

# THE Spotlight

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March 17 - March 23, 2021



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## NEWS

### Two-car crash

Injured motorist cited with failing to stop at intersection.

Story on Page 2



### Food trucks

Town Board decides food trucks good option at park.

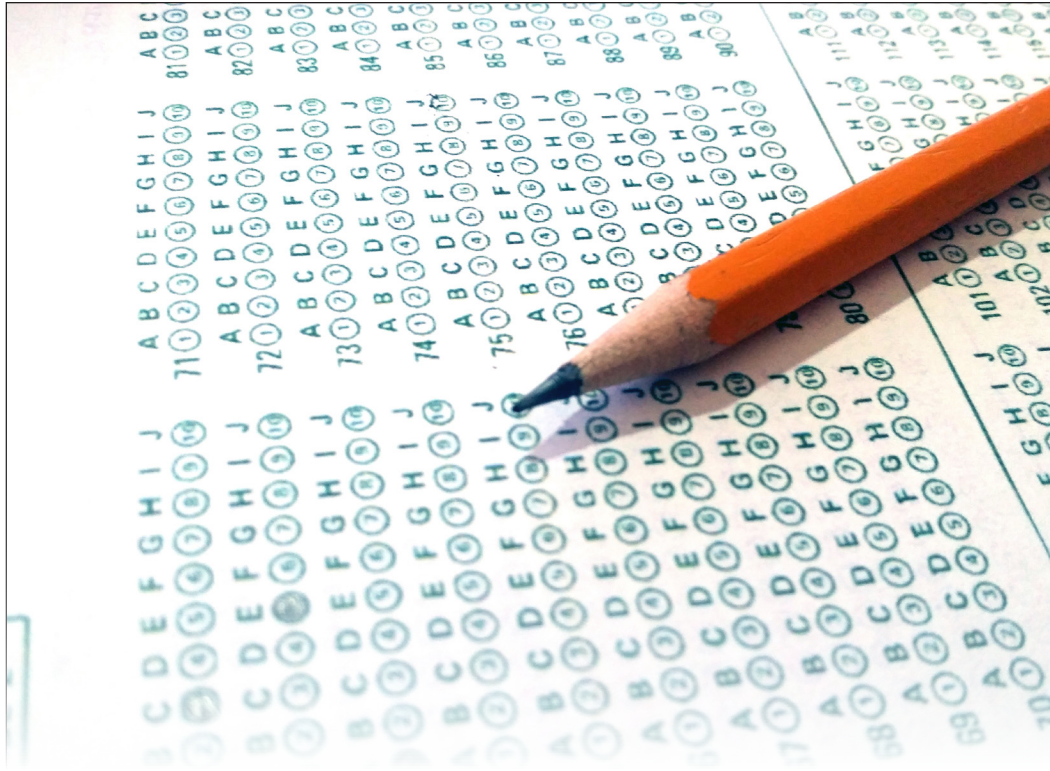
Story on Page 3



### Gas going up

Analyst says people are happy, and that's why prices are up.

Story on Page 13



## TOP STORY

# Regents drops exams

Decision 'protects the health and safety of all New York children'

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

**ALBANY** — All but four state scholastic exams were canceled by the Board of Regents in a unanimous vote Monday, March 15.

Only four federally mandated tests in English, math, earth science and environment will be scheduled as the state awaits the U.S. Department of Education's ruling on its request to waive annual assessment exams. Regardless of its decision, test scores from those four tests won't factor into whether or not a student graduates.

Continues on page 4



Teachers and administrators across the state are aligning against the U.S. Department of Education's wishes to see assessment tests during this school year.

## ENTERTAINMENT

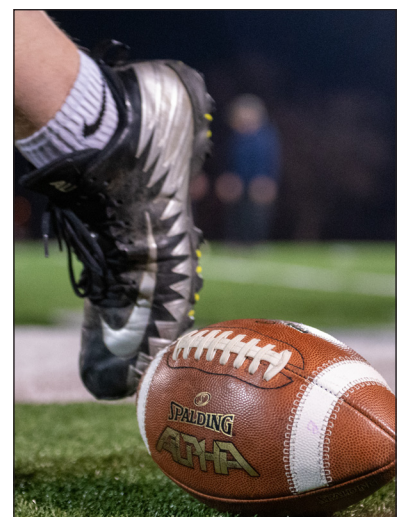


### The winner is...

Albany Symphony earned its second Grammy Award on Sunday evening.

Story on Page B2

## SPORTS



### Football

Bethlehem Central is gearing up for an abbreviated football season.

Story on Page 9



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■ POLICE, FIRE and EMERGENCY CALLS

# Cars collide in South Bethlehem

Injured motorist cited for failing to stop at intersection



The front end of a 2010 Hummer is smashed after a two-car accident at Old Quarry Road and Bridge Street on Monday night, March 8.

Thomas Marra / Special to Spotlight News

By **THOMAS MARRA**  
news@spotlightnews.com

**SO. BETHLEHEM** — A two-car accident sent two people to the hospital and shut down traffic at a South Bethlehem intersection on Monday night, March 8.

Bethlehem police said a 2013 Toyota Camry was heading south on Old Quarry Road when it entered the intersection and struck a 2010 Hummer heading west on Bridge Street at around 8:20 p.m.

Both the driver and a child passenger from the Camry were transported to the hospital. Injuries to the driver were undisclosed, but described as minor. The child was sent to the hospital for evaluation. The driver of the Hummer was uninjured.

The collision caused



Two Selkirk Fire crew members cut away at a 2013 Toyota Camry to retrieve its battery.

Thomas Marra

both vehicles to leave the road, each stopping in a wooded area on the Starr Road side of the intersection. The Camry struck a telephone pole while the Hummer came to a stop in the wooded area, said police.

Authorities shut down traffic to the four-way intersection as police investigated the scene.

The Selkirk Fire Department responded, along with Delmar-Bethlehem EMS, Albany County Paramedics and Bethlehem Police.

