



QUALITY PM, INC
PROPERTY MANAGEMENT & CONTRACTING

Specializing in Residential & Commercial Property Development & Improvements

www.qualitypm.com | 199 Delaware Ave. | Delmar, NY | 518.459.7100

TOP STORY

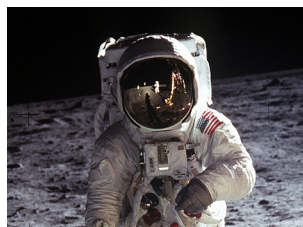


NEWS

New age

New York raises the bar on how can purchase tobacco, e-cigarettes.

Story on Page 2



50 years

Local residents recognized man's first step on the moon 50 years later.

Story on Page 10



Sonic youth

TIME's '25 Most Influential People on the Internet' includes BC's James Charles

By **KATIE HOPSICKER**

intern@spotlightnews.com

LOS ANGELES, Calif. — James Charles, Glenmont native and Bethlehem Central High School graduate, was named on TIME's list of "The 25 Most Influential People on the Internet."

Continues on page 9

◀ Having earned a tremendous following by posting his makeup tips on social media, James Charles made waves after he was named the first male CoverGirl before graduating from Bethlehem Central in 2016.

Instagram

ENTERTAINMENT



Ego and Hubris

Acclaimed comic seeks out challenges that will keep his creativity flowing.

Story on Page B1

SPORTS



Tomboys play host

Bethlehem Tomboys hosted a two-day tournament amidst scorching heat last weekend.

Story on Page 5

INSIDE THIS ISSUE... LOOK FOR OUR SPECIAL SECTION:

Spotlight On **Business** 2019
PART THREE

INDEX

Police, courts and calls	4
Sports	5
Entertainment.....	B1-B24
Classifieds	B21-B22
Horoscope	B12
Crossword	B8
Service Directory	B19

The Spotlight (USPS 396-630) is published each Wednesday by Community Media Group LLC, 341 Delaware Ave., Delmar, N.Y. 12054. Postage paid at Delmar, N.Y., and at additional mailing offices. Postmaster: send address changes to The Spotlight, P.O. Box 100, Delmar, N.Y. 12054. Subscription rates: Albany County, one year \$42, two years \$75. Elsewhere, one year \$52, two years \$90. Subscriptions are not refundable.

spotlightnews.com



6 09859 00020 1

■ GOVERNMENT

A new age for tobacco, e-cigarette sales

New legislation addresses youth access and addiction

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

NEW YORK — Gov. Andrew Cuomo approved legislation on Tuesday, July 16 to raise the minimum age from 18 to 21 in the state for the purchase of tobacco and e-cigarette products.

In an official statement, Cuomo said, that the state is taking “aggressive action to stamp out smoking among teens and children, but tobacco and e-cigarette use still persists thanks to irresponsible corporate marketing campaigns targeting young people. By raising the smoking age from 18 to 21, we can stop cigarettes and e-cigarettes from getting into the hands of young people in the first place and prevent an entire generation of New



The legislation will take effect in four months from now.

Yorkers from forming costly and potentially deadly addictions.”

While the new legislation goes into effect statewide “120 days after becoming law,” there are already numerous counties that have established the minimum age at 21, including Albany, Schenectady and Ulster. According to the state Department of Health, state law mandates that all tobacco products must be

located out of reach from customers inside stores and placed behind the counter or in a locked cabinet, and self-service displays are not allowed.

In an emailed statement, Albany County Executive Daniel P. McCoy wrote that he “knew [he] was doing the right thing” when he had signed a law in 2016 that increased the minimum age to 21 for tobacco and e-cigarette purchases in Albany

County, recognizing it was among the first counties to do so.

“Smoking kills and we are working to improve public health,” he also wrote. “We all know that tobacco is the leading cause of preventable deaths in the United States and it is our responsibility to do what we can to help spread the message that smoking is a dead end. It’s important that the entire state is now dedicated to protecting kids and young adults from all tobacco products.”

Elizabeth Whalen, the Albany County Department of Health commissioner, wrote in an email where she recognized that not allowing people aged below 21 to access tobacco products is “an important public health prevention strategy.”

Adding that an adolescent’s brain is more vulnerable to getting addicted and that nicotine addiction is mostly

lifelong, her department acknowledged that adolescents and young adults are mainly driving the sales of electronic nicotine products — high school students in the state “use these products at rates five times higher than adults.”

Whalen brought up a study done and published in January 2019 by the state Dept. of Health’s Bureau of Tobacco Control where cigarette smoking among high school students rose from 4.3 percent in 2016 to 4.8 percent in 2018; this was the first increase in the state since 2000.

Also, high school students’ e-cigarette usage increased from 10.5 percent to 27.4 percent, from 2014 to 2018. It also determined that e-cigarettes were the most popular tobacco product among American youth as opposed to cigarettes, cigars, smokeless tobacco and hookah. For more information,

visit www.health.ny.gov/prevention/tobacco_control/reports/statshots/volume12/n1_electronic_sig_use_increase.pdf.

Bethlehem Town Supervisor David VanLuven wrote in an email that while the legislation applies statewide, he expressed support for any “steps to make it more difficult for children and young adults to access products.” He added that “decades of medical studies [show] that tobacco products cause serious health problems, and children and young adults are particularly vulnerable.”

As Bethlehem is currently undergoing a six-month moratorium regarding vape and medical marijuana stores in town, VanLuven acknowledged that the new state legislation “is one more piece of information for

Continues on page 9

A great place to meet.
An even better place to eat!



Fresh
Homemade Food
Beer & Wine

Delmar BISTRO
Delaware Plaza
180 Delaware Ave.,
DELMAR

\$3 OFF

YOUR ORDER OF
\$25 OR MORE

Cannot be used with any other discounts.
In-house only. EXPIRES 10/31/19

Delmar
BISTRO

180 Delaware Ave., Delmar | Delaware Plaza



518-439-1000

Tues.-Sat.: 9 am - 9 pm
Sun.: 9 am - 2 pm
Mon.: Closed

thedelmarbistro.com

TrustcoBank.com | 800-670-3110

Home Town Checking

Choose the offer that is right for you:

Receive

\$100[†]

When you open a Home Town Premier Checking* or Home Town Free Checking Account with Direct Deposit of Social Security, Payroll or Pension.


OR

Receive

\$150[‡]

When you open a Home Town Premier Checking* or Home Town Free Checking Account with Direct Deposit of Social Security, Payroll or Pension and a new Statement Savings Account.

Home Town in every way



Member
FDIC

Promotional offer valid from 6/3/19 until 7/31/19. †To receive the \$100, you must open a Home Town Premier Checking or Home Town Free Checking Account with Direct Deposit. Minimum of \$50 to open a Home Town Premier or Home Town Free Checking Account. ‡To receive the \$150, you must open a Home Town Premier Checking or Home Town Free Checking Account with Direct Deposit and a new Savings Account (Club Accounts excluded). Minimum of \$50 to open a Home Town Premier or Home Town Free Checking Account. Home Town Premier Checking: Minimum balance of \$500 to Earn Annual Percentage Yield (APY). APY is 0.05%, current as of 5/29/19 and subject to change at any time. Home Town Free Checking: Does not earn interest. Minimum of \$50 to open a Home Town Savings Account. Minimum balance of \$200 to Earn APY. APY is 0.25%, current as of 5/29/19 and subject to change at any time. Interest accrues daily and credited monthly. Monthly Service Charge or fee may reduce earnings. Direct Deposits must be the entire amount from a recurring Payroll, Social Security, and/or Pension (minimum of \$100 monthly Direct Deposit). Direct Deposit must be completed within 60 calendar days from end of promotion. Bonuses will be paid within 60 calendar days of verification of Direct Deposits. *If Direct Deposit is canceled on the Home Town Premier Checking Account a Monthly Average Collected Balance of 500 is required or \$5 Monthly Service Charge applies. (1)Standard messaging and data rates may apply and vary by carrier. (2)Initial order of checks offered free of charge. Additional checks can be order for a charge. Please note: We reserve the right to alter or withdraw these products or certain features without prior notification.

COMMUNITY

Take a free survey about the Dive Tank

Survey to gauge public's input about future of the pool

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

BETHLEHEM — The town is encouraging locals to take an online survey now through Wednesday, July 31 in anticipation for the Elm Avenue Park's Dive Tank's reconstruction.

The 10-question survey is available on the town's website at www.surveymonkey.com/r/LLZ7H5K.

It asks questions like how often the surveyee visits the pool complex, how many of their family members come along, if the surveyee participates in aquatic or diving programs there, their opinion about the complex's fees, and to rate the complex's overall user experience.

Jason Gallo, the town's

Parks and Recreation administrator who said he helped create the survey with several town staff, said, "It's always good to hear how the public feels about certain things in the pool complex and it's important to get a feel of what they think."

Adding that the survey first became available earlier this month, Gallo said residents' input would help better inform the Dive Tank's anticipated reconstruction.

The Dive Tank has stayed closed for the summer season — the rest of the pool complex remains open though — after its structural integrity was deemed compromised earlier this spring. Deteriorated concrete walls and water infiltration were among the discoveries



While the Dive Tank is closed this summer, the rest of the pool complex and its activities remain in operation until Sept. 2.

Diego Cagara / Spotlight News

made.

Potential solutions that Gallo brought up included replacing the concrete, introducing an underdrain and excavating around the perimeter of the pool's walls.

While it was decided to hold off further inspection and the eventual reconstruction of the Dive

Tank until this fall so as to not discourage the summer crowds, Gallo said there is a chance that the Dive Tank may not be reconstructed and would instead be possibly replaced with another amenity.

Potential replacing amenity ideas include a new shallow pool, picnic spot, a slide and a shaded grass

area.

"It's not a huge possibility but our full intention is to reconstruct the Dive Tank. I'd rather have the survey information now than in the fall because we want to use all of the fall for active construction time," he said.

As a result, the survey includes some what-if questions like what type of amenity the surveyee thinks could replace the Dive Tank if the reconstruction becomes too

costly for example; if the surveyee thinks the Dive Tank should be repaired regardless of cost; and if the pool complex would still be attractive without a Dive Tank in the future.

Speaking of costs, Gallo said it's hard to determine how much repairs would be as of mid-July since

the town needs to further excavate the Dive Tank to check for any more potential damage. He confirmed that this would happen in the fall too.

When asked about the ideal timeframe for the reconstruction, Gallo said it should start around one or two weeks after the pool complex ceases operations on Sept. 2.

"The pool complex would undergo its typical maintenance that we do every season as we close up the pools," he said. "Then, we will hopefully be ready to go all in."

Gallo added that as of Thursday, July 18, the survey has attracted 875 responses, which he expressed gratitude for people taking the time to take it. For anyone interested to fill it out, it remains available at www.townofbethlehem.org/CivicAlerts.aspx?AID=1034 until Wednesday, July 31.

Protect What's Precious...

TICK & FLEA SOLUTIONS

Safe, Naturally Organic, Worry-Free

KILLS ON CONTACT:

- Ticks • Fleas • Ants • Mosquitos • Mites

Nature's Defense
All Natural Tick & Flea Solutions
Serving the Greater Capital Region

518-857-2156
www.naturesdefensetickandfleasolutions.com

JAKE MOON
RESTAURANT CAFE

WED-SUN Breakfast/Lunch
THURS, FRI, SAT Dinner
SAT/SUN Brunch All Day

SUMMER LOBSTER BAKES

Rt. 443 Clarksville Just minutes from Delmar
(518) 768-2570 • www.JakeMoon.net

GIVE YOURSELF A CHANCE TO IMPROVE YOUR QUALITY OF LIFE!

In Home Personal Training

- Is balance an issue?
- Do you need someone to keep you motivated to stay active?

In-home personal training is convenient and can help you start living with **confidence/independence**.

Assisted Stretching Available

Call Today **518-312-7983**
Keep Moving with Stephanie

KeepMovingWithStephanie.com

Tired of paying high prices for haircuts?

Still \$14

Joe's BARBER SHOP
W-F 7-5
Sat 7-1

No Appointment Necessary
— VETERAN OWNED —

337 Delaware Ave., Delmar | 518-852-0714

Looking for Dr. Victoria Epstein?

The doctors of **Albany Eye Associates** are excited to announce that she has joined our growing practice. Contact us to schedule your next comprehensive eye exam with her or another one of our board certified doctors.

- Routine Eye Exams
- Cataract Surgery
- Diabetic Retinopathy
- Dry Eye
- Neuro-Ophthalmology
- And More

Accepting New Patients!

ALBANY EYE ASSOCIATES
63 Shaker Road, Suite 101, Albany • 518-434-1042
www.albanyeyeassociates.com

Office Hours: Mon.-Fri.: 8am - 5pm Phone Hours: Mon.-Thurs. 8:15am-4:45pm, Fri. 8:15am-4pm

■ POLICE, COURTS and EMERGENCY CALLS

No one hurt in Glenmont two-vehicle accident

GLENMONT — A vehicular accident occurred on Tuesday, July 16 at around 1:15 p.m. at the intersection of Route 9W and Plank Road, but no one was hurt.

According to Bethlehem Police Department Cmdr. Adam Hornick, a 2016 GMC truck towing a trailer — operated by Ryan N. Green, 38, of Albany — and a 2015 Mitsubishi car — operated by Amanda Chow, 28, of Cohoes — were both heading northbound on Route 9W.

But when the Mitsubishi — traveling in the middle lane — attempted to make a left turn onto Plank Road, this directly

crossed the GMC truck's path and they collided. This caused the GMC truck and its trailer to flip over, with the truck itself landing on its roof.

Both vehicles sustained significant visible damage but Hornick said it "was a very lucky situation" that neither drivers sustained any injuries. The BPD, Delmar-Bethlehem EMS, Albany County paramedics, and the Selkirk Fire Department responded to the scene. Hornick added that witnesses who saw the accident happen helped provide more information.

The accident caused Route 9W to be partially closed to one lane for three hours, said Hornick, and it significantly impacted traffic. However, it reopened fully in time for the afternoon rush hour traffic.

Chow was issued a traffic ticket for moving from her lane unsafely and the investigation closed that same day.

"It's really all about being alert and knowing your surroundings while you're driving because sometimes, people can be the best drivers but you don't know about the actions of other drivers nearby," said Hornick.





Traffic on Route 9W was reduced to one lane after two vehicles struck each other.

Photos by Tom Heffernan Sr. / Special to Spotlight News




FALVO'S PRIME BUTCHER SHOP "Quality Always Shows" SELL U.S. PRIME BEEF★ www.FalvoMeats.com Not Responsible For Typographical Errors			
SLINGERLANDS, ROUTE 85A • PHONE ORDERS 518-439-9273			
USDA PRIME (RIB EYE) DELMONICO STEAKS \$14.99 LB.	(OUR OWN) STORE-MADE 5 LB BOX PATTIES GROUND CHUCK \$4.39 LB. GROUND ROUND \$5.19 LB. EX LEAN GROUND SIRLOIN \$5.49 LB.	USDA PRIME • TOP ROUND LONDON BROIL \$4.59 LB.	
3 LBS OR MORE • SIRLOIN CUBE STEAKS \$4.59 LB.	3 LBS OR MORE • EX-LEAN BACON \$4.69 LB.	DELI-DEPT. SAHLEN (SMOKEHOUSE) OFF THE BONE HAM or SWISS CHEESE \$5.99 LB.	OUR OWN • GROUND LAMB PATTIES \$4.29 LB.
U.S.D.A. PRIME WHOLE N.Y. STRIP LOINS \$11.99 LB. <small>15 Lbs. Avg. Weight</small>		10 LBS. OR MORE GROUND CHUCK \$3.29 LB. GROUND ROUND \$4.19 LB. GROUND SIRLOIN Extra Lean \$4.39 LB.	
U.S.D.A. CHOICE & HIGHER WHOLE TENDERLOINS PEELED \$15.99 LB. <small>7 Lbs. Avg. Weight</small>			
Prices Good Thru 7/27/19 • Tuesday-Friday 9-6, Saturday 8-5, Closed Sunday-Monday 110147_4			



+Debit

GOOD VIBES

Free Checking
Instant Issue Debit Card

Federally Insured by NCUA



Visit our Delmar branch!
267 Delaware Ave.

Follow us
on Twitter



Read about local sports as they
happen — @francospotlight.

July 24, 2019



Go to
Spotlightnews.com
for more Sports stories!

■ YOUTH SPORTS

Tomboys host a tournament

BETHLEHEM — Despite the scorching heat, the Tomboys held a two-day softball tournament on Saturday and Sunday, July 20 and 21.

After round robin, pool play on Saturday, the seven teams squared off in bracket play on Sunday utilizing fields at Elm Avenue Park and Line Drive.

On Sunday, the Blue Angels of Latham beat East Greenbush 4-0 and then got

by the home team Bethlehem Boltz 10-8 before losing in the finals to Hockomox Rox, a team out of Massachusetts.

Guilderland, the other local team in the tournament, lost to the Rox in the opening round and Bethlehem won its first game over the Lady Mariners from the North Country 9-6.

Check out our website for more photos of the tournament.



From page 1 ... Sonic youth

The beauty guru and YouTube vlogger was listed amongst celebrity singers Ariana Grande and Cardi B; politicians and public figures including President Donald Trump and the Duke and Duchess of Sussex; international influencers, like the Hong Kong Protesters, and more.

Charles, originally James Charles Dickinson, grew up in Bethlehem and graduated from Bethlehem Central High School in 2017. His career jump-started after becoming the first male ambassador for CoverGirl and has since moved to Los Angeles, California. Charles features many celebrities, including Kim Kardashian and Kylie Jenner, in his videos and he recently worked professionally with Iggy Azalea on her new music video, "Sally Walker."

He is now notably

famous for sharing makeup tutorials and special looks on his social platforms. He has over 15 million subscribers and followers on YouTube and Instagram, and has launched both an eyeshadow palette in collaboration with Morphe and his own merchandise named Sisters Apparel.

"After attending the Met Gala in May, James Charles, a beauty vlogger best known as the first male ambassador for CoverGirl, declared to his followers that he wanted to be a 'catalyst' for 'influencer representation in the media,'" TIME Magazine wrote in its description of Charles.

"He quickly got his wish—but not in the way he intended," TIME continued. "The reason: the viral break-up of his friendship with former mentor and fellow beauty



The beauty guru and internet influencer now calls Los Angeles home.

Instagram

vlogger, Tati Westbrook, which started as a niche feud over gummy bear supplement sponsorships and ballooned into a broader discussion about the dark side of influencers and 'cancel culture.'"

Charles suffered from the feud with Westbrook, losing millions of subscribers and followers and canceling his planned tour. While controversy surrounds Charles' claim to fame, he is making sure to stay transparent with his followers, posting a "No More Lies" video to his YouTube channel. He

explained his conflict with Westbrook and provided evidence to verify his perspective.

Both parties have recently apologized, and Charles has moved on from the conflict, amidst support from his loyal fans. With his latest scandal behind him and new content in his future, Charles is surely one to watch.

To view the full list of TIME's "25 Most Influential People on the Internet," visit <https://time.com/5626827/the-25-most-influential-people-on-the-internet/>.

From page 2... New age, new legislation

the Town to consider when assessing our codes about where it is appropriate to site vape shops, and where it isn't."

In emailed responses, Theresa Petrone Butts, chair of the Capital Region Advisory Board of the American Heart Association, wrote that this "exciting" legislation will help discourage kids from becoming addicted to tobacco and e-cigarette products; she acknowledged that children's older friends have often provided them but the legislation would address that concern.

Adding that the legislation would save more lives in the state, Butts wrote that "there won't be enough prevention programs and resources until children stop picking up cigarettes and e-cigarettes."

According to her, the state's Tobacco Control Program receives around \$39 million in annual funding but the Centers for Disease Control and Prevention recommends around \$203 million in funding instead. "We need to have it fully funded so that we have the resources and programs necessary to reduce, and ultimately prevent, nicotine addiction. With the growing rates of e-cigarettes, we need these funds more than ever," she wrote, also expressing support for Cuomo's passed legislation.

For more information, visit www.governor.ny.gov/news/governor-cuomo-signs-legislation-raise-tobacco-and-e-cigarette-sales-age-18-21.

George W. Frueh

Discount Home Heating Oil Kerosene - Diesel Fuel

SUMMER FILL UP SPECIAL!

Buy Before It Goes Up!

Service... Any Day, Any Time

518-436-1050

*Cash Only

Your Local Insurance Agency Since 1951



Bryant Asset Protection, Inc.

(518) 439-1141

1280 New Scotland Rd • Slingerlands, NY 12159
info@bryantasset.com • www.bryantasset.com



TRAVELERS



Safeco Insurance™
A Liberty Mutual Company



Liberty Mutual
INSURANCE

LEGALS

NOTICE OF LLC FORMATION
THIEN PHAT LLC. Arts. of Org. filed with the SSNY on 05/31/19. 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, 4719 Browne Street, Flushing, NY 11355. Purpose: Any lawful purpose. D-222393

NOTICE OF LLC FORMATION
TILDEN AVENUE REALTY LLC. Arts. of Org. filed with the SSNY on 02/27/14. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of

To place your Legal Notice: Call 439-4949

LEGALS

process to the LLC, 131 Tehama Street, Brooklyn, NY 11218. Purpose: Any lawful purpose. D-220705

NOTICE OF LLC FORMATION
TON'NERU LLC. Arts. of Org. filed with the SSNY on 05/09/19. 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, 750 St. Marks Avenue, Brooklyn, NY 11216. Purpose: Any lawful purpose. D-220925

NOTICE OF LLC FORMATION
TRASHTOWN PICTURES LLC. Arts. of Org. filed with the SSNY on 06/28/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served.

LEGALS

SSNY shall mail copy of process to the LLC, 251 7th Street, Apartment 8A, Brooklyn, NY 11215. Purpose: Any lawful purpose. D-222502

NOTICE OF LLC FORMATION
TULOTTA COMMERCIAL REALTY LLC. Arts. of Org. filed with the SSNY on 06/10/19. 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 Alan Goldman, 1225 Franklin Avenue, Ste. 515, Garden City, NY 11530. Purpose: Any lawful purpose. D-220707

NOTICE OF LLC FORMATION
UNDENIABLE LLC. Arts. of Org. filed with the SSNY on 07/09/19. Office: Albany County.

LEGALS

SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1732 1st Avenue, #23988, New York, NY 10128. Purpose: Any lawful purpose. D-223213

NOTICE OF LLC FORMATION
UPPERDECK SECURITIES LLC. Arts. of Org. filed with the SSNY on 06/17/19. 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, 39 Broadway, Suite 3300, New York, NY 10006. Purpose: Any lawful purpose. D-221264

To place your Legal Notice: Call 439-4949

LEGALS

NOTICE OF LLC FORMATION
URBAN MARMALADE LLC. Arts. of Org. filed with the SSNY on 06/24/19. 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, 28-24 Steinway Street, #308, Astoria, NY 11103. Purpose: Any lawful purpose. D-221910

NOTICE OF LLC FORMATION
VISIONARY HEALTHCARE CONSULTANTS, LLC. Arts. of Org. filed with the SSNY on 06/20/19. 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, Two

LEGALS

Bay Club Drive, Unit 21B, Bayside, NY 11360. Purpose: Any lawful purpose. D-222165

NOTICE OF LLC FORMATION
VMMV INTL LLC. Arts. of Org. filed with the SSNY on 05/31/19. 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, 31 Jane Street, New York, NY 10014. Purpose: Any lawful purpose. D-220583

NOTICE OF LLC FORMATION
WALKER TERRACE COMMERCIAL, LLC. Arts. of Org. filed with the SSNY on 06/10/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it

LEGALS

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-220914

NOTICE OF LLC FORMATION
WHELL'S LLC. Arts. of Org. filed with the SSNY on 06/13/19. 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, 1410 47th Street, Apartment 3L, Brooklyn, NY 11219. Purpose: Any lawful purpose. D-221400

NOTICE OF LLC FORMATION
XVIII CAPITAL ADVISORS LLC. Arts. of Org. filed with the SSNY on 05/29/19. Office: Albany County. SSNY designat-

LEGALS

ed as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1385 York Avenue, Apartment 15G, New York, NY 10021. Purpose: Any lawful purpose. D-220486

NOTICE OF LLC FORMATION
ZACCARO-AIRAPETIAN ASSOCIATES LLC. Arts. of Org. filed with the SSNY on 06/19/19. 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, 299 Broadway, Suite 1405, New York, NY 10007. Purpose: Any lawful purpose. D-221660

COMMUNITY

Going to the Moon and back

Remembering 50 years since humans first stepped on the Moon

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

GUILDERLAND — When Apollo 11 landed on the Moon back on July 20, 1969, millions of people watched in awe as television helped broadcast the moment when a centuries-long dream became a reality. As people looked up to the sky with wonder, they had also looked up when Apollo 11 first launched prior on July 16, a metaphor for how mankind's reach transcended celestial boundaries.

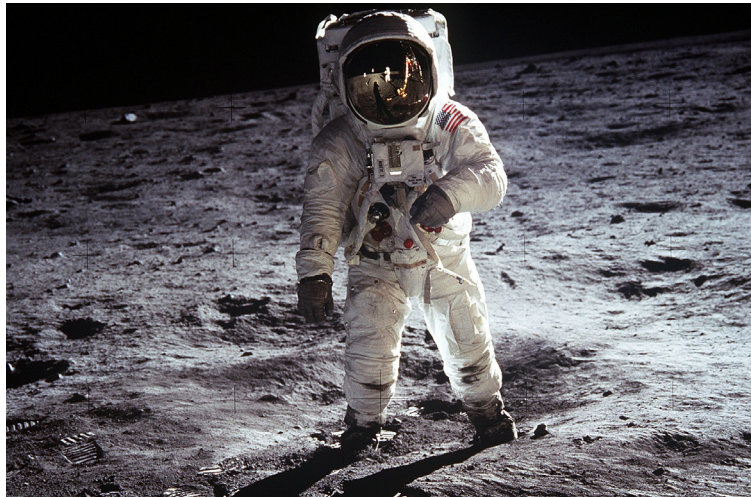
A similar phenomenon happened this past Saturday, July 20 — the 50th anniversary of Apollo 11's Moon landing — at the Guilderland Public Library where a mostly-packed audience peered up as a projector screened a documentary film about the historic event. Aptly titled "Apollo 11" and directed by Todd Douglas Miller, the film was released in theatres in the spring and consisted of archival footage as well as never-before-seen material.



