 10022. Purpose: Any lawful purpose. D-214185</p> <p><b>NOTICE OF LLC FORMATION</b> TALOS ADVISORS LLC. Arts. of Org. filed with the SSNY on 04/19/19. 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, 240 57 68th Avenue, Douglaston, NY 11362. Purpose: Any lawful purpose. D-216116</p> <p><b>NOTICE OF LLC FORMATION</b> TARJAN HOLDINGS LLC. Arts. of Org. filed with the SSNY on 04/05/19. Office: Albany County. SSNY designated as agent of the LLC</p>	<p>upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 29 West 36th Street, Suite 1100, New York, NY 10018. Purpose: Any lawful purpose. D-214865</p> <p><b>NOTICE OF LLC FORMATION</b> THE GROUP US MANAGEMENT LLC. Arts. of Org. filed with the SSNY on 03/21/19. Latest date to dissolve: 12/31/2121. 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 Emil Stefkov, 108 7th Avenue South, New York, NY 10014. Purpose: Any lawful purpose. D-213387</p> <p><b>NOTICE OF LLC FORMATION</b> The LARK Group LLC. Arts. of Org. filed with the SSNY on 04/23/19. 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 Mark Lojek, 300 Ashland Place, 24T, Brooklyn, NY 11217. Purpose: Any lawful purpose. D-216554</p> <p><b>NOTICE OF PLLC FORMATION</b> THE LAW OFFICE OF HARA A. ROBRISH PLLC. Arts. of Org. filed with the SSNY on 04/05/19. 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, 305 Broadway, 7th Floor, New York, NY 10007. Purpose: For the practice of the profession of Law. D-215010</p> <p><b>NOTICE OF LLC FORMATION</b> THE NARROWS LLC. Arts. of Org. filed with the SSNY on 04/09/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it</p>	<p>shall mail copy of process to the LLC, 49 Barlow Drive North, Brooklyn, NY 11234. Purpose: Any lawful purpose. D-215124</p> <p><b>NOTICE OF LLC FORMATION</b> THERAPY JOURNEY LICENCED MENTAL HEALTH COUNSELOR PLLC. Arts. of Org. filed with the SSNY on 03/27/19. 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 PLLC, c/o Sanja Medich, 623 West 170th Street, Apartment 3D, New York, NY 10032-3213. Purpose: For the practice of Mental Health Counseling. D-214577</p> <p><b>NOTICE OF LLC FORMATION</b> THREE CAN BE LLC. Arts. of Org. filed with the SSNY on 04/15/19. 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, 35 Beach 87th Street, Rockaway Beach, NY 11693. Purpose: Any lawful purpose. D-215686</p> <p><b>NOTICE OF LLC FORMATION</b> TREBUCHET CAPITAL LLC. Arts. of Org. filed with the SSNY on 10/16/18. 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, 20 West 20th Street, #1102, New York, NY 10011. Purpose: Any lawful purpose. D-213382</p> <p><b>NOTICE OF LLC FORMATION</b> VALLEY DRUGS LLC. Arts. of Org. filed with the SSNY on 03/28/19. 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, 850</p>	<p>Amsterdam Avenue, New York, NY 10025. Purpose: Any lawful purpose. D-214054</p> <p><b>NOTICE OF LLC FORMATION</b> VINELAND AVE LLC. Arts. of Org. filed with the SSNY on 03/26/19. 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, 50 Osage Lane, Staten Island, NY 10312. Purpose: Any lawful purpose. D-213862</p> <p><b>NOTICE OF LLC FORMATION</b> VINNY'S HOME INSPECTIONS LLC. Arts. of Org. filed with the SSNY on 04/19/19. 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, 58-26 254th Street, Little Neck, NY 11362. Purpose: Any lawful purpose. D-216117</p> <p><b>NOTICE OF LLC FORMATION</b> VIOSLEUTH LLC. Arts. of Org. filed with the SSNY on 04/09/19. 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 Irwin Siegel, 130 E 59th Street, 12th Floor, New York, NY 10022. Purpose: Any lawful purpose. D-215125</p> <p><b>NOTICE OF PLLC FORMATION</b> VIVID SMILES DENTAL GROUP PLLC. Arts. of Org. filed with the SSNY on 03/27/19. 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, 367 Bay Ridge Parkway, Brooklyn, NY 11209. Purpose: For the practice of the profession of Dentistry. D-213952</p>	<p><b>NOTICE OF LLC FORMATION</b> W.E.D. CAPITAL LLC. Arts. of Org. filed with the SSNY on 04/17/19. 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, 120 East 29th Street, Apartment 6B, New York, NY 10006. Purpose: Any lawful purpose. D-215945</p> <p><b>NOTICE OF LLC FORMATION</b> WEBSTER GARDENS, LLC. Arts. of Org. filed with the SSNY on 03/21/19. 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, 1652 Park Avenue, #LL, New York, NY 10035. Purpose: Any lawful purpose. D-213389</p> <p><b>NOTICE OF LLC FORMATION</b> WIRE F1 BROADWAY, LLC. Arts. of Org. filed with the SSNY on 03/18/19. 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, 712 Fifth Avenue, New York, NY 10019. Purpose: Any lawful purpose. D-214250</p> <p><b>NOTICE OF PLLC FORMATION</b> WOMEN CARING FOR WOMEN OB/GYN PLLC. Arts. of Org. filed with the SSNY on 04/10/19. 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, 367 Bay Ridge Parkway, Brooklyn, NY 11209. Purpose: For the practice of the profession of Medicine. D-215245</p>
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2022	345,000																
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May 8, 2019

# Spotlight on Opinion

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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](mailto: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](mailto:news@spotlightnews.com) or call 518-439-4949.

Our full letter policy can be viewed online at [www.spotlightnews.com](http://www.spotlightnews.com).

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# Bickering only hurts candidates

The primary goal of a chairperson of a political committee is to get their candidates in the best position for success in the general election. A simple concept, but one seemingly not understood in the dysfunction that has become the Bethlehem Democratic Committee; a committee where friends and family come first and where self-serving interests have ascendancy over the success of the party. Besides being just plain weird, the brouhaha between the Albany County Independence Party and the Democratic Party in Bethlehem is a distraction hurting Democratic candidates and the reputation of the town's Democratic Party.

Joanne Cunningham and Jeffrey Kuhn, the incoming

and outgoing Bethlehem Democratic Committee Chairpersons respectively, recently stopped payment on donation checks to the Independence Party. They did this after learning that they did not receive that party's endorsement for the position of Albany County Legislature. Ms. Cunningham is an incumbent. Mr. Kuhn seeks election for the first time.

The Spotlight article published April 3, 2019 "Revoked checks affect political scene" describes how this mess unfolded:

Kuhn and Cunningham participate in endorsement interviews with the Independence Party;

They each write donation checks to the Independence Party;

They learn that they

did not receive the Independence Party endorsement;

They decide to stop payment on their checks.

No legitimate reasons were given for the cancellations.

Cunningham claims that she did not like the tone of her conversation with Albany County Independence Party Chairman Paul Caputo when she called to ask him about the Bethlehem Democrats slate. Ms. Cunningham asserts that this was a "chair-to-chair" discussion. Apparently, she thought it not the least bit awkward that she made that call as a candidate herself who was seeking the endorsement of the chairperson with whom she was talking.

Kuhn claims that the

interviews were superficial and unprofessional. Kuhn went on to say, "If my small act of protest can finally turn the rock over and expose what I think is this very problematic system, then fantastic." That's rich. At least there was an interview. In 2017, when Kuhn was the Chairman of the BDC, he attempted the now infamous "double swap-out" on the Democratic slate, which featured, among other things, the selection of friend and fellow BDC officer Dan Coffey as Town Board candidate. There was no announcement, neither to the BDC rank-and-file nor to the public, of a short-notice vacancy, no abbreviated recruitment process, no interview. Now that's a sham.

Kuhn and Cunningham

are apparently oblivious or indifferent to the reality that their bickering with the Independence Party negatively impacts on the Bethlehem Democrat candidates who sought and secured the endorsement of the Independence Party. It is particularly unhelpful to the four Democratic candidates that will face Republican candidates in the fall general election. Those candidates are Town Board member Joyce Becker, and for county Legislature, George Harder, Matt Miller and Sean Raleigh. Let's support candidates who are interested in representing the people of Bethlehem, not the politics.

Barbara Collura  
Delmar

## LIBRARIES

### Paper Floral Bouquet Workshop on Saturday

Learn how to craft a lovely floral bouquet from tissue papers on Saturday, May 11 at 10:30 a.m. Perfect for Mother's Day or Spring/Summer birthdays. All materials will be supplied, including a colorful vase to display your pretty flowers. This hands-on workshop will be taught by local artist, Lydia Lynch. Ages 8 to adult,



but all children must be accompanied by an adult. Please register.

#### Second Sunday Film

Please join us at 2 p.m., Sunday May 12, for this special 2018 film.

It is "an exploration of the life, lessons, and legacy of iconic children's television host, Fred Rogers." (IMDB) Light refreshments will be served. PG-13, 1h 34m

#### Protecting Privacy Online

On Wednesday, May 15 at 3 or 6 p.m. you will learn how to choose

privacy! We will discuss what gets shared about us when we use the internet, and we will learn tools and strategies to help keep our information private. Participants are welcome to use one of the Library's laptops, but will be better served by bringing their own computers. Please register for one of these classes.

#### May Magic

Magic the Gathering is the world's most popular strategy card game. During a match, players cast devastating spells, summon creatures of legend and more. Join the fun at 2 p.m. on Saturday, May 18. Free decks are available for beginners.

— Lynn Kohler

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## LIBRARIES

# GPL keeps you informed

Ever wonder how the Electoral College works? Still viable, or antiquated and in need of reform?

On Thursday, May 9 at 7 p.m., Dr. Anne Hildreth, Associate Professor Emerita from the University at Albany's Rockefeller College of Public Affairs & Policy, will cover this important topic.

Please register online, by phone or in person.

## Mother's Day Marketplace

Take a leisurely stroll through our Mother's Day Marketplace Saturday, May 11, 9:30 a.m. to 3 p.m. to find something delightful for anyone on your gift list, or treat yourself.

We'll have 23 vendors on hand offering a wide array of health and beauty items, kitchen gadgets, fashion, purses, jewelry and much more.

Between this and our monthly Better Books Sale also happening on May 11, you're bound to find something wonderful!