Once authorities concluded its investigation, Bethlehem Police Sgt. Michael Whiteley said the driver of the Camry was issued a citation for allegedly failing to stop at a stop sign.

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LOCAL BUSINESS

# Food trucks coming to Elm Ave Park

Bethlehem Chamber of Commerce pleads with Town Board to allow local catering businesses in with their vans, too

By MICHAEL HALLISEY  
halliseym@spotlightnews.com

DELMAR — As everyone anticipates the reopening of the town's Elm Avenue Park Pool, there is one problem that needs addressing: Where's the food?

Visitors of the park are familiar with the concession stand under the pavilion. The stand had long been outsourced to a private vendor. The step up had provided a sort of monopoly, as the lease between the vendor and town would not allow food vending anywhere else on the park grounds. That all went for naught when the town closed the park last year on account of both the pandemic and on-going construction on the dive pool.

The new, \$822,000 dive pool is scheduled to reopen this summer, whetting the appetite of the 1,000 daily visitors who come to the park each season. Due to what the parks and recreation department calls "mitigating" circumstances,

there's no vendor lined up to man the concession stand this year. Gallo said the department has advertised, but no one has yet to respond and it's time to seek alternatives.

"At this time I believe the best course of action is to contract with multiple food truck vendors in place of one concession stand operator at the Elm Avenue Park Pool," Jason Gallo shared with the town board through a statement on Wednesday, March 10. The parks and recreation administrator added that the growing popularity of food trucks should "make a nice compliment to the overall park user experience."

Town board members agreed, voting unanimously to approve the application process.

The Parks and Recreation Department will create a public schedule showing what food trucks are visiting, and what type of foods they provide. The food truck schedule will be seasonal and closely mirror the pool operating schedule.

Depending on menu selections, multiple trucks could be on site.

It'll be a pilot program, Gallo said. The department will evaluate the efficacy and the safety of having the food trucks at the park. It will also reach out for feedback from residents to form what could become a long-term program.

"Food trucks in parks is something that has actually come up in discussion with various members of the board in the last couple of years," said Gallo. "We think we can really do an excellent job and still provide those food service benefits, and still offer an overall enhancement to the park by allowing food trucks."

The effort is focused on addressing the pending need for food at Elm Avenue Park, but the accommodations will be extended to other town parks.

Maureen McGuinness, president of the Bethlehem Chamber of Commerce, already believes the program could serve to be

## Fred the Butcher opens



Fred the Butcher

**SLINGERLANDS** — The doors of a community-favorite meat market recently reopened, facelift and all.

Fred the Butcher opened its anticipated second location on Friday,

March 5, in the building previously known as Falvo's Meat Market. David MacVane and Alexander Buonanno purchased the Maple Road storefront last October and spent the following months renovating the approximately 5,000 square-foot workspace.

This is the second Fred the Butcher meat market, the first opened its doors in Halfmoon in 1979. Each storefront features quality fresh meats, dry-aged beef, in-house deli fare, seafood and more.

Falvo's Meat Market first opened in 1974 and was last purchased by Joe Robilotto in 1991. Robilotto had spent the past few years attempting to sell the market as he had planned to retire. According to a Times Union article, he's elected to stay on and is working part-time.

an opportunity for local businesses. She said she had previously reached out to the town board to ensure area restaurants could participate, even those without trucks.

"I was hoping that there could be preferential treatment for local restaurants, either by allowing them to apply first for the applications or at

a reduced rate," she said. "I [also] shared with the town board that few local restaurants had food trucks, but they did have catering vans."

Town Board Member Dan Coffey asked Gallo whether applications would be exclusive to food trucks, or if the process would allow for catering vans, too. The parks and recreation

administrator confirmed that consideration will "error on the side of inclusion, not exclusion."

The town will seek an application, proof of various insurance policies and reference checks from each vendor that expresses interest. Approved food trucks will sign a contract, agreeing to a \$50 weekly fee for each vehicle.

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## From page 1 ... Board of Regents

“As we continue to see a global pandemic impact our schools and students in every corner of the state, the Board and I are determined to complete this school year in a manner that protects the health and safety of all of New York’s children,” said Chancellor Lester W. Young, Jr. “While we were disappointed by the USDE decision not to grant blanket waivers for state assessments, we are confident that the regulatory amendments acted on today and other assessment-related actions by the Department provide for the flexibility necessary to meet federal requirements while ensuring the well-being of those in our school buildings.”

The Board acted on a series of emergency regulations allowing for exemptions to diploma requirements associated with the June 2021 and August 2021 Regents Examination administrations. With the COVID-19 crisis still

affecting the State of New York and students having varied levels of in-person instruction, the Board and the Department are taking necessary steps to provide essential flexibility for the State’s students, families and educators.

These include actions to cancel the August 2021 Regents Exams and, should the Department of Education deny the state’s waiver request, only four of the June 2021 Regents Exams will be administered; only Session 1 of the Grades 3-8 English Language Arts (ELA) and Math Tests will be required; and only the one-session Written Test component of the Grades 4 and 8 Science Tests will be administered.

“The Department continues to engage with USDE in regard to finding the best path forward in offering state assessments for the children of New York,” said Commissioner Betty A. Rosa. “In order to inform these discussions, we are engaging with stakeholders across the

*“As we continue to see a global pandemic impact our schools and students in every corner of the state, the Board and I are determined to complete this school year in a manner that protects the health and safety of all of New York’s children,”*

— Lester W. Young, Jr.  
Regents Chancellor



state to gain insight on the local approaches to student assessment. The regulatory amendments advanced today provide fairness for our students; however we remain hopeful that USDE will provide the necessary waivers to allow our educators to remain engaged in the important work of fostering a safe and healthy learning environment for each child in New York state.”

The U.S. Department of Education has said it wants states to administer standardized tests to students, and New York is seeking ways to get out of doing that.

In a Feb. 22 letter to state school officials, acting Assistant Education Secretary Ian Rosenblum wrote that the Biden administration will not consider “blanket

wavers of assessments” this year. President Joe Biden previously said he wants to see students return to classrooms so a comprehensive assessment can be done to quantify the pandemic’s effects on education.