Guilderland's library was decorated with space-themed books, sets and gears for the summer.

Diego Cagara / Spotlight News

People were now more able to intimately witness the astronauts board the spacecraft, engineers work feverishly in the launch control room, the frenzied



The iconic photo of astronaut Buzz Aldrin, above, was included in the "Apollo 11" documentary which was screened at the Guilderland Public Library last Saturday, signalling Apollo 11's impact, even in the Capital District.

media coverage and the public intrigue at the time. Regarding the latter point, the film offered a first-person view of the massive crowds gathered near the launch pad site, and the fashion and technology of the late 1960s.

Presented in color and assuming the perspectives of the astronauts, engineers and public then, the film felt like a well-packaged time capsule. It felt quite surreal to watch Neil

Armstrong, Michael Collins and Buzz Aldrin up close in such high definition in the film.

Maria Buhl, head of programming at the Guilderland Public Library, said that the library secured the rights to screen the documentary due to an annual

additional one-time screening licence with Movie Licensing USA. Provided with free popcorn and iced water, the audience that day was mainly a mix of

young families with awestruck children and older folks, some of whom were alive when the actual mission happened in 1969.

Buhl, who was eight years old at the time, said, "I remember everyone talking about it and asking where you'll watch it. It was amazing and newspapers had nothing but coverage on it with huge headlines. In fact, the family who lived down the street from us had a dog that had three puppies named after the astronauts. That showed how people were so obsessed with this back then." She added that due to her young age, she did not fully realize the significance of the Space Race between the U.S. and Soviet Union then but she acknowledged that Apollo 11's success "really displayed a sense of U.S. pride."

The "Apollo 11" screening was a part of Guilderland Public Library's "A Universe of Stories" theme which promoted space-related books, activities and events, partially to commemorate Apollo 11's 50th anniversary. Buhl said it was important for children and generations who were not alive in 1969 to acknowledge how "Apollo 11 was probably one of the most defining

moments for mankind and U.S. history. I think it's a good thing to remind kids that this was a tremendous accomplishment and it was also wonderful to see more recent missions including women. Women scientists working at NASA were fundamental too."

Speaking of younger generations, there has been a visible fashion trend this year among teenagers and young adults to wear outer space-, moon- or NASA-themed clothes and accessories. Examples include shirts and face masks bearing NASA's famous "worm" logo, and sweatshirts and silver bomber jackets with NASA's navy blue insignia on its back.

The Los Angeles Times reported on Friday, July 19 in its "The NASA logo is having a moment" article that NASA-themed fashion provides a sense of nostalgia and indirectly promotes public intrigue in the STEM fields — science, technology, engineering and math.

In pop culture, singer Ariana Grande's 2019 album, "Thank U, Next" included a song named "NASA," which has become a fan favorite and inspired her own line of NASA-themed merch for her world tour and Coachella performances earlier this year. Also, the recent "Toy Story 4" film includes the return of Buzz Lightyear, a fictional toy Space Ranger whose first name was borrowed from Apollo 11 member Buzz Aldrin too.

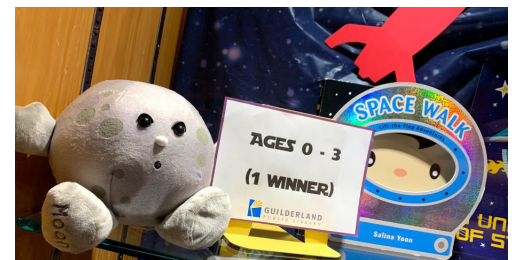
Furthermore, social media is now rampant with Area 51-related memes and jokes, stemming from a viral Facebook group event page called "Storm Area 51, They Can't Stop All of Us." That event page has jokingly attracted over one million people to want to storm Area 51, an

elusive military site in southern Nevada. The U.S. military has actually caught wind of the viral sensation and cautioned the public to not actually approach Area 51.

A July 15 article in *The New York Times* called "Storm Area 51? It's a Joke, but the Air Force is Concerned" included a quote from an Air Force spokeswoman who said that "any attempt to illegally access military installations or military training areas is dangerous." While Area 51 is not connected to NASA or Apollo 11, it has renewed public interest in similar nostalgic topics like outer space and alien-related conspiracy theories.

All these factors further drive up interest in NASA among younger generations and perhaps astronauts and aliens will be among the most popular costumes this Halloween season.

When asked if she has seen many young people sporting NASA-inspired clothing, Buhl said, "I personally have not seen it but we do have T-shirts from the Universe of Stories theme in the library. But that's cool that there's such an interest from young people."



The library's Universe of Stories summer theme also aims to stimulate youth interest in reading books.

Diego Cagara / Spotlight News

Looking ahead, Buhl said the library is continuing with its Universe of Stories theme with more space-related activities and events through the end of July. "Apollo 11 still is remarkable today and the people who worked at NASA and the astronauts all showed incredible bravery," Buhl said. "The library is still having events like a Jedi Academy, a learn-to-use a telescope program and a talk about stargazing. It's all endless themes."

For more information on events and times, visit guilderlandlibrary.org.

THE
Spotlight

NEWS | news@spotlightnews.com

SPORTS | sports@spotlightnews.com

NOTICES | milestones@spotlightnews.com

ADVERTISING | advertise@spotlightnews.com

CLASSIFIEDS | classified@spotlightnews.com

SUBSCRIPTIONS | circulation@spotlightnews.com

Publisher | **John A. McIntyre Jr.**

Managing Editor | **Michael Hallisey**

Online Editor | **Jim Franco**

Reporter | **Diego Cagara**

Advertising Representatives |

**Corinne Blackman, Susan O'Donnell,
Theresa Cassiack**

Engagement Coordinator | **Kaitlin Lembo**

Art Director | **David Abbott**

Graphic Designer | **Martha Eriksen**

Classifieds/ Services Directory
Consultant | **Kaitlin Lembo**

Phone: **518.439.4949** | Fax: **518.439.5198**

P.O. Box 100, 341 Delaware Ave., Delmar 12054 | OFFICE HOURS: 8:30 a.m. to 4 p.m. weekdays. Open until 5 p.m. on Thursdays

LIBRARIES

All about the books

All summer long, the literacy pros at Bethlehem library are promoting and supporting school-age literacy with events such as First Chapters, Family Book Discussion, Reader Read-Ins and Paws to Read. With these programs, young readers can explore new and exciting stories while developing crucial reading skills.

Kids and families are invited to stop by Saturday, July 27, at 2 p.m. for a First Chapters book event where first impressions count. Read the first chapter of one of our selected books and check it out or pass it on.

On Monday, July 29, at 10 a.m., we're hosting a Reader Read-In with the Summer Reading theme: A Universe of Stories. Kids in grades 1 to 5 are invited to practice reading with a teen volunteer (supervised by one of our literacy



experts), or read quietly alone or as a family. Refreshments will be available. More read-ins are scheduled for August.

Check out the calendar at www.bethlehempubliclibrary.org for even more upcoming school-age literacy events.

P.S.: Many of these activities will help you reach your Summer Reading Challenge goals, so sign up today and get rewarded for reading.

Plan an escape

Would your puzzle-solving skills be enough to save you in an unforgiving environment like space? Will your team be able to cooperate long enough to survive? Can you keep your wits about you as

the clock counts down to zero? Find out at one of our upcoming space-themed breakout rooms celebrating Summer Reading's Universe of Stories.

Adults get first crack at this on Monday, July 29, at 7 p.m. with the Breakout Room: Lost in Space program. On Wednesday, July 31, at 10 a.m. children ages 7 to 11 are invited to solve the Breakout Room: Galactic Space Race. Later that day, at 2:30 p.m., is the Breakout Room: Space Rocks, for teens.

All programs are similar to an Escape Room, where you use your puzzle-solving skills to unlock the box before time is up. Sign up by calling 518-439-9314 or selecting your event on the calendar online at www.bethlehempubliclibrary.org.

— Kristen Roberts

Jedi Academy

Master the ways of the Jedi on Thursday, July 25 at 6:30 p.m. Your cosmically comic Master of Ceremonies, Panniken Moonjumper, will guide your mission of intergalactic fun and adventure.

Young Jedi Warriors, Princesses and Darth Vaders will enjoy comic antics, exciting physical challenges, magical mayhem, light saber



lessons, and a visit from a furry alien sidekick at this family-friendly variety show. Come dressed as your favorite Star Wars character if you wish, and may the Force be with you. See <http://www.davidengel.biz/jedi-academy> for more information.

Out of This World Family Jam

Kids and kids-at-heart alike will enjoy this toe-tappin' session with the Hilltown Ramblers on Saturday, July 27 at 2 p.m., featuring folksy bluegrass.

— Luanne Nicholson

Family concert

A fun-filled family concert with Jay Mankita will be at 6:30 p.m. on Friday, July 26. Jay's songs are thoughtful, wonderfully crazy, and engaging. With such a variety of tempos and styles — he's a musical Pied Piper. For all ages. No registration



required.

Art with the Tang

Join the Tang Museum from 2 to 3:30 p.m., on Monday July 29, as we explore art works by Alma Thomas and Carrie Moyer.

We will create our own textural works inspired by their art and this year's summer reading program theme, "A Universe of Stories."

Materials provided include specialty papers, felt, and metallic markers.

Grades 1 through 6, please register.

— Lynn Kohler



Life made easier.
With Carefree Checking.SM

Open a Carefree CheckingSM account at Community Bank and get a free gift. Simply stop into your local branch or visit carefreeCBNA.com. (How easy is that?)



Bank rules and regulations apply. Minimum opening deposit is only \$50. Ask us for details.

Equal Housing Lender | Member FDIC

Thank You for Supporting Us!



Thank you to the following contributors to the 2019 BCHS Graduation Celebration

Balance Massage Studio
Bethlehem Town Family Dental
Bethlehem YMCA
Delmar Barber Shop
Delmar Reform Church
Gochees Garage, Inc
Hidden Meadows
Hughes Opticians
I Love Books
Learn to Drive School
Phillips Hardware
Top Form
Bethlehem Business Women
Ando Salon
Buenau's Optician
Tri-City Valley Cats
Levo Strength
Mad Dog Bikes
Bethlehem Baseball Team
BCAA Golf Booster
Girls Basketball Booster

BCAA
BCAA Girls Swim & Dive
BOU
BCAA Girls Soccer
BCAA Girls Softball
BCAA Field Hockey
BCAA Gymnastics
Bethlehem Boys Lax
BCAA Football Booster
Albany Braces (Decker, Sbuttoni)
Applebee Funeral Home
Bausback & McGarry Family Dentistry
Bethlehem Lions Club
Cart-Away, LLC
Claremont House (Koval)
Delaware Plaza
Delmar Chiropractic Office
Delmar Fire Dept.
Delmar Kiwanis Foundation
Delmar Pediatrics
Four Corners Pharmacy

Friends of Senator Breslin
Glenmont Dental (Michael Conte, DDS)
McSharry & Assoc.
Pratt & Assoc.
Quality PM, Inc.
Robert Wright Disposal
SABIC (Selkirk Community Fund)
Saint Thomas Church
Slingerlands Fire Department
Tools Restaurant
Upstate Wine (Todd Yutzler)
Bethlehem Memorial Veteran Assoc.
Albany Foam & Supply
Bethlehem Police Benevolent Assoc.
Albany County
Save- More Wines & Liquors
Eagle Elementary PTO
Glenmont Elementary PTA
Slingerlands Elementary PTO
BC Teachers Association
Bethlehem Self Storage

**AND TO ALL THE PARENTS & VOLUNTEERS FOR THEIR TIME AND FINANCIAL SUPPORT
WE COULD NOT HOLD GRADUATION CELEBRATION WITHOUT ALL OF YOU**



Katie Louise

Catching up with local musician, Katie Louise.

Page B4

Inside This Issue:

A look at what's happening in Capital District businesses.



FREE · July 24 - July 30, 2019 · www.thespot518.com

PICK OF THE WEEK

MORE THIS WEEK



Dynamic Duo

So much is happening this week, including the return of Béla Fleck and Abigail Washburn at Caffe Lena.

Pages B7-11

INSIDE



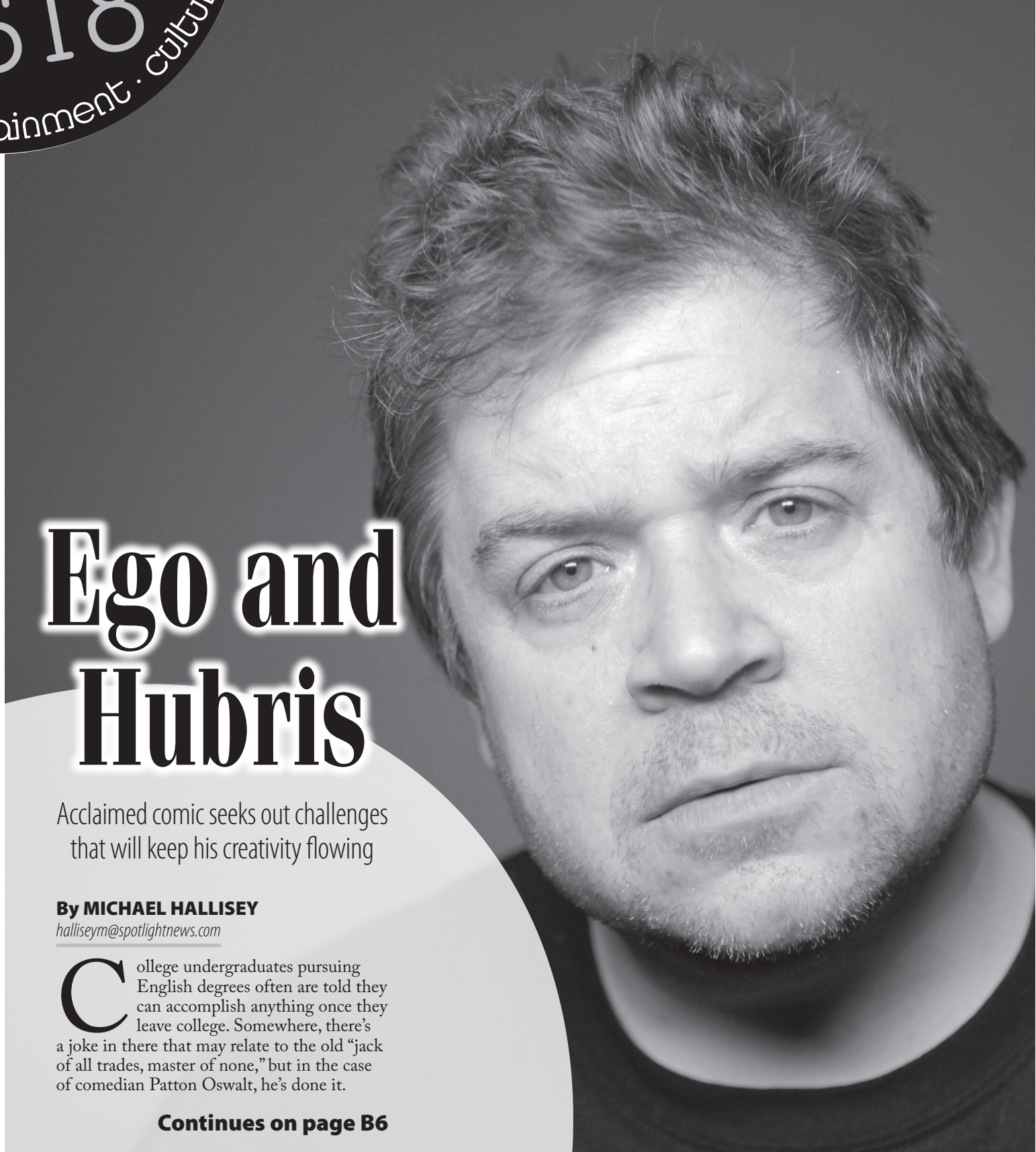
Unlimited tix

Movie theater chain is set to launch a sweet deal to bring people back to the movies.

Page B16

Arts calendar

Pages B7-B11



Ego and Hubris

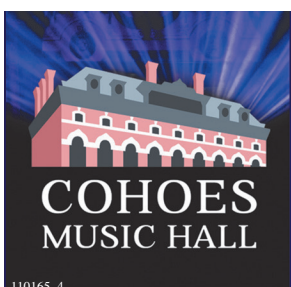
Acclaimed comic seeks out challenges that will keep his creativity flowing

By **MICHAEL HALLISEY**

halliseym@spotlightnews.com

College undergraduates pursuing English degrees often are told they can accomplish anything once they leave college. Somewhere, there's a joke in there that may relate to the old "jack of all trades, master of none," but in the case of comedian Patton Oswalt, he's done it.

Continues on page B6



'JUST FOR KIDS' 2019 FREE SUMMER MOVIE SERIES!

Wednesdays at 1pm on the Big Screen at Cohoes Music Hall

The Peanuts Movie

July 10

Rio

July 17

Pokemon Heroes

July 24

Night at the Museum

August 7

Ice Age: Collision Course

August 14

The Jungle Book

August 21

FREE TICKETS

ONLINE
thecohoesmusicall.org

PHONE
(518) 953-0630

BOX OFFICE

Mon- Fri 10am-1pm or 2 hours prior to any show

#TheSpot518

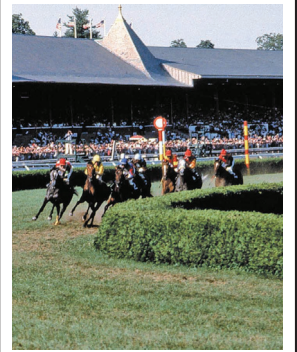


DOG DAZE
 —
 How many times did you hear how hot it was?
 rts2346_ru / instagram

▶ **quote of the week**

"Best way to beat the heat? Spicy food and cold drink."




— Ric Orlando, celebrity chef on Twitter



contents

What's Happening B3-B6
 Feature B3
 Crossword Puzzle B8
 Arts Calendar B7-B11
 Sudoku Puzzle B11
 Horoscope B12
 Health & Fitness B12
 Food & Vino B14
 Service Directory B19
 Classifieds B21-B22

social media

-  /thespot518
-  @spotnewsfeed
-  @thespot518



staff

- Publisher* | John A. McIntyre, Jr.
Managing Editor | Michael Hallisey
Online Editor | Jim Franco
Reporter | Diego Cagara
Advertising Representatives | Corinne Blackman, Theresa Cassiack, Susan O'Donnell
Engagement Coordinator | Kaitlin Lembo
Art Director | David Abbott
Graphic Designer | Martha Eriksen
Classifieds/ Services Directory Consultant | Kaitlin Lembo

Contributing Writers | Denise Bennett, Diego Cagara, Ann Linda Ciotoli, Skyler Gilbert, Dan Romand, Elizabeth Schaefer, Wes Thomas, James Yeara
Contributing Photographers | Mike Allen, George Fazio, Jim Gilbert, Alan Gold, Amy Modesti, Garret Mac Aoidh, Pat McCormick, Bo Smith

518.439.4949 • fax 518.439-5198
 advertize@spotlightnews.com
 thespot518.com

CycleNation™



Form your team of 4-8 and join us for a relay-style, stationary cycling event

 American Stroke Association.
 A division of the American Heart Association.

CycleNation™
Thursday, Sept. 26
 Revolution Hall, Brown's Brewing Company
 425 River St., Troy • 4:30 - 8:30 p.m.

Opening remarks, two hours of cycling, a one-hour celebration
Only 50 bikes available!

Register at CycleNation.org/capitalregionny or call **518.626.8768**

Co-chairs: Dr. Adanna Akujuo, Albany Med, Dr. Alan Boulos, Albany Med, Dr. Mandeep Sidhu, Albany Med

LIFE IS WHY SPONSOR:
 ALBANY MED

SPONSORS:
 SEFCU
 Ellis MEDICINE
 MVP HEALTH CARE
 CAP COM
 FLY 92.3
 WRGB NEWS 6

NATIONAL SPONSOR:
 BREAKAWAY From Heart Disease™
 AMGEN™

EXPERIENCE THE ALL NEW
PUTNAM PLACE
 DOWNTOWN SARATOGA SPRINGS
 HOTTEST NEW VENUE

 **PAT DECKER ON THE PATIO (EARLY)**
 JULY 25, AUG 1 & AUG 8
 6:00 PM | FREE

 **THE WHEEL (GRATEFUL DEAD TRIBUTE)**
 JULY 25
 9:00 PM | PAY WHAT YOU WANT

 **THE BROKEN HEARTS (TOM PETTY TRIBUTE)**
 JULY 26
 9:30 PM | PAY WHAT YOU WANT

 **AUDIOSTARS**
 JULY 27
 9:30 PM | PAY WHAT YOU WANT

PUTNAM PLACE • 63A PUTNAM ST. SARATOGA SPRINGS, NEW YORK

Book an event with us for Bridal/Private Parties, Fundraisers and Corporate Events. Visit putnamplace.com for details.

For ticket information, please visit: putnamplace.com



Provided photo

RECENTLY ANNOUNCED

Strong women, bold music

Multi-Grammy winner Rhiannon Giddens returns

ALBANY — Musicians Rhiannon Giddens, Leyla McCalla, Allison Russell and Amythyst Kiah will perform as “Our Native Daughters” at The Egg on Friday, July 26 at 8 p.m. as part of the American Roots & Branches concert series.

Multi-Grammy Award winner and 2017 MacArthur Genius Grant recipient Rhiannon Giddens returns with

her soul-stirring vocals and prowess on fiddle and banjo, performing a repertoire from her rich catalog of traditional and original music.

Giddens will be joined by three other leading ladies of today’s folk music scene – Allison Russell of Birds of Chicago, Leyla McCalla of Carolina Chocolate Drops and rising star Amythyst Kiah – to perform music from their acclaimed, ground-breaking recording, “Songs of Our Native Daughters.”

“Songs of Our Native Daughters” shines new

light on African-American women’s stories of struggle, resistance, and hope.

Pulling from and inspired by 17th-, 18th-, and 19th-century sources, including slave narratives and early minstrelsy, kindred banjo players Giddens, Kiah, McCalla, and Russell reinterpret and create new works from old ones.

With unflinching, razor-sharp honesty, they confront sanitized views about America’s history of slavery, racism, and misogyny from a powerful, black female perspective.

These songs call on the persistent spirits of the daughters, mothers, and grandmothers who have fought for justice — in large, public ways — only now being recognized, and in countless domestic ways that will most likely never be acknowledged.

Tickets to the performance are \$45 and \$40 and are currently available at The Egg Box Office at the Empire State Plaza, by telephone at 518-473-1845 or online at www.theegg.org.

WHAT’S HAPPENING NOW



Nick Kroll / Facebook

Nick Kroll Live

The Egg Performing Arts Center — Wednesday, July 24

ALBANY — Nick Kroll will perform a comedy show at The Egg on Wednesday, July 24 at 8 p.m.

Nick Kroll is an actor, writer and producer. He most recently co-created and voiced numerous roles on the Netflix animated series Big Mouth, which was nominated for an Annie Award for “Best General Audience Animated Television/Broadcast Production.” Nick can be heard in Secret Life of Pets 2 and as ‘Uncle Fester’ in MGM’s The Addams Family set to be released in October 2019.

The Egg Performing Arts Center is located at Empire State Plaza, Albany.

LATEST NEWS
sponsored by:

Enjoy the comforts of home without the woes of ownership!

“55 and Better Active Adult Community”

OPEN Mon.-Fri. 8AM-4PM • Sat. 12PM-4PM
— No appointment necessary!

6 Parker Mathusa Place, Delmar • 518-689-0162 • TheSpinneyatVanDyke.com

Antique Fair & Flea Market
Sat. Aug. 3rd (8a-5p) & Sun. Aug. 4th (9a-4p)
Washington County Fairgrounds
Route 29, Greenwich, NY • (518) 331-5004
FEATURING OVER 225 DEALERS ~ GREAT FOOD
Admission \$4 ~ RAIN OR SHINE
Early Bird Friday • Aug. 2nd • 7am-4pm • \$10
fairgroundshows.com

Lobster TUESDAYS 5-9 pm

\$18
New Lobster Dish Each Week!

RESERVATIONS:
TheCenturyHouse.com
(518) 785-0834

** Dine-in only; While supply lasts.*

The Century House
997 New Loudon Rd (Rt 9), Latham | Open Sundays (4 - 8 pm)

■ WHAT'S HAPPENING NOW

Todd Snider

Helsinki Hudson — Wednesday, July 24

HUDSON — Todd Snider will perform at Helsinki Hudson on Wednesday, July 24 at 8 p.m.

Todd Snider's guitar work and harmonica playing are nothing short of exceptional; not only full of feeling, but highly skilled.

Helsinki Hudson is located at 405 Columbia St, Hudson.

Hartley's Encore

Empire State Plaza — Wednesday, July 24

ALBANY — Hartley's Encore will be performing at Empire State Plaza on Wednesday, July 10 at noon.

Hartley's Encore is a funk/soul band from Albany, NY. Their mission is making music that's equal parts soundtrack to your Saturday night and bacon for your Sunday brunch.

Empire State Plaza is located in Albany.

Stephen Marley

Empire State Plaza — Wednesday, July 24

ALBANY — Stephen Marley will perform at Empire State Plaza on Wednesday, July 24 at 5:30 p.m.

The second son of Bob and Rita Marley, Stephen "Ragga Muffin" Marley is an 8-time Grammy winning musician and producer and founder of Ghetto Youths International. He first appeared on the scene in 1979, when he was only 6 years old, as part of the Melody Makers, and ever since has confirmed his talents as a vocalist, lyricist, and producer of hit tracks in reggae, hip-hop, and more.

Empire State plaza is located in Albany.

