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■ TOP STORY

A whole lot of winning



Local high school teams finding success

Teams from Voorheesville, Guilderland and Bethlehem high schools continue to extend their respective fall seasons, either earning championships or the verge of doing so within the coming week.

See coverage on page 5 & 9

■ ENTERTAINMENT



Breaking molds

'Frozen' techs at Proctors for a two-week run, familiar storyline breaks stereotypes.

Story on Page B1

■ NEWS



First in state

Local business gets a new state farm meadery license.

Story on Page 3

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■ POLICE, COURTS and EMERGENCY CALLS

EMS wins two awards

Delmar-Bethlehem EMS distinguished for its innovation

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

BETHLEHEM — Delmar-Bethlehem EMS received two awards, one state and one regional, in October.

Steven Kroll, Delmar-Bethlehem EMS' chief and executive director, said it was awarded the 2018 Hudson-Mohawk Region EMS Agency of the Year on Oct. 9 and the 2019 New York State EMS Agency Innovation Award for Organizational Change on Oct. 27. "We're very proud and happy about that because there are lots of people and EMS agencies that are very successful which have applied for both of these awards, and yet we were selected," he said. "It's humbling because some of the agencies that we got these awards over are people I've looked up to

as leaders and innovators for years. The awards don't just represent our agency, they represent the whole profession."

The former award was chosen by the Hudson-Mohawk Region EMS Council which annually recognizes one agency in a six-county region for its success; Delmar-Bethlehem EMS previously won this in 2012. The latter award was among those chosen by the state EMS Council.

When asked why he believed the Delmar-Bethlehem EMS deserved the awards, Kroll offered three main examples.

First, he said it has been successful in recruiting and retaining both volunteers and paid EMS responders; it has 75 volunteers now which is considered a high number. He added that while the EMS' partnership with the Albany County

Sheriff's Office helps provide paid staff while most volunteers are out on work, not all volunteers are necessarily from the town of Bethlehem. "It doesn't matter if the person who comes to your house is paid or whether they're a volunteer," he said. "You don't necessarily even know. They're all trained under the same professional standard so there's no distinguishing between them. It's a standard that will provide optimal care to our community and that's an important part of what we've done."

Second, the agency's ambulances and equipment are regularly cleaned, according to Kroll, so that they are "optimally prepared" for emergencies. He brought up that bacteria and pathogens may grow in hospitals, ambulances and doctors' offices, and



Steven Kroll

the Delmar-Bethlehem EMS always empties out and thoroughly scrubs its ambulances. He added that the agency has been using a new device that sterilizes the ambulances, which especially gets to the potential bacteria growing in its deep corners, and uses ozone to emit a gas to kill all the pathogens inside.

Third, he said, "We have such great support in our community where people contribute to our annual fund drive which

helps us have the money to do things like above. We also have the support of government, like the town board, the town supervisor and county legislators, who've rallied around us and helped us do things like building our new building. They do that because they believe in what we do."

Kroll said the two awards were "a testament to the incredible people that make up this agency, like the board of directors, volunteers, paid staff and

people in the community."

He concluded that residents in Bethlehem can continue to expect top-notch services and exceptional professionals to address their needs. "I guess this is the first time we've received recognition at this magnitude and the people in town should be proud of it and know we'll be there if they need us," he said.

For more information, visit delmarems.org.

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Identity theft

SCHODACK — A 22-year-old Coeymans woman was arrested on Wednesday, Oct. 30 in Schodack by New York State Police.

According to police reports, Samantha L. Bergdall allegedly used an associate's personal information to take out more than \$8,200 worth of loans in their name.

She also allegedly had more than \$5,000 of loan money deposited into the victim's checking account,

which she was able to access, and then withdrew that money over two weeks.

In addition, she secured a \$3,127 line of credit in the victim's name.

Bergdall turned herself into State Police in Schodack after she saw that she was posted on the State Police's Facebook page under Warrant Wednesday.

She was arraigned in Schodack Town Court and will return at a later date.

Schodack was charged with identity theft, grand larceny and criminal impersonation.

Grand larceny

LATHAM — A 45-year-old Delmar man was arrested on Sunday, Oct. 27 in Latham by New York State Police.

According to police reports, Dariusz J. Lechowicz allegedly provided false information to the state Department of Labor.

This enabled him to receive \$10,615 of unemployment benefits that he was not entitled to.

Lechowicz turned himself into State Police in Latham and is scheduled to appear at Brunswick Town Court on Monday, Nov. 11 at 5 p.m.

He was charged with grand larceny, falsifying business records and offering a false instrument for filing.

Identity theft

GLENMONT — A 31-year-old Schenectady man was arrested on two charges on Oct. 16 at 11:37 p.m.

Bethlehem police had observed a blue Nissan Rogue in the Glenmont Comfort Inn's parking lot

on 37 Route 9W.

After approaching the driver's side, police noted illicit substances in plain sight in the center console and front seat area.

The driver was identified as Ocryis Robert Morgan.

According to police reports, Morgan possessed 5.6 grams of cocaine and a bag containing 3.9 grams of marijuana.

Morgan was placed in custody without incident and transported to the Bethlehem Police Department for processing.

He was later transported to the Albany County jail as a pre-arraigned detainee and picked by Bethlehem police on Oct. 17 at 5 a.m. He was then transported back to BPD and was arraigned before Judge Andrew Kirby.

Morgan was discovered to have two previous felony convictions and he was remanded to the Albany County jail again with no bail.

Morgan was charged with criminal possession of a controlled substance (narcotic drug) and unlawful possession of marijuana.

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■ BUSINESS

First in the state, right here in town

Local business gets a new state farm meadery license

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

DELMAR — The Royal Meadery became the first state-licensed farm meadery in New York state in late October.

Royal Meadery, located on 20 Hallwood Road in Delmar, is a stone's throw away from the Four Corners. It is a craft beverage manufacturer that produces mead — said to be the world's oldest fermented beverage that is crafted by fermenting honey, yeast and water — from state-sourced honey. Mead, also known as honey wine, can incorporate fruits, herbs, spices and flowers too. Royal Meadery offers rich options for low-alcohol, carbonated and high-alcohol, still products. For a full list of options, visit royalmeadery.com/mead.html.

Owner Gregory Wilhelm said his business originally opened in 2015 in Cobleskill before moving to Delmar in 2017. When asked how he felt about receiving the first-ever farm meadery



Royal Meadery owner Gregory Wilhelm, above, expressed excitement for what the new state farm meadery license can benefit not only his business but the larger state meadery industry.

Diego Cagara / Spotlight News

state license, Wilhelm said, "I was thrilled. We've been advocating for this legislation for five years and we finally had some local politicians that agree that this is great and makes sense. There's already a license for farm breweries, farm wineries, distilleries and farm cideries so it was only natural that this was the next step. I think it's that last missing piece."

In December 2018, Gov. Andrew Cuomo signed state legislation to

establish the farm meadery license "to further support the state's thriving craft beverage industry and stimulate demand for honey produced in the New York State," according to a press release.

Cuomo said, "This administration continues its commitment to supporting the state's growing craft beverage industry and the economic ripple effects that come with it. Creating the farm meadery license not only helps our local

craft beverage producers, it creates jobs, promotes tourism and continues to support New York as a leading producer of honey in the Northeast."

Wilhelm said prior to this new license, a meadery had to get a commercial winery license which was expensive. The new one is cheaper, provides fringe benefits including allowing the business to sell products in beer stores and grocery stores, and allowing the business to

"There's already a license for farm breweries, farm wineries, distilleries and farm cideries so it was only natural that this is the next step. I think it's that last missing piece."

— Gregory Wilhelm, Royal Meadery owner

embrace more ingredients. "Under the winery license, we were limited to certain ingredients but now as long as we use 100 percent New York state honey, we're not limited in what we can use in our products," he said.

Cuomo's press release also indicated that the license allows a business "to sell their products by the glass and by the bottle from their own manufacturing facilities or tasting rooms. ... Farm meaderies may also operate up to five no-fee offsite branch offices with tasting rooms anywhere in the state."

Royal Meadery's roots trace back to how Wilhelm — who was raised in Guilderland and continues

to live in the Capital District all his life — is a longtime avid beekeeper. "I was just fascinated with bees and beekeeping was a fun hobby and you get honey and I was using it to make beer and mead at home," he said. "I was a home brewer years ago and I had the ability to start a beehive and I just fell in love. I've had beehives on a farm in Guilderland and Berne. We were up to 50 hives at our peak and now we have just a handful."

While attending SUNY Cobleskill six years ago, he spoke to a professor about his two passions — beekeeping and brewing — and the professor encouraged him to combine them to start a business. Afterwards, he started a business plan for a "school project" in his entrepreneurship class in 2013 that would eventually become Royal Meadery.

He also participated in the New York Business Plan Competition with that business plan for two years, placing third in 2014 and second in 2015. "It gave me about just shy of \$10,000 to start the business and with some of my savings, I used that money to open Royal Meadery down in

Continues on 11

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■ ENVIRONMENT

Albany Pine Bush Preserve expands

Taking two steps forward in protecting local lands

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

ALBANY — The Albany Pine Bush Preserve Commission has acquired two new properties totaling 28 acres to continue its goal of eventually protecting 5,380 acres of land.

The Albany Pine Bush Preserve, a nature preserve on 195 New Karner Road, is one of the world's lasting inland pitch-pine scrub oak barrens, and its ecosystem is home to around 80 species. It contains rolling sand dunes, more than 20 miles of trails and recreational opportunities like hunting, fishing, canoeing and biking. The Commission, a public-private partnership developed by the state Legislature in 1988 to protect and manage the preserve as well as offer public educational and recreational opportunities, now protects 3,350 acres, including the two new properties.

The first property, located on 4222 Albany St. in Colonie, measures 7.2 acres and was owned by the Cirillo family for

many years. They donated it first to the Mohawk Hudson Land Conservancy, which often collaborates with APBPC on land acquisition matters, and it then donated it to the state Department of Environmental Conservation before it was dedicated to APBP. This property marked the first time an individual donated to the preserve for permanent habitat protection.

Chris Hawver, APBPC's executive director, said this deal closed around a year and a half ago. Mark King, MHLIC's executive director, said it "was a fairly straightforward process for us because we do this regularly. We know how the process works and can help the landowner through it. We try to do it in a relatively short timeframe since usually, the landowner isn't willing to wait around to see it get done."

The second property, located on 1017 Kings Road in Schenectady, measures 20.9 acres, was purchased for \$50,000 and the deal closed four weeks ago. "The property was on the market and we approached the realtor. I wrote a letter to the owner who's retired that if their



The Albany Pine Bush Preserve Commission acquired this property, above, on 1017 Kings Road as part of its mission to protect 5,380 acres of land. It now protects 3,350 acres as of last month.

Provided photo

contract falls through or has any issues, they could sell it to us instead," Hawver said. "After a few months, the realtor called us to say the contract fell through."

The acquired properties were the result of APBP's 2017 Management Plan Update, which is reviewed every five years and had set the goal of protecting 5,380 acres of land overall. "The management plan identifies areas that we'd

like to see protected and we'd determine how to control it with native species restoration which is identified with our Discovery Center."

The plan update is available on APBPC's website.

Hawver said that it is "unlikely" that APBPC would incorporate recreational trails in the two new properties though and its main purpose is to be protected forever for the

public to enjoy.

When asked about their reactions to the two properties being acquired, both men offered positive commentary. Hawver said, "It's encouraging and exciting and I've been here for over 27 years now. The preserve has grown since then and I remember we just had 1,700 acres back in 1993. It ties directly to our mission."

King said he continues to enjoy MHLIC's

"It's encouraging and exciting and I've been here for over 27 years now. The preserve has grown since then and I remember we just had 1,700 acres back in 1993."

— Chris Hawver, executive director of Albany Pine Bush Preserve Commission

partnership with APBP which began around five years ago via a signed agreement although he stressed that his organization is not always involved in every land acquisition by APBPC. He added that since MHLIC has a strong expertise in real estate acquisition, it helps APBPC whenever it can and can sometimes act as an advisor to keep land acquisition processes smooth.

"The Albany Pine Bush Preserve is really something special in this area and in my mind, it hasn't always

Continues on 11

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■ HIGH SCHOOL SPORTS

Bethlehem girls repeat

MECHANICVILLE — The Bethlehem girls soccer team, for the second year in a row, is the Section II, Class AA champion.

The Eagles shut out Suburban Council rival Niskayuna on Saturday, Nov. 2, 2-0 at Mechanicville High School.

Ruth Hotaling had a goal and an assist while Joanne VanRoyen had a goal and Claire Hutton had an assist for Bethlehem.