## WMHT Presents

Join us Saturday, May 11 from 10:30 a.m. to noon as WMHT's Barbara Lukas leads our annual Mother's Day program, "Planting Love and Flowers for Mother's Day."

Preschoolers through Grade 1 are invited to plant a flower and vegetable to proudly present to Mom.

Children must be accompanied by an adult caregiver. Register online, by phone or in person.

## Kitchen Composting Made Easy

Composting garden and kitchen scraps is a great way to divert waste from landfills and improve soil texture and fertility.

Join Capital Roots Educator Francesca DiGiorgio for "Kitchen Composting Made Easy," Saturday, May 18 at 2 p.m.

We'll cover types of materials, how to keep your



pile balanced and vibrant, and how to use the finished product.

Register online, by phone or in person.

## NY Times Author John Leland



New York Times author John Leland, above, will be visiting. Provided photo

John Leland is the award-winning journalist and author of the book, "Happiness is a Choice You Make: Lessons From a Year Among the Oldest Old."

He'll be here Tuesday, May 21 at 7 p.m. to share his experience profiling six elders in New York City as detailed in his book, followed by a book sale and signing.

Due to unprecedented early interest, registration is nearly filled.

This talk will be livestreamed on the Library's Facebook page and archived on our website, and is made possible through a collaboration with the Albany Guardian Society.

To register, please contact AGS at (518) 434-2140.

## "Miracle Met" Art Shamsky

This year marks the 50th anniversary of the 1969 Miracle Mets!

Come meet World Series Champion Art Shamsky and co-author Erik Sherman Saturday, May 18 from 2 to 3:15 p.m., featuring their book, "After the Miracle: the Lasting Brotherhood of the 1969 Mets."

Mr. Shamsky will sign copies of the book, priced at \$30, plus one other item for anyone who has also purchased a book.

Register online, by phone or in person.

## Vote May 21

We have three items on the ballot for May 21: Library Renewal Referendum, 2019-2020 Budget, and Board of Trustees candidates.

Please vote at your designated Guilderland elementary school from 7 a.m. to 9 p.m.

### Library Renewal Referendum

You are invited to attend a one-hour information session, based on 2,108 survey responses and 18 months of prudent planning: Thursday, May 9 at 1 p.m.; and Tuesday, May 14 at 10 a.m.

The presentation and plans are posted on our website, plus voting information.

Please click on "library renewal" on our home page, [guilderlandlibrary.org](http://guilderlandlibrary.org), to find out more.

### Budget

Our proposed 2019-2020 Budget of \$3,987,713 is based on a tax levy of \$3,892,813.

It is largely unchanged but contains a few modest adjustments from last year.

Details may be found in the May-June issue newsletter posted on our website.

Click on "Our Newsletter" on our home page.

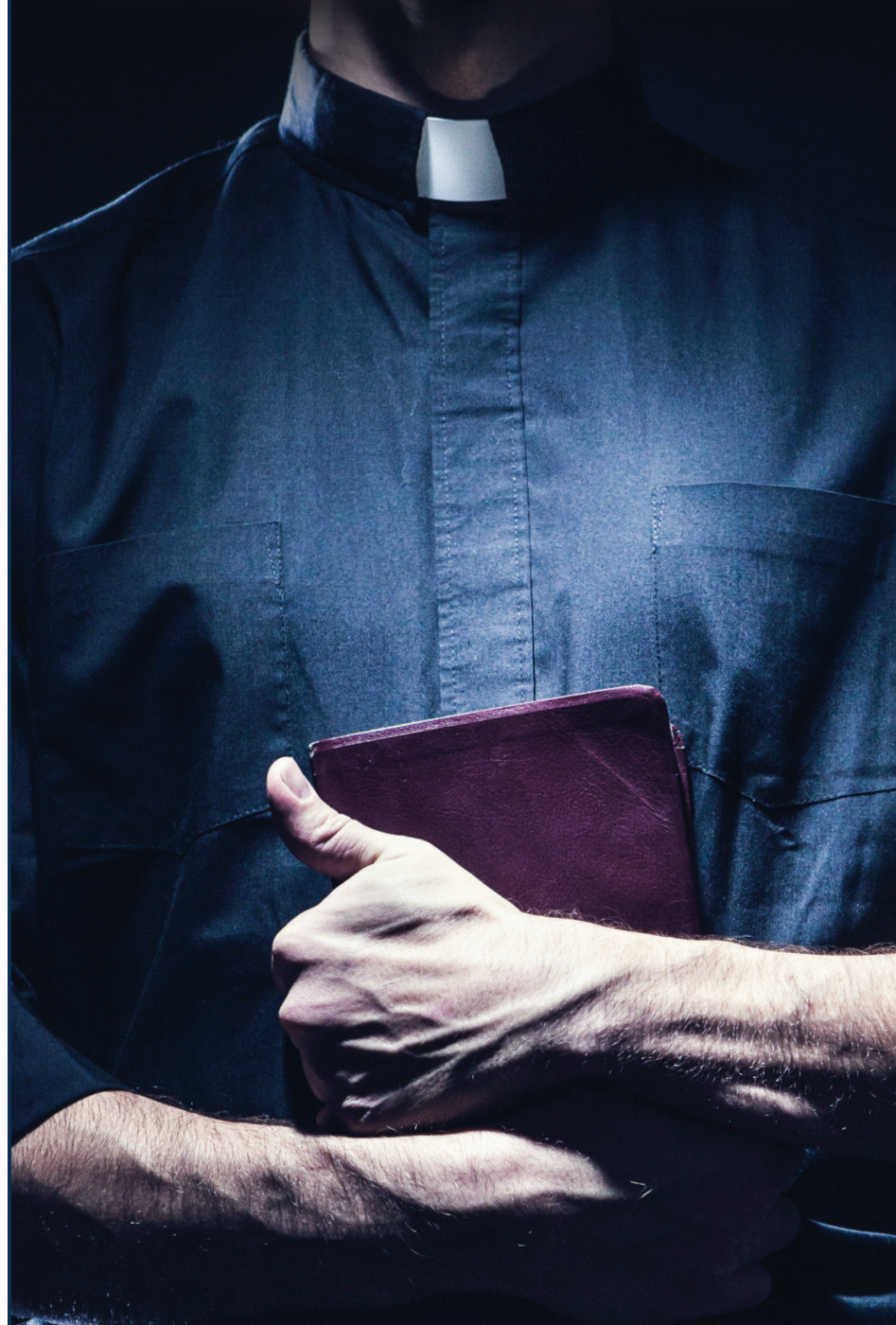
### Board Candidates

Five candidates are on the ballot for three open seats on our Board of Trustees.

Their information may be viewed on our website by searching "2019 Candidates" on our home page.

— Luanne Nicholson

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■ MOTHER'S DAY

# What's for Mom?

Mother's Day ideas for moms from all walks of life

**M**other's Day is a celebration of women who devote so much of their effort and energy to their families. Celebrating Mom on Mother's Day lets her know all of her efforts haven't gone unnoticed.

Mothers may perform similar tasks, but no two moms are the same. Finding ways to celebrate Mom's uniqueness can make the day that much more meaningful and memorable.

## The Crafter

Mothers who are avid crafters may enjoy a craft-themed Mother's Day. A family crafting project can make for a fun afternoon and produce mementos that Mom will cherish for years to come. Dads and

kids can plan the project in advance without Mom's knowledge, arranging all of the materials ahead of time and setting up the crafting station the night before or while Mom is relaxing on Mother's Day morning. Kids can even get a head start on the day by making their own craft for Mom and giving it to her as a Mother's Day present. Dads can keep the craft theme going at dinner and get a laugh out of Mom by pouring her a craft beer when dinner is served.

## The Reader

A 2017 survey from the U.S. Bureau of Labor Statistics found that women read more than men. Women read an average of 19.8 minutes per day, which can make a Mother's Day focused on Mom's love of

*Mothers may perform similar tasks, but no two moms are the same. Finding ways to celebrate Mom's uniqueness can make the day that much more meaningful and memorable.*

books an ideal and unique way to spend the day. Kids can write Mom their own books, and Dad can help put them together. Dads can visit rare bookstores and look for original copies of Mom's favorite books that she might not find elsewhere.

## The Nature Lover

Fishing and other outdoor activities might



Not all moms are the same, but we have a few gift ideas based upon common interests that should help you decide what to give her this weekend.

have a reputation as predominantly male hobbies, but studies show that's not really the case. A 2016 report from the Outdoor Foundation found that 46 percent of people who participated in outdoor activities were women. If Mom is a nature enthusiast, families can plan a Mother's Day enjoying the great outdoors, even giving Mom a new fishing pole,

hiking gear or other items that align with her favorite nature activity.

## The Relaxation Specialist

Of course, some mothers may want to simply unwind with a relaxing morning at the spa on Mother's Day. In fact, the 2018 U.S. Spa Industry Study found that the spa industry has

enjoyed seven consecutive years of consistent growth, with more than 187 billion spa visits in 2017 alone. A relaxing morning at the spa can be the perfect way for moms to begin Mother's Day before they enjoy a brunch of dinner out with their families.

Mother's Day celebrations can be as unique as the women being celebrated.

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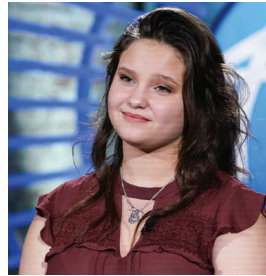
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**Top 4**  
Madison advances on American Idol.

Page B2

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### 2019 TULIP FESTIVAL

#### RECENT NEWS



#### Disc Jam finalized

Local music festival has finalized its lineup for June.

Page B3

#### INSIDE



#### Center yourself

We have a few relaxation exercises for you to learn before summer.

Page B10

#### Arts calendar

Pages B5-B8



# All hail, the Tulip Queen

Albany's annual Tulip Festival kicks off this Mother's Day weekend

By **MICHAEL HALLISEY**  
[halliseym@spotlightnews.com](mailto:halliseym@spotlightnews.com)

ALBANY — Mother's Day weekend has traditionally marked one of the most festive of days here in the Capital District with Tulip Festival.

This year is the city's 71st Tulip Festival at Albany's Washington Park on Saturday, May 11 and 12. It will showcase plenty of choices for food, vendors, live music and thousands of tulips ready for your Instagram feed. All the while, it involves the annual crowning of the Tulip Queen.