■ 5 QUESTIONS

Katie Louise speaks up

The rising star released her debut EP in March

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

ALBANY — It's been about four months since local singer/songwriter and classically-trained pianist Katie Louise released her debut EP, "Unleash," a seven-track collection of originals, was a labor of love — and an expression of pent-up baggage — that resulted in an album that somehow makes a piano fit in seamlessly with modern-day pop music. Since the release, a lot has happened for Louise, including gigs, wedding planning and buying a new house. Our Kaitlin Lembo sat down with the 21-year-old to talk about what's coming.

KAITLIN LEMBO: It's been four months since you released "Unleash" and we've seen you in several



Gabriel Enders

shows since then. How has life been since the release?

KATIE LOUISE: To be honest, this year has been crazy. Right after I released the EP, I was hit with a lot of new milestones: wedding planning, my fiancé and I buying our new home, starting all the renovations. I definitely haven't had time to market "Unleash" the way I wanted to, but I'm hoping after the wedding in September to make music videos for some of the songs.

LEMBO: What made you decide to release merch with the EP?

LOUISE: I've always had merch, but I believe in 'new EP, new merch.' It's a complement to the EP and it's also a fun creative outlet. This merch has done better than ever; stock is moving quickly and we've gotten so much love! It's been a slam dunk.

LEMBO: How was the response to your EP?

LOUISE: People seem to really enjoy it. Again, I haven't had time to market much, so I know it could be much better. We had originally sat aside a bit of money for marketing and we just haven't had time to touch it yet; we are hoping to dip into it after the wedding and do some serious marketing. But those who have heard it seem to give overall very positive feedback. It's an amazing feeling to have people love what you write!

LEMBO: Do you think you'll be releasing another EP in the near future?

LOUISE: Ideally, I'd like to release something new every two years. It seems like a nice time period for something to do well, while not becoming boring or overplayed. I have been working on some new stuff but it's taken a backseat to the things happening in my personal life. But I would love to release something else at some point.

LEMBO: You played with Skeeter Creek and now you've performed with SIRSY just this past Sunday. What has it been like to perform with two staple upstate acts?

LOUISE: It's absolutely exciting. When I first started, I was booking a few gigs here and there. My fiancé helps me book gigs now and since he's taken over, he's everywhere and booking me with some really incredible people. I loved performing at Wicked because it's a whole different world musically from Trick Shot, even though it's in the same place. I used to perform here when I started gigging, and to come back full circle and perform with SIRSY and see where I've come from is so motivating and inspiring.

"Unleash" can be streamed or purchased anywhere music is sold.

A MIDSUMMER Slay

STARS OF RuPaul's DRAG RACE

MONÉT X'CHANGE **TRINITY THE TUCK** **TATIANNA** **DERRICK BARRY**

Hosted by
NEW YORK CITY'S PREMIER DRAG QUEEN
PIXIE AVENTURA

WITH LOCAL DRAG TALENT

AMANDA BLAIS

FASHI GOLEAN

PHILLY DINA

JULY 26

PALACE THEATRE

ALBANY DISTILLING CO. ROCKS

TICKETS: PALACE BOX OFFICE, PALACEALBANY.ORG, 518-465-4663

2019 CONCERTS IN THE BARN
AT THE
PRUYN HOUSE
The Best Summer Concert Venue

July 31st • GET UP JACK
Enjoy an Irish night out!
We'll hear Irish/Celtic music with an American twist!
MUSIC: 6:30-8:30 p.m.
FOOD: Swifty's Restaurant & Pub

DONATION: Adults \$5.00 • Children 12 & Under FREE

207 OLD NISKAYUNA ROAD • LATHAM, NY 12110
For more information 518.783.1435 • www.pruynhouse.org

DODGE // CHRYSLER **GOLDSTEIN** Jeep RAM



the Summer of Jeep

2019 JEEP Cherokee Limited

#L9CK362, MSRP \$35,940 \$0 cash down plus tax, title, dmv fees & 1st payment due at signing, residual value \$17,251.20

\$0 CASH DOWN PAYMENT!

LEASE FOR LESS!

\$299 Per Month 42 Month Lease

* CHEROKEE LEASE DISCLAIMER: INCLUDES ALL REBATES & INCENTIVES EVERYONE QUALIFIES FOR! You may qualify for additional rebates/incentives. 42 month closed end lease, 10,000 miles per year, 25¢ per mile overage, purchase option at lease end. 720 FICO Score to qualify for this payment, lease approval thru Chrysler Capital Financial. Price/payment may not be reflective of any dealer added accessories. Offer expires 7/31/19



the Summer of Jeep

Jeep 2020 Gladiators ARE HERE!

5 IN STOCK! MORE ON THE WAY!



2018 JEEP Renegade Latitude 4x4!

#L8R127, MSRP \$26,620

Everyone Saves: **\$6,621** Off MSRP! **\$19,999** **



Jeep 2019 Compass Latitude 4x4!

#L9CP73, MSRP \$29,035, \$0 cash down payment plus tax, title, dmv fees & 1st payment due at signing, residual value \$13,646.45

\$0 CASH DOWN PAYMENT!

LEASE FOR LESS!

\$259 Per Month 42 Month Lease

* COMPASS LEASE DISCLAIMER: INCLUDES ALL REBATES & INCENTIVES EVERYONE QUALIFIES FOR! You may qualify for additional rebates/incentives. 42 month closed end lease, 10,000 miles per year, 25¢ per mile overage, purchase option at lease end. 720 FICO Score to qualify for this payment, lease approval thru Chrysler Capital Financial. Price/payment may not be reflective of any dealer added accessories. Offer expires 7/31/19

Area's **LARGEST** Work Truck Inventory and Heavy Duty Service Shop!

2019 1500 BIG HORN RAM Quad Cab 4X4



#L191R333, MSRP \$41,580. \$0 cash down payment plus tax, title, dmv fees & 1st payment due at signing, residual value \$23,284.80

\$0 CASH DOWN PAYMENT!

LEASE FOR LESS!

\$339 Per Month 36 Month Lease

* RAM TRUCK LEASE DISCLAIMER: INCLUDES ALL REBATES & INCENTIVES EVERYONE QUALIFIES FOR! You may qualify for additional rebates/incentives. 36 month closed end lease, 10,000 miles per year, 25¢ per mile overage, purchase option at lease end. 720 FICO Score to qualify for this payment, lease approval thru Chrysler Capital Financial. Price/payment may not be reflective of any dealer added accessories. Offer expires 7/31/19

Why Business Link??

- ✓ No Cost Participation
 - ✓ Next-Day Service
 - ✓ Loaner Vehicles
 - ✓ Free Shuttle Service
 - ✓ Dedicated Account Manager
 - ✓ Financing Expertise
 - ✓ Extended Service Hours
 - ✓ Uppfitter & Bailment Pool Connections
 - ✓ Commercial Vehicles In Stock
- AND MORE!**

Ask your Goldstein CDJR Sales Consultant for more info!



2019 1500 "Classic" RAM ST Quad Cab 4X4



#L191R141, MSRP \$44,325, HEMI engine, backup camera, 20" chrome clad wheels, Class IV hitch.

RETAIL PURCHASE! EVERYONE SAVES: **27% OFF MSRP** ...That's **\$12,326!**

EVERYONE'S PRICE:

\$31,999 **Plus tax, title, dmv fees

*Lifetime Limited Powertrain Warranty on New vehicles and Used vehicles 2013 and newer with 75,000 miles or less. Excludes Value Vehicles, Advantage Vehicles, (Commercial vehicles including vehicles used for Uber or Lyft services), Diesel Vehicles, Turbos, Hybrids, Electric vehicles. All maintenance and repairs must be performed by selling Goldstein dealership in order to receive benefits; \$50 deductible per visit. Lifetime Car Washes: one exterior car wash per week for Lifetime of vehicle purchased, non-transferable. See dealer for complete details.

ANOTHER... **GOLDSTEIN** CHRYSLER JEEP DODGE RAM

All advertised offers expire 7/31/19
968 New Loudon Road, Latham • (518) 785-4156
GoldsteinCDJR.com

LIFETIME Car Washes* **LIFETIME Warranty*** INCLUDED AT NO ADDITIONAL CHARGE!

From page B1 ...

Ego and Hubris

The comedian and award-winning writer has lent his talents to several different mediums throughout his career. A comic career that started with his first stand-up gig in 1988 has spread into stints as a writer and an actor on television, film, and voice over.

"I just like doing creative things," said Oswald, who graduated with an English degree from the College

of William & Mary. "I like doing stuff that is new and challenging."

Oswald often comes across as the affable characters he portrays on screen. The 50-year-old Virginia native can easily speak of his love for comic books with Jimmy Kimmel, and when asked whether or not he was a fan of the "skins," Washington D.C.'s professional football team, he answers with a creative

spin.

"Yes, I was a skins fan," stated Oswald, answering an onslaught of online questions later published by *GQ* magazine, "if you're referring to the leathery skin on the bodies of trolls in the Dungeons and Dragons 2nd Edition, so many of which I fought with my dwarf character, a fifth-level fighter with a plus three axe of cutting. So, was I a skins fan? Yes."

Oswald's comedic career started once he moved to the West Coast in 1992. He once appeared as a clerk on the hit-television



Submitted photo

series "Seinfeld." He later applied his skills to the writer's table for "MADtv," followed by his own HBO comedy special in 1996. That same year, he made his film debut alongside Fraser's Kelsey Grammer in "Down Periscope." He was introduced to a younger audience in 2007, when he lent his vocal talents to breathe life into Remy in Pixar's Academy Award-winning animation film, "Ratatouille."

His career has placed him in good company over the years, working with Grammer, Jerry Seinfeld, Tom Cruise, Ben Stiller, Kevin James and Matthew McConaughey. He's gone on to pen a handful of comic books and star in several specials, the latest of which was last year's "Annihilation." The Netflix special detailed the death of his first wife, crime writer Michelle McNamara, drew critical praise for its frank discussion of love, death and depression.

"To go into different directions and different disciplines, it really feeds into that [creativity]," said Oswald. "Stand-up isn't like acting. Acting isn't like writing. Writing isn't like voice over. So, it kinda keeps you on your toes, and gets the juices going."

This week, Oswald will take to the Palace Theatre stage once his Live 2019 tour runs through Albany on Thursday, July 25.

Performing in front of a live audience is not the most difficult of tasks, said Oswald. Since he first walked upon the stage more than 30 years ago, he's developed confidence in his own voice. But, as with everything, it was a process of getting to this point.

Stand-up comedy is often the most intimate and vulnerable experiences. The comedian stands alone on

stage in front of strangers, and there's no guarantee that the material will produce any laughter.

Oswald penned a lengthy post online describing his fledgling career, both the struggle to find those laughs and the euphoria once he found it. After one night of laughs, he shared a time in which a colleague met him off stage. The laughs he received were from someone else's joke.

"Well, I stole a joke. Not consciously," stated Oswald in a "closed letter" to himself that he posted online in 2013. "I heard something I found hilarious, mis-remembered it as an inspiration of my own, and then said it onstage. And got big laughs."

The joke was set on a commuter bus. Anyone who has sat on a crowded commuter bus relishes having an open seat next to them.

"Whenever I'm sitting on a bus, and someone asks me if the seat next to me is free, I have an answer that guarantees no one will want that seat. I look up and smile and say, 'No one but... The Lord.'"

Comedians are often students of the craft. They can recognize a voice, even if it's coming out of someone else's mouth. That night Blaine Capatch stopped Oswald to praise him, took him aside and said that was Carol Leifer's joke.

The news hit Oswald. He was apologetic. As soon as Capatch said it, he remembered how it happened. He watched a Leifer special, time had passed, and when the aspiring comedian was struck by an epiphany, he wrote it down in his notebook.

It happens in earnest,

without the intent to steal. Oswald's friend told him as much, but he warned "a habit."

"In the exact moment after I'd realized that what Blaine said was true, that I'd cribbed a laugh from someone else's creativity and inspiration, my ego kicked in," stated Oswald. "And, I mean, my real ego. Not ego's sociopathic cousin, hubris, which would have made me defensive, aggressive and ultimately rationalize the theft. No, the good kind of ego, the kind that wanted success and fame and praise on my own merits, no matter how long it took."

Oswald's stand-up routine covers topics ranging from pop culture to, foreign policy and religion, the latter of which also covers his own atheism. In the years since his admitted mistake, the comedian has earned his own success, fame and praise. His 2016 special "Talking for Clapping," which was televised on Netflix and later released as an album, earned a Primetime Emmy Award for Outstanding Writing for a Variety Special and a Grammy Award for Best Comedy Album. His two books, "Zombe Spaceship Wasteland," and "Silver Screen Fiend," are New York Times Best Sellers.

Oswald still caters to the epiphany. The acclaimed comic said if he doesn't have his notebook handy, he texts himself a message on his phone. But, he no longer worries about "mis-remembering" another comic's joke.

"No. I've been doing it long enough now, I have confidence in my own voice," said Oswald. "I don't have to be concerned with that. Stand-up is like second-nature to me now."

CLUBS

9 Maple Avenue

9 Maple Ave., Saratoga Springs.
www.9mapleave.com
Fri: George Muscatello Quartet, 9 p.m.
Sat: Chuck Lamb Quartet, 9 p.m.

Arsenal City Tavern

795 3rd Ave., Watervliet.
518-874-1767
Fri: 18 Strings of Trouble, 8 p.m.

Athos

1814 Western Ave., Albany.
518-608-6400
Fri: Mike Dimin Duo, 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

Caffè Lena

47 Phila St., Saratoga Springs.
518-583-0022
Wed: Bluegrass Jam, 6:30 p.m.
Thurs: Bela Fleck & Abigail Washburn, 8:30 p.m.
Fri: Jamcrackers, 8 p.m.
Sat: John Sebastian, 8 p.m.
Sun: Melanie, 8:30 p.m.
Mon: Open Mic Night, 7 p.m.

Carney's Tavern

17 Main St., Ballston Lake.
518-280-7959
Thurs: Matty Finn, 6 p.m.
Fri: John Chevalier, 7:15 p.m.
Sat: Dos Amigos, 7:15 p.m.

Centre Street Pub

308 Union St., Schenectady.
518-393-2337
Fri: Late Night Philosophers, 9 p.m.
Sat: Random Thoughts, 9 p.m.

Club Helsinki Hudson

405 Columbia St., Hudson
518-828-4800
Wed: Todd Snider, 8 p.m.
Fri: The Fopps, 9 p.m.

Eden Cafe

269 Osborne Road, Loudonville.
518-977-3771
Wed: Carmen, 5:30 p.m.
Fri: Jess Jones, 7:30 p.m.

Emack & Bolio's

366 Delaware Ave., Albany.
518-512-5100
Fri: Alan Durand Foster w/ Paul Jay, 7 p.m.
Sat: Cass & Emma, 7 p.m.
Sun: John Parsons, 7 p.m.

Fort Orange Brewing

450 North Pearl St., Menands.
518-992-3103
Wed: Summer Corn Hole League, 6 p.m.
Thurs: Trivia, 6:30 p.m.

Fuze Box

12 Central Ave., Albany.
518-703-8937
Fri: Cretin Hop, 9:30 p.m.
Sat: Downswing & Sharpshoot, 7 p.m.
Sun: The Take / Murderer's Row / Non Compliant, 3 p.m.
Mon: Terror / Sanction / YOTK / Wrong Move, 7 p.m.

Gaffney's

16 Caroline St., Saratoga Springs.
518-587-7359

HOT SPOTS EVENTS CALENDAR



Wild and free at Alive at Five

Wild Adriatic headlines a double-bill of music that includes rising stars Jocelyn and Chris Arndt on Thursday, July 25, at Jennings Landing for Albany's next installment of its Alive at Five free concert series.

Bryan Laskey

Tues: Open Mic Nights w/ Rick Bolton, 7 p.m.

Grappa '72

818 Central Ave., Albany.
518-482-7200
Wed: Hamilton Street Jazz Company, 6:30 p.m.
Thurs: Hamilton Street Jazz Company, 6:30 p.m.
Fri: Peg Delaney Trio w/ Earl Davis, 6 p.m.

Hamlet and Ghost

24 Caroline St., Saratoga Springs.
518-450-7287
Wed: Jeanine Ouder Kirk, 7 p.m.

Hangar on the Hudson

675 River St., Troy.
518-272-9740
Fri: Soul Serenade, 8 p.m.

The Hollow Bar + Kitchen

79 No. Pearl St., Albany.
518-426-8550
Fri: Brighton Beat & Victory Soul Orchestra, 9 p.m.
Sat: The Emo Night Tour, 8:30 p.m.

IL FARO Restaurant

698 No. Pearl St., Albany
518-463-2208
Wed: Il Faro Kid Chefs, 12:30 p.m.

J.J. Rafferty's

847 New Loudon Rd., Latham.
518-783-6800
Wed: Trivia, 7:30 p.m.
Thurs: Brian Gentile, 6:30 p.m.
Fri: Josh Casano, 6:30 p.m.
Sat: DJ Set, 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.

The Low Beat

335 Central Ave., Albany
518-432-6572
Sat: Executors / Male Patterns / Eye Witness / Wet Specimens, 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
Tues: Joe Barna Quartet, 7 & 8:30 p.m.

McGeary's Irish Pub

4 Clinton Square, Albany.
518-463-1455
Wed: Best Damn Open Mic Ever, 8 p.m.
Thurs: Honey Slider, 7:30 p.m.
Sat: Soul Sky, 7:30 p.m.
Sun: Blues Jam, 8 p.m.
Mon: Alan Goldberg, 7:30 p.m.
Tues: Trivia Nights Live, 8 p.m.

Mocha Lisa's Caffe

Clifton Park Center,
22 Clifton Country Road, Clifton Park.
518-383-5373
Wed: Open Mic Night, 6:30 p.m.
Fri: Brian Halliday, 7 p.m.
Sat: Will Moyer, 7 p.m.

Moon and River Cafe

11 S. Ferry St., Schenectady.
518-382-1938
Wed: Sister Harmony, 6 p.m.
Thurs: Rockin' Johnny, 7 p.m.
Fri: Kitchen Jazz, 7 p.m.
Sat: Dan Eddo, 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: Shirri Zorn Trio, 6 p.m.

O'Slattery's Irish Restaurant & Pub

318 Delaware Ave., Delmar
518-439-5634
Fri: Jim McArdle, 7 p.m.
Sat: Mike DeAngelis, 7 p.m.

Panza's

129 So. Broadway, Saratoga Springs.
518-584-6882
Thurs: Azzaam Hameed, 7 p.m.
Sat: Michael Panza & Chris Dollard, 8 p.m.
Sun: Sinatra Sunday, 5 p.m.
Mon: Noreen Pratt, 6:30 p.m.
Tues: Peg Delaney, 6:30 p.m.

The Parting Glass

40-42 Lake Ave., Saratoga Springs.
518-583-1916
Wed: The Byrne Brothers, 7 p.m.
Thurs: At The Post Live w/ Andy Serling, 8 p.m.
Fri: The McKrells, 9 p.m.
Sat: Hellcat CD Release Party, 8 p.m.

Mon: Off Track Band, 8 p.m.

Pauly's Hotel

337 Central Ave., Albany.
paulyshotel.com
Wed: Screams of Hockomock / Sonic Sacrifice / Sledge Wolf, 8:30 p.m.
Thurs: The Refectory / Ugly Muppets / Va Va Voodooos, 8:30 p.m.
Fri: Death Cow / Glass Pony / Electric Turtle, 8:30 p.m.
Sat: False Pockets / Kind of Kind / Grapejuice, 8:30 p.m.
Sun: Book of Wyrms / Doomstress / Shadow Witch, 8:30 p.m.
Mon: Sam Egan / Hunter Davidsohn / Frank Hurricane, 8:30 p.m.
Tues: Summer Wars & Overgrow, 7 p.m.

Pearl Street Pub

59-61 No. Pearl St., Albany.
518-694-3100
Thurs: Alive After 5, 8 p.m.

Provence

1475 Western Ave.,
Stuyvesant Plaza, Albany
518-689-7777
Fri: Take Two Trio, 6 p.m.
Sat: Carl Alexandrov, 6 p.m.

Putnam Place

63a Putnam St., Saratoga Springs.
518-584-8066
Wed: Girls Night Out, 8 p.m.
Thurs: Pat Decker, 6 p.m.
Fri: The BorkenHearted - Tom Petty Tribute, 9 p.m.
Sat: The Audiostars, 9:30 p.m.

Ravenswood Grill & Tavern

1021 NY 146, Clifton Park.
518-371-8771
Tues: Trivia, 7 p.m.

Rustic Barn Pub

150 Speigletown Rd., Troy.
518-235-5858
Thurs: Open Mic w/ Danny Watson, 8 p.m.

Sake Japanese Steakhouse

611 Troy-Schenectady Rd., Latham.
518-785-7215
Sat: TBA, 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 Street, Albany.
518-599-5140
Wed: Laughs on Lark Comedy Night, 7:30 p.m.
Fri: Savoy After Dark, 9 p.m.

Skyloft

1 Crossgates Road, Albany.
518-869-5638
Thurs: Amy Ray Band, 8 p.m.
Fri: Adam Ezra Group, 8 p.m.
Sat: The Smithereens w/s/g Marshall Crenshaw, 8 p.m.
Sun: The Growlers plus Diane Coffee, 8 p.m.
Tues: Kurt Vile & the Violators, 8 p.m.

Speakeasy 518

42 Howard St., Albany.
518-449-2332
Thurs: TBA, 9 p.m.
Fri: Nate Giroux Quintet, 9 p.m.
Sat: Sonic Connection, 9 p.m.

Stockade Inn

1 North Church St., Schenectady.
518-346-3400
Thurs: TBA, 7 p.m.
Fri: TBA, 7 p.m.

Upstate Concert Hall

1208 Route 146W, Clifton Park.
518-371-0012
Wed: Between the Buried and Me, 7 p.m.
Fri: Kodaline, 8 p.m.
Sat: Chris Webby, 8 p.m.

Van Slyck's

Rivers Casino & Resort
1 Rush St., Schenectady.
518-579-8800
Thurs: Rockaoke, 7 p.m.
Sat: Harbor Jam, 6 p.m.

Vapor Night Club

Saratoga Casino Hotel
342 Jefferson St., Saratoga Springs.
518-581-5775
Fri: Big Sky Country, 8 p.m.
Sat: 80s 90s & Today ft. DeeJay Element, 9 p.m.

Waterworks Pub

76 Central Ave., Albany.
518-465-9079

BACK TO SCHOOL

& HIGHER EDUCATION
- GUIDE -

Get a head start on the upcoming year with useful, school-related information in one convenient guide

Issue Date: **August 14**

Ad Deadline: **July 31**

To advertise, call 439-4940 today!





Out of this world

It's all about the brass. Victory Soul Orchestra will open up a night of soulful jazz at The Hollow Bar + Kitchen on Friday, July 26, at 9 p.m. The local crew opens for Brighton Beat, which draws influences from Afrobeat to cutting-edge jazz from New York City.

Kiki Vassilakis

Wed: Wacky Wednesdays Drag Show, 11 p.m.
 Fri: Friday Nights, 11 p.m.
 Sat: Saturday Nights, 11 p.m.

Wishing Well Restaurant

745 Saratoga Rd., Wilton.
 518-584-7640

Fri: Rob Aronstein, 6 p.m.
 Yono's

Fri: Hamilton Street Jazz Duo, 6:30 p.m.
 Sat: Frank Mastan, 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

80s, 90s and Today Featuring DeeJay Element

DeeJay Element will perform at Vapor Nightclub on Saturday, July 27 at 9 p.m. Dance all night long with DeeJay Element and the best party tunes from the 80s, 90s and today. 21+ to enter. Vapor Nightclub is located at 342 Jefferson St, Saratoga Springs.

The Audiostars

The Audiostars will perform at Putnam Place on Saturday, July 27 at 9:30 p.m. The Audiostars are a kinetic 4 piece band that delivers know-'em-by-heart classic songs with an energy and passion that define live music at its very best. Putnam Place is located at 63a Putnam St, Saratoga Springs.

Big Sky Country

Big Sky Country will perform at Vapor Nightclub on Friday, July 26 at 8 p.m. Big Sky Country is a rock/country band. 21+ to enter. Vapor Nightclub is located at 342 Jefferson St, Saratoga Springs.

Book of Wyrms

Book of Wyrms, Doomstress and Shadow

Witch will perform at Pauly's Hotel on Sunday, July 28 at 8:30 p.m. Book of Wyrms are a Richmond VA space metal band. Doomstress are a Texas stoner metal band on tour. Shadow Witch are a Kingston doom metal band. Pauly's Hotel is located at 337 Central Ave, Albany.

Brighton Beat and Victory Soul Orchestra

Brighton Beat and Victory Soul Orchestra will perform at The Hollow Bar + Kitchen on Friday, July 26 at 9 p.m. The Brighton Beat's influences range from Afrobeat pioneer Fela Kuti, to modern cutting-edge NYC Jazz with a heavy helping of classic New Orleans brass band Funk. Performing up and down the East coast since 2010, the band has developed a style of performance that uniquely engages the audience and is fun for the whole family. Victory Soul Orchestra is a hometown horn funk favorite. The dirty sounds of New Orleans brass drive their sound with some influences including Galactic as well as the Dap Kings.

The Hollow Bar + Kitchen is located at 79 N Pearl St, Albany.

The BrokenHearted - Tom Petty Tribute

The BrokenHearted will perform at Putnam Place on Friday, July 26 at 9 p.m. A musical journey through the hits and deep tracks of Tom Petty & The Heartbreakers. Putnam Place is located at 63a Putnam St, Saratoga Springs.

Captain Fun Lunchtime Listening Hour

Chuck "Rochmon" Vosganian will perform at Caffe Lena on Friday, July 26 at 12 p.m. Caffe Lena will spin records for the local business crowd, students, retirees and the general public from Noon to 1 PM on the last Friday of each month. Chuck "Rochmon" Vosganian spins the records and gets the conversation flowing. A playlist is selected by a different local music lover every month, with this month being selected by Chris Wienk. Bring a brown bag lunch. Coffee and tea are provided. Wear-

ing his purple beret and making daily downtown rounds to share lively chats about politics, music and books, Alan "Captain Fun" McKenney was often called the Unofficial Mayor of Saratoga Springs. Born in 1944 he passed away in 2015, leaving behind his legendary collection of music and books. Caffe Lena is located at 47 Phila St, Saratoga Springs.