Keeper Sophia Soka had six saves in goal for the win, and her counterpart for Niskayuna, Emma Anderson, had 11.

The Eagles, the No. 1 seed going into the tournament, got to the championship by beating No. 8 seed Columbia 8-0 and No. 5 seed Shaker 5-2. Nisky, the No. 2 seed, beat Saratoga 3-1 and Shen 1-0

before playing Bethlehem in the finals.

Last year, Bethlehem made it to the state finals in Cortland before losing to Section IX champ Monroe Woodbury 1-0.

This year, Bethlehem's road to the state championship will begin on Saturday, Nov. 9 against Section III champ Fayetteville-Manlius High School. The game will be played at Mechanicville High School. The time was not known when this paper went to press.

If they win, the Eagles will play in the semis the following Saturday at SUNY Cortland with the championship game in Cortland a day later.

Check out our website for more photos of all the games.

— Jim Franco



Boys were in the finals

TROY — After 79 minutes and about 50 seconds of play with the score knotted at zero, everyone thought the Section II Class AA semifinal battle between CBA and Bethlehem was headed to OT.

The ball was in the CBA half of the field when Bethlehem's Jeevan Nigam got control of a long ball in the corner of his end. He put a perfect cross between two CBA defenders that was controlled by Aidan McCaffrey, who was all alone right in front of CBA goalie Dan Kelly.

With 5.5 seconds left on the clock, McCaffrey scored his second goal of the season to beat the No. 1 seed and defending Section II champs CBA.

Bethlehem, the No. 4 seed, got the finals by beating No. 13 seed Schenectady 4-3, then No. 5 seed Niskayuna 1-0 and will square off against the No. 2 seed Shen on Monday, Nov. 4 at Colonie High School. Game time is slated for 6:30 p.m. after this paper went to print.



Voorheesville boys win Section II, girls in the semis

VOORHEESVILLE — The Blackbirds beat Bolton-Warrensburg 4-0 on Tuesday, Oct. 29 and are in the Section II, Class C semifinals.

Four Blackbirds scored for Voorheesville: Amanda Gillenwalters, Emma Farrell, Kaelyn Lawson and Jenny Bogart. Gillenwalters, Farrell and Renee Bogdany picked up an assist each.

Maggie Thayer had four saves for Voorheesville, and Jordan Barker had 13 for BW, the No. 7 seed.

Voorheesville, the No. 2, seed crushed the No. 18 seed Berne Knox 13-0 in the opening round. It will play the No. 3 seed Schoharie on Monday, Nov. 4 at Mechanicville High School in

the semifinals. The game is set for 4:30 p.m.

The other semifinal game will feature No. 1 seed Stillwater against No. 4 seed Lake George. That game follows the Voorheesville game at Mechanicville with the finals set for Wednesday, Nov. 6 at 6:30 p.m. in Mechanicville.

The boys, the No. 1 seed, won the Section II, Class crown on Saturday, Nov. 2 by beating Laker George 3-0. They will play Saranac Lake of Section VII in the first round of the state tournament on Wednesday, Nov. 6 at Mohonasnet High school. That game is slated to start at 3:30 p.m.

— Jim Franco



■ HIGH SCHOOL SPORTS

The Dutch upset the Bison

COLONIE — In one of the biggest upsets of the post season, Guilderland came to Shaker High School the No. 4 seed and knocked off the No. 1 seed Bison 14-7 in the Section II, Class AA semifinals on Friday, Nov. 1.

The Dutch will now take on Shen, who crushed CBA in the other semifinal game by a score of 41-0, in the Super Bowl on Friday, Nov. 8 at Troy.

The game Guilderland-Shaker game, which was dominated by a grind it out on the ground offense by both teams, ended in dramatic fashion.

Shaker was down 14-7 and had a first and 10

from the Guilderland 11-yard line with about 1:15 to play.

Three plays later, it was fourth and four with just five yards to pull within an extra point of a tie.

Shaker's Porter Ninstant took the pitch, plunged ahead and stretched his arm out to the goal line. But, the ball was spotted short of the one-yard line and, after a measurement, the game ended six inches shy of a first and goal for Shaker.

"That was the longest measurement I ever witnessed in my life," said Guilderland Head Coach Dan Penna. "We had a situation where we had to defend against the run and the pass, and Shaker is a great running

football team, and our kids stepped up."

With about 30 seconds left, Guilderland took over on downs and ran out the clock.

Asked if he was surprised with the result Penna said:

"We had a great week in practice. I am so proud of the week these kids put in after the heartbreaking loss last week. Their ability level and their work ethic and their team work got them to this point. The outcome is certainly gratifying. It's a great Shaker football team and a great Shaker program. We played fundamentally well, so I am not surprised."

After a scoreless first quarter, Shaker got on

the board first with a short run by Joe Mirabile. Guilderland answered on a tipped, Michael Gitto pass that ended in the hands of Dylan Lee who got to the end zone untouched.

With about nine minutes left in the game, Guilderland running back Brad Igweike scored on a 25-yard run, one of the longest plays from scrimmage the entire night, and that turned out to be the game winner.

"Hats off to Guilderland," said Shaker Coach Greg Sheeler, a class act in victory and defeat. "Coach Penna and his staff did a great job."

Check out our website for more photos.

— Jim Franco

Lady Dutch are Section II champs

It took four overtime periods for the Lady Dutch to earn the Section II, Class A field hockey title.

On Wednesday, Oct. 30, the No. 3 seed team eliminated rival Bethlehem, the No. 2 seed, the tournament in double overtime.

On Sunday, Nov. 3, the

Dutch took on No. 1 seed Shen and in double overtime upset the defending champs in double overtime 2-1.

Guilderland will take on Baker High school, from Section III, on Wednesday, Nov. 6 at Gloversville High School in the first round of the state tournament.

— Jim Franco



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SUMMIT QUALITY PARTNERS LLC. Arts. of Org. filed with the SSNY on 08/23/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 6 Douglas Lane, Voorheesville, NY 12186. Purpose: Any lawful purpose. D-229953

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upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Paleudis Law Firm, LLC, 225 W. 34th Street, #2205, New York, NY 10122. Purpose: Any lawful purpose. D-231206

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NOTICE OF PLLC FORMATION
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NOTICE OF LLC FORMATION
WTRE INVESTING, LLC. App. for Auth. filed with the SSNY on 10/18/19.

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LIBRARIES

The stories behind the songs

You know all those songs you can sing or hum along to because they are such an ingrained part of American culture, even though you've never really stopped to think about why they were popular or how they came about to be written?

At the Friday, Nov. 8, Coffee and Conversation program, storyteller Sandy Schuman will share the stories behind the music in his "Familiar Songs; Unfamiliar Stories" presentation. Listen to music from the Great American Songbook and the stories about the people who wrote them. The program begins at 1 p.m., and refreshments will



follow.

Schuman is a storyteller, musician, and educator. He's been featured at The Northeast Storytelling Conference, Riverway Storytelling Festival, Caffè Lena, Proctors, Tellabration, as well as numerous radio and television programs. He was a winner of the Susquehanna Folk Festival Liars Contest in 2019 and the St. Louis Jewish Storytelling Contest in 2015.

His stories have appeared in multiple literary publications, and he is a member of the Story Circle

of the Capital District, Northeast Storytelling, National Storytelling Network, Jewish Storytelling Coalition, and Lifetime Arts Creative Aging Roster.

Coffee and Conversation is co-sponsored by Bethlehem Senior Projects, Inc.

Fit to print

3D printing may have gone mainstream, but the concept is still very new to many of us. How does a 3D printer know what to print, and how does it build something from a spool of material? On Saturday, Nov. 9, at 2:30 p.m. members of the Bethlehem FIRST Robotics team will try to demystify the process by

talking about the mechanics behind 3D printing and Computer Aided Design. Sign up online at www.bethlehempubliibrary.org or call 518-439-9314.

Felting fun

Join us for a DIY morning Monday, Nov. 11, at 10 a.m. to learn about life on the Helder-Herdwyck Farm and how to use fiber felting to create a washcloth-like covering for a bar of soap to take home. This program is for ages 9 and up. Sign up online at www.bethlehempubliibrary.org or call 518-439-9314.

Essential oils

The benefits of essential oils have been touted by

many as a way to improve one's environment. On Tuesday Nov. 12, at 7 p.m. you can learn more at an introductory program that will share information about essential oils and how to safely enjoy them for your home, health and creativity. You will also make a scented craft to bring home. Sign up online or call. Sign up online at www.bethlehempubliibrary.org or call 518-439-9314.

Kanopy

Use your Bethlehem library card to access Kanopy streaming video. Kanopy offers a catalog of more than 30,000 indie films, documentaries and hard-to-find foreign

films. In addition, Kanopy provides access to an excellent selection of The Great Courses, college-level video courses on a number of topics including economics, fine arts, music, history, literature, philosophy, science, mathematics, social sciences, professional development and better living. Films can be streamed from any computer, television, mobile device or platform by downloading the Kanopy app for iOS, Android, AppleTV, Chromecast or Roku. To get started, click on the eContent graphic on the library's home page at www.bethlehempubliibrary.org.

— Kristen Roberts

Woodstock turns 50

So much happened in 1969.

Among the many culturally-significant 50th anniversaries marked this year: Woodstock. Mark Berger, author of "Something's Happening Here: A Sixties Odyssey from Brooklyn to Woodstock," was there to experience this seminal event.

On Saturday, Nov. 9 at 2 p.m., he'll share his experience and read from his book chronicling this tumultuous time, what brought him to that meadow outside of Bethel, New York, and how this event shaped his future.

Mr. Berger will sell and sign copies of his book



after the talk. Anyone who recalls this pivotal event and time period, or is intrigued by it, will find this book talk fascinating.

Holiday hours

Please note: the library will be closed on Monday, Nov. 11 in observance of Veteran's Day. We'll close at 2 p.m. on Wednesday, Nov. 27, and are closed on Thanksgiving Day, Thursday, Nov. 28.

Better Books Sale

When the second Saturday of the month rolls around, you can be sure our Better Books Sale is happening.

In fact, mark your calendar every month for this ever-popular event. Frugal finds of books, DVDs and CDs await on Saturday, Nov. 9 from 10 a.m. to 4 p.m. Happy hunting.

Barn Dance with WMHT

Kids in grades three through five: this program is just for you!

Join us on Wednesday, Nov. 13 at 3:30 p.m. for our monthly Library Club. We'll share an afterschool snack, talk about our favorite books, plan future programs, and do a project to benefit the library.

Please register online, by phone or in person.

— Luanne Nicholson

Playing games

Students in grades six through 12 are invited to celebrate International Games Day, Friday, Nov. 8, from 3 to 5:30 p.m., at the library. Everything gamers love, from Switch videogames on the big screen, to Magic the Gathering, Minecraft on our server, and a variety of board games, there is something for everyone. There will be snacks! Please register.

Sign Language storytime

Sign language belongs to the deaf and hard-of-hearing community, but even hearing children can benefit from being introduced to and learning it.



Librarian/storyteller Ann Gainer will offer a fun, interactive, and educational storytime for young children and families. Children ages two to six with caregiver, please join us from 10:30 to 11:30 a.m., Saturday, Nov. 9. Please register.

Second Sunday Film

Join us at 2 p.m., Sunday, Nov. 10 for "The story of the legendary rock band Queen and the lead singer, Freddy Mercury, leading up to their famous 1985 performance at Live Aid." Light refreshments will be served.

Beading workshop

Homemade gifts are the best! The library provides tools and offers a variety of beads to choose from. This program runs from 6 to 8 p.m. on Tuesday, Nov. 12. You may arrive at any time during the workshop that fits your schedule. Adults and teens ages 14 and up. Please register.

Registration

Unless otherwise indicated, registration is requested for all programs.

Register in person, or at 518-765-2791 or use our online calendar at voorheesvillelibrary.org/calendar.asp.

— Lynn Kobler

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COMMUNITY

Turkey dinner

SELKIRK — Bethlehem Grange No. 137 will host a Turkey Dinner on Saturday, Nov. 9 from 4 to 7 p.m.

Meal includes beverage and choice of apple or pumpkin pie. There's also a basket raffle. Handicap accessible and easy parking. Adults and children 11 years and older \$12, kids five to 10 years old \$6, kids under five free.

Also, start your holiday shopping and support

Bethlehem Grange with your purchase of \$25 Texas Roadhouse gift certificates and a gift certificate for three appetizers for \$10.

The \$25 gift certificates are accepted at any of the Texas Roadhouse locations. The appetizer gift certificates are only accepted at the Wolf Road location.

A \$25 Texas Roadhouse certificate must be purchased to be eligible to purchase the three for \$10 appetizer certificate.