Continues on page B24



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George Fazio / TheSpot518

**NEWS**

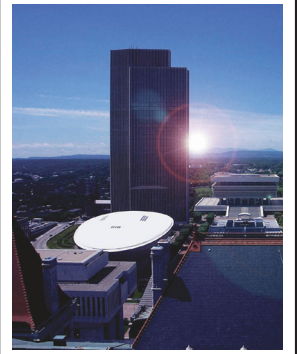
**Madison climbs into Idol's Top 4**

**HOLLYWOOD, Calif.** —Madison VanDenburg, a 17-year-old Shaker High junior, broke out the electric guitar for a powerful rendition of Janis Joplin's "Piece of my Heart" for her first song broadcasted on the national television show "American Idol," on Sunday, May 5.

She received praise from the three judges, and enough voting support from around the country — including those at Shaker High on Sunday night and another watch party happening at the Cohoes Music Hall, her hometown — to make it to the final four.

"We are incredibly proud of Madison," said North Colonie Superintendent Joseph Corr. "She just gave an incredible performance and for North Colonie to have one of our students perform and excel at this level is, for us, a twice in a lifetime experience."




—Jim Franco



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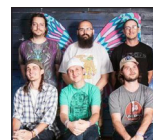
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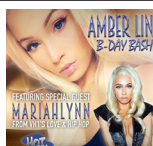
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RECENTLY ANNOUNCED

# Disc Jam finishes list

Disc Jam Music Festival adds Dopapod; schedules and hosts announced

**STEPHENTOWN** — Disc Jam Music Festival has announced Dopapod as the final addition to the festival's lineup. This marks Dopapod's eighth appearance in nine years at Disc Jam. Fresh off their one year plus hiatus ending show at The Capitol Theatre on April 27, Dopapod will perform just their second show since taking their break on Friday, June 7.

Tickets on sale now at [discjammusicfestival.com](http://discjammusicfestival.com).

Daily lineups have also been released, revealing what day artists will play during Disc Jam. Thursday features two sets of Aqueous, along with late night sets by Twiddle's frontman Mihali, and Fare Thee Well's Neal Casal project Circles Around the Sun. Additional performances on Thursday feature Lespecial, Dynohunter, Horizon Wireless, Mom and Dad, Litz, Eggy, Of Clocks and Clouds, Cypher, One Time Weekend, Space Junk is Forever and Big Sexy & The Scrambled Eggs. The first night of Disc Jam's electronic Woods Stage will feature artists Honeycomb, Voltran, DudenGuy, Delish Music, Stylyze, AG, Matt Carey, Hot Pot, Bake Joynton, Kerry Quirk, Jaybol, Ilas, Underlux, Badluck, Leila, Boats, Oonagi and Detour.

Friday will find Dopapod closing out the main stage, along with performances during the day by Ripe, Moon Hooch, Sunsquabi, Consider the Source, Lespecial, The Breakfast, Jaw Gems, The Elovaters, West End Blend, Formula 5, Catullus, Muscle Tough, Funky Dawgz Brass Band, Roots Collider, Wurliday and Ampevene. Late night will feature sets from The Floozies, Thriftworks, and Detox Unit, additional Woods Stage artists include Atyya, Spacegeisha, Bricksquash, Woolymammoth, Ives, Mindset, Drtywulvz, Mystic Grizzly, IX, Inkblot, Isded, Ecometric, Dice Man, Smokestax, Parrotice and Biokoi.

Saturday's main stage will highlight headliners Lotus with Barber & Friends and John Kadlecik & The West Philly Fadeaway that will feature both Jon Gutwillig and Tom Hamilton sharing guitar duties alongside Lotus drummer Mike Greenfield, plus original members of



Disc Jam Festival

The Disco Biscuits Sammy Altman, Marc Brownstein and Aron Wagner paying tribute to The Grateful Dead. Papadosio, Ghost Light, Kung Fu, Strange Machines, Chachuba, Space Bacon, Wax Future, Sam Kininger Band, Tweed, Timbre Coup, Paris Monster, Pine Needle Soul, Root Shock, Audiodacity and Joon all find themselves performing on the busiest day of the four-day camping event. Following the main stage sets, fans can dance late into the night with Umphrey's McGee bassist Ryan Stasik's Doom Flamingo and CIA and Friends, plus electronic producers The Widdler, and Truth getting the late night sets. Woods Stage performances feature Flamingosis, Reso, Khiva, Late Night Radio, Daily Bread, Edamame, Frameworks, Faceplant, Pi Wrecks, Sobe, Flowtiglio, Pathway, Jack the Human, Dual Natured, Chris Sears, Backpack and IX.

Sunday, Disc Jam wraps up with Pink Talking Fish headlining the main stage, plus sets from Ghost-Note, Star Kitchen, DrFameus, Escaper, Wild Adriatic, The New Motif, Space Carnival, Band of Tomorrow, Eastbound Jesus and Dewpoint. Woods Stage artists include closing performances from Cofresi, Bells and Robes, Lee Ross and Resin Ed.

WHAT'S HAPPENING NOW



Kenny Chesney

**Kenny Chesney**  
Times Union Center — Thursday, May 9

**ALBANY** — Kenny Chesney will perform the Albany leg of his Songs for the Saints Tour on Thursday, May 9 at 7 p.m.

Kenny Chesney is an American country music singer, songwriter, and record producer. He has recorded 20 albums, 14 of which have been certified Gold or higher by the RIAA. He has also produced more than 40 Top 10 singles on the US Billboard Hot Country Songs and Country Airplay charts, 29 of which have reached number one. Many of these have also charted within the Top 40 of the US Billboard Hot 100, making him one of the most successful crossover country artists. He has sold over 30 million albums worldwide.

For tickets, visit [www.ticketmaster.com](http://www.ticketmaster.com).

The Times Union Center is located at 51 S. Pearl St., Albany.

**Off the Record**  
University Club at Albany — Saturday, May 11

**ALBANY** — Off the Record will perform at the University Club of Albany on Saturday, May 11 from 8 to 10 p.m.

Off The Record is back at the University Club! Join the group for a special show, complete with a little (or a lot of) hot sax!

The University Club of Albany is located at 141 Washington Ave., Albany.

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■ 2019 TULIP FESTIVAL

# Who will be Queen?

2019 Albany Tulip Queen finalists announced

**ALBANY** — Mayor Kathy Sheehan introduced the five 2019 Albany Tulip Queen finalists at a press conference in Washington Park today. While only one of these remarkable young women will be crowned the 71st Albany Tulip Queen, all five will work together on community service and literacy advocacy initiatives as the 2019 Albany Tulip Court.

These young 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 2019 Tulip Queen will be crowned at the Lakehouse Stage at Tulip Festival presented by Citizens Bank on Saturday, May 11 at noon by Mayor Sheehan, 2018 Tulip Queen Sawyer Cresap, and Chad O'Hara of B95.5.

The finalists are:

**Emily Barcia-Varno, Age 22, Glenmont**

Barcia-Varno is a recent graduate from The College of Saint Rose completing a bachelors degree in marketing. She currently works in the New York State Department of Civil Service. She

has volunteered through Saint Rose, worked with local soup kitchens, Ronald McDonald House, and worked in Panama helping to preserve native orchids. Her hobbies include working with kids, dance, theatre and traveling. As a member of the 2019 Tulip Court, Barcia-Varno hopes to be a role model for the community and use superheroes as a way to connect kids to their inner super powers.

**Isabella Burnett, Age 19, Albany**

Burnett is currently a sophomore at the College of Saint Rose earning her bachelor of fine arts degree. She currently works at Follett Bookstore and in the summer as a Girl Scout camp counselor. Burnett volunteers her time at the senior living community Holiday at the Atrium and as a street cleaner through the College of Saint Rose. She enjoys camping, hiking and boating. As a member of the 2019 Tulip Court, she plans to promote literacy using her focus on art to help connect communities and to work for better environmental health in our community.

**Parneet Kaur, Age 19, Green Island**

Kaur is a freshman at Siena College working towards her biology degree. During High School she was the recipient of the Multicultural Student Achievement Award from the University at Albany. She volunteers with Regional Food Pantry



Sawyer Cresap was crowned Tulip Queen last year.

Albany Tulip Court

and Ronald McDonald House. Kaur has a passion for dance and music and her goal is to open up a dermatology office. As a member of the 2019 Tulip Court, her goals are to promote diversity through the sharing of multicultural art and to help build confidence and independence for younger women in the city.

**Megan Morrill, Age 23, Latham**

Morrill is a graduate of the University at Albany and is currently working towards publishing her first novel. Her volunteer experience ranges from the Ronald

McDonald House to the March of Dimes, and she was a Key Club Committee Chair for Albany Medical Center's Children's Hospital. She enjoys photography, ice skating, rock climbing and writing. She was a three time winner in the Colonie Art League for photography and was a member of the Tau Sigma Honor's Society. As a member of the 2019 Tulip Court, Morrill's goal is to raise awareness for craniofacial conditions and to help provide children in local hospitals a broader selection of books.

**Michaela Schramm, Age 18, Loudonville**

Schramm is a freshman attending the University at Albany working on her Accounting degree. At the University at Albany, Schramm plays club field hockey and is a proud member of Delta Sigma Pi. She has volunteered at the Center for Disability Services, Regional Food Bank, worked as a tutor and as a coach. In her free time Schramm enjoys spending her summers lifeguarding and teaching swim lessons at a local pool, crafts, hiking, and spending time with her family. As a member of the 2019 Tulip Court, Michaela plans to use her math talents to help connect reading and math as well as to explore different cultures through the literacy program.

For more information on the Albany Tulip Queen & Court, visit [www.albanytulipqueen.com](http://www.albanytulipqueen.com). Media partners for the 2019 Tulip Queen program include B95.5, WVCB and WSG.

The 71st Annual Albany Tulip Festival presented by Citizens Bank will be held May 11 and 12. For more festival information call 518-434-2032 or visit [www.albanyevents.org](http://www.albanyevents.org).

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**CLUBS**

**677 Prime**  
677 Broadway, Albany  
518-427-7463  
Fri: **Tyler Giroux Duo** | 6 p.m.

**9 Maple Avenue**  
9 Maple Ave., Saratoga Springs.  
www.9maple.com  
Fri: **Chuck Lamb Quartet** | 9 p.m.  
Sat: **Phil Allen Quartet** | 9 p.m.

**Across The Street Pub**  
1238 Western Ave., Albany.  
518-438-1718  
Wed: **Shipyard Brewing Spring Trivia** | 6:30 p.m.