Death Cow

Death Cow, Glass Pony and Electric Turtle will perform at Pauly's Hotel on Friday, July 26 at 8:30 p.m. Death Cow is a Lincoln Nebraska grunge rock band. Glass Pony is a high energy psychedelic groove circus band out of Albany. Electric Turtle is an indie rock band also out of Albany. Pauly's Hotel is located at 337 Central Ave, Albany.

Tinsley Ellis

Tinsley Ellis will perform at The Linda on Sunday, July 28 at 8 p.m. Tinsley Ellis is guitarist that plays a mix of rock and roll and urban blues. The Linda is located at 339 Central Ave, Albany.

The Emo Night Tour

The Emo Night DJs will perform at The Hollow Bar + Kitchen on Saturday, July 27 at 8:30 p.m. The Emo Night DJs will play Taking Back Sunday, Fall Out Boy, Panic! At The Disco, My Chemical Romance and many more, all only playing their best songs all night long. The Hollow Bar + Kitchen is located at 79 N Pearl St, Albany.

Executors

Executors, Male Patterns, Eye Witness and Wet Specimens will perform at The Low Beat on Saturday, July 27 at 8 p.m. Executors are a loud punk band. Male Patterns are a loud punk band. Eye Witness are a metal band. Wet Specimens are a metal punk band. The Low Beat is located at 335 Central Ave, Albany.

Béla Fleck and Abigail Washburn

Béla Fleck and Abigail Washburn will perform at Caffe Lena on Thursday, July 25 with an early show at 6 p.m. and a late

1	2	3	4	5		6	7	8	9		10	11	12	13	
14						15				16					
17						18									
19						20				21					
				22					23						
			24	25					26				27	28	
29	30							31					32	33	
34						35	36						37		
38				39									40		
	41		42							43	44				
			45						46						
	47	48							49				50	51	52
53							54					55	56		
57												58			
59						60						61			

CLUES ACROSS

- Partner to "oohed"
- Frying dishes
- Turncoats
- Tropical fruit
- Combinations of ideas
- Sick
- Consumed
- Is in possession of
- Zodiac sign
- Hem and ___
- Small country along the Arabian Peninsula
- Petty quarrel
- Scold
- Volcanic crater
- Present
- TV network
- "Rule Britannia" composer
- Some hold lunches
- Spring harvest in South Asia
- Feline
- Precipitation
- In addition
- Using as a foundation
- Without
- Ancient Roman garment
- Political action committee
- A way to excite
- Swiss river
- A place to relax
- NE Ohio ballplayer
- Rocky bodies orbiting the sun
- Horse-drawn vehicle
- Soaks
- Cunning
- The underworld

CLUES DOWN

- Water (Spanish)
- Your parent's sister
- Incline from vertical
- The night before

- Female descendants from American revolutionaries
- Exclamation of disgust
- Affirmative votes
- Midway between north and northwest
- Soft-shell clams
- Layer at the back of the eyeball
- Tennis great Arthur
- Where golf games begin
- Soviet Socialist Republic
- Capital of Zimbabwe
- This and ___
- Laugh
- Adhere to the rules
- He comes each December
- Before
- Hindu cymbals
- ___ and flows
- Personal computer
- Semite
- "Star Wars" hero Solo
- Data executive
- Hybrid fruits
- Capital of Latvia
- Moved swiftly
- Troublemaker
- Averts
- Garment worn by S. Asian women
- It cools your house
- Homes to bachelors
- Besides
- Cowboys great Leon
- Griffith or Rooney
- Province of Pakistan
- Part of a book
- Gasteyer and Ivanovic are two
- Automobile
- Afflict
- To the ___ degree
- Arrived extinct

Answers on Pg. B22

show at 8:30 p.m. Béla Fleck and Abigail Washburn, are the king and queen of the banjo. With one using the banjo to showcase America's musical heritage and the other pulling the noble instrument from its familiar arena into new and unique realms, Grammy Award-winning duo, Béla Fleck & Abigail Washburn, present music that is innovative and familiar at the same time. Caffé Lena is located at 47 Phila St, Saratoga Springs.

The Fopps

The Fopps will perform at Helsinki Hudson on Friday, July 26 at 9 p.m. For over a decade The Fopps have satisfied New York's 1960's garage band and psychedelic music needs while dressing the part a la Paul Revere and the Raiders. Helsinki Hudson is located at 405 Columbia St, Hudson.

Hartley's Encore

Hartley's Encore will be performing at Empire State Plaza on Wednesday, July 10 at noon. Hartley's Encore is a funk/soul band from Albany, NY. Their mission is making music that's equal parts soundtrack to your Saturday night and bacon for your Sunday brunch. 12 weeks of FREE daytime concerts crossing all genres featuring the popular Empire State Plaza Farmer's Market and the adjacent Plaza food truck program. Located on the grassy area between Agency Buildings 2 and 3. Empire State plaza is located in Albany.

Sam Egan

Sam Egan, Hunter Davidsohn and Frank Hurricane will perform at Pauly's Hotel on Monday, July 29. Sam Egan performs in a way similar to a mix of The Pretty Things and Sockeye with lots of bass frequencies. This will be his last show in Albany for a long time. Hunter Davidsohn is an Ingenious melodist and performer,

primed to incite a convergence of sorrow and ecstasy Frank Hurricane invented his own language and produced his own dictionary (dubbed 'the Franktionary'; available on demand); that should show how ineffable his music is. Pauly's Hotel is located at 337 Central Ave, Albany.

False Pockets

False Pockets, Kind of Kind and Grapejuice will perform at Pauly's Hotel on Saturday, July 27 at 8:30 p.m. False Pockets are a Rochester math rock band. Kind of Kind are a Rochester indie rock band. Grapejuice are an Upstate NY indie/alt-rock band. Pauly's Hotel is located at 337 Central Ave, Albany.

Rhiannon Giddens

Rhiannon Giddens, Allison Russell, Leyla McCalla and Amythyst Kiah will perform at The Egg on Friday, July 26 at 8 p.m. Multi-Grammy award winner and 2017 McArthur Genius Grant Recipient Rhiannon Giddens returns with her soul-stirring vocals and prowess on fiddle and banjo, performing a repertoire from her rich catalog of traditional and original music. Rhiannon will be joined by three other leading ladies of today's folk music scene – Allison Russell of Birds of Chicago, Leyla McCalla of Carolina Chocolate Drops and rising star Amythyst Kiah – to perform music from their acclaimed, ground-breaking recording "Songs of Our Native Daughters." The Egg Performing Arts Center is located at Empire State Plaza, Albany.

The Hotelier, Hasty Page, Bruiser and Bicycle

The Hotelier, Hasty Page and Bruiser and Bicycle will perform at Riverfront Park as part of Rockin' on the River on Wednesday, July 24 at 5 p.m. The Hotelier was named one of two bands "leading the emo revival" and was ranked number

seven on Alternative Press' list of the "12 Biggest Moments of The #EmoRevival in 2014". Treading the line between indie pop and alternative rock, Hasty Page gathers influences from bands such as The 1975, Nothing But Thieves, and Pearl Jam. Bruiser and Bicycle is an Albany-based band, originally formed as a quartet, currently with two members, two guitars and a kick drum. Their influences range from Alex G, Built To Spill, Modest Mouse, Pavement to The Beach Boys and Fugazi. Riverfront Park is located at 255 Front St, Troy.

Jamcrackers

The Jamcrackers will perform at Caffé Lena on Friday, July 26 at 8 p.m. The Jamcrackers are a trio that represents the heart and soul of Adirondack folk music. Named for the river-drivers who broke up log jams and "got things rolling again," the Jamcrackers feature the lovely voice and soulful ballads of Peggy Lynn, the rich baritone and inspiring songs of Dan Berggren, and national champion hammered dulcimer player Dan Duggan. The trio's blend of folk and blues, ballads, gospel, dance tunes and activist anthems sparks a rare chemistry and a guaranteed good time for all ages. Caffé Lena is located at 47 Phila St, Saratoga Springs.

Keith James

Keith James will perform at The Utica State office Building on Friday, July 26 at 10 a.m. Music in the Park at the Utica State Office Building features music by Keith James, craft vendors, and electric vehicle ride and drives presented by NYSERDA. This is a free event. The Utica State Office Building is located at Blandina St, Utica.

A Joyful Noise! Gospel Brunch

Caffé Lena will host a Gospel Brunch on



Dynamic duo

Béla Fleck and Abigail Washburn will perform at Caffé Lena on Thursday, July 25 with an early show at 6 p.m. and a late show at 8:30 p.m. Fleck and Washburn are king and queen of the banjo, one showcases America's musical heritage while the other pulls the instrument into new and unique realms.

Béla Fleck / Facebook

102.7 fm

EQX

The real alternative

listen locally
at
102.7 fm
and globally
at
weqx.com

109488_4

Exquisite
Italian

Featuring
the best Italian
wine list in Upstate NY

818 Central Avenue
Albany / 518-482-7200
Grappa72.com

Grappa '72

Ristorante

Lunch: Mon-Fri 11:30-3
Dinner: Mon-Thurs 4:30-9:30
Fri & Sat 4:30-10 • Sun 3:30-8:30

Experience
the Finest
Grappa in
the World!

\$50

dinner for two
with wine

one appetizer to share, two main courses
(\$20 max), one dessert to share &
two glasses of featured wine
Grappa '72 Ristorante

With this ad only. Valid 7 days a week for up to six people. Fri & Sat must be seated prior to 5:30 or after 8:30. Dinner only. Some restrictions apply. Extra charge applied if your entire order is over \$20. Not valid on holidays or during any special events. Does not include tax or gratuity. No substitutions. Expires 8/6/19.

\$19⁹⁹

lunch for
two special

two mixed green salads, two entrees &
two non-alcoholic beverages
(a \$30 value)
Grappa '72 Ristorante

With this ad only. Valid 7 days a week for up to six people. Lunch only. Some restrictions apply. Extra charge applied if your entire order is over \$12. Not valid on holidays or during any special events. Does not include tax or gratuity. No substitutions. Expires 8/6/19.

Albany's newest
casual fine dining experience.
Traditional & contemporary Italian

109488_4

July 24, 2019

Spotlight
On
Business
PART THREE
2019



Spotlight On Business 2019

Redefining suburban living in Delmar

Adams Station promotes lively neighborhood life, events to welcome all

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

DELMAR — When people shop for a home, the quality of the neighborhood plays a role in the decision making. That applies to apartment living, too.

Adams Station Apartments bucks the concept that apartment living promotes nothing more than a bedroom community; where neighbors live next to one another but continue to remain strangers.

“That was a misconception,” said Samantha Raynor, director of leasing and marketing, “from what I’m seeing in [our] community.” Since hiring Chris Oretel, Adams Station’s new property manager, Raynor

said the complex has focused on community activities. The complex is comprised of 282 units spread out over 55 acres. Blood drives, ice cream socials, yoga — social events to coax residents outside to meet one another and to enjoy the newly renovated clubhouse. “The reception has been amazing.”

The clubhouse has been ideal for residents to use for gatherings, parties and the everyday getaway, said Raynor. It’s also a place for organizations such as the Girl Scouts and Toastmasters to congregate. It’s a similar community model shared amongst all of The Spinney Group properties. The clubhouse develops into “the epicenter” of neighborhood activity.

Adams Station Apartments was designed to make one feel at home in a special place. The apartments have been given extra touches such as breakfast

nooks, window seats, vaulted ceilings, and private patios and balconies. Featuring a number of amenities including a swimming pool, community garden, fitness club membership and two tennis courts. Adams Station Apartments offers a pet-friendly environment, and accommodates family life, too.

“It’s summer, and everyone wants to be outside,” said Raynor. The pool accommodates games for kids to play, as does a newly added poolside patio. Another new addition, to roll out later this month, are several charcoal grills for outdoor barbecues. “You can have an electric grill, but the flavor just isn’t the same.”

The complex resides within the acclaimed Bethlehem Central School District. Eagle Elementary is a five-minute bike ride away from home, as is Bethlehem Central High School. The district’s middle school, for

“We have happy residents who love living at Adams Station. They talk about living at Adams Station. They’re happy and that means that we’re happy. Happy residents are the best type of residents.”

— Samantha Raynor,
director of leasing and marketing

grades six through eight, is just ten minutes away on two wheels.

Bicycle rentals is an additional amenity at Adams Station, allowing residents to take a quick jaunt to Delmar’s Four Corners or a brisk ride along the county’s rail trail that stretches from Voorheesville to Albany.

Adams Station Apartments’ wooded setting features attractive two-story construction with one and two-bedroom floor plans offering amenities that include central air, cable and wireless internet, a clubhouse, swimming pool, sauna, community gardens, tennis courts and 24-hour maintenance.

The Spinney Group management team provides an online tenant portal that allows residents to pay rent over the internet, or set up an automatic payment schedule.

“We have happy residents who love living at Adams Station,” said Raynor. “They talk about living at Adams Station. They’re happy and that means that we’re happy. Happy residents are the best type of residents.”

To learn more about Adams Station Apartments, and to inquire about vacancies, visit adamsstation.com or call 518-439-8857.

Living & Loving It...

- 55 acre rolling landscape
- Ample green space
- Pet-friendly
- Tennis courts • Pool
- Community garden
- Bicycle rental program



A world apart... just minutes away

1 Juniper Drive, Delmar | 518-439-8857 | www.adamsstation.com

Spotlight On Business 2019

miSci STE(A)Ms kids across the globe

Newest exhibit focuses on origins of relationship between dog and man

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

SCHENECTADY — By now, parents know that Integrating science, technology, engineering and math into their child's life will provide a boundless amount of potential for his or her future. That same boundless potential is something miSci seeks for itself in its latest exhibition program.

Last November, miSci announced its plan for the exhibition program, including a dynamic three-year schedule of changing exhibits at the museum and the launch of a traveling exhibition program. Led by miSci President and seasoned curator,

Dr. Gina C. Gould, the museum's new strategy will better serve its visitors and create a new revenue stream to support its operations and expansion.

For the next three years, miSci will present three major interactive STEM exhibitions, including its annual model train display this winter, and its indoor butterfly house next spring. The exhibition schedule is built around the seasonal nature of the museum's visitorship, welcoming families during the summer and school groups in the spring and fall.

This Memorial Day, miSci opened the doors to "Wolf to Woof: The Story of Dogs," an exhibit on the history, biology and evolution of man's best friend, the domesticated dog. Artifacts, photo murals, dioramas and multi-media displays round out the uniquely interactive, 4,000-square-foot exhibition.

Wolf to Woof sniffs out the facts on dogs and explores what makes the human-canine relationship so unique by using humans' familiarity and love of these four-legged friends to explore key canine science and biological concepts.

From sloppy wet kisses, life-saving search-and-rescues, assistance to the disabled and more, today dogs enhance the lives of millions of people in countless ways; however, they are also some of our oldest friends. Ancient clues from cave paintings and burials reveal that dogs and people have lived together for thousands of years... but why have humans formed such close relationships with dogs, and not cows or chickens? Wolf to Woof reveals why.

"Human beings and dogs have been co-evolving for millennia. It is a story, rather a journey, of mutual benefit. One in which

"Human beings and dogs have been co-evolving for millennia. It is a story, rather a journey, of mutual benefit. One in which both species – humans and Canis familiaris, the domestic dog – have become so intimately aligned with one another, that the line between our different species is blurred."

both species – humans and Canis familiaris, the domestic dog – have become so intimately aligned with one another, that the line between our different species is blurred," said Gould. "We are now each other's family members. Dogs are part of our everyday lives, as our companions, work colleagues, and guardians. No other animal has garnered such prestige in our lives."

The Wolf to Woof exhibit is currently running now through Monday, Sept. 2. miSci is located at 15 Nott Terrace Heights in Schenectady. miSci General admission is: Children (3-12) \$8; Seniors (65+) \$10; Adults \$12. Planetarium tickets are \$6. Access to Wolf to Woof is included in general admission.

— Dr. Gina Gould,
miSci President

Spotlight Newspapers
Community news
Starts here



THROUGH
SEPT. 2

ON EXHIBIT THROUGH SEPTEMBER 2: Wolf to Woof: The Story of Dogs

A hands-on discovery of man's best friend—explore the fascinating history, biology and evolution of dogs, and sniff out the facts about what makes the human/dog relationship so unique.

Speaking of STEAM @ miSci Lecture Series:
It's Not the Pound of Old:
New Realities and Trends in Companion Animal
Sheltering and Rescue

PRESENTED BY THE ANIMAL PROTECTIVE FOUNDATION

SAVE THE DATE • AUGUST 8

Most people believe that pet overpopulation is a significant issue, and it was. After years of promoting the spay & neuter message, pet overpopulation is being addressed. Animal shelters in the Northeast are considering "What's Comes After Overpopulation?"

Join APF for a brief history of animal sheltering and a discussion of how forward-thinking shelters are addressing humane care issues for pets and their people.

PRESENTED WITH SUPPORT FROM:

Neil & Jane Golub



To learn more about what is happening this summer at miSci...

visit miSci.org

•• COMING UP •• The ART & SCIENCE of COOKING

FALL 2019



A new miSci interactive exhibition showcasing the exploration of technology, engineering and math applied in our pursuit of creating the perfect art:
FOOD.

Spotlight On Business 2019

Today is a good day to move

I truly enjoy meeting clients at consultations and helping them ease their fears of downsizing. One meeting I had last week struck a cord and brought back the feeling of why I decided to go into this business.

Today... was just one out of many days that I was granted the privilege to spend with you. The excitement I have when I listen to my clients has been present since my first consultation for Organize Senior Moves 10 years ago.

Today... was a special day because you welcomed me into your home of 73 years. It rejuvenated feelings of love and passion I have towards my job.

Today... made me

feel as though it was my first consultation as we sat down at your kitchen table, a special place your family has sat around, sharing laughs, tears, and homecooked meals for many years. You begin opening up to me about your fears of leaving your house: your comfort, your life.

With caution, I tell you how we, as Senior Moving Managers, can help you climb this mountain, one step at a time.

Today... I was in the moment with you as you told me the precious details of your life. One of your accomplishments is being a mother to eight beautiful children; now adults with their own children.

Today... I made a promise to you. I will



get you through this process of downsizing all those special items and memories. During this transition, we will gently pack all of your special

belongings and unpack them with care while we set them up in your new place. Being surrounded by the things you love will bring you comfort and

make it feel like home.

Our team will handle this process with love, care, and trust, as if you were our own mother. I will call

your children to say hi and introduce myself, so I'm not a stranger. I will tell them that I, myself, am a mother of two who I love with all my heart and I will guide you all through this process. We will work together as a team.

Today... I left you with a hug, reassuring you that we will get you through this together.

Today... was special to me because you, the adult children, placed your trust in me to take care of your mom. And I won't let you down.

— Michele Kavanaugh,
owner of
Organize Senior Moves

Organize Senior Moves

“Makes Moving Easier”

www.OrganizeSeniorMoves.com



Helping seniors make their moves

Organize Senior Moves guides people through the difficult task of downsizing

- Design Layouts
- Downsizing
- Organizing
- Packing
- Unpacking



- Experienced: 500+ moves
- Set up new home
- Estate Sales
- Stage old home sale
- Oversee whole move



Michelle Kavanaugh-Anastasi established Organize Senior Moves in 2012 to help seniors manage the transition from one home to another.

518-621-6568 • FREE CONSULTATION

“With Organize Senior Moves...this will be the best move you’ve ever made!!!”

Spotlight On Business 2019

Wellness found outside of the pill box

Mind Body Soul Expo promotes wellness health and holistic healing

By **KATIE HOPSICKER**

intern@spotlightnews.com

SARATOGA SPRINGS—The Mind Body Soul Expo, a “health, wellness and holistic event,” will return to Saratoga on Saturday, August 10 and Sunday, August 11. Founder Jennifer “Gem” Rhodes promises “an event like no other” that features over 45 vendors and 8 presenters each day.

This past March, Rhodes held her expo at the City Center, and over 4,000 people attended. With previous expositions being a success, this August the Mind Body Soul Expo is being expanded into a 2-day event. Each day will feature 8 presenters, over 45 vendors and infinite knowledge and activities pertaining to

wellness. Additionally, admission to the expo and presentations are free and open to the public.

Services available include psychic readings and reiki healing and there will be additional activities and workshops each day. These include yoga classes by the School of the Arts from The National Museum of Dance, William Gee’s spiritual response therapy, Jennifer Sowle’s aromatherapy and essential oils, Phil Wilson’s portable infrared saunas that provide relief to lyme disease and fibromyalgia, and Stress Fracture LLC, a mobile stress relief experience. Vendors will be selling handmade jewelry, soaps, vegan shampoos, essential oils and more.

“It’s different because my event is vetted to maintain the focus,” said Rhodes, adding that she prescreens the businesses to ensure variety and uniqueness at the exposition. She also emphasizes

local businesses from Saratoga and the surrounding region, stating “there are a lot of hidden gems... I try to pull them out and bring them to light.”

As a former vendor herself, Rhodes supports her vendors and patrons alike. “My goal is to not only provide a great event for the customers but also for the vendors to have a successful experience.” She wants to create a space to “bring people together under one roof” and “have a place for someone to go and get answers [with] all positive energy surrounding.”

Rhodes actually started the Mind Body Soul Expo after being diagnosed with avascular necrosis, a condition in which blood supply to the bones may be interrupted. While dealing with the aftermath of two hip surgeries and the deaths of her brother and father, Rhodes decided to create the exposition. “During the time of

“During the time of my surgery, I wanted to create an event; I had also attended events as a vendor before... I had all these emotions and energies, good and bad. I needed some place to put them.”

my surgery, I wanted to create an event; I had also attended events as a vendor before... I had all these emotions and energies, good and bad. I needed some place to put them.”

She added that the expo is a way to repay those who supported her. “When you go through traumatic life events, or setbacks, there are people that reach out... for all those people who helped me, this is my time to thank you.”

The Mind Body Soul Expo is sure to be a success. It will take place on Saturday, August 10 and Sunday, August 11 from 10 a.m. to 6 p.m. at the Holiday Inn at 232 Broadway in Saratoga Springs. Admission is free. An additional expo will be held on Saturday, April 11, 2020 at the Saratoga City Center. For more information and updates, follow on Facebook @mindbodysouleexpo and Instagram @mindbodysouleexpo_ny.

— Jennifer “Gem” Rhodes,
Founder of
Mind Body Soul Expo

MIND BODY SOUL EXPO PRESENTS MIND BODY SOUL 2

FREE ADMISSION • OPEN TO THE PUBLIC

**Sat., August 10th & Sun., August 11th
10am - 6pm**

Organic/Vegan Products • Reiki • Spirituality • Local Artisans
Crafts • Weight Management • Tarot, Psychic Mediums
Essential Oils • Handmade Jewelry • Dancers • Fitness
Skincare • Handmade Soaps • Presentations • Demonstrations
Local Saratoga Businesses and much much more!

 /MINDBODYSOULEXPO



Photo: TMWilliams Photography. Model: Michaela Hindes.

Wellness. Health. Holistic.

Holiday Inn Saratoga
232 Broadway, Saratoga Springs, NY 12866

Contact Gem Rhodes
mindbodysoulexpny@gmail.com
518-410-6269

SAVE THE DATE: **Saturday, April 11, 2020** Mind Body Soul Expo at the Saratoga Springs City Center! We have the ENTIRE venue!! Upstairs and all of downstairs! Follow us on Facebook for updates <https://www.facebook.com/MINDBODYSOULEXPO/>

Spotlight On Business 2019

Pinnacle sees progress in Deep TMS treatments

Most patients who'd lost hope prior have benefitted from the treatments

By **ROB JONAS**
news@spotlightnews.com

BETHLEHEM —Pinnacle Behavioral Health has seen significant progress with its Deep Transcranial Magnetic Stimulation (TMS) treatment.

Over the course of nearly 1,000 TMS treatments since February, approximately 70 percent of Pinnacle patients have had their severe depressive symptoms alleviated, according to technician John Seymour. Most of those patients having breakthroughs around the midpoint of their 36-day treatment.

"TMS activates the left prefrontal cortex which has been shown to be responsible for depression. Stimulating this area of the brain has been shown to improve mood, energy and

cognitive behaviors," said Seymour. Patients who are approved for TMS treatments are those who have had no success with other methods for treating severe depression, including medications and therapy.

"Many patients have lost all



hope in the mental health system until hearing about this effective modality," said Seymour. "So, they come to us."

The way TMS works is a coil is placed on the patient's head where the left prefrontal cortex is located. Magnetic pulses are sent through the coil at a rate of 18 pulses per second for a two-second burst, followed by a 20-second rest period. This process is repeated 55 times and each treatment session

lasts 20 minutes, and sessions take place five days a week until the patient has his/her breakthrough moment. From there, the patient can choose to either spread out the remaining treatments or continue the pace they are on.

Director of Operations Rocco Pezzulo said there is gradual progress from the time the TMS treatments begin through the point where the patient experiences a breakthrough, which typically happens around the 20th session.

He added that it's normally the patient's family and friends who first notice the improvements before the patient does.

Pezzulo said once the patient has his/her breakthrough, there can be strong emotions tied to it. A staff therapist will help the patient process these emotions in a healthier and more empowering way.

"A patient who tends to be self aware of their slight improvements

"TMS activates the left prefrontal cortex which has been shown to be responsible for depression. Stimulating this area of the brain has been shown to improve mood, energy and cognitive behaviors ... Many patients have lost all hope in the mental health system until hearing about this effective modality. So, they come to us."

— John Seymour,
TMS Technician at
Pinnacle Behavioral
Health

throughout the process can really see significant change by the end of the treatment," said Pezzulo. "TMS is tool that helps patients jumpstart their life again, combined with healthy lifestyle it can increase the longevity of overall wellness and mental health."