Bethlehem Grange will receive \$2.50 for each \$25 certificate purchased, and \$10 for each three for \$10 appetizer gift certificate. All gift certificates must be ordered and prepaid by Dec. 10.

To purchase, call Carol Carpenter at 518-421-1384, Vernon Starr at 518-567-4294 or Charles Ryan Jr. at 518-227-8954. The gift certificates will be available Dec. 18.

Bethlehem Grange No. 137 is located at 24 Bridge St., Selkirk.

**From page 3...
First in the state**

Cobleskill," he said.

Wilhelm expressed gratitude to his business' loyal customers but noted the general public mostly still does not know what mead and mead making are, so raising brand awareness is important in years to come.

"Our next goal is getting people to try mead or try it again because there's a wide spectrum of different products," he said. "I think the biggest thing for a business owner, like myself, is just seeing the loyalty and people coming back. It warms my life up."

**From page 4...
Albany Pine Bush**

gotten the attention it deserves," King said. "It's very wildly underappreciated that there's this great, vast thing in the Capital District that I think not many people recognize. It's a fantastic contrast to the Albany NanoTech Complex and cutting-edge technology around here. But then again, this is cutting-edge environmental management."

Looking ahead, another potential land acquisition deal

is in the works which concerns a property measuring just south of four acres, according to Hawver. He concluded that APBPC's work is significant because "for the people living here in Albany, it's part of their community and they take pride in having this open space resource surrounded by suburbia. In days where people can't get along on many issues, one thing they get along on is agreeing that the Pine Bush and protecting it are important."

For more information, visit APBPC's new website at albanypinebush.org.



Local appreciation

DELMAR — Don Moore, the assistant commander at the VFW Post 3185 in Delmar, presents Dave Swift, proprietor of Swifty's Restaurant and Pub, a plaque of appreciation for a golf tournament he hosted recently to benefit the post.

Submitted photo

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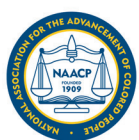


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Tell the Albany County Legislature to end the sale of flavored tobacco.



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Big Band

The Phil Allen Concert Jazz Band put on a show Friday night.

Page B19

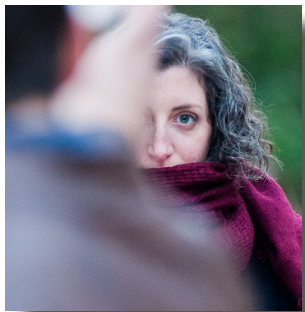
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PICK OF THE WEEK



Something wicked

Scores of local musicians come together to share a darker side of Troy through song.

Page B6

INSIDE



To pay respect

Albany metal scene lost two brothers from the pioneering band, China White.

Page B4

Arts calendar

Pages B7-B10

THEATRE

Breaking molds

'Frozen' techs at Proctors for a two-week run, familiar storyline breaks stereotypes

By **MICHAEL HALLISEY**

halliseym@spotlightnews.com

By now you know the storyline.

A mysterious secret.

A family torn apart.

One sister struggles with harnessing a curse that gives her amazing powers while the other sets out to the unknown to bring her family together again.

Both are searching for love, but they'll learn that to find it they'll have to look inside themselves, first.

Frozen first melted the hearts of movie-goers in 2013, and has since become a Broadway production featuring both the beloved songs from the animated film and an expanded score for the stage. With the work of a creative team that had amassed 16 Tony Awards together, including Robert Lopez, Oscar-winning lyricist Kristen Anderson-Lopez, Oscar-winning writer Jennifer Lee and Tony Award-winning director Michael Grandage, Frozen is now an unforgettable theatrical experience.

Frozen opens at Proctors Theatre on Sunday, Nov. 10, for a two-week run before Disney Theatrical Productions takes it on to a nationwide tour. Caroline Bowman stars as Elsa and Caroline Innerbichler as Anna. Austin Colby plays the role of Hans, F. Michael Haynie is Olaf, and Collin Baja and Evan Strand will alternate as Sven.

Continues on page B18

Photo by Matthew Murphy



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GIRL ON FIRE

Mother Nature sure knows how to put on a show, doesn't she?




Jessica Hansen



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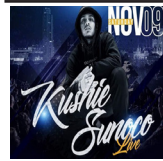
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RECENTLY ANNOUNCED

Science gives some skin

Living skin can now be 3D-Printed with blood vessels included

TROY — Researchers at Rensselaer Polytechnic Institute have developed a way to 3D print living skin, complete with blood vessels.

The advancement, published online today in Tissue Engineering Part A, is a significant step toward creating grafts that are more like the skin our bodies produce naturally.

“Right now, whatever is available as a clinical product is more like a fancy Band-Aid,” said Pankaj Karande, an associate professor of chemical and biological engineering and member of the Center for Biotechnology and Interdisciplinary Studies, who led this research at Rensselaer. “It provides some accelerated wound healing, but eventually it just falls off; it never really integrates with the host cells.”

A significant barrier to that integration has been the absence of a functioning vascular system in the skin grafts.

Karande has been working on this challenge for several years, previously publishing one of the first papers showing that researchers could take two types of living human cells, make them into “bio-inks,” and print them into a skin-like structure. Since then, he and his team have been working with researchers from Yale School of Medicine to incorporate vasculature.

In this paper, the researchers show that if they add key elements — including human endothelial cells, which line the inside of blood vessels, and human pericyte cells, which wrap around the endothelial cells — with animal collagen and other structural cells typically found in a skin graft, the cells start communicating and forming a biologically relevant vascular structure within the span of a few weeks.

“As engineers working to recreate biology, we’ve always appreciated and been aware of the fact that biology is far more complex than the simple systems we make in the lab,” Karande said. “We were pleasantly surprised to find that, once we start approaching that complexity, biology takes over and starts getting closer and closer to what



exists in nature.”

Once the Yale team grafted it onto a special type of mouse, the vessels from the skin printed by the Rensselaer team began to communicate and connect with the mouse’s own vessels.

“That’s extremely important, because we know there is actually a transfer of blood and nutrients to the graft which is keeping the graft alive,” Karande said.

In order to make this usable at a clinical level, researchers need to be able to edit the donor cells using something like the CRISPR technology, so that the vessels can integrate and be accepted by the patient’s body.

“We are still not at that step, but we are one step closer,” Karande said.

Continues on page 20

WHAT’S HAPPENING

Lena Poetry Discussions

Saratoga Springs Public Library — Wednesday, Nov. 6

SARATOGA SPRINGS — Caffe Lena will host its poetry discussion event on Wednesday, Nov. 6 at 6 p.m. at Saratoga Springs Public Library.

Librarian Mary Ann Rockwell will lead a poetry discussion from 6 to 7 p.m. prior to the open mic portion of the evening. Handouts will be made available to participants. No registration required.

Saratoga Springs Public Library is located at 49 Henry St., Saratoga Springs.

The Furious Bongos Play Zappa

The Linda — Wednesday, Nov. 6

ALBANY — The Furious Bongos Play Zappa will perform at The Linda on Wednesday, Nov. 6 at 8 p.m.

The Furious Bongos are a Zappa project featuring musicians who have played alongside heavyweights like Yo Yo Ma, Mick Fleetwood, and Les Paul. This isn’t strictly a “tribute” band - doing a note-for-note rendition of Song X from Album Y while staring at their shoes didn’t seem like the proper way to go about it. The result is a show that pays respect to Zappa’s legacy but is still new and different and dangerous, with lots of eyebrows.

For tickets, visit www.eventbrite.com.

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

Deborah Hanlon

The Cohoes Music Hall — Wednesday, Nov. 6

COHOES — The Cohoes Music Hall will host Deborah Hanlon on Wednesday, Nov. 6 at 7 p.m.

After the death of her 4-year-old brother, then 3-year-old Deborah Hanlon embarked on a life-long journey of discovery of science and self to find proof of what she knew deep inside, that life after death exists. She knew her brother was still around as she was able to communicate with him. Possessing an insatiable interest in science and spirituality and a commitment to deepen her awareness, Hanlon has become a trusted expert for matters of our hearts and souls.

For tickets, visit www.eventbrite.com.

The Cohoes Music Hall is located at 58 Remsen St., Cohoes.



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FEATURE

Makin' Metal

Music community to pay tribute to Sean, Henry McFerran at Chrome on Saturday

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

Henry McFerran had a dream to play heavy metal, and that he did.

For years, Henry and his brother Sean spent Makin' Metal together with their band, China White, setting the tone for the local scene. This Saturday, Nov. 9, the scene will come back together to remember Henry and Sean at Chrome Food and Spirits in Waterford.

For \$29.98, and a few dollars to cover shipping and handling, one can buy a used copy of "The Metaluna Syndrome."

The record was originally produced by MCE Records in Schenectady in 1987. It's a compilation of Albany's past music scene. China White's "Makin Metal" is the third track on the record, following a song from Joey Belladano's Triffid.

"The thing about China White that was so different was that they had a military dad who did not like the music," said Holly Stah. Stah did just witness the heavy metal scene from working at Saratoga Winners, she was Henry and Sean's friend. Their father, who served in the Vietnam War as a high ranking officer, was not keen of Henry's dream. The noise. "But, he saw he had two, talented kids," she said, "and he supported them." Stah said he attended the shows, managed the band, and helped with the

merchandise.

China White defined the local metal scene in the late 80s and early 90s. Metroland named it the best metal band in the area in several of its annual Best Of editions. Paul Rukwid, the band's lead singer, said Greg Haymes played an additional role in the band's fate. In one of his reviews, under his pen name SargeBlotto, he bemoaned Henry for trying to do too much. He recognized his talent playing guitar, but suggested someone else try singing. And, that's when Rukwid stepped in.

Rukwid was with the band long before he started singing. The string of events that started his journey as a frontman began with an air guitar contest put on by a local radio station. He did his thing, won the contest, and earned himself a real guitar. He met Henry at the music store the day

WHAT'S HAPPENING

Cody Johnson

Upstate Concert Hall — Thursday, Nov. 7

CLIFTON PARK — Cody Johnson will perform at Upstate Concert Hall on Thursday, Nov. 7 at 7:30 p.m.

After landing two releases in the Top 10 of Billboard's country albums chart on his own CoJo label and selling 74,000 tickets for a single show, to earn recognition as the only unsigned artist in history to sell out NRG Stadium at RodeoHouston, one of Texas' most-sought-after talents finally agreed to sign with a major label.

For tickets, visit www.ticketweb.com.

Upstate Concert Hall is located at 1208 NY-146, Clifton Park.

The Motet w/ Star Kitchen

Skyloft — Thursday, Nov. 7

ALBANY — Skyloft will host The Motet w/ Star Kitchen on Thursday, Nov. 7 at 8 p.m.

Throughout history, unity starts on the dance floor. From ancient tribal cultures to neon night clubs, beats bring bodies together. Once grinding and grooving in unison, the movement generates friction, sparks, and light. That might just be the purest form of energy on the planet. The Motet harness such energy on their ninth full-length, Death or Devotion. In fact, the Denver septet—Dave Watts [drums], Joey

Porter [keys], Garrett Sayers [bass], Ryan Jalbert [guitar], Lyle Divinsky [vocals], Drew Sayers [sax], and Parris Fleming [trumpet]—encode a message in their energetic mélange of boisterous badass funk, swaggering soul, and thought-provoking pop.

For tickets, visit www.eventbrite.com.

Skyloft is located inside Crossgates Mall, Albany.

Oshima Brothers with The End of America

Caffe Lena — Thursday, Nov. 7

SARATOGA SPRINGS — Caffe Lena will host the Oshima Brothers w/ The End of America on Thursday, Nov. 7 at 7 p.m.

Oshima Brothers' magnetic sibling sound and contagious joy result from a lifetime of making music together. Raised in a musical family in rural Maine, the brothers have honed a harmony-rich blend of contemporary folk and acoustic pop. The End of America is not some grand political statement — it is a band of friends, singers and travelers who blend three-part harmony with rock and Americana. The Philadelphia trio credit their name to Kerouac's "On The Road" -- relating to travelling "across the groaning continent" in search of inspiration.

For tickets, visit www.eventbrite.com.

Caffe Lena is located at 47 Phila St.

he claimed his prize. That led to Rukwid following the band. One night he offered to help carry the amps back out after a show. That helped him earn a job as a roadie. He'd attend practices. He was one of the guys. He would become the band manager before he'd become the lead singer, "Makin' Metal" with Henry on one side, and Sean on the other.

"We just had fun," said Rukwid. "I wanted to quit my day job, but that never happened ... We had fun doing it."

When Henry died in September, most people learned through an elegant social media post penned by lifelong friend, Scotty Mac. The eulogy to his friend was accompanied by a picture of Henry pinning himself against a Marshall amp with his favorite guitar — a white, Flying V — pressed to his neck. What followed was a steady stream of memories shared by friends, fans and students who took guitar lessons from him at Adirondack Strings.