**Arsenal City Tavern**  
795 3rd Ave., Watervliet.  
518-874-1767  
Sat: **18 Strings of Trouble The Duo** | 9 p.m.

**Athos**  
1814 Western Ave., Albany.  
518-608-6400  
Fri: **Fresh** | 6:30 p.m.

**Black Bear Inn**  
310 19th St., Watervliet.  
518-272-9486  
Wed: **Trivia Night** | 7:30 p.m.  
Tues: **Talent Scout Open Mic** | 8 p.m.

**Blue 82**  
82 N. Pearl St., Albany.  
518-445-8082  
Wed: **Talent Scout Open Mic** | 8 p.m.  
Thurs: **Trivia Night** | 7:30 p.m.

**Caffè Lena**  
47 Phila St., Saratoga Springs.  
518-583-0022  
Wed: **Time for Three** | 7 p.m.  
Fri: **Adam Ezra Group** | 8 p.m.  
Sat: **Laura Roth & Hui Cox** | 8 p.m.  
Sun: **Che Apalache** | 7 p.m.

**Carney's Tavern**  
17 Main St., Ballston Lake.  
518-280-7959  
Thurs: **Matty Finn** | 6 p.m.  
Fri: **Take 2** | 7:15 p.m.  
Sat: **John Eisenhart** | 7:15 p.m.

**Centre Street Pub**  
308 Union St., Schenectady.  
518-393-2337  
Thurs: **Joe DeFelice** | 6 p.m.  
Fri: **Dashboard Anthem** | 9 p.m.  
Sat: **Wide Awake** | 9 p.m.  
Sun: **Jeff Nania Duo** | 2 p.m.

**Eden Cafe**  
269 Osborne Road, Loudonville.  
518-977-3771  
Wed: **Dave Gall** | 4:30 p.m.  
Thurs: **Life's Guilty Pleasures Live Music** | 4:30 p.m. Fri: **Happy House with Plan -T** | 4:30 p.m.  
• **Music of the Ministers Part II** | 7:30 p.m.  
Sat: **Music of Sling Shot** | 7:30 p.m.  
Mon: **Haley Richardson & Quinn Bachand** | 6:30 p.m.

**Emack & Bolio's**  
366 Delaware Ave., Albany.  
518-512-5100  
Fri: **Zach and Hannah** | 7 p.m.  
Sat: **Gross & Hart** | 7 p.m.  
Tues: **Open Mic** | 7 p.m.

**Fort Orange Brewing**  
450 North Pearl St., Menands.

# HOT SPOTS EVENTS CALENDAR



## Gala in Washington Park

The Lark Street Business Improvement District ("Lark Street BID") will host its annual fundraiser, Champagne on the Park on Thursday, May 9 from 6 p.m. to 9:30 p.m. near the formal tulip beds in Albany's Washington Park.

Michael Farrell

518-992-3103  
Wed: **Spring Corn Hole League** | 6 p.m.  
Thurs: **'Friends' Trivia** | 6:30 p.m.  
Fri: **Erin Harkes** | 7 p.m.  
Sat: **Frank Murray** | 7 p.m.

**Fuze Box**  
12 Central Ave., Albany.  
518-703-8937  
Sat: **80s Dance Party** | 9 p.m.  
Sun: **Left Behind, Vatican & more** | 6 p.m.

**Gaffney's**  
16 Caroline St., Saratoga Springs.  
518-587-7359  
Tues: **Open Mic Nights w/ Rick Bolton** | 7 p.m.

**Grappa '72**  
818 Central Ave., Albany.  
518-482-7200  
Wed & Thurs: **Hamilton Street Jazz Company** | 6:30 p.m.  
Fri: **TBA** | 6 p.m.

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

**Henry Street Taproom**  
86 Henry St., Saratoga Springs.  
518-886-8938  
Thurs: **Swing Men Trio** | 7 p.m.

**The Hollow Bar + Kitchen**  
79 No. Pearl St., Albany.  
518-426-8550  
Sat: **Tulip Fest After Party**

w/ **Stellar Young** | 8 p.m.

**J.J. Rafferty's**  
847 New Loudon Rd., Latham.  
518-783-6800  
Wed: **Trivia** | 7:30 p.m.  
Fri: **Karaoke** | 7 p.m.  
Sat: **Live DJ** | 9 p.m.

**Jessica Stone's**  
738 New Loudon Rd., Latham.  
518-785-8536  
Wed: **Talent Scout Open Mic** | 8 p.m.  
Thurs: **Big Crunch Bingo** | 7 p.m.  
Fri: **Trivia Live** | 7 p.m.

**Jupiter Hall**  
Lucky Strike Social,  
1 Crossgates Mall Rd., Albany.  
518-556-3350  
Wed: **Idles + Fontaines D.C.** | 6 p.m.  
Fri: **Hazey with Kirill Was Here, Kenetic** | 6 p.m.  
• **Kirill Was Here** | 10 p.m.  
Sat: **A Grown and Sexy Mother's Day Affair** | 9 p.m.

**The Low Beat**  
335 Central Ave., Albany.  
518-432-6572  
Thurs: **Annie Scherer / Pacer Test / This Strange Paradise** | 8 p.m.  
Fri: **TMRB / Nine Votes Short / Arch Fiends** | 8 p.m.  
Mon: **Enforced / Spite Ritual / +1TBA** | 8 p.m.

**LT's Grill**  
2305 Nott St. E., Niskayuna.  
518-374-7455  
Wed: **Catch the Mania Trivia** | 7 p.m.

Thurs: **TBA** | 6:30 p.m.

**Lucas Confectionery**  
12 2nd St. Troy  
518-326-3450  
Mon: **Joe Barna Quartet** | 7 p.m.

**McGeary's Irish Pub**  
4 Clinton Square, Albany. 518-463-1455  
Thurs: **Open Mic Night** | 8 p.m.  
Fri: **Mourning Kill Creek Band** | 9 p.m.  
Sat: **The Absentees** | 8:30 p.m.  
Every Sun: **Blues Jam** | 7:30 p.m.  
Tues: **Trivia Night** | 8 p.m.

**Mocha Lisa's Caffe**  
Clifton Park Center,  
22 Clifton Country Road, Clifton Park.  
518-383-5373  
Fri: **Model Citizens** | 7 p.m.  
Sat: **Tim Farkas** | 7 p.m.

**Moon and River Cafe**  
11 S. Ferry St., Schenectady.  
518-382-1938  
Wed: **Soul Spot** | 7 p.m.  
Thurs: **Acoustically Speaking** | 7 p.m.  
Fri: **Mohawk River Harmony** | 7 p.m.  
Sat: **Swept Away** | 7 p.m.  
Sun: **The Buttercups** | 11 a.m.  
Mon: **Ukulele Night** | 7 p.m.  
Tues: **Mick Dineen** | 7 p.m.

**Mouzon House**  
1 York St., Saratoga Springs.  
518-226-0014  
Thurs: **Hot Club of Saratoga Trio** | 6 p.m.  
Fri: **Mark Tolstrup & The Dixie Boys** | 6 p.m.

Sun: **Shiri Zorn Trio** | 6 p.m.

**Nanola**  
2639 US Rte. 9, Malta.  
518-587-1300  
Fri: **Yoga on Tap** | 6 p.m.

**Olde English Pub**  
683 Broadway, Albany.  
518-434-6533  
Sat: **OWL** | 7 p.m.  
Mon: **Front Parlor Open Mic** | 8 p.m.  
Tues: **Geeks Who Drink Trivia** | 8 p.m.

**O'Slattery's Irish Restaurant & Pub**  
318 Delaware Ave., Delmar.  
518-439-5634  
Wed: **Dan Sherwin** | 6:30 p.m.  
Thurs: **Jim McArdle** | 7 p.m.  
Fri: **Pop-Up Piano Bar** | 7 p.m.

**The Parting Glass**  
40-42 Lake Ave., Saratoga Springs.  
518-583-1916  
Fri: **Big Medicine** | 8 p.m.  
Sat: **The Trophy Husbands** | 7 p.m.

**Pauly's Hotel**  
337 Central Ave., Albany.  
paulyshotel.com  
Wed: **Mayfield & The Danger of Falling** | 7 p.m.  
Thurs: **First Bourne / Asbesdeth / Cabin in the Woods** | 8:30 p.m.  
Fri: **Slashers / Gunsroses / Vagon Poetry** | 8:30 p.m.  
Sat: **InGhosts / Vanish / Seaspan** | 8:30 p.m.  
Mon: **Evil Kill Evil / TTI / Not An**

**Airplane** | 8:30 p.m.

**Pearl Street Pub**  
59-61 No. Pearl St., Albany.  
518-694-3100  
Fri: **Happy Hour Trivia** | 5:30 p.m.

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

**Provence**  
1475 Western Ave.,  
Stuyvesant Plaza, Albany  
518-689-7777  
Fri: **Linda Harrison Trio** | 6 p.m.  
Sat: **Teresa Broadwell** | 6 p.m.

**Putnam Place**  
63a Putnam St., Saratoga Springs.  
518-584-8066  
Fri: **Big Something w/ The Melting Nomads** | 8 p.m.  
Sat: **Jim Jones w/ DJ King Bully** | 8 p.m.

**Rustic Barn Pub**  
150 Speigletown Rd., Troy.  
518-235-5858  
Thurs: **Amy Modesti's 30th Birthday & Art Show Extravaganza** | 6 p.m.  
Fri: **The Dirty Grass Players w/s/g Blind Crow** | 8 p.m.  
Sat: **The Harmonic Duo** | 9 p.m.  
Sun: **Mother's Day Bluegrass Brunch** | 11 a.m.

**Sake Japanese Steakhouse**  
611 Troy-Schenectady Rd., Latham.  
518-785-7215  
Sat: **Breakin' up the House** | 7:30 p.m.

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

**Saratoga City Tavern**  
19-21 Caroline St., Saratoga Springs.  
518-581-3230  
Thurs: **Karaoke** | 9 p.m.  
Mon: **Bingo** | 8 p.m.  
Tues: **Trivia** | 8 p.m.

**Savoy Taproom**  
301 Lark St., Albany.  
518-599-5140  
Sun: **Gentle Temper** | 7 p.m.  
Tues: **Matt O'Ree Band** | 8 p.m.

**Skyloft**  
1 Crossgates Mall Rd., Albany.  
518-869-5638  
Fri: **Kashmir** | 9 p.m.  
Sat: **Tulip Fest After Party: Hasty Page** | 8 p.m. • **DJ Dread** | 11 p.m.  
Sun: **The New Mastersounds** | 8 p.m.