TMS is non-invasive and does not present any negative side effects. Pinnacle Behavioral Health is the only Capital Region facility that offers TMS treatments. It also offers traditional therapy, group sessions, yoga classes, tai chi, art and music groups to help patients address their psychiatric concerns.

For more information about TMS, including video clips demonstrating the treatment, visit Pinnacle's website at www.pinnaclebehavioralhealth.com. There is a link on the home page to a special section of Pinnacle's website dedicated to TMS.

Depression is Real.
Recovery is Possible.

TMS Transcranial Magnetic Stimulation
proven treatment for
Major Depressive Disorder
• No meds • No side-effects • Non-invasive

FDA Approved ~ High Success Rate

1 Pinnacle Place | Suite 102 | Albany, NY
(518) 689-0244 Ext. 19



*The Empowerment You Need,
The Care You Deserve*

www.pinnaclebehavioralhealth.com

Spotlight On Business 2019

Focused in on your real estate needs

Anthony Gucciardo direct approach is tied to the respect he has for his client's time

Local agent Anthony Gucciardo's daily activities involve interviewing for new listings and helping buyers find the right home.

"I'm not a huge chit-chatter and respect my clients time," he said. "I think of myself as a focused and direct professional. My clients appreciate that I'm in and out of their house within 30 to 45 minutes, answer all questions and take as much time with them as needed, but not more."

Gucciardo is not a real estate broker that tells you that you have a gorgeous home as soon as he walks through the door.

"I remember when I was 15 years old, my parents interviewed a real estate agent to sell their raised ranch in Latham", he said. "As she was leaning down in the foyer to remove her shoes, she told my parents they had a gorgeous home. I said to myself, 'she hasn't even looked around at the house.' Why would she say that?"

To him that was a sales pitch and he prefers to keep it real.

"I believe in swift and efficient customer service and being respectful of my clients time," he said.

For example, last week Gucciardo went into a property where there was an extreme cat odor. Although it was difficult to tell the sellers, he explained to them that if he smelled it, the buyers will smell it and it could cost the seller thousands. The same situation happens with cultural cooking.

"Some spices leave a lasting odor and its not inviting for potential buyers walking through the door," He said, "I will help you get rid of issues, but I need to tell you up front what the potential issues are."

Gucciardo said that some people take offense when you tell them the house smells, but many appreciate the honesty.

"I would say that 85 percent of people appreciate me being honest and the other 15 percent may find it a little insulting," he said. "When you're hiring a professional you want the truth."

Sales are up in 2019 for Gucciardo Real Estate. They currently have 68 houses under contract set to close in the next six weeks. He attributes this to several local agents retiring and some veteran brokers scaling back the amount of business they do.

"I am getting a lot of business from prominent agents who have

"I still find it perplexing that an agent with one listing can't return a call for two days or send a simple text. You hire me and you receive efficient prompt communication."

retired," Gucciardo said. "I am a recognizable brand in the Capital Region and clients want someone with experience who they can trust."

He said that new agents in the business don't seem to have the same work ethic as in the past. "I pride myself on answering my phone and returning all calls promptly," Gucciardo said. "I still find it perplexing that an agent with one listing can't return a call for two days or send a simple text. You hire me and you receive efficient prompt communication."

Gucciardo has no plans to slow down and is happy with his boutique style firm.

"I don't have 50 or 100 agents. I love what I am doing and will continue to go as long as I am able," he said. "I still wake up every day and love what I do. It's not a job, but rather a lifestyle."

— Anthony Gucciardo,
Real Estate
Broker/Owner



Buying or Selling a Home?

Hire the Leader!

UPSTATE NY's
TOP
REALTOR



ALBANY



MLS#2019161236

1175 New Scotland Road, \$349,800

3+ beds, 4 baths • 2,384 sq. ft. - 1 acre lot

After a short drive home from all major Colleges & hospitals, you will drive up your private driveway to a 3+BR 4 bath updated Colonial situated on a 1 acre private lot. Dramatic 2 story foyer & great room w/ hardwood flrs throughout. Bright fam rm w/ custom built in shelving leads out double sliders to large deck overlooking wooded lot. 1st flr BR & adjacent full bath. Large master w/ vlt'd ceiling & full tiled shower + tub. Great finished bsmnt w/ bar area, rec room, study, & storage galore. Custom Andersen windows throughout.

LATHAM



MLS#201920414

16 Windmill Way, \$489,800

4 bed, 2.5 baths • 3,286 sq. ft. - .37 acre lot

Situated in Latham's desirable "Dutch Meadows" is this Marini built Sagamore Colonial featuring 3200+ sq ft of living space, 3 car garage & double staircases. Grand 2 story foyer leads to E/I kitchen, SS appliances, & breakfast area, large deck overlooking nice yard. 2 story family room. Formal LR & DR w/ HW flrs. 1st flr office or study w/ french doors. Grand master suite w/ walk in closet & full bath. Fin bsmnt possible in-law suite w/ working kitchen, rec rm, & plenty of storage. Walk to Colonie bike trail right from your yard. North Colonie schools & great front porch.

LATHAM



MLS#201919219

3 Niblick Place, \$399,800

4 bed, 3.5 baths • 3,102 sq. ft. - .34 acre lot

Situated on a park like setting in highly desirable Riviera Estates sits this spacious 3100+ sq ft side hall colonial w/ hardwood floors & wainscoting throughout. Formal LR & DR + fam rm w/ fireplace. E/I kitchen w/ large island, great room w/ bay window, skylights, & walls of windows. Large deck great for entertaining. Master suite addition w/ soaring ceilings & full bath w/ walk in shower. In-law suite added bonus. Huge front porch w/ custom wood ceiling. New roof/wndws in '06, updated baths in '15 & HVAC in '10. N. Colonie schools, full bsmnt, 2 car garage & low taxes.

Ready to list your home with us? Give us a call!

GUCCIARDO

REAL ESTATE GROUP LLC

Anthony M. Gucciardo | Broker/Owner

1074 Troy-Schenectady Rd. | Latham

Cell **518-331-3785** Fax **518-785-1755**

ANTHONYGUCCIARDO.COM

110027_4

Spotlight On Business 2019

Big and Small Dog Care creates happy environment

A place where dogs can have fun and play with one another

By **ROB JONAS**
news@spotlightnews.com

BETHLEHEM — Cori Testo believes that dogs are at their happiest when they can be with other dogs.

That is the concept behind Big and Small Dog Care in Colonie.

There are no crates where the dogs are locked up.

They aren't separated by breed or by size.

Instead, they are allowed to play together and socialize with one another.

"It's a controlled environment, and you have someone who knows what they're doing with your dog," said Testo. "You basically use your energy, and you let [the dogs] observe for a while and observe the other dogs – how

they're all playing. There's no fighting, there's no ill anything. It's all good, good stuff. The dog who's observing this ... really wants to be a part of it so bad, they'll do anything to do it."

Testo said she will work with a new dog until she determines that



he or she can safely join the rest of the pack.

"They'll work really hard. They're a pleasing animal – they want to please you, they want direction, they want to know what to do," she said. "They feel good when they do things correct[ly]."

Testo started Big and Small Dog Care in May 2018 after returning to the Capital Region following five years of living in Florida.

She started her post-graduate career opening a restaurant with several friends before switching gears to learn how to care for dogs from a woman in West Palm Beach who operated a doggy day care.

"I've always worked for myself. I'm more of a hands-on kind of person," said Testo. "I make my own hours, but they're long hours – usually 6:30 in the morning to 6:30 at night."

Testo primarily works alone with the 8 to 18 dogs in her care during the day, though she get help from her boyfriend.

"Whenever he can, he comes in for a couple of hours to help me walk the dogs, fix a hose in one of the tubs, change a lightbulb," said Testo. "Whatever I need help with, he's always there for me."

Though she works alone, Testo said she has the trust of her pack. "It's really about your energy,"

"It's a controlled environment, and you have someone who knows what they're doing with your dog. You basically use your energy, and you let [the dogs] observe for a while and observe the other dogs – how they're all playing. There's no fighting, there's no ill anything. It's all good, good stuff. The dog who's observing this ... really wants to be a part of it so bad, they'll do anything to do it.."

she said. "The dog needs to trust me, so right away, I just open up to the dog and let them know they can trust me. Once I've established that bond with them, then we can get to work."

Besides giving dogs the opportunity to socialize and play, Testo offers dog grooming and dog boarding services.

There are stations set up at Big and Small for owners to give their canines a bath, or she can do that for them.

If a dog owner is going on a vacation, Testo will watch over their pet until they come back.

"I really care about the animals. Their happiness and their safety is my No. 1 concern," said Testo.

Big and Small Dog Care is located at 1997 Central Ave. in Colonie.

For more information, visit its Facebook page www.facebook.com/Bigandsmallcomeonecmealldogcare.

— Cori Testo, founder of

Big and Small Dog Care



Big & Small

Come one Come all!

DOG CARE



Dog DayCare, Overnights,
DIY Washes, WE Washes,
Nail Clipping/Grinding
& much more!



518-860-5322

1997 Central Avenue,
Colonie, NY 12205



Bigandsmalldogcare@gmail.com
Cori Testo, Owner/Operator

Spotlight On Business 2019

Look, feel good

Amazingly Ageless Medi-Spa helps people look and feel their best

By **ROB JONAS**
news@spotlightnews.com

LATHAM — Amazingly Ageless Med-Spa in Latham has a simple goal.

“The mission is to help people look and feel their best,” said owner Virginia Giugliano. “We do that with a variety of services for both men and women.”

Giugliano started her career as a Gynecologist, but decided to expand her services by opening Amazingly Ageless Medi-Spa last year.

“We have a broad range of services, and we treat people of all ages, including teens, adults and the elderly,” said Giugliano.

Among the varied selection of services for women are Bio-identical Hormonal Therapy and Vaginal Rejuvenation – two services that are not often found together in the same establishment, according to feedback Giugliano has received from her patients.

“The patients’ feedback has been I’m the

only Gynecologist they know of that offers both ... in the same place,” she said.

In addition, Amazingly Ageless Medi-Spa offers men and women PRP Hair Restoration, Body Contouring, Botox and dermal fillers. Facials, peels and medical-grade Microneedling, target acne and acne-related scarring, fine lines and wrinkles. The med-spa also offers nutrition and weight loss consultations.

Though the services offered at Amazingly Ageless Medi-Spa are clinical, the environment is not. Giugliano said she wanted to create a space where patients feel comfortable.

“They’re brought into a relaxing waiting area with calming sounds and aroma. The tranquil environment enhances the rejuvenation process.

Amazingly Ageless Med-Spa is open from 10 a.m. to 6 p.m. Monday through Friday, but patients can request evening and Saturday appointments, as well. Amazingly Ageless also hosts private events by appointment. For more information, call 518-608-1252 or visit amazinglyageless.com.

Earning the name

Preparing great tasting and healthy fast food at Extra Napkin

By **JOHN MATTISON**
intern@spotlightnews.com

DELMAR — At Extra Napkin, the clean open kitchen and friendly staff create an atmosphere that makes every customer feel welcome while food is being prepared and after it’s served.

The scope of Extra Napkin’s menu is gigantic, featuring food such as hot dogs and their specialty hamburgers, Italian dishes such as pasta and stuffed eggplant and desserts such as cakes and tiramisu.

Sound familiar?

With the closing of Mercato’s next door, Extra Napkin has adopted the local favorite’s full menu; offering the same flavor, same menu, from the same family

Extra Napkin is a seven-day operation open 11:30 a.m. to 9 p.m. on 159 Delaware Ave, Delmar.



Look & Feel Ageless

Offering a range of services to keep women looking & feeling ageless.

- BIO-IDENTICAL HORMONE THERAPY (BHRT)
- FEMALE URINARY INCONTINENCE
- VAGINAL DRYNESS
- SEXUAL DYSFUNCTION
- MICRONEEDLING WITH PRP
- BODY CONTOURING
- BOTOX® & FILLERS

Virginia Giugliano, MD
BOARD CERTIFIED GYNECOLOGIST

518.608.1252 • amazinglyageless.com

1202 Troy Schenectady Rd, Bldg #2 • Latham, NY 12110

Like us on FB: amazinglyagelessmedspa & IG: amazinglyageless3

Missing Mercato's?

We offer Mercato's FULL MENU at Extra Napkin

Same Flavor • Same Menu • Same Family



**DINE-IN
TAKE-OUT
DELIVERIES
CATERING**



EXTRA NAPKIN

159 Delaware Ave., Delmar • 518-475-7575

DELICIOUS ITALIAN SPECIALTIES:

- Pastas • Parmigianas • Subs • Pizza • Wings

\$5 OFF	\$10 OFF	\$20 OFF
any order of \$25 or more	any order of \$50 or more	any order of \$100 or more
May not be combined with any other offer. Not valid on delivery. Expires 8/31/19.		

www.extranapkin.com

Spotlight On Business 2019

Hands-on relief

Ume helps people fight chronic pain

By **ROB JONAS**
jonasr@spotlightnews.com

SCHENECTADY — Laura Brown believes no one has to live with chronic pain.

“I want to get my hands on as many people as I can and get them to live at least a 50 percent better life,” said Brown. “Most pain, we really don’t have to live with.”

The physical therapist has her own practice called ume:urban.massage.elite., LLC based in Schenectady. She offers a wide variety of massages and therapies to help patients relieve their pain, including CBD oil massages.

“I’ve been using CBD [oil] and studying it for quite a while,” said Brown. “I did a lot of research before this became the hot topic it is now. I read all the white papers [regarding test results] and performed my own anecdotal studies before landing on a product and presenting it to the public... I tried out everything.”

Brown specializes in soft tissue manipulation and relieving orthopedic pain, but she said she wants to expand into treating neuropathic pain, which includes multiple diagnoses. “I am in the process of securing funding for a Calmare Unit, which will be a game changer for those suffering with neuropathic pain”.

“I tend to flourish in a one-on-one interaction, and I get that on a day-to-day basis” said Brown. “I have so many clients who restore my faith in people. They really are fantastic individuals, and I get to play a part in improving their quality of life.”

Rates vary depending on the type of treatment patients are seeking. Besides CBD oil, Brown uses aroma touch therapy and hot stone therapy. Brown can treat patients in ume’s office at 1473 Erie Boulevard in Schenectady, or she has been known to go to patients’ homes for the house -bound. She also has office hours at Inspiring Wellness Solutions in Troy one day a week.

For more information, visit www.myume.org.

Uncharted waters

Scuba dive in the Northeast?

Many people don’t realize there is a scuba shop right here in the Capital District and most of us certainly don’t think of New York when we think of scuba diving. The cool thing about scuba diving is that it can be done anywhere. Why spend part of your tropical vacation in a classroom when you can take a scuba diving certification course right here at home and go straight to the ocean when you reach your destination?

Kraken Scuba has a highly skilled team of professionals and offers certification courses year-round. The certification is through PADI the Professional Association of Scuba Instructors and is recognized all around the world. If you already take an annual vacation to the ocean why not dive into the depths and experience the underwater world? If you don’t have any trips planned but still want to scuba dive, Kraken Scuba dives all summer right here in Lake George and plans a couple international trips a year!

Kraken Scuba offers all kinds of courses



and is also a retail store where you can get everything you need for a trip to the ocean for scuba or snorkeling. They also offer equipment services and rentals as well as diving trips, both locally and internationally.

Whether you are ready to become a certified scuba diver or just want to try it out, Kraken Scuba is the place to go. It is said that Scuba Diving is always better with a buddy and since the minimum age is 10 years old, the whole family can get certified!

Visit the website to learn more or stop by the shop to check it all out.

krakenscubadiving.com

Mon-Thur: 10 a.m. - 6 p.m.

Fri: 11 a.m. - 7 p.m.

Sat 9 a.m. - 4 p.m.

Stop living in *pain* and
JUST START LIVING!
ume
[urban.massage.elite.](http://urban.massage.elite.com)



- Woman owned with 23 years experience
- One of the region’s first tested CBD oil massage
- Dual Licensed PT & LMT

WINNER: Best Therapeutic Massage 2018



LAURA BROWN
MSPT, LMT
518.867.2262
1473 Erie Blvd., Executive Suite 9
Schenectady, NY 12305



www.myume.org | Like us on  @UME:UrbanMassageElite

DISCOVER



SCUBA DIVING

See what its like to breath underwater with our one night course for only \$50!

KRAKEN SCUBA
518-456-8146
krakenscubadiving.com



Experience The World Beneath

Spotlight On Business 2019

Neighborly cut

Shannon's BARbershop is your friendly local barbershop

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

GLENMONT — When you let the fantastic staff at Shannon's BARbershop give you a fresh cut, you're supporting a local small businessman with a family of his own.

Bill Asprion is a proud resident of Bethlehem; that's not up for interpretation. Asprion, his wife Donna, their two daughters and three grandchildren are all from the 518. Asprion and his children are all graduates of Bethlehem Central. His wife is from Selkirk and works for Bethlehem Central School District, transporting your children to and from school each day for over 30 years. Asprion works at DeNooyer Chevrolet when he's not at the shop. In every part of Asprion's life, quality and supporting your local businesses are front and center.

"I bought the barbershop last year because I've always wanted to own a small, local business," Asprion said.

"When the opportunity opened, I stepped through the door. It fit what I was looking for."

Asprion credits his "fantastic" staff — Shannon, Christina and Renee — with providing quality service and compassionate visits. The three women offer career expertise while still relating to their customers. Asprion said when he purchased the barbershop from Master Barber Shannon Haslam, who has become a household name for her skills, everyone stayed.

Reviews for Shannon's on Facebook show a loyal support system. "Great experience," customer Jessica Keuchler Arnold wrote. "My husband and two boys loved it. We will be going back as soon as they need another cut."

Asprion pledges to keep the reputation of Shannon's strong.

"All my life, I've been giving back to the community," Asprion, the 40-year Selkirk Fire Department veteran, said. "My family and I appreciate your business and your continued support. We hope you enjoy the rest of your summer."

Shannon's BARbershop is located in Glenmont Plaza. For appointments, call 518-463-4247.

House calls for cars

Easy Lube makes car maintenance convenient

By **ROB JONAS**
news@spotlightnews.com

When it's time to change the oil, people bring their vehicles to one of three places — their dealership, their mechanic or a quick lube garage.

Easy Lube On-Site Oil Change brings the garage to the customer.

Started by Don DeMarco in May, Easy Lube travels to people's homes, workplaces and other locations to provide oil changes and a 15-point service check to ensure their vehicles are in good shape.

"I wanted to save people from leaving their car at the garage — either to wait or be picked up, then having to get a ride back when their car is done," said DeMarco.

DeMarco retired in 2012 and has been devoting his time to the Tyler DeMarco Foundation — a charity he and his wife started following the death of their son in 2010 from a rare form of childhood brain cancer. Last year, DeMarco thought up this business idea and just couldn't get it off

his mind. He did extensive research about creating a traveling oil change service before he opened Easy Lube. He was surprised to learn that his business idea was unique in New York.

"When I started to do my research, I found that New York didn't have [traveling oil change services], but nearly every other state had them," said DeMarco.

DeMarco said he usually takes about an hour to execute the oil change and inspect the vehicle for any issues involving the belts, hoses, tires, headlights, tail lights, filters and fluid levels. If there is an additional issue he can resolve for his customers, he will do it.

"I have all the same equipment, except the luxury of a lift I can stand under, so I do this 'the old school way' lying on my back," said DeMarco.

DeMarco uses nothing less than a synthetic blend oil with all of his customers' vehicles. Prices vary depending on the vehicle oil requirement, but DeMarco said he keeps his costs competitive with other service centers with the added convenience that you don't have to rearrange your day for an oil change.

For more information, visit www.EasyLubeOil.net.



**Welcomes
all new &
existing clients
to get
a haircut...**

Shannon, *Master Barber*
Christina, *Barber*
Renee, *our newest Barber*

- Personalized Haircuts
- Edge-Ups
- Hot Towel Shaves
- Trims

*Same great people - Same great barbershop
with new owner, Bill Asprion!*

Mon-Fri 9-6 | Sat 9-4

365 FEURA BUSH RD., GLENMONT

www.shannonsbarbershop.biz



110136_4

Change Your Oil, Not Your Day.



EASY LUBE

ON-SITE OIL CHANGE

Home or Workplace - We Come to You!

- Clean, Honest, Courteous, Professional Service
- Easy Online Scheduling
- Save Time, Money and Hassle
- Serving the Capital District
- Automotive Oil Change Association Certified
- Featuring API/SAE Certified Exxon Superflo Motor Oils
- Quality Service & Parts



518-460-5999
EasyLubeOil.net

Like us on

109954_4



Spotlight On **Business** 2019

What's a business plan?

Business plans are helpful for entrepreneurs

Businesses large and small can benefit from drafting business plans before beginning operations. A business plan is a description of a business' projected future, and this document will spell out exactly what a business owner plans to do and how he or she will put that plan in motion.

Forbes says that entrepreneurs can benefit from business plans because the process of developing them will help business owners understand which type of business he or she would like to create and the type and amount of funding and other resources that will be needed to get the business functioning. Although business plans

may be optional, one instance in which they are often required is when entrepreneurs are seeking funding. That's because lenders often require business plans to weigh the risks and benefits of investing in a potential business.

Entrepreneurs can use templates to draft business plans and then fill in specific details. Here are some components to include in the plan.

- **Executive summary:** This is a synopsis of the entire plan with all of the essentials briefly discussed. Include the reasons why the business will be successful.

- **Business description:** In this section, entrepreneurs can provide a profile of the company. Information can include location, size, planned operations, and the target market.

- **Industry analysis:**

Here business owners discuss the market in which the business will be competing, including how large the market is and whether or not there are any trends affecting this type of endeavor.

- **Marketing, products and sales:** In this portion of the plan, owners mention the products or services being offered. Strategies for branding, marketing and how the product/services will be sold also are included.

- **Operations:** The operations portion of the plan will detail the processes the business needs to address on a daily basis to be successful.

- **The team:** In the business plan, entrepreneurs should also identify the personnel who will be helping to run the company, including why these people are qualified for the job.

CAPITAL DISTRICT RESIDENTS:
SHOP SMART
SHOP LOCAL

Keep dollars here in our local economy.

By doing business locally, you not only get personal service and real value, you also help strengthen our local community and economy. Compared to national chains, locally owned businesses recycle a much larger share of their revenue back into our local economy, supporting a wide range of jobs and enriching our whole community.

A reminder from:



Spotlight On Business 2019

Finding happiness and safety

The Golub Family Memory Enhancement Center at Daughters of Sarah Senior Community

ALBANY — Each year, there are 10 million new diagnoses of dementia. Of those, Alzheimer's Disease and Lewy Bodies Disease are the two most prominent types of progressive dementia.

The Golub Family Memory Enhancement Center at Daughters of Sarah offers a warm, welcoming, respectful, and enriching environment. The accepting culture of The Golub Family Memory Enhancement Center is built around the unique needs and identity of its residents. To help residents increase their level of understanding

and engagement, and to decrease their levels of anxiety and frustration, the Buddies Forever dementia communication program, founded by Erin Bonitto, M.S., A.D.C. Founder and Lead Coach of Gemini Consulting was introduced at Daughters of Sarah.

A comprehensive communication training program, Buddies Forever provides a deeper understanding of what happens within the brain of an individual with dementia. Using a myriad of verbal and non-verbal exchanges, the ultimate goal is to ensure pleasure, purpose and peace for all residents and their families.

As part of the Buddies Forever program, therapeutic exercises and activities help those with memory loss to reconnect with the world, find a renewed sense of purpose for themselves,

and ease their worry. The Golub Family Memory Enhancement Center, provides supervised opportunities for residents to do the things that help them feel like themselves again. For example: a former secretary might enjoy typing on a typewriter or putting papers in a file cabinet; a former bank teller might enjoy rolling coins; or an artist might enjoy painting.

It is of utmost importance that any loved one suffering from Alzheimer's Disease, Lewy Bodies or other types of dementia are happy, safe, and well cared for.

At The Golub Family Memory Enhancement Center at Daughters of Sarah we care with open arms. We listen with a warm embrace.

Comprehensive dental care

Dr. Abele, a pioneer in dental sciences

DELMAR — “Building an oral health home for families where comprehensive, top-of-the-line dental services were easily accessible was my goal,” said Dr. Thomas Abele, who, since 1969, has been a pioneer and leader in the dental sciences. “With the support of a talented and dedicated staff, I hope I have achieved that.”

By offering a total spectrum of care for all ages, Abele eliminates the need for patients to move from doctor to doctor to achieve optimal oral health, comfort and beauty. Early on, he spent the additional hours of training to become qualified in dental implant technology and root canal

therapy. His reinvestment in his practice ensures that patients are offered the latest in minimally invasive approaches, digital imaging, laser power and sedation dentistry.

“Dental medicine, most pointedly when encompassing cosmetic dentistry, is definitely an art,” said Abele. “Every aesthetic aspect of a patient's face must be taken into consideration when addressing reconstructive procedures, whether in the application of veneers and crowns or restorations with implants.”

Because Abele works closely with the technicians of his on-site dental lab, issues such as tooth color and shape are seamlessly addressed. His deep experience in placing dental implants, including the latest in genetically coated bone grafting,

when required, and beautifully designed tooth restorations is renowned.

Citing the importance of patient education, Abele said, “Although I personally feel responsible for my patients' oral health, they have to ‘buy in.’ That requires helping them understand why compliance with good oral health habits, including attention to their gums, can make them healthier and happier. I enjoy taking the time needed to answer questions and provide ongoing support.

“As much as I have always enjoyed the research and ongoing education that dental medicine requires in order to stay at the top of the game,” said Abele, “I most enjoy the results I see in my much valued patients. They are the ones who make me look good.”

— Dr. Thomas Abele

Make Daughters of Sarah your choice for comfort and care.