Standardized testing, including state Regent exams, have been on hold since last March. Schools across the state have slowly progressed since going fully remote at the end of the previous school year. After a mandate from Gov. Andrew Cuomo, school districts presented plans to safely reopen classrooms just prior to the start of the current academic year. In those plans, districts provided a hybrid solution for parents still wary of sending their children back to school.

Federal law requires each state to facilitate

standardized tests in reading, math and other subjects between third and eighth grades, and once again in high school. Results from those exams trickle down to assessing districts and individual teaching to apply improvement measures.

The New York State United Teachers released a statement soon following the board’s vote regarding the state’s plan for administration of standardized exams in grades 3-8 and high school if the U.S. Department of Education denies waivers of exam requirements.

“In a year that has been anything but standard, forcing states to administer standardized exams is just plain poor federal policy,” NYSUT President Andy Pallotta said. “The state is making the most of a

bad situation by scaling back this year’s testing requirements and limiting stress on students who already have gone through so much. Commissioner Rosa, Chancellor Young and the Board of Regents are doing what’s necessary to put students’ needs first in a frustratingly backward situation.”

NYSUT previously encouraged the state to request a federal waiver of grades 3-8 and high school testing requirements. Thousands of comments were submitted to the state by educators demanding a waiver of testing requirements this year.

“Whatever ‘data’ the federal government tries to extract from this year’s tests must not be used to create a false narrative about students’ hard work in an unprecedented time,” NYSUT Executive Vice President Jolene T. DiBrango said. “We already know many students need additional academic and social-emotional supports because our educators are professionals trained in assessing their students’ needs.”

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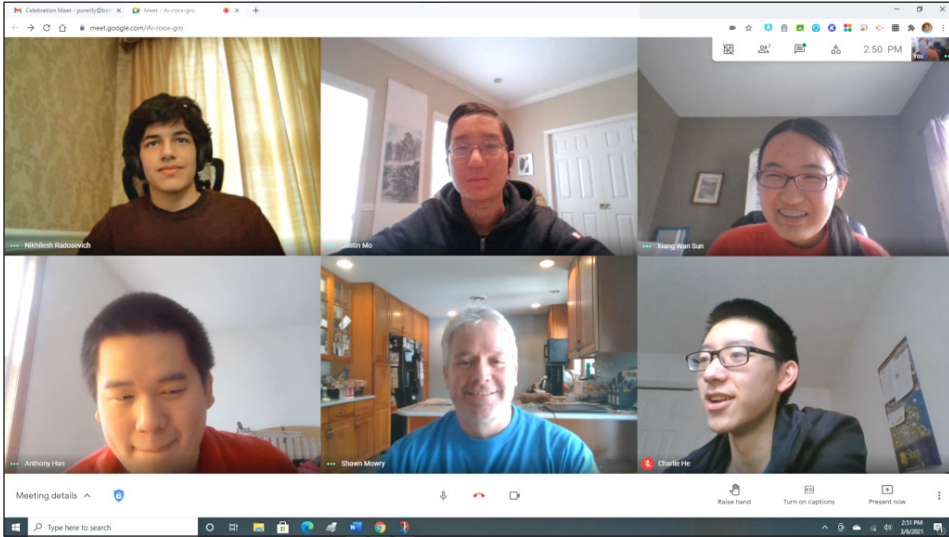
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Lisa, adopted 16-year-old Allison

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Bethlehem Central School District

**EDUCATION**

# Going national

### BCHS team earns spot at National Science Bowl

**DELMAR** — A team of five Bethlehem Central High School students won the Regional National Science Bowl on Saturday, March 6, earning a spot in the 2021 National Science Bowl in April.

It is the 16th time in the past 23 years that a Bethlehem Central team has represented the Capital District at the National Science Bowl.

The National Science Bowl, sponsored by the U.S. Department of Energy, brings together thousands of middle and high school students from across the country to compete in a fast-paced question-and-answer format where they solve technical problems and answer questions on a range of science disciplines including biology, chemistry, Earth and space science, physics and math. This year's National Science Bowl will be held online.

The regional tournament, which was also held online, was hosted locally by General Electric and the Knolls Atomic Power Lab. High school and middle school teams from across the Capital District were in attendance.

At the regional tournament, the Bethlehem team, including students Nikhilesh Radosevich, Justin Mo, Xiang Wan Sun, Anthony Han and Charlie He won the high school

## Baker to be named Slingerlands next principal

**SLINGERLANDS** — Andrew Baker, the longtime supervisor of the Bethlehem Central School District's English Language Arts department, is expected to be named principal of Slingerlands Elementary School. Baker will succeed Heidi Bonacquist who is to retire in June.

Slingerlands Elementary School is one of five K-5 schools in the BC school district. It has a current enrollment of 443 students. The Board of Education is expected to appoint Baker at its next meeting on Wednesday, March 17.

Baker has spent his entire 25-year career in public education in Bethlehem. He began as a sixth-grade English and social studies teacher at the middle school in 1996. He became an administrative dean at the middle school before taking on the role of ELA supervisor nine years ago. As the department supervisor, Baker oversees the K-12 English curriculum, works with administrators in hiring instructional staff, and supports teachers throughout the district with any needs they have related to ELA curriculum, instruction, and assessment.

During the 2017-18 school year, Baker filled in as interim principal for eight months at Elsmere Elementary School.

division, beating tough teams from Shenendehowa, Shaker and Niskayuna. All teams also include a teacher/coach. BCBS teacher Shawn Mowry was a member of this year's team. Mowry and his colleague Paul O'Reilly are advisors and coaches of the Science Bowl team.


"Our team's success is due to their commitment," said Mr. O'Reilly. "The students have been studying all year with weekly meetings where they practice, write questions (a good way to learn content)

and set goals."

O'Reilly said all team members had some previous Science Bowl experience, either at the high school level or middle school, or both. And while this practice has paid off so far in the competition, their coach said they are gaining much more than knowledge.