**Speakeasy 518**  
42 Howard St., Albany.  
518-449-2332  
Wed: **Weekly Bartender Throwdown** | 8 p.m.  
Thurs: **Swing Night w/ Mike Jenkins & the Fat Ties** | 8 p.m.  
Fri: **Tyler Giroux Trio** | 9 p.m.

**Towne Tavern**  
2850 NY 43, Averill Park.  
518-674-3040  
Thurs: **Trivial Trivia** | 9 p.m.  
Fri: **Geo** | 9 p.m.  
Sat: **Albertson & Co.** | 9 p.m.

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## Ride that wave

Grant Kwiecinski, better known in the EDM world as GRiZ, is riding a wave as his "Ride Waves" tour rolls into the Capital District Wednesday, May 8 with a stop at the Albany Palace Theatre. The Billboard artist has charted twice in recent years, first with his 2016 release "Good Will Prevail," and most recently with his latest effort "Ride Waves," released this year. A strong believer in the power of positive thinking, GRiZ entertains the masses with a blend of funk, electro-soul and some good ol' fashioned saxophone.

Jason Siegel

### Troy Kitchen

77 Congress St. Troy.  
518-268-0068  
Thurs: **Karaoke** | 7 p.m.  
Fri: **Flashback Friday: guest DJ spins hits from the 80s, 90s and 00s** | 8 p.m.  
Mon: **Poetry Open Mic** | 7 p.m.

### Upstate Concert Hall

1208 NY-146 Suite 2, Clifton Park. 518-371-0012  
Fri: **Chase Rice** | 8 p.m.  
Sat: **Wallows** | 8 p.m.

### Van Slyck's

Rivers Casino & Resort  
1 Rush St., Schenectady.  
518-579-8800  
Fri: **The Accents & DJ Nick Papagiorgio** | 8 p.m.  
Sat: **Nikki Glaser** | 8 p.m.  
Sun: **Mother's Day Brunch** | 10:30 a.m.

### Vapor Night Club

Saratoga Casino Hotel  
342 Jefferson St., Saratoga Springs.  
518-581-5775  
Thurs: **Tribute to Frankie Valli** | 4 & 7 p.m.  
Fri: **The Refrigerators** | 9 p.m.  
Sat: **Maddhaus** | 8 p.m.

### Waterworks Pub

76 Central Ave., Albany.  
518-465-9079  
Wed: **Wacky Weds Drag Show** | 11 p.m.  
Thur: **Therapy Thursday w/DJ Shawn Gillie** | 11 p.m.  
Fri: **Karaoke (pub)** | 11 p.m.  
Sat: **DJ Dave Barna (club)** | 11 p.m.  
• **DJ Dave Barna (club)** | 11 p.m.

### Wishing Well Restaurant

745 Saratoga Rd., Wilton.  
518-584-7640  
Fri: **Rob Aronstein** | 6:30 p.m.

### Wolff's Biergarten

165 Erie Blvd., Schenectady.  
518-631-9517

Mon: **Talent Scout Open Mic** | 8 p.m.

### Yono's

25 Chapel St., Albany.  
518-436-7747  
Fri: **Hamilton Street Jazz Duo** | 6:30 p.m.  
Sat: **Frank Mastan** | 6:30 p.m.

## MUSIC

### Adam Ezra Group

Caffe Lena will host the Adam Ezra Group on Friday, May 10 at, 8 p.m. Reminiscent of Springsteen for their muscle and passion, U2 for their do-right attitude, and Dave Matthews for their well-earned reputation for energetic live-shows, the Adam Ezra Group's grassroots approach to alternative folk rock has won them a dedicated fanbase. Sonically, their music ranges from blues rock stompers laced with searing electric fiddle and frantic percussion, to lush folk ballads that spotlight frontman Adam Ezra's gritty, soulful voice. For tickets, visit [www.brownpapertickets.com](http://www.brownpapertickets.com). Caffe Lena is located at 47 Phila St., Saratoga Springs.

### Big Something w/ The Melting Nomads

Putnam Place will host Big Something w/ The Melting Nomads on Friday, May 10, at 8 p.m. A six-piece powerhouse with a sound that is both unique and timeless, Big Something fuses elements of rock, pop, funk, and improvisation to take listeners on a journey through a myriad of musical styles. It's no secret why this group has quickly become one of the most exciting new bands to emerge from the Southeast. Blending various individual influences, The Melting Nomads create a rocking fusion of soulful lyrics and reggae feels with elements of jazz and funk. For tickets, visit [www.ticketmaster.com](http://www.ticketmaster.com). Putnam Place is located at 63a Putnam St., Saratoga Springs.

### Findlay Cockrell

Findlay Cockrell will perform at Troy Savings Bank Music Hall as part of its

Music at Noon series on Tuesday, May 14 at noon. Findlay Cockrell, classical piano - The lively piano performance that Findlay, the series founder, traditionally plays! Troy Savings Bank Music Hall is located at 32 2nd St., Troy.

### Steve Forbert

Steve Forbert will perform at The Linda on Saturday, May 11, from 8 to 10 p.m. "Big City Cat - My Life in Folk-Rock," singer/songwriter Steve Forbert's exceptional new memoir co-written with Therese Boyd, allows him ample opportunity to candidly reflect on those specific circumstances that first brought him to the public eye. The book is accompanied by its own soundtrack as well, an A+ new album entitled The Magic Tree that offers a series of songs gleaned from previously recorded acoustic demos, overdubbed with new backing tracks and fleshed out as a series of songs that ring with the verve and vitality that Forbert's fans have always come to expect. For tickets, visit [www.eventbrite.com](http://www.eventbrite.com). The Linda is located at 339 Central Ave., Albany.

### Idles + Fontaines DC

Jupiter Hall will host Idles + Fontaines DC on Wednesday, May 8 at 8 p.m. For tickets, visit [www.ticketmaster.com](http://www.ticketmaster.com). Jupiter Hall, located inside Lucky Strike Social, is located at 1 Crossgates Mall Road, Albany.

### Jim Jones w/ DJ King Bully

Jim Jones and DJ King Bully will perform at Putnam Place on Saturday, May 11, at 8 p.m. Jim Jones is an original member of hip hop collective The Diplomats (also known as Dipset). He is also the co-CEO of Diplomat Records, alongside longtime friend and fellow Harlem-bred rapper, Cam'ron. For tickets, visit [www.ticketbud.com](http://www.ticketbud.com). Putnam Place is located at 63a Laura Roth & Hui Cox  
Laura Roth & Hui Cox will perform at Caffe Lena on Saturday, May 11, at 8 p.m. Through this partnership, Laura Roth & Hui Cox have come home to their deepest musical love: jazz. They perform exciting

1	2	3	4	5	6	7		8	9	10	11	12	
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55		56						57					
58								59					

### CLUES ACROSS

- Half-conscious states
- Strange
- Deep regret
- Rogue
- Took without permission
- An alternative
- Performer \_\_-Lo
- Partner to flowed
- Best day of the week (abbr.)
- Body part
- Famed river
- Lake \_\_, one of the Great
- Make free from bacteria
- People native to Canada
- Japanese seaport
- Least clothed
- Horse of small breed
- Italian doctor and poet
- Moving away from land
- One who parks cars
- Some are front and some are back
- Views
- Ancient Greek shield (alt. sp.)
- Spanish seaport
- New England college (abbr.)
- The woman
- Belgian province
- Danish krone
- Excessive dose (abbr.)
- In great shape
- 7th month of Islamic calendar
- Shaped
- Icelandic poems
- Swollen area within tissue

### CLUES DOWN

- Small amounts
- Duplicate

- Current unit
- Neither
- Chromium(II) oxide
- Second sight
- The absence of mental stress or anxiety
- Supplemented with difficulty
- Not the beginning
- Dorm employee
- Hard, white substances
- Scariest
- Spanish island
- Having sufficient skill
- Where golfers start
- No charge
- Print errors
- Where rafters ply their trade
- Paintings of holy figures
- CNN host Lisa
- Gives whippings
- Type of tie
- Unbroken view
- Blemish
- National capital
- "Captain Marvel" actress Larson
- Tenth pair of cranial nerves
- Arizona native peoples
- Confuse
- Body parts
- Plays a fast guitar
- Tub
- Pen parts
- Supervises flying
- Cars come with one
- Some are fake
- Calendar month
- American whiskey (abbr.)

Answers on Pg. B21

and superbly confident renditions of Ella Fitzgerald, Cole Porter, Chaka Kahn, Chick Corea, Sting, Gershwin, and others. Roth will deliver the vocals and Cox will back her with electric, acoustic, classical, MIDIed 7-string guitar, mandolin, and electric bass, from his gorgeous collection of stringed instruments. Caffè Lena is located at 47 Phila St., Saratoga Springs. Putnam St., Saratoga Springs.

**Matt O'Ree Band**

Savoy Taproom will host the Matt O'Ree Band on Tuesday, May 14, at 8 p.m. Matt O'Ree and Eryn join forces for a not-to-miss acoustic duo performance! For tickets, visit [www.mattoreeband.com](http://www.mattoreeband.com). Savoy Taproom is located at 301 Lark St., Albany.

**Michael Schenker Fest**

The Egg will host Michael Schenker Fest on Thursday, May 9, from 8 to 11 p.m. Michael Schenker reunites with the three original MSG singers to play a retrospective of greatest hits. Do not miss this once in a lifetime chance to see these legends together on one stage: Gary Barden, Graham Bonnet & Robin Mcauley (vocals), plus Doogie White (Michael Schenker's Temple of Rock), Chris Glen (Bass), Bodo Schopf (Drums),

& Steve Mann (Guitar/Keys). For tickets, visit [tickets.theegg.org](http://tickets.theegg.org). The Egg is located at Empire State Plaza, Albany.

**Needtobreathe: Acoustic**

Needtobreathe will perform at The Egg on Wednesday, May 8 from 7 to 10 p.m. Needtobreathe is an American Christian rock band from Seneca, South Carolina, United States. The band is composed of Bear Rinehart, Bo Rinehart, Seth Bolt and Josh Lovelace. To date they have released six studio albums: Daylight, The Heat, The Outsiders, The Reckoning, Rivers in the Wasteland, and Hard Love. For tickets, visit [www.ticketmaster.com](http://www.ticketmaster.com). The Egg is located at Empire State Plaza, Albany.