"Because he was a guitar player and understood my frustrations he could relate to me and give me practical advice," stated Mac. "He



Sean (left) and Henry McFerran of China White.

Mark Kurtzner

had many great guitars, the kind guitar players drool over. And let me play all of them, any of them, whenever I wanted to.

No guitar player does that," stated Mac, not even me. He was so generous there isn't enough time or

space to describe it."

Sean was generous with his time, too, said Stah. They shared a love for animals, and Sean would often watch her family's dog while they were away.

Stah was prepared to stop putting together

shows. She finished organizing three reunion shows to celebrate Saratoga Winners. Each was a success, raising money for a cause while seeing familiar faces. But, the effort to contact bands, some from across the nation, took a lot of effort.

The last one was in April, which Henry and Rukwid both attended, and Rukwid had a secret.

"Nobody knew they were going to go up and do a song," said Stah.

Rukwid walked on stage with members of Maxx Thrust, whose drummer also played for China White. He said he wasn't sure he'd go on with the plan. He couldn't stand the thought of being on stage without being flanked by Sean and Henry. The two, however, were able to coax Henry onto the stage.

Stah said Henry was ill, and described him wearing "many layers of clothing" to hide how much weight he had lost. But, she said, "I think that gave Henry the courage to go up there and do a show." They played one song, "Makin' Metal."

"It was unbelievable," said Stah.

WHAT'S HAPPENING

White Reaper with Wombo

The Hollow Bar and Kitchen — Thursday, Nov. 7

ALBANY — White Reaper will perform with Wombo at The Hollow on Thursday, Nov. 7 at 7 p.m.

White reaper aims to blow people's minds with high voltage rock, according to its Facebook page. Wombo has been coined "Louisville's avant-pop/post-punk /whatever-rock rookies of the year" by Cropped Out.

For tickets, visit www.eventbrite.com.

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

Chouk Bwa

Caffe Lena — Friday, Nov. 8

SARATOGA SPRINGS — Caffe Lena will host Chouk Bwa on Friday, Nov. 8 at 8 p.m.

From the countryside of the New World's first free black republic, Chouk Bwa performs stripped-down Haitian roots music: entrancing percussion, dance, call-and-response singing, work songs, Vodou performances and Holy Week rara music. Infused with the scent and sensibility of voodoo, it is music that refuses to obscure their homeland's deep African heritage. As they themselves declare, these are rhythms that were "torn from Africa and secretly replanted in a new land."

For tickets, visit www.eventbrite.com.

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

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Tommy as
Mick Jagger



Lenny as
Joe Cocker

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■ WHAT'S HAPPENING

Dark Honey with Andrew Mirabile and The Preachers

The Hollow Bar and Kitchen — Friday, Nov. 8

ALBANY — The Hollow will host Dark Honey and Andrew Mirabile and The Preachers on Friday, Nov. 8 at 8 p.m.

Dark Honey coins itself as “Tom Petty meets David Bowie with a kiss of early 2000’s emo.” Andrew Mirabile is a Rolling Stones style, mystic country, rock ‘n’ roll singer-songwriter with a vocal-styling that’s part Ray Charles, part Chris Stapleton.

There is a \$15 cover charge for this event.

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

Marc Cohn

The Cohoes Music Hall — Friday, Nov. 8

COHOES — Marc Cohn will perform at The Cohoes Music Hall on Friday, Nov. 8 at 8 p.m.

After winning a Grammy for his soulful ballad “Walking in Memphis,” Marc Cohn solidified his place as one of this generation’s most compelling singer-songwriters, combining the precision of a brilliant tunesmith with the passion of a great soul man. Rooted in the rich ground of American rhythm and blues, soul and gospel and possessed of a deft storyteller’s pen, he weaves vivid, detailed, often drawn-from-life tales that evoke some of our most universal human feelings: love, hope, faith, joy, heartbreak.

For tickets, visit www.eventbrite.com.

The Cohoes Music Hall is located at 58 Remsen St., Cohoes.

■ PICK OF THE WEEK

Something wicked in Troy



A strong cast of local musicians set out to celebrate the macabre history of Troy

By MICHAEL HALLISEY

halliseym@spotlightnews.com

TROY — As so many other cities go, the Collar City has had colorful characters, has had stories — how do you say it? — its got a reputation for crime.

Some local musicians want to set that all to music.

“After digging through the achieve at the Troy Public Library,” said Zan Strumfeld, of Zan and The Winter Folk, “we found a number of articles on crimes, murders and strange occurrences that have happened in the city.”

The former newspaper reporter is no stranger to investigating a story. But, she’s asked her peers to help out on what’s planned to be a fun night that features a Who’s Who of artists in the 518.

The Age, Blue Ranger, Dark Honey, Girl Blue, Greens, Justin Henricks (Wurliday), Matt Plummer (Bendt), Michael Gregg (Zan & the Winter Folk), Raurri Jennings (Front Biz), and Will Brown (the Winter Folk) join Strumfeld on Sunday, Nov. 10, at 211 Broadway, to celebrate the macabre history of Troy.

For tickets and information, visit eventbrite.com.

HIGH CRIMES AND TROY

Zan, of Zan and The Winter Folk, keeps her eyes focused on everything.

Michael Hallisey / The Spot 518



The SteelDrivers

Friday, November 8, 8 PM

Patty Griffin, with special guest Rose Cousins

Tuesday, November 12, 7:30 PM

The Ten Tenors, Home for the Holidays

November 30, 7:30 PM

Hot Tuna, Acoustic

December 3, 7:30 PM

Big Bad Voodoo Daddy

Wild and Swingin’ Holiday Party

December 12, 7:30 PM



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CLUBS

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

9 Maple Avenue
9 Maple Ave., Saratoga Springs.
www.9mapleave.com
Fri: Rob Lindquist Quartet, 9 p.m.
Sat: Phil Allen Quartet, 9 p.m.

Arsenal City Tavern
795 3rd Ave., Watervliet
518-874-1767
Sat: Albertson & Co., 8 p.m.

Athos
1814 Western Ave., Albany.
518-608-6400
Fri: Out of the Box, 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

Blue 82
82 N. Pearl St., Albany
518-445-8082
Thurs: Team Trivia, 7:30 p.m.

Caffè Lena
47 Phila St., Saratoga Springs.
518-583-0022
Wed: Poetry Discussions, 6 p.m.
Thurs: Oshima Brothers w/ The End of America, 7 p.m.
Fri: Chouk Bwa, 8 p.m.
Sat: Kinky Friedman & His Merry Kinksters, 8 p.m.
Sun: Jonathan Edwards, 7 p.m.
Mon: Open Mic Night, 7 p.m.
Tues: Jazz at Caffè Lena, 7 p.m.

Carney's Tavern
17 Main St., Ballston Lake.
518-280-7959
Thurs: Matty Finn, 6 p.m.
Fri: Take 2, 7:15 p.m.
Sat: E.J. Hopeck, 8 p.m.

Centre Street Pub
308 Union St., Schenectady.
518-393-2337
Sat: Groovestick, 9 p.m.

City Sports Grille
c/o Spare Time Clifton Park
1668 U.S. 9, Clifton Park
518-371-4000

Club Helsinki Hudson
405 Columbia St., Hudson
518-828-4800
Thurs: Gallery, 7 p.m.
Fri: Big Sandy & His Fly-Rite Boys, 9 p.m.

Eden Cafe
269 Osborne Road #3, Albany
518-977-3771
Thurs: Life's Guilty Pleasures Happy Hour, 5:30 p.m.
Fri: Music That Draws Us Together, 5:30 p.m.
Sat: Chris Olsen, 7:30 p.m.

Emack & Bolio's
366 Delaware Ave., Albany.
518-512-5100
Fri: Rick Bedrosian, 7 p.m.
Sat: Liam Alone, 7 p.m.
Tues: Open Mic, 7 p.m.

Fort Orange Brewing

HOT SPOTS EVENTS CALENDAR



Walking in Spindle City

After winning a Grammy for his soulful ballad "Walking in Memphis," Marc Cohn solidified his place as one of this generation's most compelling singer-songwriters, combining the precision of a brilliant tunesmith with the passion of a great soul man. Marc Cohn will perform at The Cohoes Music Hall on Friday, Nov. 8 at 8 p.m.

Marc Cohn

450 North Pearl St., Menands.
518-992-3103
Wed: Fall Corn Hole League, 6 p.m.
Thurs: Stranger Things Trivia, 6:30 p.m.
Fri: NYC Comedy Invades Albany, 7 p.m.

Fuze Box
12 Central Ave., Albany.
518-703-8937
Sat: 80s Dance Party, 9 p.m.
Tues: MC Chris / Lex / Schaffer The Darklord, 7 p.m.

Gaffney's
16 Caroline St., Saratoga Springs.
518-587-7359
Thurs: Comedy on Caroline, 7 p.m.
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: TBA, 6 p.m.

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

Hangar on the Hudson
675 River St., Troy
518-272-9740

Fri: Sarah Borges & the Broken Singles ft. Eric "Roscoe" Ambel, 8 p.m.
Sun: Dylan LeBlanc & Night Moves, 8 p.m.

The Hollow Bar + Kitchen
79 No. Pearl St., Albany.
518-426-8550
Thurs: White Reaper w/ Wombo, 7 p.m.
Fri: Dark Honey w/ Andrew Mirabile, 8 p.m.
Sat: Gratefully Yours, 9 p.m.

Il Faro Restaurant & Bar
698 N. Pearl St., Menands
518-463-2208

J.J. Rafferty's
847 New Loudon Rd., Latham.
518-783-6800
Wed: Trivia, 7:30 p.m.
Thurs: Al Bruno DJ Set, 9 p.m.
Fri: Karaoke, 7 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: WCDB Fall Show, 7:30 p.m.

LT's Grill

2305 Nott St. E., Niskayuna.
518-374-7455
Wed: Catch the Mania Trivia, 7 p.m.
Thurs: TBA, 6:30 p.m.

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

McGeary's Irish Pub
4 Clinton Sq., Albany
518-463-1455
Sat: Yesterday's Saints, 8:30 p.m.
Mon: Skip Parsons' Riverboat Jazz Band, 7 p.m.

Mocha Lisa's Caffè
Clifton Park Center,
22 Clifton Country Road, Clifton Park.
518-383-5373
Wed: Open Mic Night, 6:30 p.m.
Thurs: Disney Coffee Talk, 11 a.m.
Fri: Marty Wendell, 7 p.m.
Sat: Benny Z, 7 p.m.

Moon and River Cafe
115 S. Ferry St., Schenectady
518-382-1938
Wed: Jazz by Jamie, 6 p.m.
Thurs: Running the River, 7 p.m.
Fri: John Birchler, 7 p.m.
Sat: Dan Eddo, 7 p.m.
Sun: Rockstar Open Mic, 7:30 p.m.
Mon: Ukulele Nite, 7 p.m.
Tues: Mark Baptiste, 7 p.m.

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

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

Panza's
129 So. Broadway, Saratoga Springs.
518-584-6882
Fri: TBA, 7 p.m.
Sat: TBA, 7 p.m.
Sun: TBA, 5 p.m.

The Parting Glass
40-42 Lake Ave., Saratoga Springs.
518-583-1916
Wed: Irish Celtic Session, 7 p.m.
Fri: Code Blue Nite, 5 p.m.
Mon: Irish Stepdancing Lessons, 5:30 p.m.
Tues: Dart League, 7 p.m.

Pauly's Hotel
337 Central Ave., Albany.
paulyshotel.com
Thurs: GiAGio / Alvee / Ebro, 8:30 p.m.
Fri: Relic / Man1k1n / Moris Blak w/ Doodson Virus / 3 Nights Lost, 7:30

p.m.
Pearl Street Pub
59-61 N. Pearl St., Albany
518-694-3100

Provence
1475 Western Ave.,
Stuyvesant Plaza, Albany
518-689-7777
Fri: TBA, 6 p.m.
Sat: TBA, 6 p.m.

Putnam Place
63a Putnam St., Saratoga Springs.
518-584-8066
Fri: Feast of Friends, 8 p.m.

Rustic Barn Pub
150 Speigletown Rd., Troy.
518-235-5858
Wed: Trivia & Ladies Night, 7 p.m.
Thurs: Open Mic w/ Brian Kane, 7:30 p.m.
Fri: Skeeter Creek, 9 p.m.
Sat: Repeat Offender, 8 p.m.
Sun: Second Sunday Bluegrass Jam, 6 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
Thurs: False Pockets / Egg Drop Soup / The Jagaloons / The Abyssmals, 9 p.m.
Sat: Haley Moley / The Operators / Thinner Friends / Barbie Barker, 9:30 p.m.