The Golub Family Memory Enhancement Center at The Nursing Center Daughters of Sarah

- All Private Rooms/en Suite Bath
- Long-term Residential Care
- Enhanced Quality of Life

For more information or to schedule a tour, contact us at:

180 Washington Ave. Ext., Albany, NY 12203
daughtersofsarah.org • (518) 456-7831

Make This Your Year To Get A Healthy Smile

Thomas H. Abele, DMD

A general practice with emphasis on comprehensive treatment; oral surgery, implants, cosmetic & sedation dentistry.

With over 40 years in the heart of Delmar, Dr. Abele truly is your hometown dentist.



My goal is to provide my patients with the very best dental care, so that each may achieve optimal health throughout their lifetimes.

— Thomas H. Abele, DMD



Delmar Dental Medicine

344 Delaware Avenue, Delmar, NY | 518.439.4228 | www.delmardental.com

Spotlight On Business 2019

Working with your hands

The education of a mechanic

It's easy to underestimate the level of know-how required to be an automotive mechanic, and just how essential the job is. There are an estimated 30,000 parts on the average car, and data from the International Organization of Motor

Vehicle Manufacturers indicates around 74,705,000 cars were produced in 2018. Auto mechanics are in high demand. Although many high schools offer adequate training to prepare individuals for a job in automotive mechanics, most mechanics are now expected to have completed an associate degree or certificate program in automotive training to keep up with ever-evolving vehicle



technology. Students can enroll in a vocational education program, receive a certificate and then go on to employee training. Upon completion of that training, students can become master mechanics. Training and schooling typically takes two years. Salary.com reports that the average automotive mechanic salary in the United States was \$38,551 as of December 2018.

77th YEAR

punkintown FAIR

ROUTE 85A NEW SALEM, NY
JULY 25, 26, 27
STARTING AT 6:00 PM



Photo courtesy of Dylan Longton

**OWNED AND OPERATED BY
NEW SALEM VOLUNTEER FIRE DEPARTMENT**

110111_4



The Fair is Here

Punkintown Fair:
A Tradition in New Salem

By **ROB JONAS**
news@spotlightnews.com

NEW SALEM — A summer tradition returns to New Salem when the hamlet's volunteer fire department hosts its annual Punkintown Fair July 25-27.

Entering its 77th year, the Punkintown Fair has become a staple of New Salem's summer scene. For three evenings, people from the surrounding communities flock to the field across Route 85A from the New Salem Fire House to partake in carnival rides and games, food, fun and a cash awarding raffle.

"Parents bring their kids to it, and now grandparents are bringing their grandkids to it," said Punkintown Fair co-organizer Katy Carl.

As fairs go, the Punkintown Fair is tiny. There are a handful of rides, games and food booths dotting the landscape — nothing like its larger county fair counterparts. However, Carl said that's part of Punkintown's appeal.

"People are here for hours and usually come back for multiple days because it's so much fun," she said. "It's not like a huge county fair where you have to compete with a lot of noise, and extra chaos. . Families come here to visit with their

friends while their kids go on the rides."

Carl said the public's anticipation usually starts when she begins updating the fair's Facebook page in the spring.

"When I start putting Facebook posts out there, the community gets excited and starts asking questions about when the dates are and what else is being planned," she said. Most of the comments received on the posts all relate to how long people have been attending the fair and how many great memories that have been created there and how excited they are to bring their kids back this year.

Many of the rides and food offerings are the same from last year's fair. Organizers are bringing back the fish fry, which made its debut last year and was a hit among fair goers.

"The food is always an attraction," said Carl.

The only change is there won't be a fireworks night this year. Carl said the fireworks show are being set aside for special anniversary years.

Admission and parking are both free for the Punkintown Fair. Proceeds from the rides, food and raffle benefit the New Salem Volunteer Fire Department. The fair opens each evening at 6 p.m. at the field, located at the intersection of routes 85 and 85A in New Salem.

For more information, visit the New Salem Volunteer Fire Department's website (newsalemvfd.org).

Spotlight On Business 2019

A band of gold

Golden Anniversary for Guilderland Town Band

By **ROB JONAS**
news@spotlightnews.com

In 1969, Donald Webster formed the Guilderland Town Band to give residents young and old an opportunity to play music together.

Fifty years later, the concert band continues to delight audiences at Tawasentha Park's Guilderland Performing Arts Center each summer with its blend of marches, show tunes and other popular American music.

"[The ages range] from high school students to people in their 80s," said Hillary Fink. "Many of the people in the band just play as a hobby, myself included. There's also many [music] teachers in the band, either current or retired."

The band has been pulling out all the stops for its golden anniversary season. It commissioned band member James Corigliano, who is also a composer and retired music teacher, to write "Golden

Jubilee March," which the group premiered at its June 20 show. At its July 11 show, Donald Webster Scholarship winner Zoe Stinson performed Clare Grundman's "Concertante" accompanied by the band, and Claudia Golub sang "The Prayer."

For its season finale on Aug. 1, the band will be directed for three songs by guest conductor Anthony Maiello, who is the artistic director for the American Festival Pops Orchestra in Washington, D.C. Also, Webster will return to the stage to lead the band in its traditional closing number, "The Stars and Stripes Forever." Band alumni will join the current members for the last song of the season.

All Guilderland Town Band performances at Tawasentha Park are free, although donations are accepted. This year, half of all patron donations will be placed in a special fund for Guilderland High School's music program to help repair and replace instruments, as well as supporting scholarships for music students.

The Aug. 1 show begins at 7:30 p.m. at Tawasentha Park on Route 146 in Guilderland. In case of rain, the show will be at to the Guilderland High School.

Here's your she-shed

Backyard Sheds offers custom-made builds

By **ROB JONAS**
news@spotlightnews.com

SELKIRK — Backyard Sheds is not a store where you go to purchase a cookie-cutter shed. It's a company that prides itself in providing customers with high-quality, free-standing structures that are built right.

The family-based operation was started more than 20 years ago by Fred Becker in Selkirk. It has since grown to include a second store in Burnt Hills that is run by his son. There is also a display location at the corner of Route 9 and Peacedale Road in Schodack Landing, where people can see the various models Backyard Sheds has to offer.

Each item sold is crafted by Amish builders based in Pennsylvania. Smaller sheds are built in Pennsylvania and shipped to Capital District homes. For larger projects, the builders travel to the

customer's home to build them on site. Most two-car garages are built in a three-day time frame.

Though the business got its start by selling sheds, it has expanded over the years to include a number of free-standing structures including garages, gazebos, animal structures (i.e. chicken coops), playsets, pool houses and cabins. Customers select the style they want and the specifications they would like to be included in the outward design, and the builders take it from there.

To assist homeowners with their choices, Backyard Sheds offer several guides on its website (www.backyardshedco.com). These guides can help customers decide how big of a structure they need based on what they want to use it for, what style they want for their structure, plot out an area for where the structure will go and make them aware of steps they will need to take to receive a permit from their township or municipality. There is bank financing available and a rent-to-own option, as well as the ability to buy the structure outright.



Join us for our exciting
50th Anniversary Season!

Thursday, August 1st
GRAND FINALE CONCERT

Featuring guest conductor Maestro Anthony Maiello
and Band Founder Donald Webster along with band alumni
for the season finale.

7:30 pm at the
Guilderland Performing Arts Center
in Tawasentha Park



**Guilderland
Town
Band**

Free to the Public
Rain location:
Guilderland High School

www.guilderlandtownband.org

TWO LOCATIONS:

1208 US Rt. 9W,
SELKIRK
518-767-2671

658 Rt. 50,
BURNT HILLS
518-399-3160



AMISH QUALITY • SERVICE • VALUE

www.backyardshedco.com email: backyardshedco@gmail.com
Our current inventory and all our pricing is online!

SHED SALE



BAR/POOL HOUSE 12 X 18
10 X 12 Outdoor Area with Counter Top,
12 X 8 enclosed area - pine interior, electric, lights,
fan/light, many extras, **READY TO DELIVER!**
Floor Model - \$ 11,500 (Reg. \$14,995)



SUGAR SHACK 10 X 16
7' Side wall, Pine Board and Batten,
large vented cupola, 5' door w/transom glass,
6' solid door w/ transom above, 2 windows w/screens.
Sale - \$6,435 (Reg. \$6,995)

We also build Custom Garages any style, any size Amish quality!
COME SEE THE DIFFERENCE! QUALITY, PRICING, SERVICE!

Rent To Own and Bank Finance Available
HOURS: M,W,F 10-5 Tu,Th 10-6 Sat. 10-4 Closed Sun.

*Over 24 Years serving our customers with respect.
Let Our Experience Work for You!*

Want to advertise in our next issue?

We've got one more great opportunity coming up in 2019!



ISSUE DATE: Wed., **October 9** **AD/EDITORIAL DEADLINES:** Wed., September 18
Ask about special discounts to advertise in multiple issues!

Local Businesses

Spotlight on Business will showcase all of the things that make business in the Capital District happen. Let the readers know where your business has been and where it's headed in the future.

This is an excellent opportunity to inform readers about what your business is all about and enhance your company's image in the local communities.

- **High Readership**
- **Long Shelf Life**
- **Wide Distribution Area**
- **Articles Online**

BUY AN AD, RECEIVE AN ARTICLE!

All ads are full process color. Submitted articles may be edited for consistency of style and readability.



Call your sales consultant at:
518-439-4940 • Fax 518-439-5198
 or email: advertise@spotlightnews.com
 341 Delaware Ave., Delmar, NY 12054



All I want to do

How biking to work can benefit your overall health

Commuting is a fact of life for millions of professionals. The U.S. Census Bureau reports that the average person in the United States spends 26.1 minutes getting to work, while Statistics Canada notes the average Canadian spends 26.2 minutes getting to the office.

Few people enjoy commuting. In fact, a 2004 study published in the journal Science found that female commuters cited commuting as their least satisfying daily activity, ranking it below housework. Perhaps that's because commuting, whether commuters recognize it or not, tends to have adverse effects on their overall health. A 2012 study published in the Journal of Urban Health found that longer commutes are associated with behavioral patterns that may contribute to obesity and other negative health conditions.

Commuters who live close to work can counter some of the negative effects of commuting by cycling to work. Cycling is a healthy activity that the Harvard Medical School notes can help people build muscle and increase bone density, which naturally decreases with age. And there are additional benefits to cycling to work that might compel some commuters to pedal their way to the office.

• Biking can help you meet minimum exercise guidelines. The latest Physical Activity Guidelines from the U.S.

Department of Health and Human Services recommend that adults get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes of vigorous aerobic activity each week. Biking to work can help people meet and exceed those weekly guidelines, providing a strong foundation for a long, healthy life.

• Biking to work can lower your risk of chronic disease. Regular physical activity like cycling can lower your risk of chronic diseases like cardiovascular disease, type 2 diabetes and certain cancers. Adults who can't find the time to exercise outside of work may find that exercising during their commutes by biking to work is their best and most effective means to lowering their risk for chronic disease.

• Biking to work can improve cognition. The American Heart Association notes that regular physical activity like cycling has been linked to improved cognition, which can positively affect memory, attention and processing speed.

• Biking to work may help reduce stress. A 2017 study from researchers at Montreal's Concordia University attempted to investigate the impact of various commuting modes on workers' stress levels upon arrival to their workplace. The study found that such levels were lower among cyclists than they were among people who drove or took public transportation to the office.

Biking to work may not help people reduce their commute times, but it might make those commutes less taxing on their overall health.

Sunday, July 28 at 1:30 p.m. Gospel Music director and Soulist Garland Nelson leads Lena's Inspirational Voices gospel choir for an afternoon of joyful noise. Songs range from traditional gospel and contemporary church music to soulful pop classics. "Hymnals" are provided and audience participation is downright thunderous. Caffe Lena is located at 47 Phila St, Saratoga Springs.

Nick Kroll

Nick Kroll will perform a comedy show at The Egg on Wednesday, July 24 at 8 p.m. Nick Kroll is an actor, writer and producer. He most recently co-created and voiced numerous roles on the Netflix animated series Big Mouth, which was nominated for an Annie Award for "Best General Audience Animated Television/Broadcast Production." Nick can be heard in Secret Life of Pets 2 and as 'Uncle Fester' in MGM's The Addams Family set to

be released in October 2019. The Egg Performing Arts Center is located at Empire State Plaza, Albany.

Jim McArdle

Jim McArdle will perform at O'Slattery's on Friday, July 26 at 7 p.m. For over 20 years, Jim McArdle has been writing, playing and performing to audiences large and small. He creates a powerful, yet intimate connection with the audience with lyrics that capture the journey of friendship, love, loss, and the beauty found in the smallest moments in life with an unflinching honesty. O'Slattery's Irish Restaurant and Pub is located at 318 Delaware Ave, Delmar.

Stephen Marley

Stephen Marley will perform at Empire State Plaza on Wednesday, July 24 at 5:30 p.m. The second son of Bob and Rita Marley, Stephen "Ragga Muffin" Marley is an 8-time Grammy winning

musician and producer and founder of Ghetto Youths International. He first appeared on the scene in 1979, when he was only 6 years old, as part of the Melody Makers, and ever since has confirmed his talents as a vocalist, lyricist, and producer of hit tracks in reggae, hip-hop, and more. Empire State Plaza is located in Albany.

Melanie

Melanie will perform at Caffe Lena on Sunday, July 28 with an early show at 6 p.m. and a late show at 8:30 p.m. One of only three women who performed at Woodstock, Melanie Safka, who is known professionally as Melanie, has worked with the biggest names in the business. She has had her songs recorded by the likes of Ray Charles and Mott the Hoople and produced memorable hits such as the epochal, nine minute-plus Woodstock-inspired, gospel-folk

classic "Lay Down (Candles in the Rain)," the maddeningly catchy novelty chart topper "Brand New Key" and the bittersweet "Look What They Done to My Song, Ma." Melanie naturally favors a high-voltage, blues-informed, declarative phrasing style not dissimilar to Janis Joplin. But, ultimately, her sound is hers alone. Caffe Lena is located at 47 Phila St, Saratoga Springs.

Not an Airplane

Not an Airplane, Front Biz, Northway and Drobakid will perform at Savoy taproom on Friday, July 26 at 9 p.m. Not an Airplane is an alt-country band. FrontBiz is an intergalactic rock band. The Northway is a math punk band. Drobakid is an indie-rock band. Savoy Taproom is located at 301 Lark St, Albany.

The Refectory

The Refectory, Ugly Muppets and The Va Va Voodoos will perform at Pauly's

Hotel on Thursday, July 25 at 8:30 p.m. The Refectory are a heavy math rock out of Connecticut. Ugly Muppets are a Saratoga psych pop band. The Va Va Voodoos are an Albany garage rock band with a new drummer. Pauly's Hotel is located at 337 Central Ave, Albany.

Rochmon Record Club

Derek and the Dominos will be heard at The Linda on Thursday, July 25 at 7:30 p.m. as part of the The Rochmon Record Club listening party. Listen, learn about and discuss Eric Clapton's 1970 tour de force, Derek and the Dominos "Layla and Other Assorted Love Songs." The Linda is located at 339 Central Ave, Albany.

Screams of Hockomock

Screams of Hockomock, Sonic Sacrifice and Sledge Wolf will perform at Pauly's Hotel on Wednesday, July 24 at 8:30 p.m. Screams of Hockomock is a blackened power Metal band out of Weymouth, Mass. Sonic Sacrifice is an Albany proto-metal/hard rock band. Sledge Wolf is a brutal Hudson Valley death metal band. Pauly's Hotel is located at 337 Central Ave, Albany.

John Sebastian

John Sebastian will perform at Caffe Lena on Saturday, July 27 at 8 p.m. The product of heart, soul and history, the work of John Sebastian has become a permanent part of the American musical fabric. As the leader of the folk-rock band the Lovin' Spoonful, John Sebastian is responsible for a string of Top Forty hits that were released at a time when the competition included Motown and the Beatles. Sebastian's work includes chart-toppers such as "Daydream," "Do You Believe in Magic," and "Summer in the City," all of which have become rock and roll anthems embraced by generation after generation. Caffe Lena is

located at 47 Phila St, Saratoga Springs.

Todd Snider

Todd Snider will perform at Helsinki Hudson on Wednesday, July 24 at 8 p.m. Todd Snider's guitar work and harmonica playing are nothing short of exceptional; not only full of feeling, but highly skilled. Helsinki Hudson is located at 405 Columbia St, Hudson.

Soul Serenade

Soul Serenade will perform an Alman Brothers tribute at The Hanger on the Hudson on Friday, July 26 at 8 p.m. The Hanger on the Hudson is located at 675 River St, Troy.

The Wheel

The Wheel will perform at Putnam Place on Thursday, July 25 at 9 p.m. The Wheel is a five piece rock-n-roll band covering mostly music of the Grateful Dead. Adding their take on the music that has touched so many lives. Putnam Place is located at 63a Putnam St, Saratoga Springs.

COMEDY

Patton Oswalt Live: 2019 Tour

Patton Oswalt will perform a comedy shown at the Palace Theater on Thursday, July 25 at 8 p.m. Patton Peter Oswald is an American stand-up comedian, actor, voice actor, and writer, known for playing Spencer Olchin in the sitcom The King of Queens, voicing Remy in the Pixar film Ratatouille, starring opposite Charlize Theron in Young Adult, and guest starring as the Koenigs on Agents of S.H.I.E.L.D. Palace Theater is located at 19 Clinton Ave, Albany.

Dan St. Germain

Dan St. Germain and guest comedians will perform comedy acts on Saturday,

LIVE @ THE HANGAR

Friday July 26th at 8PM SOUL SERENADE

Allman Brothers tribute with some of the area's finest musicians. Mike Newman, Brian Mangini, Joe Daley, Josh Bloomfield, Frank Daley and Jeremy Walz will take the stage for a great night of music.

THE HANGAR ON THE HUDSON

675 RIVER ST., TROY ACROSS FROM THE ALE HOUSE

TICKETS AVAILABLE ON: **Brownpapertickets.com**

ASIAN ARTS TAI CHI

Tai Chi and Qigong Classes and Workshops

Serving Albany for over 10 years.

Gift Certificates Available

Visit our website for details

28 Essex Street • Albany, NY 518-489-1458 • www.AsianArtsGrp.com

COMING THIS SUMMER...

thespot518.com

the spot 518

arts · entertainment · culture

- Revamped Instagram @thespot518
- New arts and news podcast to keep you in the loop... "In The Spot"
- More engagement than ever before

REALLY. LOCAL. NEWS.

July 27 at 8 p.m. Dan St. Germain is a comedian, writer, and actor who's appeared on Conan, Fallon, This Week at the Comedy Cellar, Adam Ruins Everything, Crashing, This is Not Happening, Best Week Ever, @Midnight, John Oliver's NY Standup Show, Guy Code, HBO's Funny as Hell, The Roast of Bruce Prichard, and has a half hour special on Comedy Central. Proctors is located at 432 State St, Schenctady.

FAMILY

Disney's Beauty and the Beast

A performance of Disney's Beauty and the Beast will be presented at The Cohoes Music Hall on Tuesday, July 30 at 2 p.m. Disney's Beauty and the Beast is about a beastly prince that kidnaps a woman named Belle and slowly forms a connection with her. The Cohoes Music Hall is located at 58 Remsen St, Cohoes.

Troy Night Out:

Party Like It's 1969

The Downtown Troy Business Improvement District will host Troy Night Out on Friday, July 26 at 5 p.m. Troy Night Out is a monthly arts and cultural event that regularly draws thousands people onto the streets of Downtown Troy. Attendees are able to enjoy countless art events, music venues, fine restaurants as well as unique boutiques of all varieties. The Downtown Troy Business Improvement District is located at 251 River St, Troy.

Watch Reggie Run

Watch Reggie Run will perform at Troy Saving Banks Music Hall as part of The Barker Park Kid's Summer Series on Thursday, July 25 at 11 a.m. The Troy Savings Bank Music Hall presents free summer fun for children with the Barker Park Kids' Summer Series. This year the



Slowhand Rochmon

The Rochmon Record Club listening party will gather at The Linda to wax nostalgic on the pioneering rock band, Derek and the Dominos. Listen, learn about and discuss Eric Clapton's 1970 tour de force with "Layla and Other Assorted Love Songs," on Thursday, July 25, at 7:30 p.m.

Eric Clapton / Facebook

there is space, exploring everything from music to crafts. Formed in 2017 by Dave Graham and his son Luke who has autism, Watch Reggie Run is a kids/pop-punk/americana band named after how they spend most of their time when not making music (watching Luke's sister Rory, whose nickname is Reggie, run in Track and XC meets). The father/son duo shares a love of music and has found it to be a great way of connecting despite Luke's limited communication skills. This event is sponsored by Albany Med and

the charity group Troy Street Soldiers. Troy Saving Banks Music Hall is located at 78 3rd St, Troy.

FILM

Sing

The film Sing will be shown for free at Proctors on Sunday, July 28 at 10:30 a.m. Sing is an animated film featuring animals attempting to restore a theater through a singing competition. Proctors is located at 432 State St, Schenctady.

SUDOKU

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

Answers on Pg. B22


WAMC's Performing Arts Studio | 339 Central Ave Albany, NY 12206 | thelinda.org






ROCHMON RECORD CLUB

LISTENING PARTY



Derek & The Dominos

"Layla"

July 25, 6:30 Doors 7:30 Show

Tickets On Sale NOW! thelinda.org



Star Wars: Episode III - Revenge of the Sith

Date: Tuesday July 30, 2019

Time: 4 pm, 6:45 pm, 9:30 pm

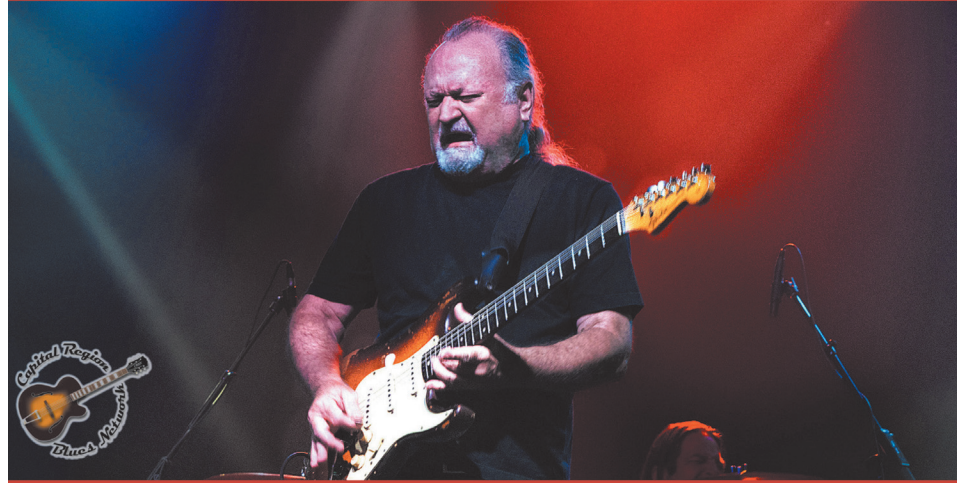
Location: The Linda WAMC's Performing Arts Studio
339 Central Ave Albany NY 12206

Ticket Price:
\$12 one screening \$60 for all 6 episodes.

Screening Episodes:
I July 16th, II July 23rd, III July 30th, IV Aug 6th, V Aug 13th, VI Aug 20th

Rochmon Record Club | Derek and the Dominos
Jul 25 | 7:30 pm \$10

STAR WARS: Episode III Revenge of the Sith
Jul 30 | Multiple Showtimes \$8



An Evening With Tinsley Ellis
Jul 28 | 8 pm \$25 in adv \$30 at door



STICK MEN featuring Tony Levin, Markus Reuter and Pat Mastelotto | Aug 10 8 pm | \$25 in adv. \$35 at door

■ HEALTH & FITNESS

Drop in and dance

Delmar dance studio offers inclusion class and commercial hip hop experience for all

By **KATIE HOPSICKER**
intern@spotlightnews.com

DELMAR — Word on the street proves that Delmar has got some new grooves. A local hip hop studio, The Drop In, is starting summer classes July 15 and offering “drop-in” hip hop classes and dance inclusion classes.

For the past few years, Donna Mannarino traveled all over the east coast seeking out professional hip hop classes for her daughter. Now, Mannarino is bringing those coveted classes to the capital region through her new business, The Drop In.

Growing up a dancer herself, Mannarino is a hip hop teacher at Cindy’s Academy of Dance in Delmar, where her daughter Angie also takes lessons. Mannarino created The Drop In in August 2018, after she realized the need for more hip hop in the Capital Region. Albany and the area surrounding it has a multitude of dancing schools, with studios teaching many styles at many levels. Some schools focus on recreational learning, while others require performances at a competitive level;



“I do a freestyle circle in every class — that is the most challenging and intimidating part for [dancers] ages thirteen and up; [dancers] ages four to ten are rock stars. It is scary, even for me, because you have to let go. . . but in life you have to let go. What I want to get out of this is for dancers to unite and support each other and be able to be who they are. My biggest goal is to get this community to not be so competitive.”

— Donna Mannarino,
teacher
at Cindy’s Academy of Dance

these competitive schools often require the student to travel for competitions, conventions, and masterclasses.

“I wanted to give everybody an opportunity locally to have that experience, so you don’t have to travel,” stated teacher and CEO Mannarino. “Starting The Drop In I never even thought it would get this far. . . I just wanted to create a space where you don’t have a commitment. Some kids don’t want a dance recital, some kids don’t want to be on a stage, some kids just want to take a class. . . and just have fun to the music they want to listen to.”

Mannarino wanted to establish a space where anyone and everyone is welcome. She stated, “I think every studio has their niche. . . I think this is a way for everyone to just learn to unite and learn something new with an overall fun dance experience.

HOROSCOPES

July 2019
Week 4

ARIES – MAR 21/APR 20

You are juggling many things, Aries. If you are having a difficult time figuring out which balls to drop and which ones to keep in the air, look to Virgo for help.

TAURUS – APR 21/MAY 21

Taurus, many people are counting on you this week and you don’t want to let them down. Recognize that it takes time to see results. Be patient and stay the course.

GEMINI – MAY 22/JUN 21

There are a few things that you have to get off of your chest, Gemini. Others may not be ready and willing to listen to what you have to say right now, so give it time if need be.