**Willie Nile**

Willie Nile will perform at The Linda on Thursday, May 9, from 8 to 11 p.m. The New York Times called Willie Nile "one of the most gifted singer-songwriters to emerge from the New York scene in years." His album Streets Of New York was hailed as "a platter for the ages" by UNCUT magazine. Rolling Stone listed The Innocent Ones as one of the "Top Ten Best Under-The-Radar Albums of 2011" and BBC Radio called it "THE rock 'n' roll album of the year." For tickets,

visit [www.eventbrite.com](http://www.eventbrite.com). The Linda is located at 339 Central Ave., Albany.

**Off the Record**

Off the Record will perform at the University Club of Albany on Saturday, May 11, from 8 to 10 p.m. Off The Record is back at the University Club! Join the group for a special show, complete with a little (or a lot of) hot sax! The University Club of Albany is located is 141 Washington Ave., Albany.

**Time for Three**

Time for Three will perform at Caffè Lena on Wednesday, May 8, at 7 p.m. TF3s high-energy performances are free of conventional practices, drawing instead from the members unique musical backgrounds. The trio also performs its own arrangements of traditional repertoire and Ranaan Meyer provides original compositions to complement the trios offerings. For tickets, visit [www.brownpapertickets.com](http://www.brownpapertickets.com). Caffè Lena is located at 47 Phila St., Saratoga Springs.

**Tom Paxton & The Don Juans**

Tom Paxton & The Don Juans will perform at Proctors on Friday, May 10 from 7:30 to 10:30 p.m. Paxton's shows with The Don Juans have him on his toes,

and even his most familiar songs amplified meaning, exquisite musicianship and astonishing songwriting. And that doesn't even touch what Don Henry and Jon Vezner bring onstage. For tickets, visit [www.proctors.org](http://www.proctors.org). Proctors is located at 432 State St., Schenectady.

**The Wheel**

The Wheel will perform the second show of its May residency at Putnam Place on Thursday, May 9, at 8:30 p.m. The Wheel was founded in 2010 by Andy Morse, who was looking to play to his roots of years chasing the Grateful Dead and current incarnations around forged The Wheel. Continually rolling, covering new terrain in creative spaces before us as we spin 24 hrs a day. Putnam Place is located at 63a Putnam Place, Saratoga Springs.

**Lula Wiles**

Lula Wiles will perform at Helsinki Hudson on Friday, May 17, at 9 p.m. Lula Wiles came of age in Boston, in the practice rooms of Berklee College of Music and the city's lively roots scene. In 2016, the band self-released Lula Wiles, a sensitive, twang-tinged collection of originals. Since then, they have toured internationally, winning fans at

the Newport Folk Festival and the Philadelphia Folk Festival, and sharing stages with the likes of Aoife O'Donovan, the Wood Brothers, and Tim O'Brien. For tickets, visit [www.ticketfly.com](http://www.ticketfly.com). Helsinki Hudson is located at 405 Columbia St., Hudson.

**Kenny Chesney**

Kenny Chesney will perform the Albany leg of his Songs for the Saints Tour on Thursday, May 9, at 7 p.m. Kenny Chesney is an American country music singer, songwriter, and record producer. He has recorded 20 albums, 14 of which have been certified Gold or higher by the RIAA. He has also produced more than 40 Top 10 singles on the US Billboard Hot Country Songs and Country Airplay charts, 29 of which have reached number one. Many of these have also charted within the Top 40 of the US Billboard Hot 100, making him one of the most successful crossover country artists. He has sold over 30 million albums worldwide. For tickets, visit [www.ticketmaster.com](http://www.ticketmaster.com). The Times Union Center is located at 51 S. Pearl St., Albany.

**THEATRE**

**Shakespeare In Love**

Capital Repertory Theatre will host several performances of Shakespeare In Love through May 12. Young Will Shakespeare has writer's block... the deadline for his new play is fast approaching but he desperately needs some inspiration. That is, until he finds his muse — Viola. This beautiful young woman is Will's greatest admirer and will stop at nothing (including donning a moustache) to appear in his next play. As love blossoms, so does the comedy, great romance and playwriting. Join theREP for this immersive and sumptuous adaptation of the Academy Award-winning screenplay, complete with swordfights, secret trysts, backstage disasters, and a dog. For tickets and showtimes, visit [www.capitalrep.org](http://www.capitalrep.org).

**Terms of Endearment**

Curtain Call Theatre will host several showings of Terms of Endearment through May 18. Challenges in life and love test the resilience of a mother-daughter relationship in Dan Gordon's adaptation of Terms of Endearment, based on the book by



**The Bard and his muse?**

Capital Repertory Theatre will host several performances of Shakespeare In Love through May 12. Young Will Shakespeare has writer's block... the deadline for his new play is fast approaching but he desperately needs some inspiration. That is, until he finds his muse — Viola. Join theREP for this immersive and sumptuous adaptation of the Academy Award-winning screenplay, complete with swordfights, secret trysts, backstage disasters, and a dog. For tickets and showtimes, visit [www.capitalrep.org](http://www.capitalrep.org).

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Pulitzer Prize-winner Larry McMurtry and James L. Brooks's screenplay of the Oscar-winning film. Though Emma is often exasperated by her highly-opinionated mother, Aurora, they talk every day about their problems, from Aurora finding unexpected love even as she becomes a reluctant grandmother, to Emma's struggle in her troubled marriage. But when they need one another most, will they be able to find courage in each other? This funny and touching story captures the delicate, sometimes fractured bonds between mothers and daughters, husbands and wives, and lovers, both old and new. For tickets and showtimes, visit [www.curtaincalltheatre.com](http://www.curtaincalltheatre.com).

**The Book of Mormon**

Proctors — May 14 through May 19  
SCHENECTADY — Proctors will host performances of The Book of Mormon

on May 14 through May 19. The New York Times calls it "the best musical of this century." The Washington Post says, "It is the kind of evening that restores your faith in musicals." And Entertainment Weekly says, "Grade A: the funniest musical of all time." Jimmy Fallon of The Tonight Show calls it "Genius. Brilliant. Phenomenal." It's The Book of Mormon, the nine-time Tony Award-winning Best Musical. Contains explicit language. Please note, no single ticket sales are currently available for this show. This is a subscriber add-on. For tickets and showtimes, visit [www.proctors.org](http://www.proctors.org).

**COMEDY**

**Aziz Ansari: Road to Nowhere**

Aziz Ansari will visit Albany with a stop at the Palace Theatre on Wednesday, May 15 at 8 p.m. Aziz Ansari is an American actor, writer, producer, director, and comedian. He is known for his role as Tom Haverford on the NBC series Parks and Recreation (2009–2015), and as creator and star of the Netflix series Master of None (2015–) for which he won several acting and writing awards, including two Emmys and a Golden Globe for Best Actor – Television Series Musical or Comedy. With his Golden Globe win, Ansari became the first Indian American and Asian American actor to win a Golden Globe for acting in television. Ansari began his career performing stand-up comedy in New York City in mid-2000 while attending New York University. In 2007, he created and starred in the MTV sketch comedy show Human Giant, which ran for two seasons. This led to acting roles in feature films, including Funny People; I Love

You, Man; Observe and Report; and 30 Minutes or Less. For tickets, visit [www.palacealbany.org](http://www.palacealbany.org).

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alternative comedy room. Upstate New York's premiere stand-up showcase, Pretty Much the Best Comedy Show, has been thriving at Proctors since summer 2014, presenting a steady, diverse stream of talent to an ever-growing audience. Check back soon to find out more information about our headlining comedian! For tickets, visit [www.proctors.org](http://www.proctors.org).

**Kevin James**

Kevin James will perform two shows, at 5 p.m. and 8 p.m., at The Egg on Saturday, May 11. Kevin James is a stand-up comedian, actor, screenwriter and film producer. He's known for his appearances in "Hitch," "I Now Pronounce You Chuck and Larry," "Paul Blart: Mall Cop" and "Pixels." For tickets, visit [www.theegg.org](http://www.theegg.org). The Egg is located at Empire State Plaza, Albany.

**Pretty Much The Best Comedy Show**

Proctors will host another installment of Pretty Much The Best Comedy Show on Saturday, May 25 at 8 p.m. Pretty Much The Best Comedy Show includes a host, feature act, and guest comedians, providing nearly two hours of entertainment at the Capital Region's premier

**EXHIBITS**

**Master of Fine Arts Thesis Exhibition**

The University Art Museum will host the Master of Fine Arts Thesis Exhibition from May 3 to May 19. The University Art Museum is pleased to announce the opening of its most recent exhibition featuring the work of the University at Albany Spring 2019 Master of Fine Arts

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**Steve Forbert**  
May 11 | 8 pm \$25



**Old Haunts?**

Cohoes Music Hall will host another installment of Haunted History: A Paranormal Experience on Thursday, May 11, at 8 p.m. Experience the history and hauntings of Cohoes Music Hall at the venue's next series of paranormal events. Since it's opening in 1874, the Music Hall has been shrouded in stories and legends of supernatural activity that have captivated the curiosity of staff and patrons alike. Join us for an evening of up close investigation as you explore the Hall's many spaces and secrets guided by the Northern New York Paranormal Research Society (NNYPRS).

Cohoes Music Hall

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FOOD & VINO



Country cozy  
cuisine

Few foods can be as comforting as down-home cooking that uses ingredients pulled straight from a backyard garden or a local farm. Simple, delicious flavors are often the crux of country cooking.

While fried chicken, grits and leafy green vegetables are hallmarks of country cooking, particularly in the southern region of the United States, many different ingredients can be used to create country-inspired meals.

Pork is a mainstay of many country dinner tables. This recipe for “Pork Chops with Butter Bean Salad” from “Real Simple Dinner Tonight: Done!” (Time Home Entertainment) by Allie Lewis Clapp and Lygeia Grace is a great representation of a simple, yet tasty meal.

Pork Chops with Butter Bean Salad

Ingredients: Serves 4

- 1 slice sandwich bread, torn into pieces
- 4 tablespoons olive oil
- 2 scallions, sliced
- Kosher salt and black pepper
- 4 boneless pork chops (1 inch thick; about 1.5 pounds total)
- 1 bunch spinach, thick stems removed and leaves thinly sliced (about 4 cups)
- 1 14-ounce can butter beans, rinsed
- 1 tablespoon red wine vinegar
- 1/2 teaspoon dried oregano

Instructions:

Heat oven to 400 F. In a food processor, pulse the bread and 2 tablespoons of the oil to form coarse crumbs.

Spread on a rimmed baking sheet and bake until crisp, 5 to 6 minutes. Toss with the scallions, 1/2 teaspoon salt, and 1/8 teaspoon pepper.