Skyloft
1 Crossgates Road, Albany.
518-869-5638
Thurs: The Motet w/ Star Kitchen, 8 p.m.
Fri: Roomful of Blues, 8 p.m.

Speakeasy 518
42 Howard St., Albany.
518-449-2332
Thurs: Swing Night w/ Mike Jenkins & the Fat Ties, 9 p.m.
Fri: Joe Barna & the Funky Nuggets, 9 p.m.
Sat: Tyler Giroux Quartet, 9 p.m.

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

Upstate Concert Hall
1208 NY-146 Ste 2, Clifton Park
518-371-0012
Thurs: Cody Johnson, 7:30 p.m.
Sat: Tiffany, 8 p.m.
Mon: The Endless Bummer Tour, 8 p.m.

Van Dyck
237 Union St., Schenectady
518-348-7999

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Need a miracle?

Gratefully Yours is celebrating the 50th anniversary of the release of 'Live Dead,' considered to be one of the top live albums ever released and No. 7 on "Rolling Stone's" list. Join them at The Hollow on Saturday, Nov. 9 at 9 p.m.

Gratefully Yours

Van Slyck's

Rivers Casino & Resort
1 Rush St., Schenectady.
518-579-8800
Wed: Dueling Pianos Dinner Show, 6 p.m.
Fri: Herman's Hermits ft. Peter Noone, 7 p.m.
Sat: EagleMania, 8 p.m.
Tues: Kate Manning, 6 p.m.

Vapor Night Club

342 Jefferson St., Saratoga Springs
518-581-5775
Thurs: New York Rat Pack, 7 p.m.
Fri: The Accents, 8 p.m.
Sat: Big Sky Country, 8 p.m.

Waterworks Pub

76 Central Ave., Albany.
518-465-9079
Wed: Wacky Wednesdays Drag Show, 11 p.m.
Thurs: Therapy Thursday, 11 p.m.
Fri: Friday Nights, 11 p.m.
Sat: Saturday Nights, 11 p.m.
Mon: Karao-Kiki Mondays, 10 p.m.

Wishing Well Restaurant

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

MUSIC

Albany Symphony Presents: Rachmaninoff Symphony No. 2

The Palace Theatre will host Albany Symphony Presents: Rachmaninoff Symphony No. 2 on Saturday, Nov. 9 at 7:30 p.m. Theremin virtuoso Carolina Eyck and the Albany Symphony celebrate the 100th Anniversary of Léon Theremin's "Thereminophone." For tickets, visit www.ticketmaster.com. The Palace Theatre is located at 19 Clinton Ave., Albany.

Asian Doll with Stevie B. and \$toney

Asian Doll will perform at Putnam Place with Stevie B. and \$toney on Wednesday,

Nov. 13 at 9 p.m. Misharron Jermeisha Allen is an American rapper known professionally as Asian Da Brat, formerly Asian Doll. A native of Dallas, Texas, at the age of 21 Allen became the first woman signed to Gucci Mane's 1017 Eskimo Records since its inception in 2010. For tickets, visit www.eventbrite.com. Putnam Place is located at 63a Putnam St., Saratoga Springs.

Ben Miller and Anita MacDonald

Ben Miller and Anita MacDonald will perform at Caffe Lena on Thursday, Nov. 16 at 7 p.m. Ben and Anita have become renowned across North America for their synergistic, pipe and fiddle driven style of Gaelic dance-music. Combining the fiery edge of the Scottish Border pipes with the rich sounds of the Cape Breton fiddle, Ben and Anita join together the threads of Old and New World traditions, while constantly exploring new ways to bring their instruments closer together. For tickets, visit www.eventbrite.com. Caffe Lena is located at 47 Phila St., Saratoga Springs.

Blackcat Elliot CD Release Party

Hangar on the Hudson will host Blackcat Elliot on Saturday, Nov. 16 at 7 p.m. With special guests The Lawn Sausages, Mordwolf and The Erotics. Food catered by The Greek on The Run. Get your tickets at The Ale House or River Street Beat Shop. Hangar on the Hudson is located at 675 River St., Troy.

Chouk Bwa

Caffe Lena will host Chouk Bwa on Friday, Nov. 8 at 8 p.m. From the countryside of the New World's first free black republic, Chouk Bwa performs stripped-down Haitian roots music: enthralling percussion, dance, call-and-response singing, work songs, Vodou performances and Holy Week rara music. Infused with the scent and sensibility of voodoo, it is music that refuses to obscure their homeland's deep African heritage. As they

themselves declare, these are rhythms that were "torn from Africa and secretly replanted in a new land." For tickets, visit www.eventbrite.com. Caffe Lena is located at 47 Phila St., Saratoga Springs.

Chuck Lamb Trio with Clay Jenkins

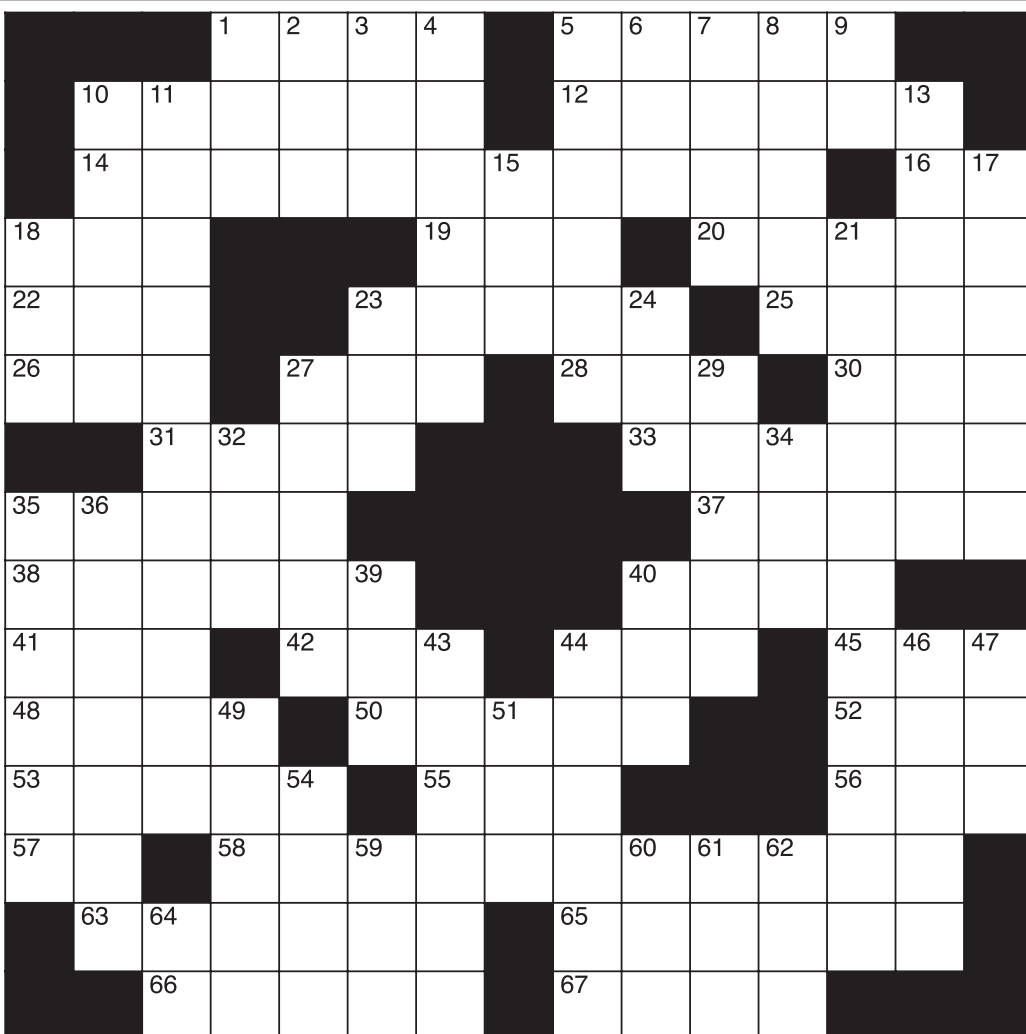
Caffe Lena will host the Chuck Lamb Trio and Clay Jenkins on Tuesday, Nov. 12 at 7 p.m. Chuck Lamb, who has been a member of the Brubeck Brothers Quartet since 2002, is not only an exciting and emotive pianist in his own right, but also a prolific composer of jazz, fusion, classical and world music. Most recently, Lamb and his band have released a CD of his original acoustic fusion music, titled North By Northeast. Clay Jenkins' career as a jazz artist has covered a wide range of musical experiences and responsibilities, bringing him to the forefront of the jazz performing and teaching arenas. Jenkins' experience as a performer began at an early age playing with the Stan Kenton Orchestra. For tickets, visit www.eventbrite.com. Caffe Lena is located at 47 Phila St., Saratoga Springs.

Marc Cohn

Marc Cohn will perform at The Cohoes Music Hall on Friday, Nov. 8 at 8 p.m. After winning a Grammy for his soulful ballad "Walking in Memphis," Marc Cohn solidified his place as one of this generation's most compelling singer-songwriters, combining the precision of a brilliant tunesmith with the passion of a great soul man. Rooted in the rich ground of American rhythm and blues, soul and gospel and possessed of a deft storyteller's pen, he weaves vivid, detailed, often drawn-from-life tales that evoke some of our most universal human feelings: love, hope, faith, joy, heartbreak. For tickets, visit www.eventbrite.com. The Cohoes Music Hall is located at 58 Remsen St., Cohoes.

A.J. Croce

A.J. Croce will perform at Caffe Lena on Friday, Nov. 15 at 8 p.m. From his debut



CLUES ACROSS

1. Flat-topped hill
5. Fire usually accompanies it
10. Talked
12. Skillset
14. Unembarrassed
16. Where teens spend their days
18. Boxing's GOAT
19. Used to annoy
20. Rust fungi
22. Panthers' signal caller
23. Forests have lots of them
25. Lentils
26. One's self-esteem
27. Where you entered the world (abbr.)
28. High school test
30. Large, flightless bird
31. Expectorated
33. Some practice it
35. Prickly shrub
37. French river
38. Told on
40. Steep hillside
41. Peyton's little brother
42. Soviet Socialist Republic
44. Welsh river
45. Witness
48. Brews
50. Orange-brown
52. Separates DNA and RNA
53. Mexican agave
55. Self-contained aircraft unit
56. Encourage
57. Atomic #52 (abbr.)
58. About latitude
63. Trivial gadget
65. Film a scene again
66. Small blisters
67. Dark brown

CLUES DOWN

1. Advanced degree
2. Goes with flow
3. The Caspian is one
4. Accumulate on the surface of
5. Vascular systems or plants
6. A popular kids magazine
7. ___ podrida: spicy Spanish stew
8. Vandalized a car
9. Prefix meaning "within"
10. Soviet labor camp system
11. Strong hostilities
13. B complex vitamin
15. Go quickly
17. Toast
18. A team's best pitcher
21. A Philly culinary special
23. Small child
24. Unhappy
27. Trims by cutting
29. Weepy
32. It might be on the back
34. Spy organization
35. Female body part
36. Came back from behind
39. Fall back or spring forward
40. Famed traveling journalist
43. Where the current is fast
44. Withstand
46. A Philly football player
47. Records brain activity
49. Aromatic powder
51. Circular panpipe
54. Ship as cargo
59. Bar bill
60. Adult female
61. OJ trial judge
62. One's grandmother
64. Hot, massive star

Answers on Pg. B17

as a jazz influenced blues artist to his evolution into a pop music iconoclast, singer-songwriter A.J. Croce has traveled a circuitous musical road. Inspired by artists like Stevie Wonder and Ray Charles, Croce is a piano man, first and foremost, and a vocal stylist second. His sound pulls from a host of American traditions — it's part New Orleans, part juke joint, and part soul. He is also a multi-instrumentalist and songwriter, driven by a personal muse, informed by a life on a boomerang of tragedy. For tickets, visit www.eventbrite.com. Caffe Lena is located at 47 Phila St., Saratoga Springs.

Dark Honey with Andrew Mirabile and The Preachers

The Hollow will host Dark Honey and Andrew Mirabile and The Preachers on Friday, Nov. 8 at 8 p.m. Dark Honey coins itself as "Tom Petty meets David Bowie with a kiss of early 2000's emo." Andrew Mirabile is a Rolling Stones style, mystic country, rock 'n' roll singer-songwriter with a vocal-styling that's part Ray Charles, part Chris Stapleton. There is a \$15 cover charge for this event. The Hollow is located at 79 N. Pearl St., Albany.