"They also build friendships during the process," said O'Reilly. "It is wonderful to see them grow from year to year."

— Michael Hallisey



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LOCAL POLITICS

# Foster grilled over months-old vote

Dem badgers Republican over his vote on Black Lives resolution

By MICHAEL HALLISEY  
halliseym@spotlightnews.com

**BETHLEHEM** — Proverbial shots were fired shortly after the start of the first town board meeting following party endorsement announcements.

Bethlehem Democratic Committee Member Ted Hartman targeted Republican Town Board Member Jim Foster with questions stemming from the passing of the board's Black Lives Matter-inspired resolution last September.

The resolution, which passed by a 4 to 1 vote, denounced racism and committed the town to work towards racial equity. It also signaled the launch of its Police Reform & Reinvention Collaborative effort. Foster was the lone

vote against the resolution.

Hartman has been an ardent supporter of Black Lives Matter. The criminal and immigration attorney recently argued to have a Black Lives Matter sign erected at Tri-Village Little League. Attention to his cause drew controversy after the league's board of directors turned him down. The league received backlash for the decision despite its own efforts to promote racial unity.

"Have you had enough time to read the resolution, and do you support the resolution that was made in September?" Hartman asked. "The reason I ask is because, there are people that have been saying that wasn't really the reason why you voted no."

Following a short pause from Hartman,

Town Supervisor David VanLoven answered by reiterating the board's policy of not responding to direct questions during the board's public comment section. The board, however, has occasionally broken away from that policy to address weighted topics. The town supervisor extended that opportunity to Foster.

## Resolution vote

Foster shared in September that residents had little time to review the resolution before the board's vote. The draft shared with residents on that Friday was further revised after Labor Day weekend. The draft passed by the town board was uploaded just hours before the start of the meeting, said Foster.

*"It wasn't so much an issue for me not having enough time to review it. Like I said during that meeting, the new draft came out — I think — right around 11 a.m. It had new language I think that would have impacted folks on any side of the issue."*

— Jim Foster,  
Town Board member



A copy of the resolution was uploaded to the town's website on the Friday before the holiday weekend. Only a half dozen people attended the online board meeting, some of whom shared they were unaware of the resolution until that day.

Public reception was mixed among the half dozen who spoke during the September meeting's comment period. Those opposed expressed concerns with wording that appeared to endorse the Black Lives Matter organization. Those residents balked at the idea

while attributing blame on the organization for recent riots and social unrest.

"I think as we heard in the public comment period here tonight, and also the recent appointment of our police chief, critically important issues like this resolution are too important to rush through without allowing people ample time to review and provide input. And, that's why I'd prefer to table it," Foster had said.

The rest of the board felt the latest revisions were not substantial enough to warrant delay. Though

members of the board have openly expressed support, capitalizing Black Lives Matter as a proper noun on social media, the last draft omitted "matter" from the resolution's title.

Foster's response to Hartman repeated his argument from last September.

## Response

"It wasn't so much an issue for me not having enough time to review it. Like I said during that

**Continues on 13**

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■ SURROUNDING BUSINESS

# Dave and Busters opens for business

Mall venue has been closed since last March

**GUILDERLAND** — Dave & Buster's reopened its entertainment and dining venue at Crossgates on Monday.

Guests were able to enjoy indoor dining at Dave & Buster's for the first time since shutdowns were ordered by the governor's office last March. As an alternative currently being offered, guests can also have their favorite menu items delivered with DoorDash and Uber Eats. The Million Dollar Midway will reopen on Friday, March 26.

"We are excited that Dave & Buster's is opening back up for business," said Michael Gately, general manager at Crossgates. "Since Crossgates reopened in July, we have received numerous questions as to when they would reopen. We are truly happy for our guests to have the opportunity to get back



to having fun at Dave & Buster's here in Crossgates."

Upon returning to Dave & Buster's, guests can expect new safety protocols. Masks will be required for all guests and gloves will be available upon request. There will also be dedicated staff assigned to sanitize tables and games regularly as well as many other important health, sanitization, and cleanliness efforts.

Dave & Buster's is located on the lower level in the Macy's wing.

## Owens Corning named most ethical

**TOLEDO, Ohio** — Owens Corning was recently recognized by the Ethisphere Institute as one of its 2021 World's Most Ethical Companies.

This marks the fourth consecutive year Owens Corning has been recognized with this honor.

Owens Corning is one of only two honorees in the Construction and Building Materials industry, underscoring its commitment to leading with integrity and prioritizing ethical business practices. In 2021, the Ethisphere Institute honored 135 companies from 22 countries and 47 industries.

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"Owens Corning is honored to again be recognized by the Ethisphere Institute for our uncompromising standards for ethical business practices," said Chairman and Chief Executive Officer Brian Chambers. "Our inclusion on this distinguished list speaks to our company's purpose and reflects the actions of our 19,000 employees who demonstrate the highest standards for integrity in serving our customers, suppliers and other stakeholders."

Grounded in Ethisphere's Ethics Quotient®, the World's Most Ethical Companies assessment process includes more than 200 questions on culture, environmental and social practices, ethics

and compliance activities, governance, diversity and initiatives to support a strong value chain. The process serves as an operating framework to capture and codify the leading practices of organizations across industries and around the globe. This year's question set was expanded to gauge how applicants are adapting and responding to the global health pandemic; environmental, social and governance factors; safety; equity; and social justice.

## American Nat declares dividend

**GALVESTON, Texas** — The Board of Directors of American National Group, Inc. declared a quarterly dividend of 82 cents per share on its common stock at a meeting held on Thursday, Feb. 25.

In compliance with NASDAQ's applicable dividend notice requirements, the dividend is payable Friday, March 19, to shareholders of record as of the close of business on Monday, March 8, with an ex-dividend date to be determined by the NASDAQ Stock Market.

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OBITUARIES

**George W. Harder**

**DELMAR** — George W. Harder, 95, died peacefully at home on Saturday, March 6, 2021.

Born in Albany on October 10, 1925 he was the son of the late Elizabeth Slavin, George W. Harder and stepfather John E. Burke.

