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July 22 - July 28, 2020

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NEWS

So you want to talk about race?

Library to host book group
center around race issues.

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Substation off the table

National Grid flips the switch
on its Van Dyke proposal.

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Patricia Robilotto

Falvo's Meat Market co-owner
dies at the age of 78.

Story on Page 6



TOP STORY

'A plethora of more'

Area school districts have a lot of work on their hands before
anyone can say what next fall is going to look like

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

Area school districts have a better idea as to how the next school year will look come September, but that's not to say they know what will happen. Voorheesville School District Superintendent Frank Macri joined his peers last week by attempting to inform families of how he and his staff are working to prepare for next fall. He outlined what has happened, what will happen, what the district is tasked with and the demands it places upon itself. He even included a mission statement. At the end of it all, he shared a list of outstanding items, the last of six bullet points revealed just how much work lies ahead:

"A plethora of more," Macri stated.

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Gov. Andrew Cuomo announced he would decide in the first week of August as to whether or not to reopen New York schools next fall. School administrators are working now to make sense of it all.

Gov. Andrew Cuomo

ENTERTAINMENT



You'll scream

What more do you need in life than
ice cream on a hot summer day?

Story on Page B1

SPORTS



Slugfest

Cameron Oakley smacks a homerun in
Tri Village Little League action.

Story on Page 9



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■ EDUCATION

BCSD to host group conversations

DELMAR — To encourage constructive dialogue on two crucial issues facing our school community, the BCSD Committee for Equity, Diversity and Inclusion is inviting interested stakeholders to join focus group conversations to improve student and staff connectedness and identify ways to ensure a healthy school climate.

These meetings will be virtual meetings, held online via Zoom.

Topic 1: Racial equity, social justice and race relations in the school community

Thursday, July 22 – 3 p.m. to 4:30 p.m.

Thursday, July 29 – 6:30 p.m. to 8 p.m.

Topic 2: Sexual harassment, peer relationships and supporting students in crisis

Tuesday, July 27 – 4 p.m. to 5:30 p.m.

Thursday, July 29 – 11 a.m. to 12:30 p.m.

Middle school and high school students, parents, staff and community members are encouraged to participate. To accommodate as many people as possible, there are two scheduled sessions for each topic. The scheduled sessions will be lead by trained facilitators.

The committee recognizes that these issues can intersect so in addition to participants having an opportunity to participate in conversations on both topics, there will be limited time set aside to discuss both issues within each session.

If you are interested in participating in these discussions, please complete this RSVP form. You will need to include your name and an email address so you can receive login instructions for the meeting.

BCSD safety plan

DELMAR — Pursuant to the order of the NYSED Commissioner’s office, the Bethlehem Central School District is making the district wide safety plan available for public comment prior to its adoption. A public hearing is to be held on Wednesday, Aug. 5, at 7 p.m., as part of the Board of Education meeting to be held online.

The public hearing will provide for the participation of school personnel, parents, students and any other interested party who wish to comment on the district wide plan. The plan is expected to be formally adopted following the public hearing at the August 5 meeting.

Individuals may submit comments directly to the District Clerk, Brittany Barrett, 700 Delaware Avenue, Delmar, NY 12054, or bbarrett@bethlehemschools.org no later than Tuesday, Aug. 4, at 3 p.m.



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From page 1 ... A plethora of more

Last Monday, Gov. Andrew Cuomo tipped his cards by sharing schools will reopen depending on how successful particular regions are at mitigating the spread of novel coronavirus. Schools can open this fall provided a region is in Phase IV and the 14-day rolling average infection rate is below 5 percent as of Aug. 1.

If the infection rate spikes above 9 percent after Aug. 1, schools will not be allowed to open. It is not clear what happens if the infection rate spikes after students return to school buildings for their education at the beginning of September. School districts are expecting a decision from the governor's office between Aug. 1 and Aug. 7.

Districts are finalizing their reopening plans to which they are ordered to submit to the New York state Board of Regents by the end of the month. Bethlehem Central School District assembled a Reopening Task Force comprised of parents, teachers, support staff, administrators and other stakeholders employed to identify issues and address them for the safety plan. Superintendent Jody Monroe warned families last week the plan will be "fluid and flexible."

"The Task Force will meet regularly beginning [this] week to help finalize our plan and guide decision making leading up to and throughout the 2020-21 school year," said Monroe in a statement to the district. "Please keep in mind that this plan will

need to be fluid and flexible and that the final decision regarding reopening schools will ultimately be made by the Governor."

Each district is to share safety plans that address three scenarios for next fall. How will schools be prepared for an online learning environment, in-person learning, and a hybrid model often described as a staggered schedule?

Bethlehem residents seemed split between the choice to "return to normal" and a staggered schedule when nearly 300 residents responded to a survey the administration published last month. The surveys were collected just as the academic year was coming to the end of three months of homeschooling. Some of the answers reflected how parents, while filling the role of classroom teacher, struggled to meet the demands of their 9-to-5 jobs.

"I found it extremely difficult to manage homeschooling my children," shared one single parent, who was identified as an essential worker. "I feel that my children have not been allowed the same learning opportunities as others. ... Not all parents have the ability or time to homeschool our children."

Even with both parents home, another family expressed a dynamic range of emotions to describe their experience. In one response a married couple, identified both as government employees, worked into the evening to make up time lost while teaching their

child. Compounding their struggle was the "infuriating" observation of seeing teachers in their neighborhood "running errands" and "doing yard work" during the school day.

"I understand that teachers have their own personal obligations," said the parent. "My husband and I are frequently working in the evenings to make up the lost time during the day that we spend on our son's home instruction. In addition,

parent and an elementary school teacher aide with another district. The aide described how the speed at which the shutdowns were ordered, caused teachers to scramble in order to alter curriculums to an all-online environment. From the classroom, the air described her 1st and 2nd grade students "resilient." From home, the parent observed a graduating senior and college-aged child becoming "lackadaisical" towards their studies.

emotional, mental and physical health."

Monroe shared what she described as "only a partial list" of the guidelines the district must set in place before schools reopen their doors. It envisions a school day that starts with parents screening their children for fevers and symptoms. Children will pull on their masks before boarding the school bus and while in the school when students and staff can't be six feet apart. Football games and

of Health and CDC guidelines, and school buildings will increase ventilation to outdoor air. More guidelines are expected from the state Education Department in the coming days. All of which are to be included in the district's safety plan at the end of the month.

"To a large extent, how our programs will be delivered and what our classrooms and schools might look like in the fall will also be determined by the governor and by the guidance the district received from the New York state Education Department and from the New York state Department of Health," stated Monroe.

As the first day of school approaches in New York, administrators appear to have embraced the need for communication. In addition to stating as such in their reports, Bethlehem Central sent two emails on its reopening plans last week, alone. Voorheesville promises to mail a weekly update starting this week.

"We believe that all children can learn and that the education of each child is everyone's responsibility," said Macri in his mission statement to his district families. "The educational success of each student depends upon a commitment to excellence on the part of teachers, administrators, support staff, parents, community members, the Board of Education, and the students themselves. The goal of the District is to provide each student with a strong foundation of knowledge and experiences to prepare him or her to be a productive citizen and to value life-long learning."



What will it take to have students walking through these doors at Bethlehem Central High School again? Administrators are still trying to figure that out. Spotlight file photo

some of our neighbors are teachers for the district, and we observe them running errands, doing yard work, etc. in the middle of the work day. This is infuriating to see as my husband and I struggle to teach our son and work our own jobs."

Yet another responder was able to share different perspectives as both a

"As an overly involved parent, I am struggling to keep them on track," wrote the parent. "And because of it all, I question the level of education they are receiving. ... Whatever happens with education in the future, I certainly hope that every effort can be made to get them back in the buildings — for their

homecoming dances are unlikely as scholastic sports and extracurricular activities have not been approved.

Bethlehem plans to group students into small cohorts defined both in and outside of the classroom. The district will also promote hygiene, cleaning and disinfecting according to state Department

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■ COMMUNITY

It's time to sit down and talk race

Bethlehem Public Library to host timely book discussion on race relations

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

DELMAR — The topic of race is a conversation scrolling from national headlines to words shared over family dinner, and it can be an uncomfortable one.

Weeks after two converging rallies vollied insults towards one another — Back the Blue vs. Black Lives Matter — it's clear such a conversation is worth having. The question, however, is how best to conduct it.

Kate Lambert has taken the charge on how to orchestrate such discourse. The librarian at Bethlehem Public Library will conduct the first of her "Anti-Racist Book Group" through a Zoom conference meeting (tonight) on Wednesday, July 22.

"Libraries are for everyone," said Lambert. "Libraries are devoted to equity; access to equity, access to opportunities, information, technology. So, of course, the issue of anti-racism falls into that realm and it fits the mission of libraries."

Lambert's approach is a younger generation's perspective on the topic that reaches beyond what many read in high school years before. "Black Like Me," written by John Howard Griffin, was a pioneering look at how the treatment of Black people in the deep South during the height of the Civil Right Movement.

In 1960, the white journalist famously overdosed on methoxsalen and exposed himself to hours of ultraviolet light for the purpose of darkening his skin. He spent six

weeks in Louisiana and documented his experience appearing as a Black man. It was a learning experience for him as much as it was for his readers. As he noted one event in his book, he instinctively went to yield his bus seat to a white woman but stopped once he received glares from Black passengers. As genuine as Griffin's efforts were to capture the strife of marginalized people, it would remain impossible for him to articulate issues as a whole.

Author Corinne Duyvis coined use of the social media hashtag "Own Voice." It's an internet movement she started in 2015 as a means of promoting works of fiction featuring marginalized characters written by authors of the group they portray. Lambert said such fiction doesn't just

allow readers to immerse themselves into a different world, it is told through an authentic voice.