Jonathan Edwards

Jonathan Edwards will perform at Caffe Lena on Sunday, Nov. 10 at 7 p.m. Four decades into a stellar career of uncompromising musical integrity, Jonathan Edwards simply delivers warm as summer sunshine, real as the truth, intimate as a long overdue visit between old friends. Night after night, Edwards shares songs of passion, songs of insight, songs of humor, all rendered in that pure and powerful tenor which, like fine wine, has only grown sweeter with age. For tickets, visit www.eventbrite.com. Caffe Lena is located at 47 Phila St., Saratoga Springs.

The Endless Bummer Tour ft. Neil Hilborn and other special guests

Upstate Concert Hall will host The Endless Bummer Tour on Monday, Nov. 11 at 8 p.m. Neil Hilborn is a bestselling author and, with over 150 million views to his credit, he is the most-watched poet ever. He has performed in 40 states and eight countries, and in 2016 alone he traveled

more than 100,000 miles to perform poetry. Originally from Houston, Texas, he now lives in Saint Paul, Minnesota. For tickets, visit www.ticketweb.com. Upstate Concert Hall is located at 1208 NY-146, Clifton Park.

The Furious Bongos Play Zappa

The Furious Bongos Play Zappa will perform at The Linda on Wednesday, Nov. 6 at 8 p.m. The Furious Bongos are a Zappa project featuring musicians who have played alongside heavyweights like Yo Yo Ma, Mick Fleetwood, and Les Paul. This isn't strictly a "tribute" band - doing a note-for-note rendition of Song X from Album Y while staring at their shoes didn't seem like the proper way to go about it. The result is a show that pays respect to Zappa's legacy but is still new and different and dangerous, with lots of eyebrows. For tickets, visit www.eventbrite.com. The Linda is located at 339 Central Ave., Albany.

Feast of Friends

Feast of Friends will perform at Putnam Place on Friday, Nov. 8 at 8 p.m. New York's Feast of Friends is not your ordinary "tribute" to Jim Morrison and The Doors. No costumes or wigs in this band, it's truly about the music. Feast of Friends captures elements of the bands studio sound and fuses that with the epic improvisational jams that shaped the bands live performances. Putnam Place is located at 63a Putnam St., Saratoga Springs.

Foghat

Foghat will perform at Skyloft on Sunday, Nov. 17 at 8 p.m. Foghat's live performances show why the band is still around today and why it will be able to keep on rocking as long as it wants. Constant touring is part of its DNA and the band just loves to play. Its live show is as intense as ever, with the incredible energy and musicianship that one would expect and hope for from a seasoned band with such a long musical history. For tickets, visit www.eventbrite.com. Skyloft is located inside Crossgates Mall, Albany.

Gratefully Yours

Gratefully Yours will perform at The Hollow on Saturday, Nov. 9 at 9 p.m. This will



Krik and Krak at Caffé Lena

From the countryside of the New World's first free black republic, Chouk Bwa performs stripped-down Haitian roots music: enthralling percussion, dance, call-and-response singing, work songs, Vodou performances and Holy Week rara music. Infused with the scent and sensibility of voodoo, it is music that refuses to obscure their homeland's deep African heritage. As they themselves declare, these are rhythms that were "torn from Africa and secretly replanted in a new land." Caffe Lena will host Chouk Bwa on Friday, Nov. 8 at 8 p.m. For tickets, visit www.eventbrite.com.

Chouk Bwa

an extra special show as we will be celebrating the 50th anniversary of the release of Live Dead, considered to be one of the top live albums ever released and No. 7 on "Rolling Stone's" list. Gratefully Yours will be performing the full album, as well as other favorites. For tickets, visit www.eventbrite.com. The Hollow is located at 79 N. Pearl St., Albany.

Deborah Hanlon

The Cohoes Music Hall will host Deborah Hanlon on Wednesday, Nov. 6 at 7 p.m. After the death of her 4-year-old brother, then 3-year-old Deborah Hanlon embarked on a life-long journey of discovery of science and self to find proof of what she knew deep inside, that life after death exists. She knew her brother was still around as she was able to communicate with him. Pos-

sessing an insatiable interest in science and spirituality and a commitment to deepen her awareness, Hanlon has become a trusted expert for matters of our hearts and souls. For tickets, visit www.eventbrite.com. The Cohoes Music Hall is located at 58 Remsen St., Cohoes.

Jam for Josh

Hangar on the Hudson will host Jam for Josh on Sunday, Nov. 17 at 4 p.m. Our dear friend and brother Josh Bloomfield needs our help! Josh is fighting an aggressive form of cancer and needs help with medical expenses and expenses for travel for treatment. Besides being a great friend, Josh is an excellent musician who has used his talents to help everybody and anybody who ever asked. He has played countless shows and benefits for others and now it's our

turn to help him. Please join Super 400, Soul Sky, the Chris Busone Band, Soul Serenade and many other special guests to put our community's big loving arms around Josh. Hangar on the Hudson is located at 675 River St., Troy.

Cody Johnson

Cody Johnson will perform at Upstate Concert Hall on Thursday, Nov. 7 at 7:30 p.m. After landing two releases in the Top 10 of Billboard's country albums chart on his own CoJo label and selling 74,000 tickets for a single show, to earn recognition as the only unsigned artist in history to sell out NRG Stadium at RodeoHouston, one of Texas' most-sought-after talents finally agreed to sign with a major label. For tickets, visit www.ticketweb.com. Upstate Concert Hall is located at 1208 NY-146, Clifton Park.

Kinky Friedman and His Merry Kinksters

Kinky Friedman and His Merry Kinksters will perform at Caffe Lena on Saturday, Nov. 9 at 8 p.m. Texas country's Jewish clown prince, gonzo songwriter, and surprisingly heartfelt balladeer Outrageous and irreverent and always thought-provoking the legendary Kinky Friedman arrived on the national stage with his satirical country songs during the 1970s, making a name for himself as "the Frank Zappa of country music." Friedman has spent his career making music, penning articles and a series of mystery novels and running for political office. For tickets, visit www.eventbrite.com. Caffe Lena is located at 47 Phila St., Saratoga Springs.

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Friday, Nov. 8 • 8 PM

UPCOMING:
DYLAN LEBLANC / NIGHT MOVES Sunday, Nov. 10 • 8 PM
JACK KLATT Friday, Nov. 15 • 8 PM

THE HANGAR 675 RIVER ST. TROY
ON THE HUDSON ACROSS FROM THE ALE HOUSE

TICKETS AVAILABLE ON: Brownpapertickets.com

Jack Klatt

Jack Klatt will perform at Hangar on the Hudson on Friday, Nov. 15 at 8 p.m. Part balladeer and part bluesman, Jack is a dedicated songwriter and finger-style guitarist based in Minneapolis, Minnesota. His sound pulls from a wide range of American music. From rhythm and blues and early rock 'n' roll, to country and folk music, Jack brings his own voice to all of his songs. In the words of Americana Roots UK, "Jack doesn't rely on other writers for his diversity, he can write in pretty much any musical style of his choosing." For tickets, visit www.brownpapertickets.com. Hangar on the Hudson is located at 675 River St., Troy.

Kung Fu w/ Strange Machines

Kung Fu and Strange Machines will perform at Putnam Place on Friday, Nov. 15 at 9:30 p.m. Proud to be firmly installed in the new-funk movement, Kung Fu is quickly popularizing its unique sonic contribution, blurring the line between intense electro-fusion, and blistering dance arrangements. Making fusion music "cool" again, the band draws on influences such as early Headhunters and Weather Report, and merges those ideas with a contemporary EDM informed sensibility. Imagine 70s funk-fusion meets a modern dance party. For tickets, visit www.ticketbud.com. Putnam Place is located at 63a Putnam St., Saratoga Springs.

Dylan LeBlanc, Night Moves

Hangar on the Hudson will host Dylan LeBlanc and Night Moves on Sunday, Nov. 10 at 8 p.m. Dylan LeBlanc is engaging and soft-spoken in person, yet his striking new album *Renegade* reflects the power of his live show — one that he simply describes as rock 'n' roll.

While the album was recorded in just 10 days and tracked in three, the intensity of the project marks the culmination of more than a decade on the road. For tickets, visit www.brownpapertickets.com. Hangar on the Hudson is located at 675 River St., Troy.

The Motet with Star Kitchen

Skyloft will host The Motet w/ Star Kitchen on Thursday, Nov. 7 at 8 p.m. Throughout history, unity starts on the dance floor. From ancient tribal cultures to neon night clubs, beats bring bodies together. Once grinding and grooving in unison, the movement generates friction, sparks, and light. That might just be the purest form of energy on the planet. The Motet harness such energy on their ninth full-length, *Death or Devotion*. In fact, the Denver septet—Dave Watts [drums], Joey Porter [keys], Garrett Sayers [bass], Ryan Jalbert [guitar], Lyle Divinsky [vocals], Drew Sayers [sax], and Parris Fleming [trumpet]—encode a message in their energetic mélange of boisterous badass funk, swaggering soul, and thought-provoking pop. For tickets, visit www.eventbrite.com. Skyloft is located inside Crossgates Mall, Albany.

On A Winter's Night

The Eighth Step at Proctors will host On A Winter's Night on Saturday, Nov. 9 at 7:30 p.m. The Eighth Step presents this blockbuster ensemble of iconic singer-songwriters Lavin, Gorka, Larkin, Wheeler and Eberhardt, taking the stage for its 25th Anniversary concert celebration of "On A Winter's Night," a hit 1994 tour that spawned a now-classic CD of the same name, and spinoff collaborations among the members. This ensemble represents the brightest stars of the singer/songwriter movement over the past three decades, regular performers

on our stage, each much beloved by our audiences. For tickets, visit tickets.proctors.org. Proctors is located at 432 State St., Schenectady.

Oshima Brothers with The End of America

Caffe Lena will host the Oshima Brothers with The End of America on Thursday, Nov. 7 at 7 p.m. Oshima Brothers' magnetic sibling sound and contagious joy result from a lifetime of making music together. Raised in a musical family in rural Maine, the brothers have honed a harmony-rich blend of contemporary folk and acoustic pop. The End of America is not some grand political statement — it is a band of friends, singers and travelers who blend three-part harmony with rock and Americana. The Philadelphia trio credit their name to Kerouac's "On The Road" — relating to travelling "across the groaning continent" in search of inspiration. For tickets, visit www.eventbrite.com. Caffe Lena is located at 47 Phila St., Saratoga Springs.

Repeat Offender

Repeat Offender will perform at Rustic Barn Pub on Saturday, Nov. 9 at 8 p.m. Repeat Offender is the Capital District's cover band, repeating your favorite songs of the past. Rustic Barn Pub is located at 150 Speigletown Road, Troy.

Roomful of Blues

Roomful of Blues will perform at Skyloft on Friday, Nov. 8 at 8 p.m. Even though Roomful of Blues' lineup has changed over the years, the band has always been one of the tightest, most joyful blues ensembles. Currently an eight-piece unit led by guitarist Chris Vachon, the band has never sounded fresher or stronger. In 2010, singer Phil Pemberton took over the vocal duties, bringing his sweet and soulful vocals and adding another bright

new dimension to the jazzy, jump-blues musical roots. Their winning combination of jump, swing, blues, R&B and soul remains their calling card, as does their ability to fill the dance floor. For tickets, visit www.eventbrite.com. Skyloft is located inside Crossgates Mall, Albany.

Sandy Hackett's Rat Pack

The Cohoes Music Hall will host Sandy Hackett's Rat Pack for two shows on Saturday, Nov. 9 at 2 and 8 p.m. Sandy Hackett's father, legendary comedian Buddy Hackett, was great friends with Frank Sinatra, Dean Martin, Sammy Davis, Jr. and Joey Bishop — and together, they all made history. Sandy Hackett was Joey Bishop's ("Uncle Joey's") choice to portray him in any production involving the legendary Rat Pack. Only "Sandy Hackett's Rat Pack" can bring to life that magical moment in time that everyone wanted (and continues to want) access to. For tickets, visit www.ticketfly.com. The Cohoes Music Hall is located at 58 Remsen St., Cohoes.

Sarah Borges and the Broken Singles

Sarah Borges and the Broken Singles will perform at The Hangar on Friday, Nov. 8 at 8 p.m. Change is something that takes a little getting used to. If you need proof of this, ask the soulful Sarah Borges. After a long and successful stint with her band, The Broken Singles, 2011 marked the band's breakup — and Sarah embarking on a solo career. She admits it took some time to adjust. "One of the things I didn't expect is when you're on stage and you're doing a show, there's certain things you have to do," she said. For tickets, visit www.brownpapertickets.com. Hangar on the Hudson is located at 675 River St., Troy.