George attended Albany Academy, St. Lawrence University, and Albany Law School. He served in the U.S. Navy during WWII in the Pacific Theater. He served in the FBI for several years and then led a distinguished career as an attorney specializing in Labor and Civil law. He shared a love of politics with his father and often challenged the “Albany Democratic Machine.” He passionately forged an alliance with “The Brothers” in the fight for civil rights justice.

He spent much of his life playing handball at the YMCA and Colonie Court Club and playing hockey. He especially loved watching his children



HARDER

and grandchildren participate in sports, always reminding them to “keep their eye on the ball!” He shared his love of the Adirondacks with us and created years of happy memories in Lake Placid and Lake George.

George was predeceased by his beautiful wife Helen Harder and two of his brothers, John Harder and Robert Harder. He is survived by his brother Thomas E. Burke (MaryEllen) Survivors include his nine children; George T. Harder, Michael J. Harder (Jordan Thaler), Thomas A. Harder (Linda VanWie) James P. Harder (Susie Essman) Daniel C. Harder (Laurie), Christine M. Hall (Patrick), Catherine E. Agneta (Carlo), Lauren A. Kennedy (Thomas), Alesia Rolling (Robert). 19 grandchildren and 9 great grandchildren; Aryn (Mark, Ashtyn), Alesia/Chris (Emilia, Tylar), Aileen, Patrick, Kasey/Mike (Carmen, Lena), Michael/Bekkah (Atlas, Ezra), Shauna, Elizabeth, Andrew, Kyle/Jason (Aria), Julianna, Cynthia, Taylor, Ryan, Michael, Christopher, Brian, Kevin, and Avery.

A special thank you to his sons/daughters-in-law and caregiver for their support and wonderful care.

A private Mass of Christian Burial will be celebrated at St. Thomas the Apostle Church. Burial will be at Bethlehem Cemetery.

**William J. Kelleher**

William J. Kelleher, 93, passed away on Thursday March 4, 2021.

Bill was the son of the late Daniel and Margaret (Bounds) Kelleher and was born in Schenectady, NY. He graduated from Nott Terrace High School and then caught the tail end of World War II in the US Army. After getting a Bachelor of Civil Engineering from RPI he went on to earn a Master’s degree from Purdue University. Early in his career, Bill taught Sanitary Engineering at RPI and became passionate about the peaceful and safe uses of nuclear energy. In the early 1950’s, he participated in the study of radioactive fallout from atomic bomb testing in Nevada.

After a few years in private engineering, Bill joined the New York State Health Department and then transferred to the Department of Environmental Conservation. In addition to safe nuclear power, Bill

became an advocate for keeping the world’s water supply available and clean. At the end of his career, he returned to teaching environmental engineering at Norwich University. Bill felt very strongly that our environmental future depends on a solid base of educated scientists. He loved to say “If you learn logic, there is nothing you cannot do”.

One of Bill’s favorite vacation spots, Sacandaga Lake, is where he taught his children to swim, waterski and fish. He and Dorothy were also fond of Siesta Key Beach in Florida. He was a Civil War history buff and traveled to several of the battle sites. Bill and Dorothy belonged to a local hiking club and did cross-country skiing.

Bill is survived by his beloved wife of 69 years, Dorothy Rose (Connors) and his three children – Kathleen Kelleher (Tony Knox), William P. Kelleher and Maureen Gray (Mark). He is also survived by his sisters – Joan Holzhauer and Marjorie Shea. Bill was grandfather to 8 grandchildren and great grandfather to five children. He was predeceased by his grandson, Brendan Michael Cullen, one of the great sadnesses of Bill’s life. He is also survived by several nieces and nephews. We will all miss our husband, Dad, and Grandfather.

Calling hours were held at Applebee Funeral Home on Monday, March 8. A funeral mass was later celebrated on Tuesday, March 9 at St. Thomas the Apostle Church in Delmar.

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■ SPORTS

# Football kicks off Friday

## Bethlehem Central (home games at Albany High)

- March 19: Guilderland @ Schenectady
- March 27: Saratoga @ Albany
- April 3: @ Schenectady
- April 10: Shen @ Albany High

## Guilderland (home games at Schenectady High)

- March 19: Bethlehem @ Schenectady
- March 26: @ Shaker
- April 1: Colonie @ Schenectady
- April 10: CBA @ Shen



Photos by Jim Franco / Spotlight News

## Freihofer's Run moves to September

ALBANY — The Freihofer's Run for Women has been postponed to Sept. 25 from its original date of June 5.

The in-person annual event in downtown Albany was canceled last year because of COVID-19 and was instead run virtually in May.

This year's event will feature an in-person 5K, a junior 3K and a kids' run. There will be virtual options available for the 5K and junior 3K.

"Over the past four months we've been busy planning for our 2021 event. Our 12-person task force, which includes members of the local medical community, examined how to ensure the safety and security of our participants, volunteers, spectators and community-at-large," said FRW Event Director Kristen Hislop. "After much deliberation and an analysis of the current situation, we mutually determined that this spring is too early to safely hold an in-person community event."

Registration will open in late spring.

Organizers are planning to shift the start of the event's Training Challenge from Monday, March 22 to Monday, July 12. The program is an 11-week program for runners of all abilities. It follows a beginner's 5K training plan and features small groups led by mentors, as well as a virtual option.

"The FRW Training Challenge is designed to prepare you for a fantastic 5K," Hislop said.

For more information, visit [freihoferstrun.com](http://freihoferstrun.com).

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### From page 6 ... Republican grilled

meeting, the new draft came out — I think — right around 11 a.m.,” he said Wednesday. “It had new language I think that would have impacted folks on any side of the issue.” Hartman further pressed the issue, asking Foster if he would support the resolution today. The town board member said his opinion on the board’s haste to pass the resolution had not changed. Foster, who is also an attorney, said he would have liked residents to have had more time to provide input, but because he has not heard any discussion since last year, his position has not changed.