The idea for the book group germinated from a query emailed by one of the library's patrons. Lambert said she fielded the idea and ran with it. Growing up as a young, white woman in the Hudson Valley, she doesn't recall the first time she heard the phrase "white privilege." It's a construct only recently introduced to the lexicon of today's suburbia, and a polarizing topic many continue to struggle with. Lambert, who describes home as a place for "lots of hippies," said she was raised with a more socially conscious awareness.

"I feel like these issues have been on my radar for a very long time," said Lambert. "I would say I was exposed to this kind of idea more than others may have been, and that's the way that I am privileged."

The first book group begins with a discussion over "So You Want to Talk About Race" by Ijeoma Oluo. The New York Times bestselling author places everyday racism into proper context, from what's happening in today's headlines to the jokes shared between college roommates. It delves into intersectionality, affirmative action, model minorities and white privilege.

The context behind the conversation Lambert intends to share allows participants to be enlightened without thrusting friends or acquaintances into the unwanted position of being the voice of a group. Especially when it's not their responsibility to educate you. A second book group is scheduled for Thursday, July 23, at 7 p.m.

Lambert said copies of "So You Want to Talk About Race" are in high demand, but cardholders

have instant access to the audiobook through Hoopla. The title is also available as a simultaneous audiobook through Overdrive through July 26. You will also find the Anti-Racist Book Group on Goodreads. You'll find more information, as well as links to register, follow the discussion on Goodreads and download the audiobook from Hoopla at <https://bit.ly/BPLantiRacist>.

The goal is to do the labor to educate ourselves on these issues, by using the resources that are available," said Lambert. "It's not only important to study systemic racism, we need to care about and celebrate other lives, unique cultures."

Working RCS students apply

RAVENA — Students looking for work can schedule a time to come to the RCS High School main office to obtain the paperwork necessary for employment opportunities. The main office at the RCS High School is open from Monday to Friday, 8 to 11 a.m.

Appointments to visit the schools main office can be arranged by calling 518-756-5200, ext. 2000.

Each student is required to have an updated physical.

If you have further questions, parents or caregivers and students can locate guidelines for employment at the New York State Department of Labor website.

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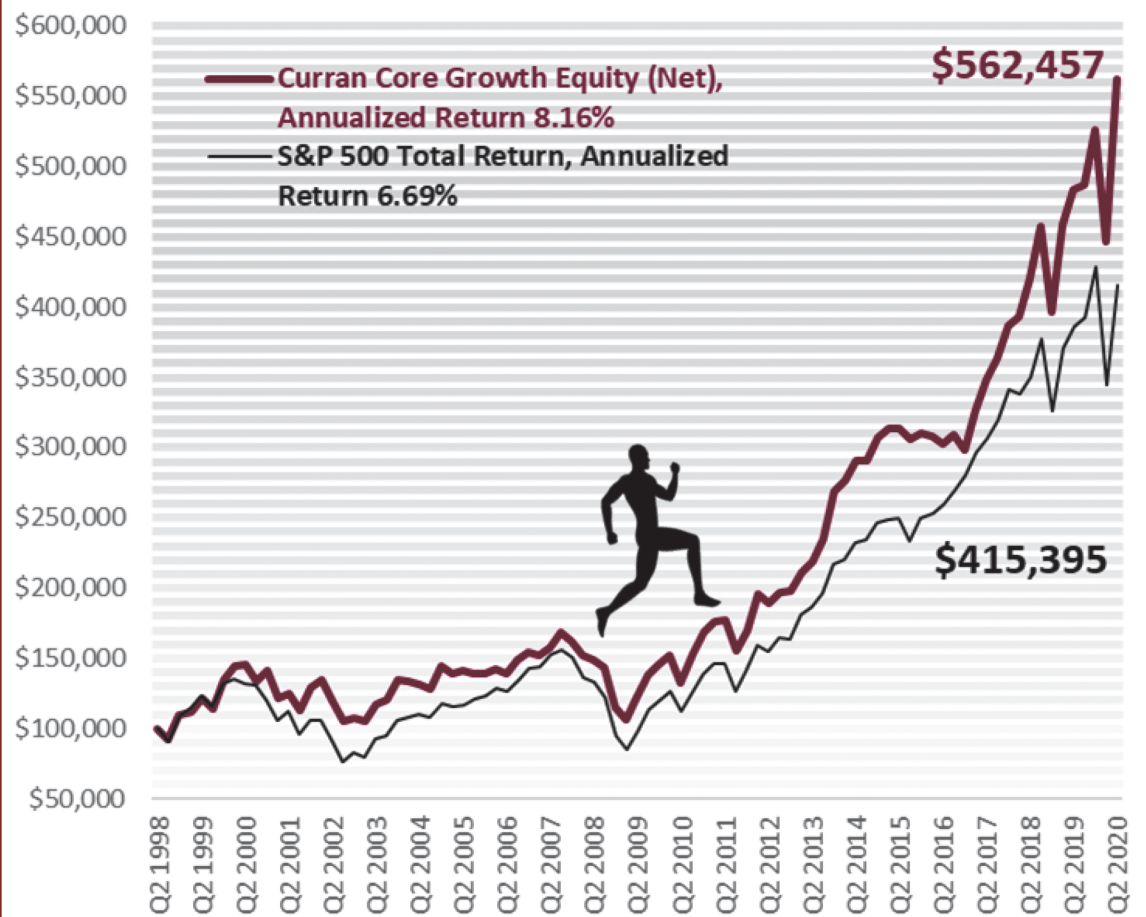
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■ BUSINESS

National Grid flips switch on proposal

Utility company cites 'change' at Vista Technology Campus among factors to nix beleaguered Van Dyke substation proposal in town

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

DELMAR — National Grid flipped the switch on its proposed \$15 million substation.

The Bethlehem Zoning Board canceled last week's public hearing on the Van Dyke substation because the utility company pulled the proposal off the table.

"We revised our plan, basically," said Patrick Stella, a National Grid spokesperson. "We've been looking at this plan for five or six years, and we had a lot of studies done on that. Over the time, however, things have changed a little bit."

Those plans appeared to have had the town's engineering consultant convinced in 2018. Powers Engineering had

reviewed National Grid's assessment, which included 61 potential locations for a new substation. The utility company had narrowed the number of sites down based on the location's proximity to a transmission line, and to the feeders providing energy along the Delaware Avenue corridor and beyond.

The proposal first crossed the town's zoning board in 2014, just as Monolith Solar was courted to be a key anchor to Vista Technology Campus. Today, the 440-acre mixed-use development is home to several businesses, none of which fit the descriptions for technology. Up until two years ago, Monolith Solar was expected to fill that void.

The solar firm was in the midst of building

a 16,000-square-foot administration building two years ago. Once finished, the company was expected to move all of its employees from its Rensselaer home office, plus create another 76 jobs over the next five years. However, just a few months after construction began on the Slingerlands headquarters, Monolith and its affiliate SAE Sun and Earth Technology announced significant layoffs.

Pioneer Bank of Colonie foreclosed on the property last April. The lender had provided a \$3 million loan towards the construction of the administration building, a 10,000-square-foot warehouse and a subsequent solar farm, and decided to take possession of the beleaguered site. At present, only a skeleton

framework of a building remains on the site. Construction ceased only months after it began.

National Grid cited those changes to the Vista campus as one of "many factors" that led the utility company to scrap the proposal. Another factor was the push back the company received from Bethlehem Central School District. Those concerns centered around the introduction of electromagnetic fields at close proximity to Eagle Elementary, which stands less than half a mile away from the proposed site.

In 2015, eight residents spoke against construction of the substation proposed for that location and an Eagle Elementary student submitted a petition with 105 signatures opposing it. In addition, the board received 11 emails in opposition; three conveyed concern and just one was in

favor of the project.

The proposal had gone back and forth with some pauses as the utility company addressed resident concerns. As recently as last month, the utility company tried convincing the town that it was in desperate need of a new substation in order to address consumption needs.

Andrew Leja, an attorney from Barclay Damon representing the London-based utility company, likened the situation to a person in need of a pacemaker, and that the operation was needed a decade ago.

"You have a patient walk in with a heart arrhythmia, and it needs to be addressed," Leja said last month. In his analogy, he said National Grid had placed all the bandages it could to maintain the town's aging infrastructure. "Ultimately, the need for the pacemaker remains.

And, you don't place the pacemaker in the foot, knee or even the abdomen. You place it closest to where it's actually going to do the work."

Had the Van Dyke proposal gone through, National Grid had planned to close two aging substations. The Delmar substation that abuts the Albany County Rail Trail off Adams Street and the Juniper substation north of Elm Avenue Park would have each been dismantled in the plan.

National Grid now plans to upgrade the Delmar substation and another on Krumkill Road. According to Stella, upgrades to the Delmar substation will include replacing two transformers with one, larger transformer bank.

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■ OBITUARY

Co-owner of popular meat market dies

Patricia Robilotto, co-owner of Falvo's Meat Market, died at 78

LATHAM — Patricia L. Robilotto, 78 of Latham passed away suddenly on July 16, 2020.

Patricia was born on March 27, 1942 in Hartford, Conn to Chester and Louise Wisniewski (Glynn). She attended Cardinal McCloskey High School.

Pat was the Co-Owner of Falvo's Meat Market in Slingerlands. She truly looked forward to her yearly trip of 29 years to Aruba with the love of her life, Joe.

Pat had a passion for watching and going to Yankee games and knew every player.

She married her high school boyfriend Joseph and was married for 58 years. She was the loving mother to Joseph (Patricia) of Colonie, Richard of Florida, Michele (Kenneth) Kippen of Troy and David (Jessica) of Glenville as well as her 9 cherished grandchildren and 3 great grandchildren.

Relatives and friends are invited to visit with the family on Tuesday July 28 from 10-12 am at the Daniel Keenan Funeral Home, 490 Delaware



Patricia L. Robilotto

Ave. Albany. Funeral Services will be celebrated at 12 p.m. immediately following the visitation at the funeral home.

In accordance with mandated health guidelines, face masks and social distancing are required and guests will be limited to a specific number inside the building, at any given time.

Interment will take place in St. Agnes Cemetery in Menands.