Second Sunday Bluegrass Jam

Rustic Barn Pub will host its Second Sunday Bluegrass Jam on Sunday, Nov. 10 at 6 p.m. Second Sundays are for making new friends, sharing songs, playing and listening to blue grass and new-grass. All are welcome to join the jam. Come prepared with your favorite songs and acoustic instruments. Rustic Barn Pub is located at 150 Speigletown Road, Troy.

Skeeter Creek

Skeeter Creek will perform at Rustic Barn Pub on Friday, Nov. 8 at 9 p.m. Skeeter Creek was nominated for four awards at the 2005 Northeast Country Music Association awards: bluegrass band of the year, vocal group of the year, instrumental band of the year, and the Sunrise Award. It won the 2004 Colgate Country Showdown in Albany, winner of the 2005 and 2006 Froggy 100.7 Country Shootout and most recently named at the top of the 2006, 2007, 2010, 2011, 2012, 2013, 2014 and 2015 *Metroland Magazine Readers Poll* for Country Band of the Year. Rustic Barn Pub is located at 150 Speigletown Road, Troy.

The SteelDrivers

The SteelDrivers will perform at Troy Savings Bank Music Hall on Friday, Nov. 8 at 8 p.m. Part of the lure of The SteelDrivers is undoubtedly due to the freedom each musician gets to express, even as they maintain the consistency of their sound. Rogers, a former member of the all-star Dead Reckoning music stable, is widely recognized as one of the most versatile and expressive fiddlers on the scene today. Truitt and Bailey are certified string benders who take their respective instruments to new levels of innovation and expertise. Damrell's vocals and fretwork add a fresh voice to the mix, while Fleming continues to anchor it all with rock solid rhythm and a firm foundation. For tickets, visit tickets.troy-musicall.org. Troy Savings Bank Music Hall is located at 32 Second St., Troy.

Ten Most Wanted

Ten Most Wanted will perform at Skyloft on Saturday, Nov. 16 at 8 p.m. A powerhouse band based out of Saratoga Springs playing all of your new and classic R&B, funk, soul and rock favorites. The heart of the band is a soulful rhythm section complemented by four sizzling horns, all laying the foundation for our lead vocalists. Ten Most Wanted's mission is to always provide unrivaled entertainment mixed with top notch arrangements, endless energy and spot on musicianship. For tickets, visit www.eventbrite.com. Skyloft is located inside Crossgates Mall, Albany.

Tiffany with guests Square Pegs

Tiffany will perform at Upstate Concert Hall with special guests Square Pegs on Saturday, Nov. 9 at 8 p.m. Tiffany Renee Darwish, simply known by her mononym Tiffany, is an American singer, songwriter, actress and former teen icon. She is most notable for her 1987 cover of the song "I Think We're Alone Now", originally recorded in 1967 by Tommy James and the Shondells. For tickets, visit www.ticketweb.com. Upstate Concert Hall is located at 1208 NY-146, Clifton Park.

WCDB Fall Show

The Low Beat will host WCDB Fall Show on Saturday, Nov. 9 at 7:30 p.m. Help support UAlbany's WCDB Albany 90.9 FM. Purchasing tickets prior to the event is necessary. Horse Jumper of Love, Poppies, Professor Caveman and Tien will be performing. For tickets, visit ualbany.universitytickets.com. The Low Beat is located at 335 Central Ave., Albany.

White Reaper w/ Wombo

White Reaper will perform with Wombo at The Hollow on Thursday, Nov. 7 at 7 p.m. White reaper aims to blow people's minds with high voltage rock, according to its Facebook page. Wombo has been coined "Louisville's avant-pop/post-punk /whatever-rock rookies of the year" by *Cropped Out*. For tickets, visit www.eventbrite.com. The Hollow Bar and Kitchen is located at 79 N. Pearl St., Albany.

DANCE

Russian Ballet Theatre presents "Swan Lake"

The Palace Theatre will host the Russian Ballet Theatre's performance of "Swan Lake" on Tuesday, Nov. 12 at 7 p.m. Those faithful to the tradition of "Swan Lake," must see Russian Ballet Theatre's new production of Pyotr Ilyich Tchaikovsky's timeless classic. For tickets, visit www.eventbrite.com. The Palace Theatre is located at 19 Clinton Ave., Albany.



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HEALTH & FITNESS

Lose weight by losing this nonsense

5 weight loss myths debunked

Losing weight is a popular New Year's resolution every year. Roughly 50 percent of people age 20 and older acknowledge they tried to lose weight over the past 12 months, according to the Centers for Disease Control and Prevention.

Successful weight loss requires hard work and patience. Still, many myths abound, and people may think there are quick fixes to shedding a few extra pounds. Debunking some of those myths can help people adopt more realistic weight loss strategies.

Myth #1: Avoid carbs to lose weight. A healthy diet is comprised of a mix of foods that include carbohydrates. The U.S. Department of Agriculture's 2015 Dietary Guidelines for Americans indicate that carbohydrates, such as those found in vegetables, fruits and whole grains, are a foundation of healthy eating. Carbs also provide much-needed fiber.

Myth #2: You can target specific fat loss. Exercising and eating healthy can produce overall weight loss and diminish fat concentrations in certain parts of the body, indicates the healthy eating source Eat This, Not That. But each body is unique,



Successful weight loss requires hard work and patience. Still, many myths abound, and people may think there are quick fixes to shedding a few extra pounds. Debunking some of those myths can help people adopt more realistic weight loss strategies.

and where people lose fat varies. Gender is one factor that can affect people's figures. Exercise can tone muscles in key areas to help make a person appear thinner in those regions, but it will not necessarily make fat go away in one place over another.

Myth #3: Eating fat makes you fat. Fat



is very calorie-dense and common in junk foods, which is why it can get a bad rap. However, as long as calorie intake is within a healthy range — even if some calories are from fat — weight gain will not occur from fat alone, says Healthline. The body needs healthy fats to function properly.

Myth #4: Crash diets will make weight fall off. Dramatically cutting calories can lead to nutritional deficiencies and have an adverse effect on weight loss. The body may slow its rate of metabolism to conserve calories, as a crash diet may fool your body into thinking you are starving. It's better to stick to a gradual decrease in calories while still consuming the daily recommended amounts based on your age and other factors.

Myth #5: Tons of exercise will make the pounds disappear. Research has repeatedly indicated that exercise can help boost weight loss. However, the real way to shed pounds is primarily linked to diet. According to Shawn M. Talbott, Ph.D., a nutritional biochemist and former director of the University of Utah Nutrition Clinic, weight loss is generally 75 percent diet and 25 percent exercise. People see the biggest short-term results when they eat smart.

If losing weight is your New Year's resolution, get the facts before adopting a weight loss regimen.

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Answers on Pg. B17



Pink is the new power color

CDTA hosted its third annual Pink Bus Pull on Tuesday, Oct. 29 to help the Real Men Wear Pink campaign's efforts to fight breast cancer. Teams of eight from all over the Capital District pulled a 30,000 pound CDTA bus, appropriately painted pink, 10 feet with the team pulling the quickest taking home bragging rights and an award. Last year, CDTA employees helped raise nearly \$16,000 for Real Men Wear Pink. In all, in 2018, the Capital District Real Men Wear Pink campaign raised more than \$260,000, ranking it second in the nation behind Cincinnati. The bus pull was held in the Crossgates Mall parking lot and materials to transform city buses were donated by Lamar Advertising, NAPA Auto Parts and Seifert Graphics. The results of the pull will be added when they are available.

Jim Franco / The Spot 518

HOROSCOPES

November 2019
Week 1

ARIES - MAR 21/APR 20

Aries, a hectic schedule is on the horizon, so it is important to get your organizational skills in order. Things are bound to get busy as the month wears on.

TAURUS - APR 21/MAY 21

Taurus, take a few moments at the start of each day this week to just breathe and get ready for what's in store for you. Doing so will help you tackle anything that comes your way.

GEMINI - MAY 22/JUN 21

Romantic prospects have you eager to spend time with a special someone, Gemini. Block out a night or two when you can enjoy time away as a couple.

CANCER - JUN 22/JUL 22

Cancer, you may have to let a situation at work blow over instead of letting it get the best of you. It is important to pick your battles in this scenario. Wait it out for the time being.

LEO - JUL 23/AUG 23

Leo, a seemingly impossible situation may just need to be seen through a new perspective. Try talking to someone to get a different point of view.

VIRGO - AUG 24/SEPT 22

Virgo, after a lengthy period of rest and relaxation, it is time to get back to the grind. Your skills may be a bit rusty, but things will come back to you quickly.

LIBRA - SEPT 23/OCT 23

Libra, you can't mask a shaky structure, no matter how many superficial changes you make. Devote some attention to those things that need fixing.

SCORPIO - OCT 24/NOV 22

Don't let your mind get the better of you, Scorpio. It's easy to dream up scenarios, but put yourself in the here and now this week; the future can wait.

SAGITTARIUS - NOV 23/DEC 21

Sagittarius, if an opportunity for advancement at work pops up, grab it with both hands. You have been waiting for a chance to make your mark and try new things.

CAPRICORN - DEC 22/JAN 20

Capricorn, you have to push through to the finish line this week even if you are feeling tired. Your reward will come with some weekend festivities.

AQUARIUS - JAN 21/FEB 18

Changes at work are looming, Aquarius. Try to be receptive to the modifications and find a way to put your own mark on things. A leadership role could emerge.

PISCES - FEB 19/MAR 20

Pisces, you may need to play mediator in a delicate situation this week. Take a careful approach and consider both sides of the coin.

CONCERT REVIEW

A night of conflict in Woodstock

Trigger Hippy plays it loud at Levon Helm Studios

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

A night of conflicting experiences started once Yard Sale took the stage to open the evening for Trigger Hippy on Saturday, Nov. 3, at Levon Helm Studios in Woodstock. The sight of their workman boots and faded blue jeans contrasted against the flow of Patagonia and The White Face walking up and down Tinker Street. Woodstock's social construct couldn't be farther away from Brooklyn, yet it has more hipsters per square foot than deer ticks in the neighboring Catskills. The village embraces its music heritage just as Saratoga Springs holds on to its thoroughbreds. This was just one of the few places that strips away the pretense of commercial tourism.

Yard Sale sounded anything but local as the quartet stood shoulder-to-shoulder in the hollow of The Barn. The Hudson River Boys were surrounded by a crowd either seated on metal folding chairs or standing against the exposed cedar around the room. This has been a place for music, and little

else, for more than 40 years. Just music and people nestled inside Washington Irving's woods.

Yard Sale is a Kingston band that is an amalgamation of two Canadians, a New Yorker and a true blooded Southerner from South Carolina playing Americana with a progressive style. They've played together for ten years, often hunched upon the flatbed of a pick-up truck to play, as one would guess, at a yard sale. As the older gentleman who hosted the night said, "It's like being on the corner with your buddies."

An Americana band is common enough in this region thanks in part to Pete Seeger in the Hudson Valley and Old Songs in Voorheesville. You can find one playing anywhere from a bar downtown to an apple orchard on the outskirts of the county. But, as Taylor Davis walked up to the mic to give the crowd a soft, subtle "Good evening, y'all," his Carolina came that much closer to home.

Maybe it was warming up to a fire pit outside to start the evening, or listening to songs from The Band and the Grateful Dead on the house sound system, or perhaps it was the ghosts left lingering after Halloween, but Yard Sale pulled the magic down from the rafters and put on an authentic, good ol' fashioned country

hoedown in the middle of Woodstock, New York. The boys played a 40-minute set of original music, toe-tapping country and blues with strong harmonies accompanied by fiddle, standup bass, banjo and acoustic guitar. It was the perfect pairing for a chilly, autumn evening inside a barn.

But the atmosphere soon flipped as Ed Jurdi stepped onto the stage for soundcheck. He played a series of deafening notes from his guitar, an overbearing auditory display I hoped would not continue into the performance.

Trigger Hippy is somewhat of a supergroup established by drummer Steve Gorman and bassist Nick Govrik of the Black Crowes. The original lineup had included Joan Osborne ("What if God Was One of Us"), Jackie Greene and Tom Bukovac, who all came together to compose the band's debut album in 2013. It's now a four-piece band with Gorman and Govrik paired with Jurdi and vocalist Amber Woodhouse. Woodhouse's voice lends the band a Southern gospel and blues touch that blends in with a sound that's a hybrid of rock and Americana. This unique mix is deftly showcased on the band's latest album "Full Circle & Then Some," of which the band was out performing in support. For the evening, however, the quartet was supported by a piano and

organ player, and a second guitarist.