“That’s a dialogue I would have been happy to have, but now we’re dealing with hypotheticals, Ted,” Foster said.

The political season kicked off with the recent announcement of party endorsements. The town’s Republican party endorsed Foster to seek another term on the board. Local Democrats have political newcomer David DeCancio running for his seat. VanLuven is running

for reelection, as is Town Board Member Maureen Cunningham; each on the Democrat ticket.

VanLuven interjected a second time, allowing Foster a final comment before wrapping up the nearly six-minute long exchange. Left unanswered was Hartman’s question as to whether or not Foster would refute a statement from last year by former Republican Committee Chair Keith Wiggand, who described the town board member on social media as “giving an impassioned argument against the resolution.”

“Keith Wiggand says a lot of things that I don’t necessarily agree with. I don’t control him, unfortunately, and I certainly say he doesn’t speak for me,” Foster said. “I think all of us on the board experience things like this where people may agree or disagree with us, and that’s the function of living in a democracy. We can’t control what they say or what they do. They may try to tie our names to certain things [we] ourselves do not want to be tied to, or vice versa.”

## LOCAL ECONOMY

# Gas prices climbing

Analyst: Costs tied with rising optimism as country appears to be recovering from virus

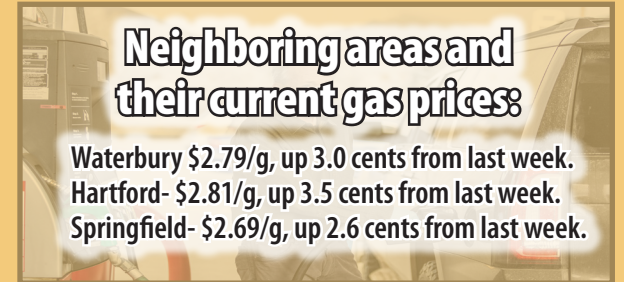
**ALBANY** — Gas prices have risen 5.2 cents per gallon in the past week, averaging \$2.87 a gallon as of Monday, March 15, according to GasBuddy’s daily survey of 546 area stations.

Gas prices in Albany are 28.6 cents per gallon higher than a month ago and stand 38.5 cents per gallon higher than a year ago.

According to GasBuddy price reports, the cheapest station in Albany is priced at \$2.65 a gallon while the most expensive is \$2.99, a difference of 34.0 cents per gallon. The lowest price in the state is \$2.54 while the highest is \$3.41, a difference of 87.0 cents per gallon.

The national average price of gasoline has risen 5.9 cents per gallon in the last week, averaging \$2.86. The national average is up 33.2 cents per gallon from a month ago and stands 64.0 cents per gallon higher than a year ago.

“As Americans turn optimistic on COVID-19 pandemic recovery, we’ve been seeing insatiable demand for gasoline, which continues to recover far faster than oil production. According to GasBuddy data, last week’s gasoline demand was just 1 percent below the pre-pandemic level, an extremely bullish factor likely to continue driving gas and oil prices up in the short term,” said Patrick De Haan, head of petroleum analysis for GasBuddy. “The recovery in the last few weeks has been astounding- both the



speed and overall volume increases we’ve seen in our data lend credibility to the recovery, and perhaps will lead to continued price increases due to the continued imbalance between supply and demand. It’s no longer a question of if we’ll see gasoline demand return to near normal this year but when, and will oil producers rise to the occasion and be able to quickly ramp up output, or are we going to see the highest summer prices since 2014 until they jump into action? Only time will tell, but it’s looking like things are heating up far more than expected since the start of the year.”

GasBuddy is the authoritative voice for gas prices and the only source for station-level data spanning nearly two decades. Unlike AAA’s once daily survey covering credit card transactions at 100,000 stations and the Lundberg Survey, updated once every two weeks based on 7,000 gas stations, GasBuddy’s survey updates 288 times every day from the most diverse list of sources covering nearly 150,000 stations nationwide, the most comprehensive and up-to-date in the country. GasBuddy data is accessible at <http://FuelInsights.GasBuddy.com>.

# That's NEWS to me!

## Get involved in **breaking local news** in your community.

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**LEGAL NOTICE**  
Notice of Formation of UPSTATE CONCRETE & CONSTRUCTION, LLC. Art. Of Org. filed with the Sec'y of State of NY (SSNY) on 02.22.2021. Office location, County of Albany. SSNY has been designated as agent for service of process. SSNY shall mail a copy to: Upstate Concrete & Construction,

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VELLIOS REALTY, LLC. Arts. of Org. filed with the SSNY on 01/27/21. 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 Pe-

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VON LUDWIG STUDIOS LLC. Arts. of Org. filed with the SSNY on 10/23/20. 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, 327

**NOTICE OF LLC FORMATION**  
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March 17 - 23, 2021

# Spotlight on Opinion

www.spotlightnews.com PAGE 14

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Read letters, editorials  
and guest opinions online  
at [www.spotlightnews.com/news/opinion](http://www.spotlightnews.com/news/opinion).



## LETTERS TO THE EDITOR



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

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

Submissions can be emailed to [news@spotlightnews.com](mailto:news@spotlightnews.com). The deadline for all letters is noon Friday prior to publication.

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

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

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

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# One year later, BC is optimistic

To the editor:

One year ago, March 16, 2020, all schools in New York State were closed to slow the spread of the coronavirus. Buildings stayed closed to students through the end of the 2019-20 school year as teaching and learning moved online. We have come a long way since that time.

So what has this school year looked like at BC? In September 2020, we

reopened all BC schools with a detailed plan to meet the needs of all students whether they were in school or learning from home. Our operations have centered around health and safety, with mask-wearing and distancing key elements for bringing people back into our buildings.

A primary goal of our 2020-21 plan has been to provide in-person instruction to as many students as

possible within a safe learning environment. Administrators, teachers and support staff have worked tirelessly to accomplish this, as have our students. And parents continue to be crucial partners in helping us keep our schools open.