A Tri Village Little Leaguer unleashes a fastball to home plate during a game at Magee Park in Glenmont.

Michael Hallisey / Spotlight News

SPORTS

Slugfest ensues at Magee

Employee Family Protection brings the bats

MAGEE PARK — With an early morning start, Employee Family Protection outslugged Teal, Becker and Chiaramonte 21-7 in a matchup of two 1-2 teams.

EFP moved into a three-way tie for second place while TBC fell a tie for fifth.

On the mound for EFP was 12-year-old co-captain Kieran Barnes. Barnes allowed three runs, one of which was earned, in two innings, giving up three hits, walking one and striking out five while picking up the win. Barnes was followed by fellow 12-year-old co-captain Bob Frick working one scoreless frame, allowing a hit, walking two and striking out two.

Evan O'Connell, 11, worked two-thirds of an inning allowing four runs on a hit and two walks, striking out one. Fellow 11-year-old Nicholas Faiola

finished up the day for EFP going one and one-third scoreless innings allowing one hit, one walk, and mowing down three.

TBC threw a trio of 12-year olds at EFP with Jake Soka getting the nod. Soka lasted one inning, allowing six runs, two of which were earned, four hits and struck out two while carding the loss. Following Soka was Johnny Lehmann who pitched two-thirds of an inning, allowing four runs, two hits, walking four and getting two strikeouts. Finishing up the day was Jacob Lyubarov going three and one-third innings allowing eleven runs, nine earned, giving up twelve hits, three walks and striking out one.

In an impressive display of hitting, all ten members of EFP notched at least one hit. Cameron Oakley, 11, smoked a three-run homerun in the first inning

driving in three. Oakley ended with two hits and three runs batted in. Barnes went five for five for the day scoring three runs. O'Connell ended up on base five times, going three for three with a couple of walks and driving in four. Jack Cunningham ended up four for four, scoring each time, and driving in three runs with a double and triple. Also picking up multiple hits were Keating Pauze, and Maxwell Cleary while Frick, Faiola, Vince Piccinini and Matt Frey picked up one each.

Brady Kind lead the way for TBC reaching base in all four of his plate appearances drawing two walks to combine with two hits. Mathias Fraser ripped a hard double and Jake Soka added a triple, reaching base three times with two walks added in. Ian Talens, Jack Keating and Lehmann also added hits for TBC while Gus Dzekciorius walked and

scored a run. Lyubarov added a pair of RBI's in addition to his time on the mound.

Around the Majors:

Russell's Reds remains undefeated through two weeks and sits atop of the TVLL standings at 4-0.

Ryan O'Connell hit his league leading second home run of the year while David McMullen smacked his first.

Cameron Oakley hit the first home run by an 11-year-old this season.

Novus Clothing and Russell's Reds played the first extra-inning game of the year with the Red's outlasting Novus 8-7 in seven innings.

At Intermediate, Daniel Leach hit the first home run of the year.

Russell's Reds plays TBC next week.

— Paul Matrose

Tri Village Little League Major League Standings

Team	Record
Russell's Reds	4 - 0
Proper & O'Leary Engineering	2 - 2
Novus Clothing	2 - 2
Employee Family Protection	2 - 2
Teal, Becker & Chiaramonte	1 - 3
N.A. Blanchard Post	1 - 3

LEGALS

County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Rosenblatt & McGarrity, LLP, 200 Mamaroneck Avenue, White Plains, NY 10601. Purpose: Any lawful purpose. D-247805

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TATTOOSHARK LLC. Arts. of Org. filed with the SSNY on 06/22/20. 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, 5 Palisades Drive, Suite 315, Albany, NY 12205. Purpose: Any lawful purpose. D-248378

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TINY SLEEPERS LLC. Arts. of Org. filed with the SSNY on 07/15/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Levy, Stopol & Camelo, LLP, 1425 RXR Plaza, Uniondale, NY 11556-1425. Purpose: Any lawful purpose. D-249705

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TRY ME LLC. Arts. of Org. filed with the SSNY on 06/22/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Candida Hernandez, 1072 Hall Place, Bronx, NY 10459. Purpose: Any lawful purpose. D0248646

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VENTURE FUNDING GROUP LLC. Arts. of Org. filed with the SSNY on 06/10/20, with an existence date of 06/30/2020. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail

LEGALS

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VICTOR MANHATTAN LLC. Arts. of Org. filed with the SSNY on 06/26/20. 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, 259 7th Avenue, New York, NY 10001. Purpose: Any lawful purpose. D-248949

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VOILA DINING LLC. Arts. of Org. filed with the SSNY on 06/08/20. Latest date to dissolve: 12/31/2120. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Emil Stefkov, 108 Seventh Avenue South, 2nd Floor, New York, NY 10014. Purpose: Any lawful purpose. D-247377

NOTICE OF LLC FORMATION

VULGARIS MC LLC. Arts. of Org. filed with the SSNY on 06/09/20. Office: Albany County.

LEGALS

SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, ATTN: John Mazzola, 35 Gann Road, East Hampton, NY 11937. Purpose: Any lawful purpose. D-248147

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NOTICE OF LLC FORMATION

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Spotlight on Opinion

www.spotlightnews.com PAGE 10

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POINT OF VIEW



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The voice of reason is quiet

He stood there, as silent as he had been for the three hours I observed him that afternoon. He looked straight forward, holding on to his flag pole, while the rest of the world screamed around him. The demonstrations of the day had waned to a few disagreements. I spent more time than I had wanted this holiday weekend with strangers behaving poorly, and I sought the comfort only my family could provide. But, this flag bearer caught my curiosity, as did many that day.

July 4 is a special day for our country. The veneer has lost its luster though. The pious words of gentlemen defying English rule declaring "all men are created equal" was not truly intended for all men, and has since been perpetuated to today. But, there are the efforts of good people who continue to define the ideals of this country. Not all of them speak.

Three hours of people volleying insults towards one another — many of them strangers, while some were not — all in a disgusting exchange of regurgitated phrases adopted from television and social media. One demonstration with the intent to show support for beleaguered law enforcement officers met another formed to continue the cry that black lives matter, too.

When the tension reached its height, one side was viewed as "racists" while the other "stupid kids." Through my camera lens, I observed the sights. When offered the opportunity, I struck conversations with members from both rallies and listened intently.

The day was marked by individuals crossing the street with intentions to confront the opposition. They commonly stood in front of signs, lifted their message in front of the other, covering the other's words. In a quiet moment under shade from the sun, I asked one why they had done that. That person said, "They've been allowed to speak their message without opposition for years. Not today."

Back the Blue supporters talked amongst themselves as the other side shouted "defund the police," a sparse line of police officers separating the two. Many observed how young the other side was. "What are they teaching them in high school," they all asked. They shook their heads and shouted back, "Get a job."

Unbeknownst to me, my camera was a weapon. As soon as I fired a shot, one masked demonstrator shouted "no pictures." I later observed him passing water bottles out to people. When he offered me one, I asked him why he was against me taking pictures. He shared how others have been targets on social

media. Modern technology can allow people to take a picture, and with uncanny accuracy, identify the person. Nefarious people then take that knowledge and go on the offensive. Online, I later observed a video of a man whose identity was doxed within seconds, after he allegedly shouted racial slurs to a crowd of Black Lives Matter demonstrators.

This is my hometown; it has been for the better part of 40 years. I had friends standing on both sides of the street that day, and friends holding the line between them, too. Three weeks processing what I observed has tempered my anger, but I continue to hear echoes of the day verberate through our social media channels.

There is a dire need for conversation in this town, but I don't know if you all are ready for it. I'm curious to learn what results from the Bethlehem Public Library and its Anti-Racist Book Group. Librarian Kate Lambert is quick to share that politics are not involved. By its very structure, the library is prohibited from tackling political issues. That's the linchpin that ties the broken discourse we have with everything today.

Now, I understand that the center of two, opposing rallies is not the place for civil discourse. Another argument can be made that Delmar is not the place

for two, opposing rallies, either. It is admirable and appreciated that there is a passion on both ends within individuals to partake in a national conversation. There is a desperate need for reform in so many aspects of our society. Those voices should not be tuned out, ignored or shouted over. It is also quite plausible for intelligent and good-hearted people to believe Black lives matter and to possess a want to support law enforcement agencies under attack because of the actions of others.

In fact, I'm willing to bet most people see the world as a kaleidoscope and not through the polarized spectrum driven by a coughing, wheezing two-party democracy that is broken. Democrat. Republican. Doesn't matter. Both sides are complicit to the charade of speaking to "my fellow Americans" while only addressing the needs of the few. Our local leaders invited strangers into our town to speak on their behalf in this national discussion. Instead of taking the podium and speaking with their own words, they invited risk. To them, you are not equipped for the repercussions of these events turning violent, and you invited this into our backyards.

Don't mistake this as a request to keep demonstrations out of our streets. Those who participated in these recent rallies were exercising their

First Amendment rights. This paper will always stand as a champion for that right. That's the sword we will fall upon everyday, whether we agree with the message or not. No. Demonstrations are not spectacles for politicians to ensight the masses. The masses demonstrate to move legislators into action. You hold a seat in office, get up and speak up. If you want to defund the police, share that with your constituents. Let our police department know. If you want to continue screaming "all lives matter" and turn a blind eye to the work that needs to be done, say as much in your own voice. Don't hide behind a rally.

"I'm a political atheist," said that flag bearer. "I'm not a Democrat or a Republican," adding that no one said anything to him on that afternoon. He just stood there in silence, holding up the flag. People have draped themselves with that flag, spreading words not intended for any American to say to another, under the guise of patriotism. "The system is broken."

The man was right. In the midst of chaos, I learned a thing or two through conversation — two people listening to one another — surrounded by people who had things to say, but had no interest in listening.

— Michael Hallisey
Managing Editor

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LIBRARIES

Imagination yoga

Children entering grades 3-5 are invited to join Rebecca Morris-Kencsan, L.M.T., M.A. for a dynamic Imagination Yōga class on Tuesday July 28, at 2:30 p.m.