CANCER – JUN 22/JUL 22

Cancer, even though you have a lot to say, you have to make your words count. Select the things you have to say for each specific person and moment in time.

LEO – JUL 23/AUG 23

Several different activities and people are vying for your attention, Leo. All of this information can be overwhelming, so you will need to find a quiet area where you can unwind.

VIRGO – AUG 24/SEPT 22

You are always one to lend a helping hand, Virgo. So when you need to call in some favors this week, do not let it make you feel like you are taking advantage of anyone.

LIBRA – SEPT 23/OCT 23

New ideas pop into your head and they excite you about future projects, Libra. The only trouble is settling on what you want to do, especially if it involves spending money.

SCORPIO – OCT 24/NOV 22

It is okay to ask for help even when people think you are the strongest one around, Scorpio. Seeking and accepting help is a strength, and others will recognize that.

SAGITTARIUS – NOV 23/DEC 21

Look for some more enjoyable recreational activities you can tackle in the weeks to come, Sagittarius. It’s good to change up the scheduling now and again for a different pace.

CAPRICORN – DEC 22/JAN 20

An interesting prospect comes your way, Capricorn. You aren’t quite sure what to make of it, so give it a few more days to work out the kinks before responding.

AQUARIUS – JAN 21/FEB 18

Aquarius, if you try to fix everyone’s problems, you will only get frustrated. Sometimes those closest to you know what works for them and what doesn’t. Trust their instincts.

PISCES – FEB 19/MAR 20

Pisces, if you have any health concerns, discuss them with a doctor soon. Do not delay an appointment and embrace the doctor’s advice.

You're able to walk in, take a class, pay a fee and leave" and Mannarino hopes for students to take the things they learn back to their home studio.

Classes are available for students of all ages with beginner, intermediate and advanced levels at the Cindy's Academy of Dance location in Delmar. Adult hip hop cardio "pop-ins" are also offered at Hiit it with Britt in Albany. When asked what students can expect, Mannarino described "I think every level will learn new techniques," adding that this summer she wants to focus on the patrons having fun and loosening up. "I think dancers fear looking silly when they hip hop dance because they are often trained so technically... loosen up, let go of fear and just express who you are."

To accomplish this, Mannarino has a special technique. "I do a freestyle circle in every class — that is the most challenging and intimidating part for [dancers] ages thirteen and up; [dancers] ages four to ten are rock stars. It is scary, even for me, because you have to let go... but in life you have to let go. What I want to get out

from Los Angeles, California, is the founder of The MOB Dance Company. Another masterclass featured two of Justin Timberlake's backup dancers, Ivan Koumaev and Maja Kares. While on tour with Timberlake, the two professionals did a "Man of the Woods" workshop for the local students. Attending masterclasses allows dancers to get a taste of the professional world, which Mannarino thinks is a valuable experience, adding "that was great."

A masterclass teacher also inspired Mannarino to add inclusion classes for kids with disabilities or special needs to her summer schedule. Mannarino has previously taught hip hop to the Best Buddies program at Guilderland High School and after seeing Kenny Clutch, also known as "The Dancing Dad," teach class she knew that "this is what [she] was meant to do." New Jersey native, Clutch came and taught at The Drop In, teaching beginning students, advanced students and the inclusion class. Clutch's son has down syndrome and after being diagnosed with cancer at two years old, Clutch needed to



of this is for dancers to unite and support each other and be able to be who they are." She also added, "my biggest goal is to get this community to not be so competitive."

The Drop In's emphasis on community stems from Mannarino's childhood roots. "Growing up in Albany, there wasn't much to do, and Saint Teresa's church school would have The Drop In... we would all ride our bikes... and that's where people went." The original Drop In allowed kids a space to just have fun, and Mannarino is putting an educational and artistic spin on The Drop In, while keeping up the principle values of unity and enjoyment through hip hop dance.

This summer, Mannarino plans to introduce the community to different genres of hip hop. She will create classes that feature popping and locking, old school, and modernized and current hip hop. In addition to Mannarino and her daughter teaching classes, guest teachers are brought in for masterclasses.

Previously, Mannarino has brought in teachers from major metropolitan cities all over the country. One notable teacher was Jay Chris Moore, who has worked with artists like Usher, Missy Elliot, LMFAO and Black Eyed Peas. Moore, hailing

close his studio in order to support his son; all proceeds went to a fundraiser where The Drop In was able to raise over \$1,000 for Clutch's charity.

Mannarino spoke on Clutch's inclusion class: "When I saw him teach the inclusion class, my heart was so filled with love, because watching him with these kids... they just give love. There is no trying to out dance somebody— it's just having fun." She also spoke on starting her own class this summer: "I'm hoping to reach out to this community so that they have an opportunity like we have an opportunity to be able to express themselves... This is what I'm really excited for."

With worldwide goals at a small town business, Mannarino is changing the face of dance in Delmar. She hopes that dancers all over will participate to "just unite as a dance community and express themselves."

The Drop In is located at 160 Delaware Avenue in Delmar. Summer classes will take place on Monday nights beginning July 15. For more information visit thedropinny.com, or follow on Instagram @_thedropin and Facebook @518DropIn.

2019

WE ROPE YOU IN



IT IS TIME FOR THE

RODEO

LINE DANCING AT 6 PM • RODEO STARTS AT 8 PM

EVERY FRIDAY

JUNE 28TH TO AUG 30TH

Admission: \$17 Adults \$10 Kids (5-12)

1 FREE KID
ADMISSION
with Paying Adult
W/ This AD

REGISTER EACH WEEK
FOR A CHANCE TO WIN A
FAMILY 4-PACK OF TICKETS
spotlightnews.com/rodeo
FOR DETAILS

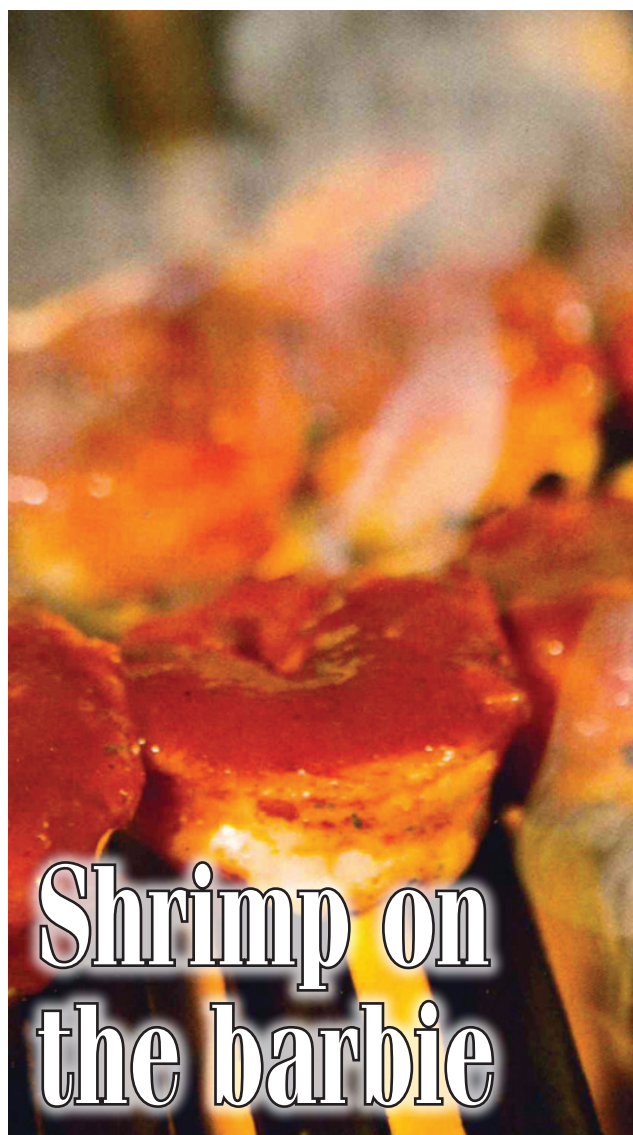
DOUBLE M WESTERN

ROUTE 67 BALLSTON SPA EXIT 12 OFF I-87
1 MILE WEST

GET YOUR HATS & BUCKLES BEFORE THE SHOW
OPEN DAILY - FRI TILL 8 PM

www.doublemwestern.com
(518) 885-9543

FOOD & VINO



Shrimp on the barbie

Few cuisines are as beloved as barbecue. Barbecue aficionados will travel far and wide to try a new barbecue joint, but those who can handle a grill need not leave their properties to whip up a delicious meal. The following recipe for “Barbecued Shrimp” from Neal Corman’s “Virgil’s Barbecue Road Trip Cookbook” (St. Martin’s Press) is flavorful and simple, making it an ideal meal for barbecue fans who enjoy making their own meals.

Barbecued Shrimp

Ingredients: Serves 4

Garlic Barbecue Sauce

- 6 tablespoons unsalted butter, divided
- 1 teaspoon chopped garlic
- 1 cup mild barbecue sauce
- 2 tablespoons Virgil’s Dry Rub (see below)

Shrimp

- 8 6-inch bamboo skewers
- 2 pounds fresh jumbo shrimp
- 1/2 cup olive oil
- 4 tablespoons Virgil’s Dry Rub (see below)
- 2 lemons, cut into wedges

Instructions:

1. In a small pot over medium-high heat, combine 1 tablespoon of butter and the garlic for the garlic sauce. Sauté the garlic for 1 minute, add the mild barbecue sauce and Virgil’s Dry Rub, and heat to a boil. Remove from the heat, whisk in the remaining butter, and set aside to use as needed.

2. Soak the skewers in water overnight.

3. Peel and devein the shrimp, leaving the tails on. Lay 4 shrimp out on a flat surface. Align them so that they are coiled with the tails on the same side, facing in the same direction.

4. Slide a skewer through the shrimp. Run another skewer through the shrimp, parallel to the first and about 1/2 inch apart. (This will prevent the shrimp from spinning on a skewer.) Repeat this process until all of the shrimp are skewered.

5. Brush one side of the shrimp on the skewers with olive oil, then dust with the dry rub. Flip the skewers over the repeat the process.

6. Place the seasoned skewered shrimp in a container, cover, and refrigerate overnight.

7. Preheat the grill to high heat.

8. Reduce to medium heat and position the skewers over direct heat. Grill for 2 minutes, then flip and grill for 1 to 2 minutes more.

9. Remove the skewers from the grill and brush each with 2 tablespoons of the garlic sauce. Serve with lemon wedges.

Virgil’s Dry Rub

Ingredients: Makes 5 to 5 1/2 cups

- 2 1/2 cups sweet paprika
- 1 cup granulated sugar
- 1/2 cup Texas-style chili powder
- 1/2 cup minced onion
- 1/2 cup granulated garlic
- 1/4 cup dried parsley flakes
- 6 tablespoons kosher salt

Continues on page B20

NEW SIGNAL ON 106.1

exit 97.7

106.1 wext a wmht service

wextradio.org

Crossroads Ford EXCLUSIVE FACTORY INVOICE PRICING ON ALL IN-STOCK 2019 F-150'S

BRAND USED SPECIALS

<p>2015 FORD ESCAPE SE</p>  <p>STK# U10216T</p> <p>Ecoboost, AWD, Panoramic Moonroof, Alloy Wheel Pkg, SATT Radio, 64,759 Miles.</p> <p>\$14,900</p>	<p>2017 FORD FOCUS SE</p>  <p>STK# U10255C</p> <p>2.0L I4, Auto., 5 Pass., Remote Start, Power Windows/Locks/Mirrors, Alloy Wheels, 22,213 Miles.</p> <p>\$13,500</p>
<p>2016 FORD FUSION SE</p>  <p>STK# U10150C</p> <p>2.5L I4, Auto., My Ford Touch Pkg., Navigation, Cold Weather Pkg., Remote Start, Heated Front Seats, 25,364 Miles.</p> <p>\$16,500</p>	<p>2017 FORD ESCAPE SE</p>  <p>U10073PT</p> <p>2.0L I4, Ecoboost, SUV, SE Sport Appearance Pkg., Alloy Wheel Pkg, Backup Camera, 49,595 Miles.</p> <p>\$16,980</p>
<p>2016 FORD F-150 XL</p>  <p>STK# U10228T</p> <p>5.0L V8, Auto., Sport 4x4, 4Dr., Alloy Wheel Pkg., FLEX FUEL, Tow Pkg., Power Windows/Locks/Mirrors, 75,519 Miles.</p> <p>\$25,900</p>	<p>2017 FORD TRANSIT WAGON 150 XLT</p>  <p>U10224T</p> <p>3.7L V6, 8 Passenger Auto., Sliding Door, Equipment Pkg. 302A, Tinted Windows, 31,077 Miles.</p> <p>\$26,995</p>

Prices include all costs to be paid by a consumer, except for licensing costs, registration fees, and taxes.

Crossroads Ford

518-756-4000

2351 Rt. 9W Ravena, NY (Just 10 miles South of Albany)

Check out our inventory online at: www.crossroadsny.com

We are locally-owned & operated & our staff is customer-friendly with no pressure, so you can make the best decision for your next vehicle purchase.

TROY NIGHT OUT

THE LAST FRIDAY OF EVERY MONTH | 5PM TO 9PM

Bespoké Bowl
"Hawaiian Asian Eatery"

Specializing in poké bowls tailored to your taste.

Now also serving KBBQ & Hawaiian favorites.

Monday to Saturday 11:30 am to 9:30 pm
122 4TH ST, TROY • 518-244-5347

Shop. Dine. Explore.

MUDDADDY FLATS QUESADILLARY
nacho average quesadilla

Gluten Free & Vegan Options Available MON-SAT • 11AM-8PM
49 3rd Street, Troy • 326-0630 • www.muddaddyflats.com

CLEMENT
Frame Shop & Art Gallery
"Where Picture Framing is an Art"

ART SALE

Custom Picture Framing
Original Art By Local Artists
Antique Prints & Maps

M-F 10-6 • Sat 10-4
201 Broadway, Troy, NY
(518) 272-6811 | www.clementart.com

THE RUCK
CRAFT BEER | COCKTAILS | NIBBLES & PLATES
ALWAYS FRESH | CAREFULLY CURATED
104 3rd Street Troy NY 12180 | 518-273-1872
www.getrucked.com

FRIDAY, JULY 26 . PARTY LIKE IT'S 1969

TROY NIGHT OUT

SHOP. DINE. EXPLORE.

THE LAST FRIDAY OF EVERY MONTH . 5PM TO 9PM

DINE-IN • TAKE OUT • DELIVERY* • CATERING

I LOVE PIZZA OF TROY Open 7 Days

*\$12 Minimum for Delivery "We do it simple and do it well"

I LOVE PIZZA OF TROY
Free Delivery 274-0071

LIKE LOVE US ON FACEBOOK
125 4th St., Troy • (518)274-0071 • www.ilovepizzaof Troy.com



THEATER NEWS

Regal and Chill

Movie theater chain is set to launch unique 'unlimited' pass for frequent movie-goers

By CAMERON KAERCHER
intern@spotlightnews.com

\$13.70. Every time you want to catch a movie, it costs \$13.70 for one adult ticket. When you add a popcorn and soda to the total, the cost to go out to the movies is enormous compared to \$8.99 a month for a base plan through Netflix. In the summer of 2018, MoviePass offered a solution to alleviate the cost of movie-going with a \$9.95 per month subscription service that would allow the subscriber *unlimited tickets*. The word "unlimited" would be followed with a group of asterisks that would restrict the consumer from 3D, IMAX and other specialty screenings. Sadly, the plan was not sustainable and after multiple instances in which the company ran out of cash, more restrictions were introduced and prices increased which led to a decrease in subscribers.

According to Deadline, Regal Cinemas is set to launch its own subscription service that will offer customers unlimited tickets. There will supposedly be three tiers that you can sign up for, each tier will have access to different Regal Cinemas across the country. The more expensive tiers will focus on more metropolitan areas like New York City and Los Angeles while lower tiers may only be able to use their passes at about half of the nation's Regal theaters.

Regal's parent company, Cineworld, also has an



unlimited ticket service in the United Kingdom which offers early screenings and discounts on concessions on top of the free tickets. These benefits are expected to roll over to Regal's program.

One very important aspect of this proposed subscription is that the subscriber would have to pay for the entire year up front. This introduces a very substantial risk for the customer because if Regal Unlimited has the same issues as MoviePass and they are unable to produce the tickets at a certain point, then it could lead to a similar spiral down.

Right now we are in a very interesting point when it comes to movie-going. The competition between theaters and streaming services is intense, and competition encourages companies to try new things to bring in more customers. At the end of the day, we are the ones who choose where our money goes and what gets our support.

Willie Swarey

GOLD STAR ROOFING

- Shingles • Metal Roof • Standing Seam
- Free estimates • Fully insured

BBB ACCREDITED BUSINESS GAF Certified 518-281-6455 Find us on Angie's list

360 County Highway 151 • St. Johnsville, NY 13452

DENTAL Insurance

Physicians Mutual Insurance Company

A less expensive way to help get the dental care you deserve!

CALL NOW! 1-855-225-1434

- ✓ Get help paying dental bills and keep more money in your pocket
- ✓ This is real dental insurance - NOT just a discount plan
- ✓ You can get coverage before your next checkup

Don't wait! Call now and we'll rush you a FREE Information Kit with all the details.

FREE Information Kit

1-855-225-1434

Visit us online at www.dental50plus.com/mypress

Hey, Capital District!

What's happening this week?

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

Saving a Life EVERY 11 MINUTES

I'm never alone

Life Alert® is always here for me even when away from home.

One touch of a button sends help fast, 24/7.

Life Alert®

Batteries Never Need Charging.

For a FREE brochure call: 1-800-404-9776

HOMEOWNER FUNDING

Special Funding Programs For Necessary Home Improvements Are Now Available, Apply Today.

Roofing | Windows | Siding | Insulation | Walk-In Tubs

Contact us today and our highly knowledgeable team will be able to help discover the available funding programs that will best fit you and your needs.

800-736-9629

NYImprovementFund.com

DEMAND JUSTICE

Victims of sexual abuse by Catholic clergy or by authority figures at school have rights.

NEW YORK AND NEW JERSEY LAW HAVE EXTENDED THE TIME PERIOD IN WHICH TO FILE YOUR SEXUAL ABUSE CLAIM. ACT NOW TO GET YOUR CLAIM TIMELY FILED.

CLERGY ABUSE ATTORNEY HOTLINE 800-444-9112

ATTORNEY ADVERTISING

DOUGLAS & LONDON, P.C. 59 MAIDEN LN, 6TH FLOOR, NEW YORK, NY 10038

THE MATTHEWS LAW FIRM, PLLC, 244 5TH AVENUE, SUITE 2882, NY, NY 10001

MAIN OFFICE: 2905 SACKETT STREET, HOUSTON, TEXAS 77098



Jim Gilbert / NYSMusic.com

CONCERT REVIEW

Mayer in office

John Mayer makes musical magic for Albany in tour opener

By **LAURA DAPOLITO**
nysmusic.com

ALBANY — John Mayer opened his 2019 tour at the Times Union Center to a sold-out crowd. Playing two full sets that each could have been stand-alone concerts themselves, Mayer required no opening band for his fans, some of whom held up signs with recommended setlists.

Mayer casually strode across the neon backlit stage after band members set up, picked up his guitar, and gave the room chills during this heatwave with his easy, bluesy playing. They would play two full songs before Mayer greeted the crowd with a gentle “Good Evening,” and he swapped out his electric guitar for his acoustic one. The stage was bathed in purple light as Mayer responded to a fan holding up requested songs, “You’re going to get your way, well at least half of your requests” he smiled. The crowd was entranced.

There was a mix of old and new songs, songs from Mayer’s earlier career as well as hits from the present. The crowd sang along as he played “Who Says You Can’t Get Stoned” like they were away at a summer camp, except the volume of the singalong was higher.

Mayer and his band took a few longer breaks between songs, leading one to wonder if this first night together performing brought up some unexpected moments they needed to problem solve. But no problems came through to the crowd; Mayer’s relaxed performance, joined by his very joyful band of 8 musicians, seemed like it was simply a continuation of a longer standing tour.

Mayer announced mid-first set “Hey we’re back everybody” with a big grin and was very chatty with the crowd. He

struggled to let go of the fan’s request list, even sharing he has “low-grade guilt” thinking of a fan holding a sign and getting disappointed during his performance. He presented as a giant sweetheart, seeking to please others and humble about his own musical talent. He even gently shifted his setlist to include a fan’s request, stating, “So I did some thinking,” and added “Age of Worry” to the second set to please her.

Mayer is talented, too, possibly beyond what most folks who listen to him on the radio will realize. He started in Boston’s Berklee School of Music but left the conservatory to begin performing before completing his degree. Mayer pulls melodies out of the guitar like magic; his fingers look incredibly loose as he moves them over the strings, and somehow he brings a great groove line out of the instrument. It looks effortless, but as anyone who has ever played guitar knows, that reflects years of practice.

His lyrics, too, often reflect aching and longing that the timbre of the guitar matches perfectly. Sometimes sounding like bluegrass, other times like pop, and again changing to blues, Mayer’s versatility is constantly pronounced.

By set two, the laser cut backdrop had added some trees and sun, and some fun (if not irrelevant) visuals played behind the band as they performed “Still Feel Like Your Man.” The dancing panda was completely adorable on the video, bringing a lighter vibe out. He shifted back to blues quickly with “Love is a Verb,” where he stayed for a few more songs.

Mayer can really do anything, and the crowd at the Times Union was swaying with him, mesmerized by not only his talent but the clear talent of fellow guitar player Isiah Sharkey. Sharkey has emerged as a guitar giant in his own right, and many fans were screaming out his name in recognition of his also stunningly riffs on

the guitar.

For many fans, the best song of the night was the raw and brutally honest “In the Blood,” a recent hit by Mayer that asks if we can escape our family of origin or if we are forever slaves to repeat earlier generations’ mistakes. The crowd was clapping and singing along with the lyrics, highlights of which were on the screen overhead. This is a brutal song, if really listened to, and was a truly intense and authentic experience to watch Mayer take so many in the audience on this honest line of inquiry.

Mayer followed with a more upbeat but similarly honest “Waiting on the World to Change.” He thanked the crowd for keeping the songs alive, stating “We only play these songs because you’ve made these great songs.” He spoke about how each

song brought him back to earlier days, and noted that songs hold memories for all of us, allowing us to go back and visit our earlier selves.

Mayer is a thinker, an artist who attempts to reach for joy but isn’t afraid to grind into anxiety, sadness, lost love and the depths of despair. His writing and playing reflect that with integrity, and this resonates with fans who see themselves in that very human and raw experience.

By the show’s close, Mayer performed 27 songs, some of which included long jam sessions with band members. And he never missed a beat.

This feature appears in The Spot 518 as a special from NYSMusic.com. NYSMusic is an online magazine dedicated to the coverage of music news as it happens in and around the Empire State. For more, visit NYSMusic.com.



FREE SUMMER CONCERT SERIES
IN RIVERFRONT PARK
PRESENTED BY THE DOWNTOWN TROY BID
JUNE 5 THROUGH AUGUST 7

TROY.NY

WEDNESDAY . JULY 24
THE HOTELIER

WSG HASTY PAGE + BRUISER & BICYCLE



NEXT UP

WEDNESDAY . JULY 31 | PEDRITO MARTINEZ
WSG STEN & MARIA Z

WHAT'S HAPPENING

Fitness at the Plaza

Empire State Plaza – Every Tuesday and Thursday,

ALBANY — Fitness at the Plaza will be held every Tuesday and Thursday June 4 - August 29 at 5 p.m.

Presented by BlueShield of Northeastern New York, Fitness at the Plaza features HIIT by Catrina K Fitness on Tuesdays and Sunshine Flow Yoga by The Hot Yoga Spot on Thursdays!

Plaza Level, between Agency Buildings 2 and 3 Rain Space - The Hart Lounge in the Egg

Free and open to everyone regardless of age, fitness level, or experience.

All participants are required to sign a waiver in order to participate. You may register for individual classes to sign the waiver in advance and to allow us to contact you regarding updates to the schedule. Walk-ins are always

welcome.

For more information visit: <https://empirestateplaza.ny.gov/fitness-plaza-presented-blueshield-northeastern-new-york>.

Empire State plaza is located in Albany.

The Hotelier

Riverfront Park — Wednesday, July 24

TROY — The Hotelier, Hasty Page and Bruiser and Bicycle will perform at Riverfront Park as part of Rockin' on the River on Wednesday, July 24 at 5 p.m.

The Hotelier was named one of two bands "leading the emo revival" and was ranked number seven on Alternative Press' list of the "12 Biggest Moments of The #EmoRevival in 2014".

Treading the line between indie pop and alternative rock, Hasty Page gathers influences from bands such as

The 1975, Nothing But Thieves, and Pearl Jam.

Bruiser and Bicycle is an Albany-based band, originally formed as a quartet, currently with two members, two guitars and a kick drum. Their influences range from Alex G, Built To Spill, Modest Mouse, Pavement to The Beach Boys and Fugazi.

Riverfront Park is located at 255 Front St, Troy.

The Refectory

Pauly's Hotel — Thursday, July 25

ALBANY — The Refectory, Ugly Muppets and The Va Va Voodoos will perform at Pauly's Hotel on Thursday, July 25 at 8:30 p.m.

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

Capital
CONCERT
SERIES

PRESENTED BY
Miller Lite

FREE

5:30-8:30 PM

AT THE **PLAZA**

empirestateplaza.ny.gov @ f

	STEPHEN MARLEY 7.24.19
	ERIC PASLAY 7.31.19
	SALT-N-PEPA 8.14.19

110164_4

GET READY TO WIN!

WHEN YOU PLAY...



PRIZE PONG

YOU HAVE TO BE IN IT TO WIN IT



VISIT THE SPOT 518 BOOTH:

WEDNESDAYS at Troy's

ROCKIN' ON THE RIVER,
Riverfront Park, Troy

THURSDAYS at Albany's

ALIVE AT FIVE,
Jennings Landing, Albany

Plus, other local events to be announced.