Families were offered the choice to keep students at home to learn remotely if needed. Approximately 15 percent of families chose to learn from home. That number has



## Chicken Dinner at Grange

Chicken and Biscuit Dinner at Bethlehem Grange 137 will be Saturday, April 3, from 3:30 to 6 p.m. It will be a Take-Out Only Dinner. Each dinner costs \$13. It includes the Chicken & Biscuit with a vegetable, tossed salad, cranberry sauce and dessert. Parking is handicap accessible. Masks and socially distanced is required for pick-up of dinners. Pre-Order your Dinners by Wednesday, March 31, by calling Carol Carpenter at 518-421-1384.

### Craft Fair/Plant Sale

Our Craft Fair/Plant Sale is Saturday, May 22. It will be indoors and outdoors, according to COVID 19 guidelines.

Please start saving your plant cuttings, rooting plants, small or large potted plants, and hanging plants you would be willing to donate. We're always looking for the common ones, and the not so common ones. If anyone has a Purple Passion with the fuzzy leaves that are jagged, we would really

appreciate some cuttings or rooted plants, or potted plants. Of course, any other plants are appreciated!

We will also be accepting donations of flower pots, all sizes, hanging planters, plant hangers, bulbs, bushes, outdoor plants and small trees. Yard tools, small garden tools, etc. Please call Carol Carpenter 518-421-1384, or Jackie Schrom 518-810-6031 or Charles Ryan 518-227-8954 to arrange delivery or pick-up.

Our Craft Fair/Plant Sale is Saturday, May 22. It will be indoors and outdoors, according to COVID 19 guidelines. At this point, I'm assuming we will still be requiring Masks and Social Distancing. If you have any questions or would like to be a vendor at our Craft Fair/Plant Sale, please call Jackie Schrom at 518-810-6031

Thank you for your assistance in promoting our Dinner.

*Yours truly,  
Carol Carpenter, President  
Bethlehem Grange 137*

fluctuated throughout the year as COVID numbers have risen and fallen. As we approach spring, we are seeing more students choosing to return to the classroom and it is a welcome sight.

We are proud that with only a few exceptions including a particularly challenging spike in cases around the holidays, we have been able to provide in-person instruction to BC students as follows:

Grades K-6: In-person daily;

Grades 7-12: Hybrid model where students receive in-person instruction every other day and log into their classes from home every other day;

Special education Skills and Intensive Skills classes: In-person daily;

BEEP & RISE students at BCHS: In-person daily.

COVID cases continue to trend downward, many

sports activities have resumed and we have been able to expand other in-person extracurricular opportunities for our students. We hope that we can continue to expand our offerings to students who have shown incredible patience, cooperation and understanding beyond their years.

We have no crystal ball to know exactly what the 2021-22 school year will look like but we are more prepared than ever before to meet the challenges that may come our way.

We are more optimistic, too, thanks to a community that has demonstrated time and again over this challenging year its support for BC schools. For that, we feel especially fortunate.

*Sincerely,  
Jody Monroe  
BCSD Superintendent*

THE  
Spotlight

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## LIBRARIES

# Growing with seed library

**O**ur seed library is back and ready to put down some roots with a variety of open-pollinated vegetables, herbs and some flowers. New this year is an online “shopping” portal that makes it easy for you select your seeds for curbside pickup.

On our seed library webpage, you’ll be able to browse different categories and learn more about the varieties through links to the Hudson Valley Seed Co., where our seeds are sourced from. You can choose up to 10 seed packets per household, and when you check out, you’ll be asked for your name, contact information and library card number. We’ll get in touch with you when your seeds are ready to be picked up. The seed library is currently available to Bethlehem cardholders only.

To see what’s



available, visit webapps.bethlehempublibrary.org/seeds/categories.asp.

We’re getting ready to welcome you back

We’ve got some great news! We’re gearing up for a return to in-person browsing, scheduled for Monday, March 22. Although we have worked hard to bring the library to you while our doors have been closed, we are looking forward to this next step in our phased reopening so we can reach even more of our community.

We are still ironing out some details, such as the days and hours that the building will be open, but rest assured our current curbside hours will not be affected by this change.

### Just a reminder:

Masks that cover noses

and chins will be required for everyone. Bandanas, neck gaiters and face shields without a mask are not acceptable. Masks will be mandatory regardless of a person’s vaccination status. If you are not feeling well or running a fever, please visit us when you are feeling better.

We have installed touch-free faucets in our public restrooms and have located hand sanitizer dispensers throughout the library. Everyone will be asked to sanitize their hands before browsing.

We will be limiting the number of patrons inside the library at one time. It might also mean there could be a short wait before entering.

Because others might be waiting, we are asking you to limit your time inside to simply selecting and checking out materials.

Children under 12 must be accompanied by a caregiver.

Inside seating, children’s toys and public computers are not available at this time. A limited-use printing station will be set up.

Programs, board meetings and other events will continue to be virtual at this time. To find out what’s coming up, check out our online calendar at [bethlehem.librarycalendar.com](http://bethlehem.librarycalendar.com).

In coordination with the other libraries in the Upper Hudson system, returned materials are quarantined for 48 hours. You can drop them off in the designated sheds in the library parking lot.

A copy of our phased reopening plan, which is updated as new information becomes available, can be viewed on our website ([www.bethlehempublibrary.org](http://www.bethlehempublibrary.org)).

— Kristen Roberts

# Women’s History Month

**M**arch is Women’s History Month!

We’re celebrating the vital role women have played in American history, and their ongoing contributions to the betterment of society. See <https://guilderlandlibrary.org> and scroll down for a carefully-curated collection of works lauding women across a broad spectrum.

## Avoiding Online Scams

Internet scams are rampant these days, and increasingly-sophisticated schemes are popping up every day. Even the most savvy technology user can fall victim to fraud. GPL welcomes officers from the Guilderland Police Department on Wednesday March 24, at 6:30 p.m. to share information on the latest online scams and offer tips to avoid them. Please register on the



Events tab of our website for the Zoom link.