This class incorporates storytelling through poses, breathing exercises, meditation and journaling to kick start creativity. We'll be using Zoom, so you'll need a computer with a microphone and webcam or a smartphone for this event.

Participants will receive the login information the day before the class. Registration is limited; sign up on the Events tab at <https://guilderlandlibrary.org/>.

Manage Your Time

Jim Croce sang decades ago that "there never seems to be enough time to do the things you want to do once you find them." Would you



like to "squeeze the day" and complete more of your well-intentioned but seemingly-elusive goals? National Board Certified Integrative Health and Wellness Coach Rhonda Allen can help you do just that with her Manage Your Time workshop on Tuesday July 28, at 6 p.m. Bring your specific challenge if desired to this interactive workshop, and leave empowered with your personalized action steps. Sign up on the Events tab of our website for the email invitation.

What's for Dinner?

This age-old question can get a little old, especially during the summer months. Many of us are cooking more at home these days, and perhaps not shopping as often as we used to, so we may find shortages on our shelves. On Wednesday

July 29, at 6:30 p.m., Karen Roberts Mort from Cornell Cooperative Extension will instruct us on Cooking with What's On Hand. She'll cover how to take an inventory of your pantry, fridge and freezer and create simple, healthy meals with their contents. Budget-friendly shopping strategies and recipes encouraging creativity will be shared as well. Online registrants will receive the link to participate via Zoom the day before the event.

Wilder Reads Book Club

This month, we're diving into *The Book Woman of Troublesome Creek* by Kim Michele Richardson, which is available for download as an eBook or audiobook on Hoopla and Overdrive. To participate, join Wilder Reads Book Club on goodreads.

— Luanne Nicholson

Storytime drive-thru

Once upon a time ... or so the story begins.

Jump in your enchanted carriage and join us for a magical nursery rhyme and fairy tale adventure from 10 a.m. to noon, on Saturday, Aug. 1.

Familiar characters acting out scenes from nursery rhymes and fairy tales will be on display throughout the high school parking lot for families to drive through and enjoy. Social distancing protocol will be instituted.

Will Little Bo Peep find her sheep? Will Cinderella's dreams come true? Will Humpty Dumpty ever be put back together again? Will Chicken Little be able to go out again without fear of the sky falling?



For children of all ages and families. No registration required. Rain date is scheduled for Saturday, Aug. 8th.

Check out Summer Adventure @ the voorpl <http://voorplny10.readsquared.com/>

Virtual PreSchool Storytime

Enjoy a theme-based, multi-age virtual storytime with an emphasis on early literacy. Mrs. Brown and Miss Lisa will video record a short storytime with an accompanying art activity. The video link will be posted on the library's website, all of the library's social media platforms, and on the library's YouTube

channel. Families of preschoolers can pick up a TAKE & MAKE BAG at the the library each week. The bag will include the storytime thematic art activity of the week and other fun items to do at home. Each weeks bags will be at the library from Tuesday-Saturday of that week.

Maker Monday Club for Adults

Join the Maker Monday Club, with a new project every Monday. You can register online, or call the library at 518-765-2791. Once registered, you can stop by the library to pick up your free project kit. Take your kit home to enjoy some creativity time.

— Lynn Kohler



Bethlehem Public Library transformed the plaza walkway into a Pop-Up Library recently to provide patrons with a chance to browse a selection of books while the library building remains closed.

Cathy Brenner

Books out and about

We know people do judge a book by its cover. It's part of what makes wandering among the shelves looking for something new to read so enjoyable. To replicate that experience, we're turning our library inside out and bringing you a pop-up browsing experience on our plaza (the entrance walkway off the parking lot).

At our Pop-Up Library, you'll find hot new releases and popular titles for kids, teens and adults. The Pop-Up Library will be available Monday, Wednesday and Friday from 2-6 p.m. – weather permitting! Visit our website (bethlehempubliclibrary.org) for any changes to dates or hours.

While browsing the Pop-Up Library, please observe the following rules:

Masks must be worn at all times.

One person or family per browsing area.

Practice social distancing and keep 6 feet apart.

Hand sanitizer will be available to use.

We are always looking for new ways to bring you the library



experiences you love while being mindful of everyone's safety during this ongoing pandemic. Curbside pickup got books and other materials back in your hands, but the Pop-Up Library is perfect for when you just want to look around and don't have a specific title in mind to request.

Book Bundle?

Still not sure what you feel like reading? You can now request a personalized Book Bundle! Just fill out our online request form (bethlehempubliclibrary.org/book-bundle-request), and our librarians will personally select 10 items for curbside pickup based on your preferences. Book Bundles are available for kids, teens and adults.

Raise a glass to history

Local history buffs or anyone who just likes to hear wild tales from days gone by will want to join us Friday, July 24, for a "Sip and Learn: Virtual Cocktail Hour" focused on Albany's Prohibition days. Fix yourself a drink and settle in as Maeve McEneny-Johnson, education and

heritage coordinator with Discover Albany, takes you on a virtual tour through the tumultuous history of Albany during the era of Prohibition.

What was Albany like during this time? What's the line between prohibition fact and fiction? Maeve will dish on the juicy local gossip behind the secret speakeasies, the bootleggers who supplied them, and the suspect politicians who perhaps had ulterior motives in keeping Albany a dry town. There may even be a dash of murder thrown into the mix!

Happy Hour begins at 7 p.m., but you must pre-register with your e-mail in order to receive your Zoom invitation from the library. Sign up here: bit.ly/2ZATnug.

So much Summer Reading left

Imagine Your Story as you participate in our 2020 Summer Reading Challenge entirely online – from sign-up to claiming your prizes, along with a full schedule of virtual programs. It's super easy, fun and a great way to have a summer adventure. Visit bethlehempubliclibrary.org/summer-reading-2020 to get started.

— Kristen Roberts

LIBRARIES

Hoola-Hoop In The Park starts today

Beginner hula hooping for all ages on Wednesday, July 22 and Wednesday, Aug. 5, at 6 pm.

We're partnering with the Village of Ravena and Hoops by JEM and inviting the community to learn how to hula hoop. This 1-hour program will

RCS COMMUNITY LIBRARY

teach you how to waist hoop and other off-body moves/tricks. This program is designed for children and adults to participate together.

Hula hooping is a great

low impact cardio exercise that is fun for the entire family. Demo hoops will be available to use during the lesson.

Kids 6 and up are welcome if accompanied by an adult. This is a free class but sign up is required, check our Facebook page for details!

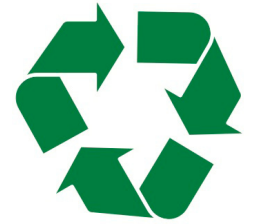
Get Organized

Take a guided tour of the best apps for getting organized, making deadlines, collaborating on projects, saving time, and maximizing efficiency. This session will be held online via GoToMeeting. "Seats" are limited. Contact us to register and attend virtually.

New DVDs for August

- Valley of the Gods
- Military Wives
- The Outpost
- His Dark Materials Season 1
- Resistance
- Casper

— Carole Melewski



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Take Me There

Wurliday plays online set at The Palace.

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■ CULTURE

■ INSIDE



Promising path

Two paths finally connect at the heart of South End.

Page B3



Rock on

Moriah Formica has new manager, recording album.

Page B3



Just desserts

We've got something for you this summer.

Page B6



You'll scream

What more do you need in life than ice cream on a hot summer day?

By **MICHAEL HALLISEY**

halliseym@spotlightnews.com

People feel strongly about their soft serve ice cream, and that passion flares up with summer heat. We are spoiled with a bounty of ice cream stands in the Capital District. You can't swing a wet pool noodle without hitting one, and if you believe there's no such thing as bad ice cream, then there is no such thing as having too much of a good thing, either.

So, where should you go for the best ice cream?