Gorman started the set by addressing the crowd and saying, "Honestly, there's no place else we'd rather be," before playing the band into the first song. Again, Jurdi's guitar was nearly all that I could hear. My seat was just an arm's length away from the piano player. I could have tapped him on the shoulder without leaving my seat, yet I could barely hear his organ. In fairness, his monitor was nearly just as close, and pointed towards me.

The experience improved marginally as I stepped away to another corner of the room. From there, I was able to discern the play of everyone else's instruments, but Woodhouse's singing did not stand out. The amplified instruments often overpowered the vocals on stage, which stripped the band away from the strength of its three-part harmonies between Jurdi, Woodhouse and Govrik. Lyrics drive Americana, and Trigger Hippy's lyrics had me looking forward to the evening as I listened to the album earlier that day. Instead of a carefully crafted blend of genres, the crowd received a heavy dose of rock. As one regular pointed out to another patron, "It's *ducking* loud." But, he didn't say "ducking." He said, when compared to the standards of our family newspaper, something more conflicting.

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** WIN LOSS RECORDS AS OF SUNDAY**



WHAT'S HAPPENING

Feast of Friends

Putnam Place — Friday, Nov. 8

SARATOGA SPRINGS — Feast of Friends will perform at Putnam Place on Friday, Nov. 8 at 8 p.m.

New York's Feast of Friends is not your ordinary "tribute" to Jim Morrison and The Doors. No costumes or wigs in this band, it's truly about the music. Feast of Friends captures elements of the bands studio sound and fuses that with the epic improvisational jams that shaped the bands live performances.

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

Roomful of Blues

Skyloft — Friday, Nov. 8

ALBANY — Roomful of Blues will perform at Skyloft on Friday, Nov. 8 at 8 p.m.

Even though Roomful of Blues' lineup has changed over the years, the band has always been one of the tightest, most joyful blues ensembles. Currently an

eight-piece unit led by guitarist Chris Vachon, the band has never sounded fresher or stronger. In 2010, singer Phil Pemberton took over the vocal duties, bringing his sweet and soulful vocals and adding another bright new dimension to the jazzy, jump-blues musical roots. Their winning combination of jump, swing, blues, R&B and soul remains their calling card, as does their ability to fill the dance floor.

For tickets, visit www.eventbrite.com.

Skyloft is located inside Crossgates Mall, Albany.

Sarah Borges and the Broken Singles

Hangar on the Hudson — Friday, Nov. 8

TROY — Sarah Borges and the Broken Singles will perform at The Hangar on Friday, Nov. 8 at 8 p.m.

Change is something that takes a little getting used to. If you need proof of this, ask the soulful Sarah Borges. After a long and successful stint with her band, The Broken Singles, 2011 marked the band's breakup – and Sarah embarking on a solo career. She admits it took some time to adjust. "One of the things I didn't expect

is when you're on stage and you're doing a show, there's certain things you have to do," she said.

For tickets, visit www.brownpapertickets.com.

Hangar on the Hudson is located at 675 River St., Troy.

Skeeter Creek

Rustic Barn Pub — Friday, Nov. 8

TROY — Skeeter Creek will perform at Rustic Barn Pub on Friday, Nov. 8 at 9 p.m.

Skeeter Creek was nominated for four awards at the 2005 Northeast Country Music Association awards: bluegrass band of the year, vocal group of the year, instrumental band of the year, and the Sunrise Award. It won the 2004 Colgate Country Showdown in Albany, winner of the 2005 and 2006 Froggy 100.7 Country Shootout and most recently named at the top of the 2006, 2007, 2010, 2011, 2012, 2013, 2014 and 2015 Metroland Magazine Readers Poll for Country Band of the Year.

Rustic Barn Pub is located at 150 Speigletown Road, Troy.

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WHAT'S HAPPENING

The SteelDrivers

Troy Savings Bank Music Hall — Friday, Nov. 8

TROY — The SteelDrivers will perform at Troy Savings Bank Music Hall on Friday, Nov. 8 at 8 p.m.

Part of the lure of The SteelDrivers is undoubtedly due to the freedom each musician gets to express, even as they maintain the consistency of their sound. Rogers, a former member of the all-star Dead Reckoning music stable, is widely recognized as one of the most versatile and expressive fiddlers on the scene today. Truitt and Bailey are certified string benders who take their respective instruments to new levels of innovation and expertise.

For tickets, visit tickets.troymusicall.org.

Troy Savings Bank Music Hall is located at 32 Second St., Troy.

Albany Symphony Presents: Rachmaninoff Symphony No. 2

Palace Theatre — Saturday, Nov. 9

ALBANY — The Palace Theatre will host Albany Symphony Presents: Rachmaninoff Symphony No. 2 on Saturday, Nov. 9 at 7:30 p.m.

Theremin virtuoso Carolina Eyck and the Albany Symphony celebrate the 100th Anniversary of Léon Theremin's "Thereminophone."

For tickets, visit www.ticketmaster.com.

The Palace Theatre is located at 19 Clinton Ave., Albany.

Gratefully Yours

The Hollow — Saturday, Nov. 9

ALBANY — Gratefully Yours will perform at The Hollow on Saturday, Nov. 9 at 9 p.m.

This will be an extra special show as we will be celebrating the 50th anniversary of the release of Live Dead, considered to be one of the top live albums ever released and No. 7 on "Rolling Stone's" list. Gratefully Yours will be performing the full album, as well as other favorites.

For tickets, visit www.eventbrite.com.

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

Kinky Friedman and His Merry Kinksters

Caffe Lena — Saturday, Nov. 9

SARATOGA SPRINGS — Kinky Friedman and His Merry Kinksters will perform at Caffe Lena on Saturday, Nov. 9 at 8 p.m.

Kinky Friedman arrived on the national stage with his satirical country songs during the 1970s, making a name for himself as "the Frank Zappa of country music." Friedman has spent his career making music, penning articles and a series of mystery novels and running for political office.

For tickets, visit www.eventbrite.com.

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From page B1 ... Breaking molds

Mason Reeves, a 21-year-old student out of Arizona, landed the coveted role of Kristoff.

“Once I learned I landed the role,” said Reeves, “they told me to be prepared; everyone is going to fall in love with you.”

Kristoff is the male role that everyone can relate with. Perhaps his first endearing characteristic is that he’s not your typical Disney Prince. In a storyline that breaks Disney’s tired mold knight in shining armor, damsel in distress conflict, Kristoff is not it. He’s the friend who falls under the radar. Guys can relate. So can their wives.

The actor who is to play him has already amassed an impressive resume, and he’s yet to graduate from Michigan University. At Bucks County Playhouse in Pennsylvania, Reeves worked with Tony Award-nominee Terrence Mann in “Mamma Mia!” This summer, he was the leading man in “Footloose” at the Muni in St. Louis. A challenging role, originated in the 1983 film by Kevin Bacon, Ren hardly left the stage. There was the dancing, and the oppressive Missouri summer heat. The Muni is St. Louis’ oldest outdoor theatre.

“They had cold wash cloths at the ready,” he said.

“Footloose” paired Reeves with two-time Tony Award-winner Christian Borle. It was full-circle for Borle, whose Broadway debut was in Footloose in 1998. Now as the director, Reeves said, Borle grew tired of seeing Ren always going to someone who was white.



REEVES

Reeves grew up as an aspiring soccer player with a mom in community theatre. Each of her productions called for a young boy, and his mother always volunteered him. At a young age, he learned the subtle art of negotiation, jockeying between the stage and the pitch. At first, he worked around soccer. Gradually, soccer started to lose out.

In a production of “A Raisin in the Sun,” Reeves said he found his calling. For Reeves, it was the first time he worked with as many black actors. His hometown of Cave Creek is predominantly white. Reeves is half black and, he said, he was often bullied because of it.

“As a half-black young man in Cave Creek, Arizona, I didn’t have much

diversity around me and it, ironically, forced me to fulfill a stereotype of what being ‘black’ means,” said Reeves. “In order to fit in, I made myself the ‘black’ kid, even though the stereotypical black experience and behavior I was emulating was something I had no true connection to.”

His first lesson came from the actress who played his character’s mother on “A Raisin in the Sun.” He said he was never in the habit of using skin moisturizer. She looked at his skin and asked him, “What are you doing?”

Reeves said he first saw the animated film “Frozen” just as he caught the bug. Analyzing the movie, he said he never thought it would be something who would be able to act. Once he saw Jelani Alladin, another black man, cast as Kristoff in the Broadway production, it inspired him to audition.

“The bullying that I was experiencing in middle school for not being the person people expected to be, not meeting stereotypes, I’m happy to be able to overcome with this show,” said Reeves. “I’m just getting to be myself, playing this character that everyone knows and loves.” He said it’s not so much that he is a person of color, but that it is acknowledged is nice. “It’s also beautiful to be who I am, and to be a human. We don’t have to fit into one box.”

If I had seen myself playing this part in middle school, I wouldn’t have felt so alone and so terrified of who I was,” said Reeves.

The musical will be performed at Proctors from Nov. 10 to 24. Tickets, priced from \$30 to \$169, are available at proctors.org.



Jelani Alladin portrayal of Kristoff in the Broadway production of “Frozen” inspired Mason Reeves to audition for the role.

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■ SCIENCE

Lake George ecology is on warning

Four decades of data sounds early warning on Lake George

TROY — Although concentrations of chemicals and pollutants like salt and nutrients have increased in the deep waters of Lake George, they're still too low to harm the ecosystem at those depths, according to an analysis of nearly 40 years of data published today in *Limnology and Oceanography*. However, the changes in the deep water sound an early warning for what are likely much larger impacts in the streams, wetlands, and shallow waters that rim the lake.

The Offshore Chemistry Program, run by Rensselaer Polytechnic Institute's Darrin Fresh Water Institute, has been monitoring the deep waters of Lake George for 40 years. The *Limnology*

and *Oceanography* paper, which also includes information on climate change, acid rain, and water transparency, presents results from the first 37 years. The analyses expand on an earlier report, published by Rensselaer and The FUND for Lake George, that assessed the first 30 years of data. That report inspired the creation of The Jefferson Project at Lake George, a pioneering collaboration of Rensselaer, IBM Research and The FUND for Lake George using advanced technology to vastly expand on the picture of the lake that the OCP produces.

"There are very few lake studies in the world that have given us such a wealth of information over time as the Offshore Chemistry Program," said Rick Relyea, director of the Darrin Fresh Water Institute and the Jefferson Project. "Thanks to that long-term commitment, we have



discovered that the deep waters of the lake are fairly resilient to human impacts. This insight has shifted our research focus from the deep water to the shallow water, streams and wetlands, places that are probably a lot less resilient and where most of the human impacts are being felt."

William Hintz, lead author of the study and a former Jefferson Project researcher, said the trends — mostly defined by large percentage increases in still scarce chemicals — offer a useful heads-up.

"Levels of salt, the nutrient orthophosphate, and chlorophyll — an

indirect measure of the floating algae that feed on orthophosphate — have increased substantially, but as far as we can determine, none are at a level that will cause harm, and that's good news," said Hintz, now an assistant professor at the University of Toledo. "We're fortunate to have

this early warning. We know how to bring those levels back down, and we have time to reverse these trends before they cause harm."

"Updated findings of the lake's offshore chemistry program demonstrate the continuing resilience of Lake George to a growing array of stressors while also underscoring the need to focus research closer to shore and the human activities associated with increasing pressures on water quality — from wastewater and stormwater to road salt impacts," said Eric Siy, executive director of The FUND for Lake George. "The groundbreaking work of the Jefferson Project is responding to this need to gain a fuller understanding of lake and watershed conditions that can inform policy measures designed to maintain the lake's outstanding water quality," Siy said.

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From page B3 ...
 Science gives some skin

"This significant development highlights the vast potential of 3D bioprinting in precision medicine, where solutions can be tailored to specific situations and eventually to individuals," said Deepak Vashishth, the director CBIS. "This is a perfect example of how engineers at Rensselaer are solving challenges related to human health."

Karande said more work will need to be done to address the challenges associated with burn patients, which include the loss of nerve and vascular endings. But the grafts his team has created bring researchers closer to helping people with more discrete issues, like diabetic or pressure ulcers.

"For those patients, these

would be perfect, because ulcers usually appear at distinct locations on the body and can be addressed with smaller pieces of skin," Karande said. "Wound healing typically takes longer in diabetic patients, and this could also help to accelerate that process."

At Rensselaer, Karande's team also includes Carolina Catarino, doctoral student in chemical and biological engineering. The Yale team includes Tania Baltazar, a postdoctoral researcher who previously worked on this project at Rensselaer; Dr. Jordan Pober, a professor of immunobiology; and Mark Saltzman, a professor of biomedical engineering.

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