QUALIFY TO WIN GIFT CARDS FROM:

	RIVER STREET MARKET <small>Hedley Park Place, 433 River St., Troy NY</small>	
		

ALSO WIN:  T-Shirts

PRESENTING SPONSOR:



PARTICIPATING SPONSOR:

RIVER STREET MARKET
Hedley Park Place, 433 River St., Troy NY

110004_4

WHAT'S HAPPENING

The Wheel

Putnam Place — Thursday, July 25

SARATOGA SPRINGS — The Wheel will perform at Putnam Place on Thursday, July 25 at 9 p.m.

The Wheel is a five piece rock-n-roll band covering mostly music of the Grateful Dead. Adding their take on the music that has touched so many lives.

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

Watch Reggie Run

Troy Saving Banks Music Hall — Thursday, July 25

TROY — Watch Reggie Run will perform at Troy Saving Banks Music Hall as part of The Barker Park Kid's Summer Series on Thursday, July 25 at 11 a.m.

The Troy Savings Bank Music Hall presents free summer fun for children with the Barker Park Kids' Summer Series. This year the theme is space, exploring everything from music to crafts.

Formed in 2017 by Dave Graham and his son Luke who has autism, Watch Reggie Run is a kids/pop-punk/american band named after how they spend most of

their time when not making music (watching Luke's sister Rory, whose nickname is Reggie, run in Track and XC meets). The father/son duo shares a love of music and has found it to be a great way of connecting despite Luke's limited communication skills.

This event is sponsored by Albany Med and the charity group Troy Street Soldiers

Troy Saving Banks Music Hall is located at 78 3rd St, Troy.

Rochmon Record Club

The Linda — Thursday, July 25

ALBANY — Derek and the Dominos will perform at The Linda on Thursday, July 25 at 7:30 p.m.

The Rochmon Record Club will converge to listen, learn about and discuss Eric Clapton's 1970 tour de force, Derek and the Dominos "Layla and Other Assorted Love Songs".

The Linda is located at 339 Central Ave, Albany.

Béla Fleck and Abigail Washburn

Caffe Lena — Thursday, July 25

SARATOGA SPRINGS — Béla Fleck and Abigail

Washburn will perform at Caffe Lena on Thursday, July 25 with an early show at 6 p.m. and a late show at 8:30 p.m.

Béla Fleck and Abigail Washburn, are the king and queen of the banjo. With one using the banjo to showcase America's musical heritage and the other pulling the noble instrument from its familiar arena into new and unique realms, Grammy Award-winning duo, Béla Fleck & Abigail Washburn, present music that is innovative and familiar at the same time.

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

Music in the Park

Utica State Office Building — Friday, July 26

UTICA — Keith James will perform at The Utica State office Building on Friday, July 26 at 10 a.m.

Music in the Park at the Utica State Office Building features music by Keith James, craft vendors, and electric vehicle ride and drives presented by NYSEDA.

This is a free event.

The Utica State Office Building is located at Blandina St, Utica.

Services in the Spotlight

HOME IMPROVEMENT



AlbanyHomeRepairs.com

- Carpentry • Remodeling
- Kitchens & Bathrooms • Painting
- Masonry • Ceramic Tile

No Job Too Small • Fully Insured

Stephen E. Colfels 469-1973

PAINTING

QUALITY HOME IMPROVEMENTS

Residential Specialists - Interior/Exterior

- ◆ Siding ◆ Roofing ◆ Decks
- ◆ Kitchens/Baths & Much More

From the foundation and up
NO JOB TOO BIG!

In business since 1965!

Free Estimates ~ Fully Insured
All work backed by a no-hassle warranty! **518-542-6161**

POWER WASHING

CAPITAL DISTRICT PRISTINE PAINTING LLC

Fully Insured
Free Estimates
References Available
20 Years Exp.

Interior & Exterior Painting
POWER WASH & Deck Staining

Chris Dolan • (518) 243-9717 • cjdolan32@gmail.com

JUNK CARS

\$\$\$ CASH \$\$\$

FOR JUNK

CARS • TRUCKS • SUVs

Call or text Gordon • 518-451-6559

Perfection Painting

Interior / Exterior

Fully Insured

DECK RESTORATION

30 Years Experience

518-423-6031

TREE SERVICES

Mike's STUMP REMOVAL

Free Estimates/Insured
Reliable Service

439-8707

LANDSCAPING

- ❖ Garden seasonal flowers installation
- ❖ Mulching ❖ Tree & shrub trimming
- ❖ Tree & stump removal
- ❖ Gardening maintenance
- ❖ Outdoor fire pits ❖ Hardscaping
- ❖ Retaining walls
- ❖ Spring & fall clean-ups
- ❖ Winter maintenance

LANDSCAPING SPOT DESIGNS

518.379.5219

PAVING

S. Lambert Paving

Specializing in Residential Work

- New Construction • Repairs
- Seal Coating

FREE ESTIMATES

Sam Lambert IV, Owner Operator
(518)470-5931
Lambertpaving@aol.com
All major credit cards accepted

LAWN CARE

ABC Yard Maintenance

Spring and Fall Cleanups, Mowing,
Shrubbery Work, Rototilling & Landscaping

CHRIS LINDSKOOG

347 Elm Avenue
Delmar, NY 12054 **423-7868**

PET CARE

Cornell's Cat Boarding

767-9095

Heated • Air Conditioned
Your Choice of Food

Route 9W, Glenmont
Reservations Required
Heidi Cornell

"Big things come in small packages"

Convenient & cost effective, these little ads bring **BIG RESULTS.**



To advertise in our **Services Directory** call:
518-439-4949
Advertising deadline: **Wednesdays at 2PM**

SPOTLIGHT ON Careers

EMPLOYMENT
OPPORTUNITIES

AmeriGas®

**SERVICE
TECHNICIAN
DELIVERY REP**

Full-Time

REQUIREMENTS: CDL with Hazmat and Tanker Endorsements.

BENEFITS: Sign On Bonus, Competitive Wages, 401k, Health Benefits, Paid Vacation, Along with Employee Benefits.

Interested Applicants Call

518-943-3680

or go to **Amerigas.com** under Careers.

AmeriGas® Catskill, NY

110231_4

WHAT'S HAPPENING

Death Cow

Pauly's Hotel — Friday, July 26

ALBANY — Death Cow, Glass Pony and Electric Turtle will perform at Pauly's Hotel on Friday, July 26 at 8:30 p.m.

Death Cow is a Lincoln Nebraska grunge rock band.

Glass Pony is an Albany high energy psychedelic groove circus band.

Electric Turtle is a Albany indie rock band.

Pauly's Hotel is located at 337 Central Ave, Albany

Captain Fun Lunchtime

Listening Hour

Caffe Lena — Friday, July 26

SARATOGA SPRINGS — Chuck "Rochmon" Vosgianian will perform at Caffe Lena on Friday, July 26 at 12 p.m.

Caffe Lena will spin records for the local business crowd, students, retirees and the general public from Noon to 1 PM on the last Friday of each month. Chuck "Rochmon" Vosgianian spins the records and gets the conversation flowing. A playlist is selected by a different local music lover every month, with this month being selected by Chris Wienk. Bring a brown bag lunch. Coffee and tea are provided.

Wearing his purple beret and making

daily downtown rounds to share lively chats about politics, music and books, Alan "Captain Fun" McKenney was often called the Unofficial Mayor of Saratoga Springs. Born in 1944 he passed away in 2015, leaving behind his legendary collection of music and books.

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

Troy Night Out

Downtown Troy — Friday, July 26

TROY — The Downtown Troy Business Improvement District will host Troy Night Out on Friday, July 26 at 5 p.m.

Troy Night Out is a monthly arts and cultural event that regularly draws thousands people onto the streets of Downtown Troy. Attendees are able to enjoy countless art events, music venues, fine restaurants as well as unique boutiques of all varieties.

Jamcrackers

Caffe Lena — Friday, July 26

SARATOGA SPRINGS — The Jamcrackers will perform at Caffe Lena on Friday, July 26 at 8 p.m.

The Jamcrackers are a trio that represents the heart and soul of Adirondack folk music.

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

From page B14 ...

Food and Vino

Combine all of the ingredients in a medium bowl and whisk together until completely incorporated. Transfer to a covered bowl with a tight-fitting lid. Store in a cool, dry place.

Pairing:

Oyster Bay Sauvignon Blanc

Oyster Bay — New Zealand

Some of us are old enough to recognize the headline to this piece as a homage to the television advertisements that featured Paul Hogan pitching trips to Australia before he became Mick Dundee.

Go ahead and read it again with an Aussie accent. You're obligated to do so.

Jokes aside, this week's choice of wine pays homage to Hogan and the New World. A sauvignon blanc from New Zealand seems all the more fitting to complement this dish.

Oyster Bay provides an earthy and herbal pour with a lemony aroma and hints of tropical fruits.

DONATE YOUR CAR
Wheels For Wishes
benefiting
Make-A-Wish®
Northeast New York

- * 100% Tax Deductible
- * Free Vehicle Pickup ANYWHERE
- * We Accept Most Vehicles Running or Not
- * We Also Accept Boats, Motorcycles & RVs

WheelsForWishes.org Call:(518)650-1110

* Car Donation Foundation d/b/a Wheels For Wishes. To learn more about our programs or financial information, call (213) 948-2000 or visit www.wheelsforwishes.org.

110081_4

Donate A Boat or Car Today!
Boat Angel

"2-Night Free Vacation!"
800-700-BOAT
(2628)

www.boatangel.com

sponsored by boat angel outreach centers STOP CRIMES AGAINST CHILDREN

110095_4

ABUSED by CLERGY
in NEW YORK?

NEW LAW! ACT NOW.

If you are a survivor of child sexual abuse, New York law allows you to take action against the perpetrator and institution that protected him or her.

Begin your journey of healing today. Contact us now about the NEW YORK CHILD VICTIMS ACT.

JEFF ANDERSON & ASSOCIATES

57 West 57th Street, 3rd Floor | **646-506-9386**
New York, NY 10019

AndersonAdvocates.com

109502_4

A&J Co. CENTURIONI
COIN, JEWELRY & ANTIQUE CO.

FREE APPRAISALS
Best Prices Paid • 35 Years Experience
90% of Business Comes from Referrals

Looking for Coins U.S. or Foreign, Old Paper Money
Gold & Silver Jewelry • High End Antiques
Sterling Flatware & More
Auction Services
Full/Partial Estates

Call Dom: 518-813-2299

I'll Come to You!

110097_4

Discover the world's best walk-in bathtub from *American Standard*

5 Reasons American Standard Walk-in Tubs are Your Best Choice

- 1 Backed by American Standard's 140 years of experience
- 2 Ultra low entry for easy entering and exiting
- 3 Patented Quick Drain® fast water removal system
- 4 Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- 5 44 Hydrotherapy jets for an invigorating massage

\$1,500 SAVINGS

Includes FREE American Standard Right Height Toilet Limited Time Offer! Call Today!

888-609-0248

Receive a free American Standard Caser toilet with full installation of a Liberation Walk-in Bath. Liberation Shower or Deluxe Shower. Offer valid only while supplies last. Limit one per household. Must be first-time purchaser. See www.walkintubs.americanstandard-us.com for other restrictions and full licensing, warranty, and company information. CSLB 0902796, Suffolk NY 55439, NY, CH, # 2022748-DCA, Safety Tubs Co. LLC does not sell in Nassau, NY, Westchester, NY, Putnam, NY, Rockland, NY.

110073_4

www.spotlightnews.com
Spotlight NEWS

theclassifiedsuperstore.com



NYSCAN
PLEASE NOTE THAT NYSCAN STANDS FOR NEW YORK ASSOCIATION

A PLACE FOR MOM has helped over a million families find senior living.

AFFORDABLE NEW SIDING! Beautify your home! Save on monthly energy bills with beautiful NEW SIDING from 1800Remodel!

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing.

COMPUTER ISSUES? FREE DIAGNOSIS by GEEKS ON SITE! Virus Removal, Data Recovery!

Denied Social Security Disability? Appeal! If you're 50+, filed for SSD and denied, our attorneys can help get you approved!

DISH TV \$59.99 For 190 Channels + \$14.95 High Speed Internet.

DIVORCE \$349 - Uncontested divorce papers prepared. Only one signature required.

Donate your car to Wheels For Wishes, benefiting Make-A-Wish.

Finally, affordable hearing aids!! High-quality Nano hearing aids are priced 90% less than other brands.

Get DIRECTV! ONLY \$35/month! 155 Channels & 1000s of Shows/Movies On Demand

NYSCAN
JOB OPPORTUNITY \$18.50 P/H NYC \$15 P/H LI \$14.50 P/H UP-STATE NY

LUNG CANCER? And Age 60+? You And Your Family May Be Entitled To Significant Cash Award.

Spectrum Triple Play! TV, Internet & Voice for \$99.97/mo.

VIAGRA & CIALIS! 60 pills for \$99. 100 pills for \$150 FREE shipping.

HELP WANTED

AMERIGAS
Amerigas Propane has a opening for a full time service technician in our Catskill, NY district.

AMERIGAS
Amerigas Propane has a opening for a full time Delivery Rep in our Catskill, NY district.

HELP WANTED: mechanic. Feura Bush. Part-time. 3 to 5 years experience.

MISCELLANEOUS

WANTS TO PURCHASE minerals and other oil & gas interests.

ANTIQUES & COLLECTIBLES
model trains FOR SALE
Custom HO-scale model railroad locomotives & rolling stock.

WANTED: US/FOREIGN STAMPS/COLLECTIBLES prior to 1940, US coins/collect.'s prior to 1965.

FOR SALE

STAINED GLASS ROOM DIVIDER Hand crafted, new, \$575 cash.

WANTED TO BUY

WANTED DIABETIC TEST STRIPS Wanted unopened unexpired diabetic test strips!

REAL ESTATE RENTALS

DELMAR: 211 DELAWARE AVE., one bedroom, hardwood floors, central air, on bus line, no pets.

APARTMENT RENTALS

UPSTAIRS FLAT FOR RENT. Detached garage, washer/dryer hookup, owner requires application.

NANI

PLEASE NOTE THAT NANI STANDS FOR NATIONAL ADVERTISING NETWORK INC.

NANI
A PLACE FOR MOM has helped over a million families find senior living.

AIRLINES ARE HIRING - Get FAA approved hands on Aviation training.

ATTENTION OXYGEN THERAPY USERS! Inogen One G4 is capable of full 24/7 oxygen delivery.

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing.

BECOME A PUBLISHED AUTHOR! We edit, print and distribute your work internationally.

CARS/TRUCKS WANTED!!! 2002 and Newer! Any Condition. Running or Not.

CASH FOR CARS: We Buy Any Condition Vehicle, 2002 and Newer.

DENTAL INSURANCE. Call Physicians Mutual Insurance Company for details.

DISH TV \$59.99 For 190 Channels + \$14.95 High Speed Internet.

Donate Your Car to Veterans Today! Help and Support our Veterans.

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection.

NANI
INVENTORS - FREE INFORMATION PACKAGE Have your product idea developed affordable by the Research & Development pros

MEDICAL BILLING TRAINEES NEEDED! Train at home for a career as a Medical Office Professional at CTI!

MobileHelp, America's Premier Mobile Medical Alert System. Whether You're Home or Away.

Recently diagnosed with LUNG CANCER and 60+ years old? Call now!

Siding: AFFORDABLE NEW SIDING! Beautify your home! Save on monthly energy bills with beautiful NEW SIDING from 1800Remodel!

Spectrum Triple Play! TV, Internet & Voice for \$99.97/mo.

Start Saving BIG On Medications! Up To 90% Savings from 90-DAYMEDS!

STAY IN YOUR HOME LONGER with an American Standard Walk-In Bathtub.

NANI
TRUCK DRIVER TRAINEES NEEDED at Stevens Transport! Earn \$1000 per week!

VIAGRA and CIALIS USERS! 100 Generic Pills SPECIAL \$99.00 FREE Shipping!

REAL ESTATE SALES

WANTED: REAL ESTATE. Turn your unwanted real estate into cash.

Did you or someone you know inherit a house that they don't want to maintain or have gotten behind on taxes?

We have simple solutions to what seem like very difficult problems. We are NOT real estate agents;

Take action, learn more and ease your stress. Call Pat at 518-703-6060 (this is a voicemail number) and leave a message with a good time to call you back.

FCPNY

PLEASE NOTE THAT FCPNY STANDS FOR FREE COMMUNITY PAPERS NEW YORK

A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today!

AFFORDABLE NEW SIDING! Beautify your home! Save on monthly energy bills with beautiful NEW SIDING from 1800Remodel!

CARS/TRUCKS WANTED!!! We buy 2002-2018 Cars/Trucks. Running or Not!

CLASSIFIED Information
OFFICE HOURS - DEADLINE
Hours: 8:30 AM - 4 PM Monday-Friday
Deadline: Thursday at 11AM for following week
MAIL ADDRESS - IN PERSON
Mail To: Spotlight Newspapers
P.O. Box 100 Delmar, NY 12054
Office Location: 341 Delaware Ave. Delmar, NY 12054
READERSHIP: All Newspapers; 113,400 Readers
PHONE - FAX
Phone: 518.439.4940
FAX: 518.439.5198
E-MAIL: classified@spotlightnews.com

Order Form
Classified Category:
Name:
Address:
City: State Zip
Home Phone Work Phone
ALL ADS MUST BE PRE-PAID!
CALL 518.439.4949 x442 for package details or visit the classified superstore online!
www.spotlightnews.com
Spotlight NEWS
theclassifiedsuperstore.com

Make your next GARAGE SALE a huge SUCCESS!
Place your GARAGE SALE classified today!
Start turning your unwanted items into CASH!
Visit our self-service site at: www.theclassifiedsuperstore.com or call 518-439-4949, ext. 442



theclassifiedsuperstore.com



FCPNY

AIRLINES ARE HIRING - Get FAA approved hands on Aviation training. Financial aid for qualified students -Career placement assistance. CALL Aviation Institute of Maintenance 866-296-7094

COMPUTER ISSUES? FREE DIAGNOSIS by GEEKS ON SITE! Virus Removal, Data Recovery! 24/7 EMERGENCY SERVICE, In-home repair/On-line solutions . \$20 OFF ANY SERVICE! 855-385-4814

FCPNY

DENTAL INSURANCE. Call Physicians Mutual Insurance Company for details. NOT just a discount plan, REAL coverage for 350 procedures. 855-434-9221 or http://www.dental50plus.com/44

DISH TV - Over 190 Channels Now ONLY \$59.99/mo! 2yr price guarantee, FREE Installation! Save HUNDREDS over Cable and DIRECTV. Add Internet as low as \$14.95/mo! 1-800-871-1312

FCPNY

DONATE YOUR CAR TO CHARITY. Receive maximum value of write off for your taxes. Running or not! All conditions accepted. Free pickup. Call for details. 1-855-587-1166

ENERGY SAVING NEW WINDOWS! Beautify your home! Save on monthly energy bills with NEW WINDOWS from 1800Remodel! Up to 18 months no interest. Restrictions apply 855-338-5767.

FCPNY

Finally, affordable hearing aids! High-quality Nano hearing aids are priced 90% less than other brands. Buy one/get one free! 60-day free trial. 866-251-2290

Get DIRECTV! ONLY \$35/month! 155 Channels & 1000s of Shows/Movies On Demand (w/SELECT All Included Package.) PLUS Stream on Up to FIVE Screens Simultaneously at No Additional Cost. Call DIRECTV 1-866-731-3285

FCPNY

OXYGEN - Anytime. Anywhere. No tanks to refill. No deliveries. The All-New Inogen One G4 is only 2.8 pounds! FAA approved! FREE info kit: 1-855-839-1738

Spectrum Triple Play! TV, Internet & Voice for \$99.97/mo. Fastest Internet. 100 MB per second speed. Free Primetime on Demand. Unlimited Voice. NO CONTRACTS. Call 1-888-383-5155

PROFESSIONAL SERVICES

NEED A HELPING HAND CLEANING? Serving Bethlehem and beyond. 20 years experience. References available, call Joyce at 439-2822 or 577-1165.

HANDY MAN

GLENMONT HANDYMAN All types of work. Brick/paver repair, sidewalks and patios. 518-369-5472.

LOCAL HANDYMAN SERVICE Free estimates. Glenmont Handyman Glenn: 518-369-5472.

HOUSE CLEANING

ALL TYPES OF HOUSE/OFFICE cleaning including stove, refrigerator, etc. Reasonable rates. Experienced. References. Willing to travel anywhere in the Capital District. Call Mary Ann 915-1980.

OPEN NEW DOORS! SELLING OR RENTING? Place Your REAL ESTATE ad today! Call (518)439-4949 ext. 442 or email classified@spotlightnews.com

Sudoku Answers

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

Super Crossword Answers

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

United States Census 2020

APPLY ONLINE NOW! Visit 2020census.gov/jobs

2020 Census jobs provide: great pay, flexible hours, weekly pay and even paid training. Apply today!

The U.S. Census Bureau is an Equal Opportunity Employer.

¡ÚNASE AL EQUIPO DEL CENSO DEL 2020!
COMPLETE LA SOLICITUD POR INTERNET AHORA. Visite 2020census.gov/jobs

Los empleos del Censo del 2020 le ofrecen: Buen salario, horarios flexibles, paga semanal y la capacitación pagada. ¡Solicite empleo hoy!

La Oficina del Censo de los EE. UU. ofrece Igualdad de Oportunidades de Empleo.

HELP!

I've fallen and I can't get up!

Get HELP fast, 24/7, anywhere with **Life Alert**.

- FREE Shipping
- FREE Use of Equipment
- FREE First Aid Kit with order

Batteries NEVER Need Charging.

Life Alert SAVING A LIFE EVERY 11 MINUTES!*

Call for a FREE brochure: **1-800-509-4544**

*A life saved is when a subscriber has an emergency home alone, is not able to reach a phone, activates the system, and Life Alert dispatches help.

Your local home improvement discount store — Habitat ReStore!

Shop. Donate. Volunteer.

Proceeds support local Habitat for Humanity projects!

10% Off Show this ad and get 10% off your purchase of any donated item.

ReStore. Habitat for Humanity Capital District

70 FULLER ROAD, ALBANY, NY habitatcd.org/restore

community solar with **nexamp** Go Solar. Save Money. No Rooftop Panels Required.

BENEFITS OF COMMUNITY SOLAR:

- Save up to 10% on your annual electricity cost.
- No installation of any equipment on your roof or property.
- Your utility will stay the same, and you can continue using a third-party supplier.
- No upfront costs or long-term contracts that lock you in for years.

visit capital.nexamp.com to learn more or call 877-285-8325

Do you know THESE MEN?

John (Klebie) Klebauskas
Edward N. Leroux
Gary Mercure
Michael Miller
Jeremiah Nunan
Liam O'Doherty
Edward Pratt

Salvatore Rodino
Joseph Romano
James Rosch
Robert Shinos
Donald Starks
Dozia Willson

If you have information regarding alleged abuse or its cover-up involving these men, **CONTACT US.**

The NY Child Victims Act may be able to help you!

JEFF ANDERSON & ASSOCIATES PA

646-493-1850 | 57 West 57th Street, 3rd Floor New York, NY 10019

Regain Your Independence!

ALBANY Lift Company

Stairlifts * Elevators * Wheelchair Lifts * Ramps

(518) 393-2274 or (888) 558-LIFT

www.thealbanyliftcompany.com

Locally Owned & Operated
New and Reconditioned Lifts

• Sales • Rentals • Service • Buybacks • Same Day Installation

Visit Our Display Center at 836 Troy-Schenectady Road, Latham, NY, 12110

Are you an LPN looking for a change?

Elderwood of Uihlein at Lake Placid is looking for 3 FT LPN's!

The perks as a LPN with Elderwood:

- Competitive wages (recent wage restructure) including a sign on bonus of \$5000
- Internal Referral Bonus Program
- An excellent benefits package; including health, dental, and vision coverage!
- Free parking
- Free uniforms
- Flexible shifts
- 401(k) with a match, paid vacations and holiday
- and much more

Don't delay - Apply today! www.elderwoodcareers.com



HOLD ON!

The fun at Alive at Five extended beyond the banks of the Hudson on Thursday. See our photos online at TheSpot518.com/spotted.

Michael Hallisey /
The Spot 518



SPOTTED Galleries

Featured photos on thespot518.com/galleries

Driven By
CDTA

CDPH **CYCLE!**SM



Visit an MVP Mobile Enrollment Center

Mondays 9 am–4 pm

Walgreens
41 Holland Avenue
Albany

Tuesdays 9 am–4 pm

Walgreens
41 Holland Avenue
Albany

Wednesdays 9 am–4 pm

Rite Aid
41 Park Plaza
Mechanicville

Thursdays 9 am–4 pm

Rite Aid
869 2nd Avenue
Troy

Fridays 9 am–4 pm

Rite Aid
869 2nd Avenue
Troy

Visit an MVP Office Location

MVP Enrollment and Member Service Center

625 State Street, Schenectady
Mondays–Fridays 9 am–4 pm

MVP Walk-in Enrollment Center

(across from Barnes & Noble)

Colonie Center 131 Colonie Center, Albany
Mondays 1 pm–6 pm
Wednesdays 10 am–12 pm
Fridays 8:30 am–5 pm

*Times subject to change.
Visit mvphealthcare.com/locations for current listings.*

Need help with health insurance?

MVP is here for you!

Visit MVP Health Care® near you or call today.

Talk with an MVP representative and get expert advice on free and low-cost health insurance* options for you and your family. Call to book an appointment or stop in today!

📞 **1-844-687-1101 (TTY: 1-800-662-1220)**

💻 **mvphealthcare.com/coverage**



*Discounted rates are dependent on subsidy eligibility and are not available in all counties. Individual premium rate may vary. Health benefit plans are issued or administered by MVP Health Plan, Inc.; MVP Health Insurance Company; MVP Select Care, Inc.; and MVP Health Services Corp., operating subsidiaries of MVP Health Care, Inc. Not all plans available in all states and counties.