Continues on page B4



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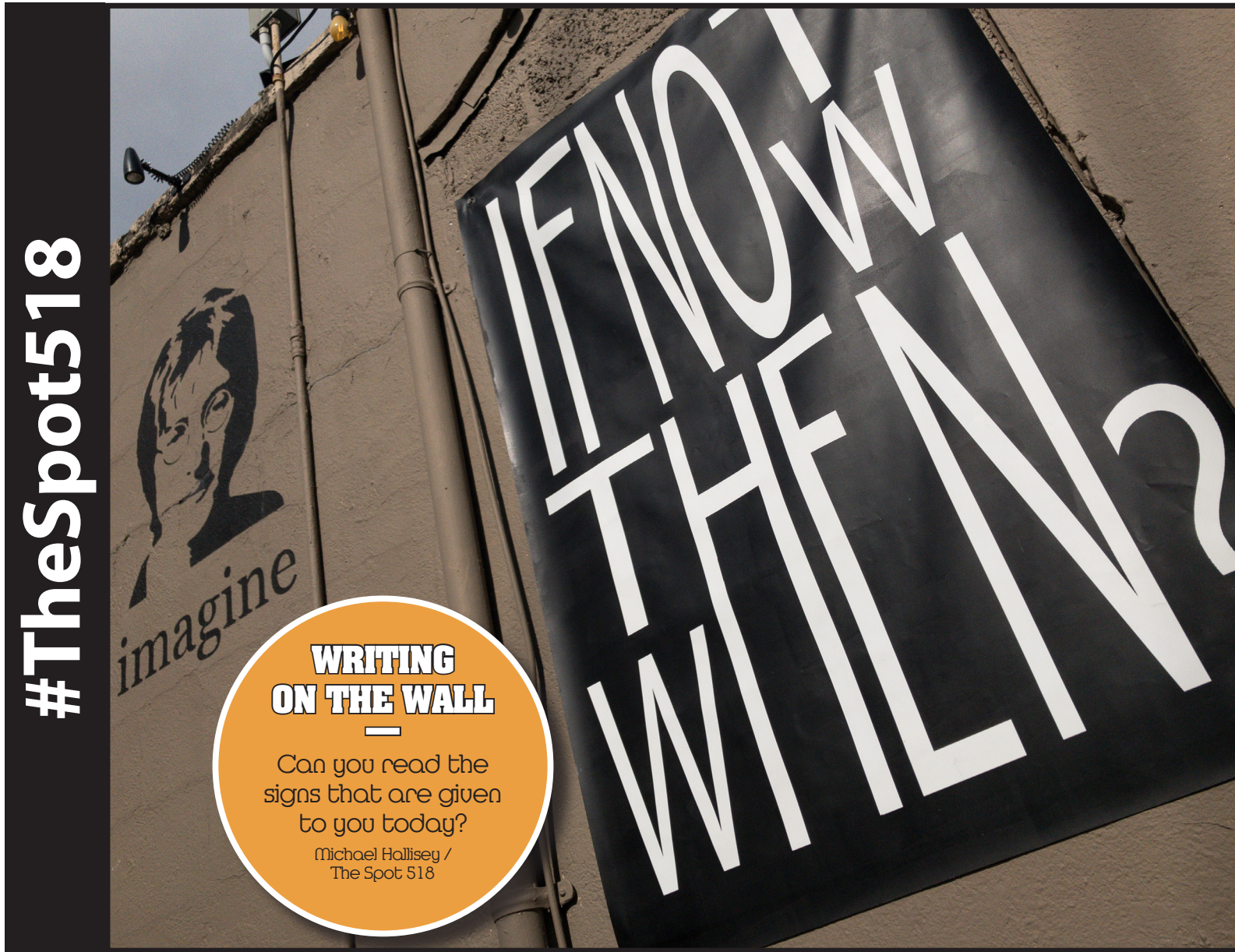
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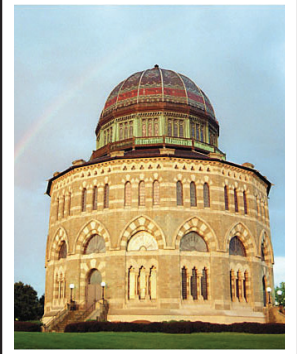
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WRITING ON THE WALL
 Can you read the signs that are given to you today?
 Michael Hallisey / The Spot 518



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RECENTLY ANNOUNCED

South End to the world

New trail to connect Mohawk Hudson Hike-Bike Trail and Helderberg-Hudson Rail Trail

ALBANY — Mayor Kathy Sheehan recently joined state and local partners to unveil the \$1.7 million South End Connector that links the Mohawk Hudson Hike-Bike Trail to the Albany County Helderberg-Hudson Rail Trail along the Hudson River.

“When we started this project, I asked that we explore all the potential of this important bike and pedestrian connector – and this project has done just that,” Sheehan said. “We’ve created the city’s first physically separated two-way cycle trail – a corridor that will make it safer and more environmentally friendly for residents and visitors alike to travel between Albany’s South End and Corning Preserve.”

The 1.5-mile South End Connector features the first physically separated two-way cycle track in the city. The

trail is protected by a landscaped buffer from the Albany County Helderberg-Hudson Rail Trailhead to the Interstate 787 Frontage Road.

At Church Street, the protected trail continues underneath Interstate 787 for a walk or ride all the way to the Mohawk Hudson Hike-Bike Trail connection. The South End Connector also provides traffic calming measures along South Pearl Street, slowing traffic and creating a direct route for the residents of the South End to access Corning Waterfront Park.

“The South End Connector bike trail will increase access to green space, reduce pollution and enhance the South End neighborhood,” said New York State Senator Neil Breslin.

The South End Connector is also a part of the Empire State Trail. When completed by the end of 2020, the Empire State Trail will be a continuous 750-mile route spanning from New York City to Canada and Buffalo to

Continues on page B12

MUSIC

Formica signs with Surface

ALBANY — Moriah Formica notched a couple of items off her list last week: The local rock star recruited a marquee drummer for her all-female band, and she signed with a management group with ties to a storied record label.

The 19-year-old signed with Surface Management, a stand-alone management group recently created by Mark Nawara and Tim King owners of Pavement Entertainment. The Chicago-based group promises the ability to draw resources from the same record label best known for acts such as Candlebox and Puddle Of Mudd.

“I’m incredibly excited to begin this journey along with my friend, and amazing drummer, Brooke C,” said Formica.

Surface signed Formica as one of its first artists citing her success from season 13 of NBC’s The Voice. It was on that television show that Formica wowed celebrity judges with her cover of Heart’s “Crazy On You.” Most recently, she teamed up with drummer Brooke C. on another Heart cover, “Barracuda,” the two recently streamed on Facebook.

Since debuting their cover of “Barracuda” three months ago, the video has accumulated more than 4.6 million views. The two are now signed together in an effort to form an all-female group.


Brooke C. has garnered the attention of thousands showcasing her skills behind the drum kit. Last year, she featured her own cover of Living Colour’s “Cult of Personality” on Facebook. Since then, she’s amassed more than 140,000 followers on Facebook.

The two artists are scheduled to hit the studio with Grammy-nominated producer Johnny K — notably linked with Disturbed, Staind and 3 Doors Down — to record their debut of original material.

“All an artist can ever ask for is someone to believe in them and for people to get a chance to hear your music,” said Formica. “I know we will have that chance now and I couldn’t be more humbled.”

The Surface roster also includes rock act THE OUTFIT, who recently had a Billboard Top 40 hit with their song “Soldier Boy,” and are currently climbing the charts with their new single “Come Alive.”

— Michael Hallisey



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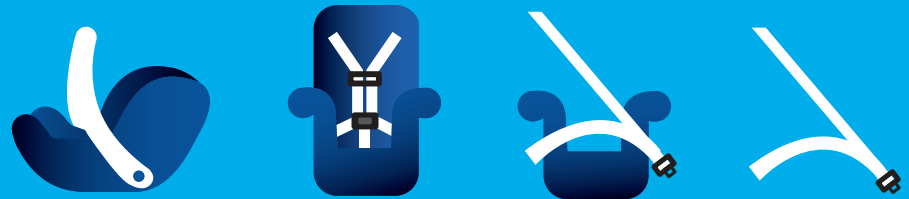
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■ DID YOU KNOW?

Assault by ice cream

For anyone who has gobbled up an ice cream treat a little too quickly, those screams very well may speak to the sharp headache that often comes from consuming frozen foods too quickly.

Identifying brain freeze

Wake Forest Baptist Medical Center neuroscientist Dwayne Goodwin, Ph.D., explained that the sudden, short headache that occurs when eating or drinking something very cold, which most people refer to as “brain freeze,” is actually called sphenopalatine ganglioneuralgia. There are several theories why brain freeze occurs. One theory suggests that when a person eats or drinks a large quantity of very cold food or liquid, the temperature of his or her palate decreases considerably. The blood vessels in this area automatically constrict to maintain the body’s core temperature before reopening quickly. This causes a rebound dilation that sends a pain signal to the brain through the trigeminal nerve, which is located in the middle of the face and forehead. Although the constriction and dilation of blood vessels occurs in the palate, the pain is felt elsewhere, a phenomenon known as “referred pain.”

Alleviating the shock

Now that people understand the starting point for brain freeze, and what causes it, they might want to make a few changes to how they consume cold foods and beverages. Eric Fredette, a long-time Flavor Guru for Ben and Jerry’s Ice Cream, says one way to stop brain freeze is to stir up the ice cream to warm it slightly.

Dr. Stephani Vertrees, a headache specialist and clinical assistant professor at Texas A&M College of Medicine, advises eating cold food much more slowly so that your mouth can warm it up as well. Another tip is to keep the food or beverage in the front of your mouth. Cold foods in the back of the mouth will stimulate brain freeze.

When consuming ice cream by spoon, Fredette further suggests flipping the spoon upside down so that the ice cream hits the tongue rather than the upper palate when spooned into the mouth.

Frosty treats do not have to cause painful headaches that have people screaming for the wrong reasons. A few tips can prevent brain freeze from happening.



were a kid. Or, there’s also the need to stick up for that stand around the corner. No one does it better than your go-to. We get it. But, let’s address the elephant in the room. If you’re scoping out an ice cream stand, you’re doing one of two things:

1. You’re a parent in desperate need of quelling a meltdown.

It’s a hot, summer day. You’re in the car and there’s a war waging in the back seat. It’s the House of York versus the House of Lancaster and you failed them as a parent. When you hear those two words parents know is a universal warning sign, you’re supposed to stop and react. It’s akin to the rattle of a Texas diamondback. You don’t move, you’re bit. “We’re bored.” You heard it. You hear it now, with the last note stretched out in a demonic sing-a-long manner meant to strike down your spine with the precision of a ninja. It’s meant to say, you’re not in control, but you reacted with a dad joke. Who’s laughing now?

Whoa. Didn’t mean to trigger an emotional event there. Breathe. Come back to center. Now, we still

From page 1 ... Ice cream

Declaring who has the best tasting ice cream is a subjective matter reserved to those fool-hearted enough to try. Opinions

are swayed by nostalgia or territory. Maybe you’re looking for something that tastes like that joint your family visited when you



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need to address the second scenario.

2. You're single.

You're single, and you're on a date. You're on a date and it doesn't matter where you fall within the timeline, but this is a test. Soft serve ice cream is child's play, and you're being watched. Because, at some point during this dating thing between you and your significant other, you're establishing whether or not this is a friendship or a courtship. You need to know if this is leading someplace that requires credit checks. If the question hasn't been broached yet, thrusting your date into a screaming, jumping, singing, coughing, hopefully not puking line of children is a passive way of testing whether or not this person is worth a 30-year mortgage.

Now that we've identified just about every aspect of the plot here, we need a setting. You characters need a place to settle this out; the rising action, the falling action, the resolution. And, a wink and a nod to you nerds who can fill in the blanks. Where are you going for ice cream? Let's find some

atmosphere.