Meanwhile, heat 1 tablespoon of the remaining oil in a large ovenproof skillet over medium-high heat. Season the pork with 1/2 teaspoon each salt and pepper and cook until browned, 2 to 3 minutes per side. Transfer the skillet to the oven and roast the pork until cooked through, 6 to 8 minutes.

In a large bowl, toss the spinach and beans with the vinegar, oregano, the remaining tablespoon of oil, 1/2 teaspoon salt, and 1/8 teaspoon pepper. Top the pork with the bread crumbs mixture. Serve with the salad.

Pairing:

Old Vines Zinfandel  
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This blend will give you flavors of black cherry, anise and white pepper. A taste that will pair well with this Southern inspired dish. The dark red stone fruits complement the pork nicely.

(M.F.A.) candidates: Björn Bauer, Tzu-Hsun Chang, Carolyn DiFiori Hopkins, Kristin Hutton, Krista Kubacka, Charlotte La Duke, Drea LaRose, Janice Medina, Jaquelyn Mendez, and Lily I. Olin. The artists featured in this exhibition have just completed the University at Albany Department of Art and Art History's three-year, 60 credit-hour program of intensive training and study in studio art practices. At the end of their M.F.A. studies, candidates are required to exhibit a cohesive body of their work. This work forms the core of the M.F.A. candidates' visual thesis and demon-

strates the vigor and expertise with which these emerging artists explore their respective choice of mediums. The University Art Museum provides M.F.A. candidates with the opportunity to exhibit their work in a professional museum setting. At the same time the museum offers area viewers a unique opportunity to see how today's emerging artists are addressing contemporary issues in the visual arts.

Steinmetz Visual Art Student Exhibition

The annual Steinmetz Visual Art Student Exhibition will continue its run until May 12 at Union College. Featuring the best and most accomplished student work from the 2018-2019 academic year, as selected by the Union College Visual Art faculty. This year we feature 165 student artworks, selected from any student who took an art class this year. Media included are digital art, design, drawing, painting, photography, sculpture, and video. The Visual Art faculty consists

of Martin Benjamin, Chris Duncan, Laini Nemett, Fernando Orellana, and Sandy Wimer. The Crowell and West Galleries are located in the Feigenbaum Center for Visual Art, Union College, Schenectady, NY. The gallery is open 9:00-4:00 M-F, and noon-5 on Saturday. Call 518.388.6714 for more information.

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Answers on Pg. B21

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## HEALTH & FITNESS



# Center yourself

Embrace these techniques before summer

**S**ummer is a time of year that's synonymous with relaxation. The warm air and glowing sun of summer helps people to relax and take some time away from work to smell the roses. Or so it may seem.

According to the U.S. Travel Association, Americans accumulated 705 million unused vacation days in 2017. That's 43 million more unused vacations than the year prior. Americans' neighbors to the north seem to be following suit, as a 2018 survey from ADP Canada found that only one in three Canadian workers use their two weeks' of vacation each year.

Unused vacation time may be having a more adverse effect on workers than they know. The American Institute of Stress notes that various studies have shown that job stress is a major and primary source of stress for American workers. When workers don't use their allotted vacation time, they never get a break from that stress, allowing its effects to accumulate and put their long-term health in jeopardy.

The arrival of summer presents a perfect opportunity for professionals to take some time off from work and focus on reacquainting themselves with relaxation. The following are various practices that can help people relax, courtesy of the NorthShore University Health system.

### Breathing

Healthy breathing techniques can help the body take in more oxygen, which can relieve anxiety, slow the heart rate and stabilize blood pressure. Deep breathing exercises

can teach people how to control their breathing.

### Meditation

Various forms of meditation can be employed to help people alleviate stress. Meditating for as little as five to 10 minutes can be effective. The Synchronicity Foundation for Modern Spirituality notes that meditating for as long as you feel comfortable, whether it's 10 minutes or an hour, can be effective, and that it's even possible to meditate too much. The group advises paying attention to your meditation tolerance and set aside enough time to benefit from meditation without overdoing it.

### Yoga

Many people find yoga to be great exercise for the body and an excellent way to alleviate stress. Combining various poses with breathing exercises, yoga can relax the mind and promote flexibility in the body. That latter benefit can be especially useful for people whose muscles tighten as a result of stress.

### Visualization

Visualization involves participants imagining relaxing settings and focusing on their details. The goal of visualization is eliminate stressful thoughts and calm the body.

Summer is a time of year that's synonymous with relaxation. It also marks a great time for people dealing with stress to embrace various relaxation techniques that can help them reduce their stress and restore their energy levels.

# HOROSCOPES

May 2019  
Week 2

### ARIES - MAR 21/APR 20

Reconciliation is important, Aries. That's especially so if you know you have been in the wrong. Others will respect you much more for your ability to make up and move on.

### TAURUS - APR 21/MAY 21

It's time to showcase all of your talents to an authority figure who can push you toward success, Taurus. All you need is a little reinforcement.

### GEMINI - MAY 22/JUN 21

Fresh experiences are on the way, and you are craving an opportunity to broaden your horizons, Gemini. Sign up for classes or get a new hobby to open your eyes to new things.

### CANCER - JUN 22/JUL 22

Sharing deep feelings with others can be healing, Cancer. Just be sure to choose your confidantes wisely, as the right mentor can make all the difference.

### LEO - JUL 23/AUG 23

Spending quality time with a particular person who is close to you will brighten your week, Leo. It's just the change of pace you need to put a smile on your face.

### VIRGO - AUG 24/SEPT 22

You are more than willing to take on extra work that needs to be done to get a project completed, Virgo. Your team-first attitude is not going unnoticed or unappreciated.

### LIBRA - SEPT 23/OCT 23

Creative things catch your eye this week, Libra. Make it a point to stroll through an art gallery or catch a foreign film. Your appreciation for the arts will only grow.

### SCORPIO - OCT 24/NOV 22

Calling your own shots is perfect for you. The idea of working independently is very attractive to you this week. Give it some thought.

### SAGITTARIUS - NOV 23/DEC 21

Hobbies and leisure time activities with friends will provide a welcome break from work, Sagittarius. Use these opportunities to reconnect with people you care about.

### CAPRICORN - DEC 22/JAN 20

Capricorn, you are considering a financial undertaking that takes you out of your comfort zone. Don't hesitate, as there's no reward without a little risk.

### AQUARIUS - JAN 21/FEB 18

Speaking your mind is par for the course, as Aquarians tend to be opinionated. You have the ability to win over others without making them feel pressured in any way.

### PISCES - FEB 19/MAR 20

Enjoy a few hours of hibernation this week, Pisces. Expect to feel recharged in no time. Relaxation for two also can fit the bill.



Michael Hallisey / TheSpot518

CONCERT REVIEW

# ASO wields The Force

Tribute to John Williams a treat to movie fans and their families

By MICHAEL HALLISEY  
halliseym@spotlightnews.com

**ALBANY** — The marriage of a musical score with cinema produces a profound emotional reaction and lasting memories. Hollywood has understood this for years, and this is why composer John Williams is a household name. Generations of sci-fi fans recognize the man as The Man behind some — if not all — of the most iconic movie themes in history.

The genius behind his craft, Albany Symphony Music Director David Alan Miller said, is his knowledge of every instrument in a moving orchestra. And, as one of the most celebrated living composers, he was the star of the Albany Symphony Orchestra's latest show, despite never walking into the Palace Theatre.

The ASO decided to honor Williams on the unofficial holiday celebrated by droves of Star Wars fans as May the Fourth (be with you). His seminal work on the musical score for George Lucas science fiction opus was not the first of his five Oscars, not the first of his four Golden Globes, and not the first of his 24 Grammy Awards. But, as the Skywalker family soap opera has developed into an institution over the past 40 years, it was his first step into immortality. All the more reason to celebrate him on May 4.

The prospect of observing William's work played by a Grammy Award-winning orchestra and musical director was too much to pass up last weekend. It made for the perfect opportunity to introduce the orchestra to my 6-year-old daughter. Prospects multiplied exponentially with our fortuitous rendezvous with Miller on the sidewalk. He graciously spent the city block between 677 Prime and the Palace

Theatre asking my daughter questions and sharing tidbits of the upcoming show. It was the first time I heard that she planned on becoming a conductor after a career in science. "You can do both," he said. Later, her face lit up as he dropped mention of their conversation before the sold-out Palace, and that he hoped she would enjoy her first orchestra.

Miller had walked onto the stage wearing a brown fedora, tipping his hand to the first score of the night; the theme to "Raiders of the Lost Arc," for which he earned a Grammy in 1982. "The Raiders March" is synonymous with Harrison Ford's protagonist, not so much an adventure seeker as he is a champion for preserving historical artifacts that "belong in a museum." It's the trumpet that stands out beyond all of the orchestra's instruments in this piece, announcing the hero's presence. And, it did not disappoint. The piece was followed faithfully in its chronicity by the theme to "E.T.: The Extra-Terrestrial."

Stephen Spielberg's sci-fi drama involving the relationship between a wayward alien and a schoolboy was an international phenomenon not unlike that of Lucas' Star Wars in 1982. Unlike contemporary films that incorporated Top-40 hits from record artists, Williams' score for "E.T." amplified the emotional highs and lows of the hit film. The soaring play of the violins lift audiences to the moon, as Eliot did with E.T. in 1983. Williams took home an Oscar, a BAFTA, a Golden Globe and two Grammys, as a result.

Williams' last Academy Award was earned for Best Score in the 1993 film "Schindler's List." One of Williams' most acclaimed pieces, the power of the score

lies heavily on the violin solo. Though it covers the somber events of the Holocaust in World War II, it has gone on to be used as the chosen music for several competitive ice skaters because of its beauty. Nonetheless, Miller decided to change the arrangement of the night's program by following this with a suite from the Harry Potter films.

The most unique feature showcased in the Harry Potter suite is from "Hedwig's Theme" and that from a particular instrument. The celesta is a keyboard instrument that produces a sound of small bell chimes. It's well-suited for capturing the mysterious flight of a single, nocturnal bird such as Hedwig. It's yet another example of Williams' broad and extensive knowledge of instruments that helps audiences suspend reality before

enveloping themselves into Harry Potter's world of magic.

My personal introduction to John Williams was while watching Richard Donner's 1978 film "Superman." Coincidentally, I was no older than my daughter is today when I saw that movie in the theatres. Hearing the ASO play the theme reminded me of how I charged out of the theatre as the score blared through its speakers, and with Williams' help, I was transformed into the Man of Steel. Just as the memory came to mind, I caught the vision of my daughter waving her arms through the air as she conducted the orchestra from my wife's lap.