Andrew's Burger Shed (Slingerlands)

You probably know it as Ross's Ice Cream & Hamburger Stand. Dave Swift of Swifty's recently bought the popular food stand and named it after his 12-year-old boy. This joint used to be a spot families would stop at during drives between home and Crossgates Mall. Its history actually extends back 50 years to when it was in Delmar. When the then-namesake owned the stand, it was best known for milkshakes and ice cream. But, it's now at the center of a growing Slingerlands neighborhood that includes the upscale homes at Terremere and the new luxury apartments at The Hamlet. Though the surrounding properties have seen development over the years, this food stand still retains its expansive backyard, featuring picnic tables, a playground and a gazebo. This allows parents to let their children run around without fear of traffic while you steal away a few minutes for yourself.

Technically, Andrew's ice cream selection does not include soft serve — but this family-friendly location is worth the visit.

Martha's Dandee Creme (Queensbury)

From Canada Street to the Great Escape, Lake George has been a summertime destination for generations. Those who make the trip understand such a vacation is not complete without a stop underneath Martha's rooster. Charlie has been standing over Route 9 since before the Northway was opened in 1967. One look at this place and you'll see they are equipped to handle the 3 million people who visit Lake George each summer. Martha's has been serving ice cream for nearly 75 years, and it arguably has the best tasting ice cream in the area. Location wise, Martha's is in the middle of a community built to entertain. So, if you're coming out of an amusement park or looking to refresh yourself from a day on the lake, you'll do worse to stop anywhere else but here.

The Snowman (Lansingburgh)

While other people note the sight of a flying robin as the first sign of spring, the people of the Capital District look to The Snowman. This ice cream stand has a Troy ZIP code, but it is Lansingburgh's claim to fame. Located on 5th Avenue, it's a short walk away from several pocket parks that includes Powers and 112th Street Park. Like Troy, Lansingburgh has faced its challenges over the years. Nonetheless, droves of people have been picking up a cone from The Snowman for more than 50 years. It's practically tradition.

Jericho Drive In (Selkirk)

Married or not, there's always an opportunity to impress. Jericho Drive In allows for you to stop and have both a dinner and a movie in one place. It shows you're economical and efficient with your time. Once the honeymoon is over, this becomes more important. Anyway, there aren't many drive in theaters

left in the world. Jericho is the only one in Albany County and it still holds on to the rustic charm associated with being out and away from the bustle of urban city life. Aside from what I said about economics and efficiency, there's something romantic about taking in a movie and eating an ice cream under the stars.

Jumpin' Jacks Drive In (Scotia)

There are few places better than spending a July 4th celebration at Jumpin' Jacks Drive In. Every year, spectators watch a fireworks display shot across the Mohawk River. It's a tradition that defines every summer here in the Capital District. It's usually an ideal place to spend a summer day. This is another place with a long history that dates back to 1952. So chances are you will run into an older couple waxing nostalgic with tales of kids on train rides and beautiful girls in water skiing exhibitions. And if your significant other passes the courtship test, you just might find yourself daydreaming of such a future.

Jim's Tastee-Freez (Delmar)

It won't matter if it's March and the calendar says it's still winter, this place has a reputation of opening up on the first warm day of the year. Jim's Tastee-Freez has served as Bethlehem's unofficial gatekeeper since 1963. Its stand sits perched on the lip of the Normanskill Viaduct. If you pay attention, you'll hear locals still talk of a local legend that involves Normansville. Edgar Allen Poe is said to have passed through this part of town. The large bridge that looms overhead did not exist in the author's day. Those passing through to and from Albany had to travel across the stone bridge that still stands below. There, you can still see the famed yellow brick road. Poe had referenced this road in a letter, of which L. Frank Baum read before writing "The Wizard of Oz." More of the story is referenced in a blog maintained by local historian Paula Lemire at albanynhistory.blogspot.com. Read it. Afterall, storytelling skills are a plus in any courtship.

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Answers on Pg. B10

FOOD & VINO

Dish up dessert

A summer barbecue or picnic just wouldn't be the same without the perfect dessert. While a slice of pie with ice cream on top is a fan favorite, a fruit tart can be a welcome change, especially when it's bursting with juicy, delicious berries.

This recipe for "Blackberry Streusel Tart" from "Classic Stars Desserts" (Chronicle Books) by Emily Luchetti is full of blackberries that are soft and juicy. Select varieties of blackberries, such as olallieberries and marionberries, which are not too tart nor seedy. This treat can be served with a big dollop of whipped cream or a black raspberry ice cream for even more berry taste.

Blackberry Streusel Tart

Ingredients: serves 6 to 8

- 1 1/2 pints blackberries (about 3 cups)
- 1/2 cup granulated sugar
- 1 tablespoon cornstarch or tapioca flour
- 1/2 teaspoon freshly squeezed lemon juice
- 1 prebaked 9 1/2 tart crust (see below)

Streusel

- 3/4 cup all-purpose flour
- 1/3 cup firmly packed brown sugar
- Pinch of kosher salt
- 3 ounces (6 tablespoons) cold unsalted butter, cut into 1/2-inch pieces

Tart crust

- 1 large egg

- 2 to 3 tablespoons heavy whipping cream
- 2 1/2 cups all-purpose flour
- 2 tablespoons granulated sugar
- 1/4 teaspoon kosher salt
- 7 ounces (14 tablespoons) cold unsalted butter, cut into 1/2-inch pieces
- Flour for dusting

Instructions

Make the crust: In a small bowl, whisk together the egg and 2 tablespoons of the cream. Combine the flour, sugar and salt in the bowl of a stand mixer fitted with the paddle attachment and mix on low speed until combined. Scatter the butter pieces over the top and mix on low speed until the butter is the size of small peas. Add the egg-and-cream mixture and mix on low speed for about 10 seconds. Stop the mixer and gently squeeze a small amount of the dough in your hand. If the dough comes together and does not have any dry pieces it has enough moisture. If the dough is dry, add another tablespoon of cream. Mix and test again until the dough almost comes together in a ball. Line the tart pan with parchment paper and then place the dough on top. Preheat the oven to 350 F. Bake until the edges of the crust are golden brown, about 35 minutes. Remove and cool.

In a bowl, gently combine the blackberries, sugar, cornstarch, and lemon juice. Spread the blackberry mixture evenly in the tart crust.

To make the streusel: In a food processor, combine the flour, brown sugar, salt, and butter and pulse until the butter is the size of large peas. Sprinkle over the blackberry filling.

Bake at 350 F until the streusel is browned and the fruit is bubbling, about 25 minutes. Let the tart cool until it can be handled, then remove the tart and place on a platter. Serve warm or at room temperature.

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CLUES ACROSS

- 1. One-time world power
- 5. Central Florida city
- 10. Winged nut
- 12. Elevate spiritually
- 14. Creative
- 16. It cools your home
- 18. Woman (French)
- 19. "60 Minutes" network
- 20. Old World lizard
- 22. Swiss river
- 23. Ethnic group of Cambodians
- 25. Abba __, Israeli politician
- 26. Tire measurement
- 27. Affirmative
- 28. Thrust horse power (abbr.)
- 30. One point north of due east
- 31. A type of "pet"
- 33. Tech giant
- 35. European nation
- 37. Fencing swords
- 38. Acquired
- 40. Origin
- 41. Cashless payment interface (abbr.)
- 42. Pouch
- 44. Peter's last name
- 45. Inclined
- 48. Palestinian territory __ Strip
- 50. A type of syrup
- 52. Bravo! Bravo! Bravo!
- 53. Weather Underground activist
- 55. Run batted in
- 56. Frozen water
- 57. Sodium
- 58. Philly specialty
- 63. Cuts the wool off
- 65. Rules
- 66. Icelandic literary works
- 67. Tattled

CLUES DOWN

- 1. "Pulp Fiction" actress Thurman
- 2. Actors' organization
- 3. Conscientious investment approach (abbr.)
- 4. Ranch (Spanish)
- 5. Beginning
- 6. Index
- 7. Portuguese wine
- 8. A feudal superior
- 9. Military brach (abbr.)
- 10. Lithuanian given name
- 11. A way to become different
- 13. Able to be domesticated
- 15. Defensive nuclear weapon
- 17. Hosts film festival
- 18. Shows you how to get there
- 21. Arranged alphabetically
- 23. S. Thai isthmus
- 24. The 17th letter of the Greek alphabet
- 27. Woods
- 29. Make yourself attractive
- 32. Concealed
- 34. Large primate
- 35. A favorite saying of a sect or political group
- 36. Tropical fruits
- 39. Obstruct
- 40. Car mechanics group
- 43. Stroke gently
- 44. They're in your toolbox
- 46. Throngs
- 47. One and only
- 49. In a way, bent
- 51. "Downton Abbey" broadcaster
- 54. Herring-like fish
- 59. A major division of geological time
- 60. Vast body of water
- 61. Cannister
- 62. Encourage
- 64. The man

Answers on Pg. B10

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HOROSCOPES

July 2020
Week 4

ARIES - MAR 21/APR 20

Aries, an opportunity to overcome past injustices or things you may have felt you did wrong presents itself this week. It may arrive out of the blue, but you won't miss it.

TAURUS - APR 21/MAY 21

Don't be surprised if an old friend calls you this week and wants to catch up. Expect to reconnect as if no time has passed since your most recent encounter.

GEMINI - MAY 22/JUN 21

Try developing a project in secret and working out the kinks before you bring others in on the plan, Gemini. Conduct several trial runs before going forward.

CANCER - JUN 22/JUL 22

Cancer, when people come to you for advice, it can feel gratifying that others revere you for your expertise and knowledge. This validates your insights.

LEO - JUL 23/AUG 23

Leo, you feel rewarded after helping people, even if you do not get paid for your service. Your naturally generous spirit can be rewarded in different ways.

VIRGO - AUG 24/SEPT 22

Someone understands you without having to say a word, Virgo. This is the person you want to permanently have in your camp. Do what you can to make this possible.

LIBRA - SEPT 23/OCT 23

Financial matters take a positive spin, Libra. This means you can indulge in some creature comforts that may have been out of reach. Enjoy this good fortune.

SCORPIO - OCT 24/NOV 22

Scorpio, do not be afraid to be passionate at some point this week. Whether it is a pet project or a relationship, approach it with renewed passion.

SAGITTARIUS - NOV 23/DEC 21

Sagittarius, if you are single, now may be a time when you spot someone new in the neighborhood who could be a match. Couples will strengthen their relationships.

CAPRICORN - DEC 22/JAN 20

You have a method of expressing yourself that garners many admirers, Capricorn. Keep up the good work and allow others to express themselves as well.

AQUARIUS - JAN 21/FEB 18

Keep a conversation flowing with a lot of great ideas, Aquarius. Avoid falling too far into daydreaming mode so you can serve as the catalyst for great conversation.

PISCES - FEB 19/MAR 20

Shy away from familiar activities and try something completely new, Pisces. Study something you have always enjoyed or try a new hobby.

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From page B3 ... South End to the world

Albany, creating the longest multi-use state trail in the nation.

Sheehan also announced the kick-off of Phase Two of the project – which will engage the South End community and others in finding ways to make

the space surrounding the South End Connector underneath Interstate 787 more attractive and engaging to the public.

Phase Two of the project seeks to activate the space underneath Interstate 787. The city's Department of Planning

& Development and consultants Creighton Manning and Landing Studio will seek public input for making this area more attractive and for amenities that would make their experience more enjoyable. Public outreach will begin this fall to finalize the design next winter. Construction of the project is anticipated for 2021.

"Thank you to each of

the state and local partners, including area residents, who have come together to plan and deliver this important addition to our city," Sheehan said. "I very much look forward to working with South End residents and others in the region on Phase Two."

This project was made possible through funding from the Capital District Transportation Committee, New York State

Department of State, New York State Department of Environmental Conservation, New York State Assemblymember John McDonald, and New York State Assemblymember Patricia Fahy.

"Capital Region residents and visitors alike will now have the opportunity to utilize what is now a 32-mile paved and uninterrupted bike-

hike path," New York State Assemblymember Patricia Fahy said. "I am proud to have helped secure state funding for the South End Connector project, which will help to drive increased foot traffic and mobility in and around downtown Albany and our waterfront."

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July 22, 2020

Spotlight
On
Business
PART THREE
2020



YOUR GUIDE TO WHAT'S HAPPENING IN LOCAL BUSINESS

Spotlight On Business 2020

Back to putting a roof over your head

Star Roofing is ready to handle your roofing needs

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

Peter Wall was prepared to send his Star Roofing crews out for their first assignments of the spring construction season when Governor Andrew Cuomo ordered all non-essential businesses to close due to the COVID-19 pandemic.

"We went through a six- to eight-week period of time where the only thing[s] we were able to do was emergency work, such as homeless shelters and schools," said Wall. "We



were able to keep working, but only 40 percent of our staff was working. Our entire office staff was working from home."

As restrictions eased in May, Star Roofing started catching up with its residential and commercial work. However, it was not business as usual.

"We were challenged with our sales because we were used to having face-to-face meetings with our customers. Now, we had to do it by phone or at the required six-foot distance outside of the home," said Wall. "Another challenge was having our crews at customers' homes and have

the homeowners nervous about having a crew there. We had to make sure that our crews were spread six feet apart or wearing masks when they could not socially distance. We also had to call customers from the roof on our cell phones when we came across a problem."

Star Roofing has quickly adjusted to the state-mandated regulations to offer customers its high-quality service in the face of a pandemic.

"It doesn't seem abnormal anymore," said Wall. "It's become second nature. We're past the curve of deciding how we're going to do things, and we're now just doing them."

Wall said the bigger concern is people putting off repairing their roofs because they're

going through financial uncertainty, as businesses face possible shutdowns if COVID-19 infection rates start going up again.

"Our advice would be not to put off roof repairs. The roof is probably the most critical part of the home. If [homeowners] are proactive with their roofing needs, they can avoid a larger expense," said Wall. "Replacing the shingles is one price; replacing the plywood underneath can double the price. It's always good to be proactive with replacing the roofing."

If customers are concerned about the cost of roof repairs, Wall said Star Roofing offers payment plans to make it more affordable.

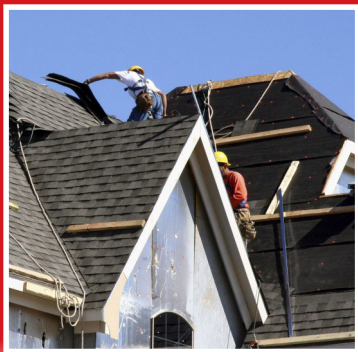
"It appears that more people are taking advantage of our financing plans," said

"Our advice would be not to put off roof repairs. The roof is probably the most critical part of the home. If [homeowners] are proactive with their roofing needs, they can avoid a larger expense. Replacing the shingles is one price; replacing the plywood underneath can double the price. It's always good to be proactive with replacing the roofing."

Wall. "They're worried that they won't have the money in the future to do what they want to do because everything is so uncertain. So, they're more interested in financing repairs."

Star Roofing is located at 20 Colvin Ave. in Albany and serves customers in Albany, Schenectady, Saratoga and Rensselaer counties. It is a licensed installer for several products including Owens Corning, Firestone, GAF, CertainTeed and Johns Mansville. It is a member of the National Roofing Contractors Association and the Northeastern Subcontractors Association, and it is an EPA lead-safe certified firm. For more information, call 518-449-3422 or visit starroofing.net.

— Peter Wall,
Star Roofing



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Spotlight On Business 2020

Family values paramount for service

The Spinney Group, based in Delmar, NY, is a second-generation, family-owned company whose focus on providing exemplary customer service helped it navigate the unexpected obstacles brought during the first weeks of the emerging COVID-19 pandemic.

On paper, The Spinney Group is a property management company that boasts five multifamily residential communities and over 100,000 square feet of commercial space throughout the Capital District. Beyond that, it's a dedicated team of property management professionals committed to resident well-being and community engagement.

Chris Oertel, Adams Station's Property

Manager, has a unique focus on providing engaging activities. Consisting of 282 units spread over 55 rolling acres in Delmar, NY, Adams Station is "a world apart, just minutes away". Since joining the team in 2019, Oertel's efforts in coaxing residents to enjoy their shared neighborhood and a diverse offering of events have been well-received, but general anxieties surrounding the novel coronavirus put a near-stop to those activities. The first order of business, said Oertel, was establishing a plan that provided an assurance of safety with the warmth of hospitality. Even a simple maintenance call required that extra touch of empathy to alleviate resident concerns.

"Just to ask them simple questions: how were

they feeling and reassure them our maintenance staff would be gloved and masked, and practicing social distancing," said Oertel. "To reassure them that we're providing customer service while abiding by our SAFE Plan and being very conscious of health concerns; both for our staff and for our residents."

The Spinney at Van Dyke, also located in Delmar, NY, is a neighborhood of its own, designed for "55-and-better" active adults that have retired into their next phase of lifestyle, or working professionals working towards that goal. In order to connect residents with the community and each other during these challenging times, Lifestyle Director Courtney Russell has

sought out partnerships with local businesses for a variety of services.

"It's very apparent how important it is that The Spinney Group is a part of this Bethlehem community," said Russell. When she and Oertel exchange thoughts on events and community engagement, their primary focus is on supporting local businesses. "If we're going to partner with a yoga organization, or do a dinner-out with our residents, we're looking really hyper local," said Russell.

The Spinney at Van Dyke's cottage designs and neighborhood layout are intended to provide residents with privacy while offering the benefits of community engagement. Highlighting these features for prospective residents

during a pandemic poses challenges for property manager Sandra James, and the company now provides prospective residents with the option of a virtual tour of the property. Managing the move-in process was yet another challenge.

"We had a couple residents who had their movers cancel on them," said James. "What we did was try to find alternative plans, and people to unload their trucks. So, we hit the ground running."

James said several moves were delayed by shutdowns and quarantine mandates. In that time, she was in "constant" contact with customers, giving them the reassurance of home. When it came time to move, her team developed a "touchless move" experience that involved sanitizing the

unit and providing new residents keys without seeing a staff member.

Throughout the pandemic, the Spinney Group has remained committed to the notion that communities thrive when engaged residents share their lives and experiences with one another. The Spinney Group's attention to resident well-being and customer service is driven by family values, said Oertel.

"They have those family values," said Oertel. "The pride in having that and providing customer service that is rooted in those family values. ... You can see that pride and it's easy to have the same pride yourself."

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Spotlight On Business 2020

Lending a hand

Shannon's Barber Shop BA supports first responders in the COVID-19 pandemic

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

Since reopening June 2, Shannon's Barber Shop BA in Glenmont has been giving back to those who have been on the front lines of the COVID-19 response.

The shop has been offering free haircuts to first responders, and it is donating a portion of its regular sales to the Firemen's Association of the State of New York (FASNY) Firemen's Home in Hudson.

"First responders are very important to our

community," said Shannon's owner Bill Asprion. "Without them, where would we be?"

Asprion has a personal connection to first responders and the FASNY Firemen's Home. He has been a volunteer fireman for 40 years, 10 of which he spent as the Selkirk Fire Department chief. He also knows a fellow fireman who was moved to the Firemen's Home after suffering a serious accident on a call.

"I know what it's like when people don't think about you. They just expect you to show up when there's an emergency," said Asprion.

Running a barber shop is relatively new for Asprion. He and his wife, Donna, bought the shop from founder Shannon Haslam at the beginning of 2019. Haslam is still cutting

hair at the shop, along with two other barbers who were on staff when the Asprions purchased the business.

"Things were going strong for us until we had to close March 21 [when Governor Andrew Cuomo shut down all barber shops and salons]," said Asprion. "At that point in time, I made some decisions. I took advantage of the break and had the shop refurbished because it was a good time to do it. When we opened back up, we had a very nice, clean shop."