Bravo, Maestro. Not only did she enjoy her first orchestra, but you also helped her conduct it.

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# Home Improvement & Gardening Pages

- STYLISH DESIGNS • INNOVATIVE IDEAS
- HOME IMPROVEMENTS

## Quick and simple ways to make a front door pop



Visitors' impressions of a home are often dictated by the home's entryway. Much as one may judge a book by its cover, the same can be said about the impression that a front door and entryway

can create, regardless of how accurate that impression is.

Making certain changes to an entryway can go a long way toward improving curb appeal. Entryways also can set the scene for a home's interior.

Whether one chooses to be classic or bold, modern or traditional, there are various ways to quickly transform a home's entryway.

**• Bold front door color:** Color can dramatically enhance an entryway. Painting an existing door or replacing it with a more vivid option can do the trick. The DIY Network says certain colors stand out as favorites. These include turquoise, yellow, red, indigo, orange, and black. The door color should complement the other shades of the home, such as those on siding and trim.

*The entryway to a home garners a lot of attention. Homeowners can enhance their spaces with entryways that really make a statement.*

**• Custom walkway:** Guide guests right to the front door with an attractive (and safe) walkway. Stamped concrete or decorative paver blocks may fit the bill. This walkway can extend to the street or to the driveway.

**• Contain plants.** Landscaping around the entryway should be neat and well-tended. Overgrown plants or shrubbery may give off an air of neglect. Container plants and carefully curated shrubs can create a neat and inviting aura.

**• Highlight the address.** Make sure the home can be found easily with bold and decorative house numbers. Consider two different address signs: one illuminated and easily viewed from the curb, and another closer to the front door.

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## How color can affect your garden

Flower gardens can add color and awe-inspiring appeal to a property. The National Gardening Association notes that gardeners can find nearly every color of the spectrum in flowering perennials. So whether you prefer soft pink, are partial to bright red

or want to relax in a garden and gaze at something deep blue, chances are you'll find a perennial to tickle your fancy.

The NGA offers the following breakdown of colors to help gardeners learn how their gardens can set the mood they're looking for.

### Bright colors

A garden full of bright colors like red, orange, magenta, and yellow can provide a landscape with vigor and energy. The NGA notes that brightly colored flowers can withstand especially bright sunshine, meaning gardeners can

marvel at their appearance even when the sun might be adversely affecting other plants and flowers.

### Pastel colors

Pastels, which include soft pink, powder blue, lavender, and peach, create a tranquil feeling in a garden.

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This makes pastel perfect for those who want their gardens to be a relaxing, peaceful respite from the hustle and bustle of everyday life. The NGA notes that pastels may look washed out in the midday sun, so they might be best enjoyed early in the morning or late in the afternoon.

### Complementary colors

Complementary colors are those that

are opposite one another on the color wheel. Orange and blue are examples of complementary colors. According to the NGA, complementary colors can add creative energy and vitality to a garden.

### Harmonious colors

These colors are those that are next to each other on the color wheel, such as orange and red. The NGA

recommends harmonious colors for gardeners looking to create a unifying feel in their gardens without resorting to a monochromatic color scheme. Harmonious colors give off a gentle feeling that can make for a relaxing garden atmosphere.

### Monochromatic colors

Monochromatic gardens can be awe-inspiring even though they stick to a

single color and don't provide an array of awe-inspiring colors. The NGA notes that gardeners with monochromatic gardens make them interesting by using plants of various sizes and shapes.

When planting a garden, gardeners can choose whichever color scheme they prefer. To learn more about the effects of color on a garden, visit the National Gardening Association website at [www.garden.org](http://www.garden.org).



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## Prevent the hazard of overloaded electrical circuits

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know they can relax in comfort and safety when they arrive home at the end of a day.

Safety at home is something that can

be taken for granted until it's too late. The National Fire Protection Association notes that each year more than 47,000 home fires in the

United States are caused by electrical failure or malfunction.

Overloaded electrical circuits are a frequent culprit in residential

fires. Fortunately, overloaded circuits are preventable. According to the Electrical Safety Foundation International, the following are some

potential indicators that circuits are overloaded.

- Flickering, blinking or dimming lights
- Frequently tripped circuit breakers or blown fuses
- Warm or discolored wall plates
- Cracking, sizzling or buzzing from receptacles
- Burning odor coming from receptacles or wall switches
- Mild shock or tingle from appliances, receptacles or switches.

Learning to recognize the signs of overloaded circuits is an important step in making homes safe, as the NFPA notes that home fires contribute to hundreds of deaths and more than 1,500 injuries each year. Such fires also hit homeowners in their pocketbooks, causing an estimated \$1.4 billion in property damage annually.

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producing appliance should be plugged into a receptacle outlet at any given time.

- Consider adding new outlets to your home. Heavy reliance on extension cords indicates that your home does

not have enough outlets. Bring in a qualified electrician to inspect your home to determine if more outlets are necessary.

- Recognize that power strips only add additional outlets; they do not change

the amount of power being received from the outlet.

Fires sparked by electrical circuit overload pose a significant threat. Thankfully, such fires are preventable. Learn more at [www.esfi.org](http://www.esfi.org).

*Overloaded electrical circuits are a frequent culprit in residential fires. Fortunately, overloaded circuits are preventable.*

Prevention is another key component when safeguarding a home and its residents from fires sparked by electrical failures of malfunctions. The ESFI offers the following tips to prevent electrical overloads.

- Never use extension cords or multi-outlet converters for appliances.

- All major appliances should be plugged directly into a wall receptacle outlet. Only one heat-

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

**Super Crossword Answers**

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

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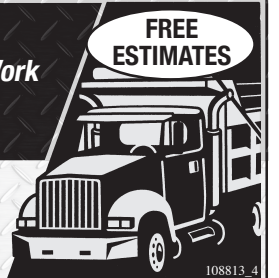
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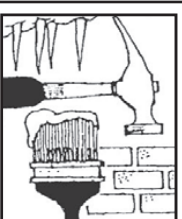
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**MAJESTIC**

Grammy Award-winning trumpeter and producer Chris Botti wowed a sold-out Troy Savings Bank Music Hall crowd with a night of jazz on Thursday, May 2. See more photos at [TheSpot518.com/SPOTTED](http://TheSpot518.com/SPOTTED).

Michael Hallisey /  
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## WHAT'S HAPPENING NOW

### Time for Three

**Caffe Lena — Wednesday, May 8**

**SARATOGA SPRINGS** — Time for Three will perform at Caffe Lena on Wednesday, May 8 at 7 p.m.

TF3s high-energy performances are free of conventional practices, drawing instead from the members unique musical backgrounds. The trio also performs its own arrangements of traditional repertoire and Ranaan Meyer provides original compositions to complement the trios offerings.

For tickets, visit

www.brownpapertickets.com.

Caffe Lena is located at 47 Phila St., Saratoga Springs.

### Jim Jones w/ DJ King Bully

**Putnam Place — Saturday, May 11**

**SARATOGA SPRINGS** — Jim Jones and DJ King Bully will perform at Putnam Place on Saturday, May 11 at 8 p.m.

Jim Jones is an original member of hip hop collective The Diplomats. He is also the co-CEO of Diplomat Records, alongside longtime friend and fellow Harlem-bred rapper, Cam'ron.



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## From page B1 ...

### Tulip Fest

The 2019 Tulip Queen will be crowned at the Lakehouse Stage at Tulip Festival presented by Citizens Bank on Saturday, May 11 at noon by Mayor Sheehan, 2018 Tulip Queen Sawyer Cresap, and Chad O'Hara of B95.5.

Emily Barcia-Varno, of Glenmont; Isabella Burnett, of Albany; Parneet Kaur, of Green Island; Megan Morrill, of Latham; and Michaela Schramm, of Loudonville have been named to this year's Tulip Court. However, one of whom will be named queen.

Dozens of mothers were nominated for this year's Mother of the Year Award. In the same ceremony that will reveal the Tulip Queen, one mother out of a field of five finalists will be chosen for the award. Marilyn Kippins of Latham; Kathleen Purrello of Schenectady; Michelle Stark of Glenville; Maria Rosa Tabora of Albany; and Wanda Wilson of Cohoes were each nominated.

Several bands, both local and abroad, are scheduled to perform on two different stages.

Headlining the festival is the Kongos, four expatriates of England and South Africa who have settled in Phoenix to produce hard rock tracks like "Come With Me Now." The band recently played an invitation-only show hosted by WEQX at The Hollow Bar and Kitchen and will play the main stage on Saturday, May 11, at 4:30 p.m.

The Greeting Committee will make a return visit to Albany after putting on a memorable performance in last September's Pearlpalooza. Lead singer Addie Sartino took the show to the crowd, leaping off stage and singing along with

the throngs of fans gathered on Pearl Street.

El Modernist was named on a short list of entertainers to play this year's main stage. The local four-piece band has garnered attention over the year as it incorporates elements of hip hop with rock. It first drew attention within the scene while winning a battle of the bands series that offered the opening gig to last September's Pearlpalooza, a one-day street festival on Albany's Pearl Street.

El Modernist released a four-track EP, "American" just last month. The band will play Tulip Festival with a set on Saturday at 1:30 p.m. Hasty Page, a local three-piece band that opened Pearlpalooza in 2017, will start music on the Local 518 Stage following the Tulip Queen Coronation.

List of acts to play Saturday on the Local 518 Stage includes C.K. & The Rising Tide (Saturday, 2:15 p.m.), Sydney Worthley (Saturday, 3:30 p.m.) and Wild Planes (Saturday, 4:45 p.m.).

Girl Blue will kick off music on the main stage on Sunday, May 11, at 1:30 p.m. The solo independent artist continues to tour regularly and record her own music while planning a full-length album for release.

Moriah Formica continues to hustle after national television appearances on both "The Voice" and "American Idol." Her voice reminds many of Ann Wilson of Heart, thanks in part to her rendition of "Crazy on You" during her audition performance on "The Voice." She will take the stage at 3 p.m. on Sunday.

Marshall Charloff will remind Albany of Prince as he brings The Purple Xperience to the main stage at 4:30 p.m.

List of acts to play Sunday on the Local 518 Stage includes Mike Grutka (Sunday, 1 p.m.), Honey Slider (Sunday, 2:15 p.m.), Bird Streets (Sunday, 3:30 p.m.) and Let's Be Leonard (Sunday, 4:45 p.m.).