Finding the shop isn't easy. Shannon's is located in the back corner of the Glenmont Center Square plaza on Feura Bush Road. However, once you find it, Asprion said you'll likely become a regular.

"It's the best-kept secret of a barber shop in the area," said Asprion.

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Spotlight On Business 2020

Summit Senior Living Keeps Residents Safe, Active

COVID response is crucial to community

Over the past nine years, five Summit Senior Living Communities have taken root in convenient locations across the Capital Region. Locally owned and operated, Summit offers a distinctive living option for people age 55 and older—combining the best aspects of a resident’s home with the best features of a boutique hotel.

As beautiful as these communities are, it’s the Connected Life program that has drawn more than 500 residents to Summit communities. From fitness and wellness classes, to Summit University’s educational and learning opportunities, to trips and outings—a robust programming calendar

offers a constant stream of activities to give residents the experiences they desire with a “neighbors helping neighbors” sense of community.

And not even COVID-19 was going to change that.



When the need for extra precautions emerged, Summit acted fast to keep residents safe while preserving the touches that make life at Summit so special. The proactive approach was based on three fundamental

concepts:

1. Rational and proactive decision making

Summit staff met early on to develop a set of policies and procedures to determine how to best protect residents. A plan was put in place to not only protect their physical health, but to bolster their mental and emotional health as well.

2. Constant communication with residents and families

There’s nothing scarier than not being able to get to the people you love. On March 13, Summit sent out its first policy and protocol memo to help residents and families understand the changes taking place at the communities and the steps Summit was taking to ensure everyone’s safety and well-being. Frequent

updates helped families and residents feel protected while maintaining a sense of normalcy.

3. Commitment to those they serve

While isolation made the world feel smaller, Summit doubled down on its mission to connect residents to activities, humor, and one another.

When daily continental breakfast was halted, weekly breakfast bags were delivered; when in-person happy hours couldn’t happen, Summit staff went door to door and residents safely gathered six feet apart to laugh and share stories with friends; when fitness classes couldn’t take place, walking groups and live streaming of fitness programs kicked into high gear; and when families were kept away to protect their loves ones, Summit



stepped in to pick up prescriptions, a bunch of bananas or a loaf of bread.

These steps ensured that during a frightening and lonely time for many, Summit residents felt a

sense of community like they had never felt before.

Learn more about Summit Senior Living by visiting summitseniorlife.com.



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Spotlight On Business 2020

The Peregrine Way

Memory care center carries on while the world changes

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

While the rest of the world is adjusting to a new normal, Peregrine Senior Living continues to abide by "The Peregrine Way."

"It's the unique journey that each person goes through," said director Heidi Hayes. "It's a very individualized plan, and we work very closely with their family members to get a full picture of their life's journey. We really try to embrace the whole of each person."

Peregrine Senior Living is a memory care facility for people suffering from Alzheimer's Disease and varying degrees of dementia. For that reason,

the Clifton Park-based facility has made a point to maintain a normal schedule of activities for their residents, even as COVID-19 has altered the schedules of much of the general public.

"They're being socially distanced, but they are able to eat together and keep their normal schedules," said community relations director Stephanie Walsh.

"Routine for our residents is very important. It helps keep them in balance," added Hayes.

The only other change is that families have not been able to visit their loved ones during the pandemic. However, Peregrine has been doing its part to keep families connected electronically.

"We have really gotten

to use technology. We have been using FaceTime, Skype and Zoom to give family members the ability to visit virtually... which helps maintain connections and comfort for our residents" said Hayes. "Peregrine is their home and despite these challenging COVID times within the outside world, the systems and routines and individualized care approaches that we implement always have seemed to create a therapeutic daily balance for our residents, so that the effects of this pandemic here are minimally felt. Our residents show comfort in being home. That is an underlying blessing for our unique memory care community."

Avoid buried costs

Meyers Funeral Home won't hide the cost to bury your loved ones

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

Planning a funeral can be very stressful on a family, especially when they start considering the cost for one.

Unless the funeral was prepaid, families have to find the financial resources to cover the cost. Fortunately, there are several resources families can tap into when they need to pay for a funeral, said Meyers Funeral Home director Stephen Meyers.

"Many counties offer benefits to help people afford funerals," said Meyers. "If a person passes in VA [Veterans Administration] care, the VA offers to cover most of the cost of the funeral. Some credit cards have

an allotment of \$1,000 or \$500 to help cover the cost. There are pensions and insurance policies that people can tap into."

In all cases, said Meyers, it's up to the families to look for these benefits.

1. "If you're entitled to a benefit, they won't come to you. You have to go to them," said Meyers. Another tip Meyers suggested families should do is calling several funeral homes to find out how much a funeral will cost.

2. "The biggest fear is not knowing the cost," said Meyers. "I suggest people call around. In fact, I encourage them to call around and then call me."

3. In talking with funeral directors, Meyers said families should discuss all of the associated costs of

the funeral before making their decision. There could be fees that show up on the final bill that were not discussed during the meeting.

"A lot of national chains have come into the area, and I have heard some horror stories about people who were charged more than they expected," said Meyers.

Meyers said he works with every family and every budget to ensure that their loved ones receive the funeral they deserve at a price that families can afford. And, he will recommend resources for financial aid that families might not have thought of.

"There's a lot of benefits out there ... we can accept as payment for a funeral," said Meyers.



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Spotlight On Business 2020

Comprehensive dental care

Dr. Abele, a pioneer in dental sciences

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

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

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

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

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

designed tooth restorations is renowned.

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

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

— Dr. Thomas Abele

A guiding hand

Daughters of Sarah has helped seniors through all stages of wellness

It’s a fact: we will age. As we age, it is inevitable that over time our bodies will become less able to complete tasks that were once easy to accomplish.

We may become forgetful or confused. It is certain that many of us will one day find that we can no longer reside on our own without some daily support.

Thankfully, nursing centers and assisted living facilities are available for those who need them.

As a non-profit senior community, Daughters of Sarah has been caring for the elderly for more than 75 years. With

thresholds in Albany and Troy, Daughters of Sarah Community for Seniors continues to grow to meet the continuum needs of the region’s elderly and their families. The Massry Residence at Daughters

bathrooms, and offers long-and short-term rehabilitation services, the Golub Family Memory Enhancement Center for individuals with Alzheimer’s disease and other forms of

dementia, long-term skilled nursing care, and palliative care. Our Community for Seniors provides expanded opportunities for socialization,

friendship, and an active lifestyle, with an efficient delivery of services.

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Spotlight On Business 2020

Spotlight, Eagle News Launch SpotonDigital

Digital services aimed at small and medium sized companies

By **DAVID TYLER**
dtyler@eaglenewsonline.com

BETHLEHEM — Spotlight News and its sister company, Eagle News in the Syracuse area, are launching SpotOnDigital, a new branch of the company focused on delivering digital marketing services to small- and medium-sized businesses in Central New York and the Capital Region.

SpotOnDigital will be spearheaded by Stefanie Markiewicz, who recently joined the company after spending seven years with a digital advertising agency in the Capital District. Markiewicz will work with existing Spotlight and Eagle personnel to manage digital and print advertising campaigns.

"When the pandemic began, we realized we needed to be able to provide our advertising customers with a broader range of digital products and services to take advantage of the multiple digital channels today's consumer uses," said David Tyler, publisher of Eagle News. "Stefanie's expertise in these areas dramatically enhances our ability to fulfill more of our customers' marketing needs."

Spotlight News operates the weekly newspapers The Spotlight, The Colonie Spotlight and The Spot 518 and Capital District Family Now magazine.

Eagle News has five community newspapers in the greater Syracuse area as well as a variety of specialty publications, including Syracuse Woman Magazine.

"We've always had a strong, local audience through our printed products – and that audience continues to grow," John McIntyre, Publisher of Spotlight News said. "These new services allow us to help our advertising clients reach an even wider audience through digital platforms that local consumers use every day."



Stefanie Markiewicz

SpotOnDigital's suite of advertising services are designed to cater to the needs of local businesses across a variety of platforms. These services include but are not limited to:

- **Organic business page management** – Managing business messaging and profiles on platforms including Google My Business, Facebook, Instagram, Nextdoor Business and Yelp.
- **Digital Display advertising** – Exposing new audiences to your business through targeted campaigns across the Google display network and on eaglenewsonline.com and spotlightnews.com.
- **Social media management** – Increasing engagement with your existing followers and gaining new followers with Facebook boosted posts and driving more website traffic and increasing leads with targeted Facebook and Instagram advertising campaigns.
- **Paid search** – Paid search campaigns capture more website traffic and increase leads by allowing a client's advertising and profile to be shown to anyone searching for topics relating to that business in that client's target market.
- **Email marketing** – Alerting audiences to sales, specials and announcements by running ads through a weekly email newsletter to thousands of local subscribers, and sending email blasts to targeted opt-in email lists demographically and geographically sorted to

directly target potential customers.

- **Google My Business** – Google My Business page posts ensure those who already know about a business to stay up-to-date on current sales, specials and announcements.
- **Print advertising** – Maintaining a consistent message across all platforms is important to successful advertising. Digital advertising packages will also include discounted rates on print advertising and niche publications.

"It is important that smaller businesses utilize these services because they are effective ways of maximizing audiences and growing sales while maintaining a budget-friendly advertising plan," Markiewicz said.

A 2016 survey of small businesses that used digital marketing platforms showed that 63% of these businesses spend between six and 11 hours per week managing their digital marketing. For many, those hours have likely grown as additional digital platforms have arisen, making the time burden overwhelming.

These new services are designed to increase a client's return on investment while giving them the time back to focus on managing their business.

And for those who are not yet marketing their businesses on these digital platforms, they now have a trusted local resource who can help them navigate the ever-changing digital marketplace.

"Ignoring your digital audience is like working out without changing your eating habits. You may see some small results but until you start eating healthy, nothing is really going to change," Markiewicz said. "Ensuring that your business has an accurate and maintained digital presence will help grow your opportunities exponentially."