## Earbuds & Bookmarks: A Podcast Discussion Group

We’re building an online community of podcast enthusiasts, and you’re invited! Each month, we’ll listen to a different podcast or episode, then connect online. This month’s podcast discussion on Saturday March 27, at 3 p.m. will center on “Five Games for Doomsday,” an interview with Grant Lyon first aired on January 4, 2021. Please register on the Events tab of our website to obtain the GoToMeeting link the day before, and see <https://guilderlandlibrary.org/eab> for complete details on future plans.

## Creativebug is Here!

Looking to nurture your creativity? Look to Creativebug! We’re excited to unveil this new arts & crafts learning tool to patrons of all ages! Creativebug offers dynamic demos and in-depth workshops online, including painting, knitting, crocheting, sewing, screen printing, cake decorating, and much more! Thousands of videos led by experts are available, with new content added daily. Parents: explore the engaging classes created just for kids, including STEAM-focused activities for hands-on learning fun. Try Creativebug today with your Guilderland Library card at: <https://www.creativebug.com/lib/guilderlandlibrary>.

## Virtual Craft & Chat

Speaking of crafts... here’s the perfect online gathering to encourage creative inspiration. Let’s craft while we talk...or talk while we craft! Meet fellow crafters online as we gather for casual conversation and sharing ideas on Mon. March 29 at 6:00 p.m. Register on the Events tab of our website for the Zoom link.

## Computer Coaching

Optimize your usage of an Apple Watch, iPhone, MacBook, or Apple TV; or get assistance with our website’s Learning Express tool to craft your résumé. Register for a one-on-one appointment Tuesdays at 6:30 p.m. or Thursdays at 10 a.m. on the Events tab of our website.

— Luanne Nicholson

## April Book Discussions

**F**iction Book Discussion: “Lies in White Dresses” by Sofia Grant, Wednesday, April 7, at 7 p.m.



Tween Book Bunch: “From the Desk of Zoe Washington” by Janae Marks, Thursday, April 8, at 6:30 p.m.

Teen BookFlix Club: “Shadow and Bone” by Leigh Bardugo, Friday, April 9, at 2 p.m.

Nonfiction Book Discussion: “Sapiens: A Brief History of Humankind” by Yuval Noah Harari, Monday, April 12, at 7 p.m.

Books & Beyond: “Lies in White Dresses” by Sofia Grant, Wednesday, April 21 at 11am

Middle School Book Club: “Wishtree” by Katherine Applegate, Wednesday, April 28, at 4 p.m.

Please register online each month to receive the private meeting link for any of these virtual book discussions. Limited copies of the book are available, compliments of the Friends of the Library. Library copies will also be available for checkout and downloadable ebook and audiobook versions are on Overdrive.

## Candy Dioramas

Students in grades 5 thru 9 are invited to create a favorite book scene, using Peeps. You can pick up a small bag of mixed candy from the Library after 11 a.m., Friday, March 19. That will get you started as you add more supplies from your own pantry. Build a backdrop from recycled cardboard, use small toys as props, and get out the art supplies to bring your book scene to life! Email us a photo of your creation to be entered into our virtual exhibit in April.

## Adult Craft & Chat

Grab your latest craft project and join fellow crafters at 6:30 p.m., Thursday, March 18, for some casual conversation about our latest projects, or anything else that might pop up. Register online to receive the Zoom link.

Curbside appointments are available. Please call Monday through Friday, 11a.m. to 4 p.m. 518-765-2791 to schedule your curbside pickup.

— Lynn Kohler

## What’s your point?

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

Do you have a hobby or cause you feel passionate about? We’d love to share it with our readers.

Do you have information you think others would benefit from hearing about? Let us know.

Point of View submissions should be around 700 words and can be submitted via email to [news@spotlightnews.com](mailto:news@spotlightnews.com) with “POV” in the subject line.



# DELMAR & GUILDERLAND RESIDENTS: SHOP SMART SHOP LOCAL

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**Page B11**

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■ **ARTS**

■ **INSIDE**



**The winner is...**  
Albany Symphony takes home another Grammy Award.  
**Page B3**



**Not a towel boy**  
High school athletic trainers play crucial role today.  
**Page B3**



**Bringing smiles**  
High school senior brings music shows virtually.  
**Page B6**

**Spiritual psychology**

Terry McMaster showcasing art at Delmar's Merriman and Pfister

**By KAITLIN LEMBO**  
[lembok@spotlightnews.com](mailto:lembok@spotlightnews.com)

DELMAR — Terry McMaster wants to see something different in the art he consumes and creates. The mixed-media extraordinaire doesn't want to see the same washed-and-dried ideas of mainstream designs. He believes there should be something more.

**Continues on page B4**



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bountifulbread / instagram

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"It's not every day that a viola concerto gets recognized, but this is arguably the finest concerto for the instrument written in many years. We are so grateful to Richard O'Neill, our astounding viola soloist, and to Silas Brown, our extraordinary producer and engineer. I deeply appreciate the work of our brilliant Albany Symphony musicians. Thanks also to our staff, board and friends at Albany Records, and to all our supporters."




— David Alan Miller, Albany Symphony Music Director



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■ HEALTH and FITNESS

# The science keeping you in the game

Athletic trainers are not simply 'water boys'

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

**COLONIE** — It takes a village to cultivate an athlete's success.

You have the athlete themselves. You have the family, who often sacrifice as much as the athlete does to foster that winner's mentality. Friends, colleagues and —sometimes— fans can serve as outside motivation to keep going.

You also have the athlete's team, which usually consists of coaches, doctors and trainers. There's one particular trainer on that force who provides an unmatched dedication to the detail-oriented health qualifiers that each athlete must meet — the athletic trainer.

The name doesn't do the position justice. Athletic trainers are highly qualified, multi-skilled health care providers who work under the supervision of a physician and provide prevention, emergency care,



**Athletic trainers are not the water and towel people; this unique kind of medical professional is responsible for an athlete's health by diagnosing issues before they arise.**

therapeutic intervention and rehabilitation of injuries to athletes in all levels of sports — from high school and secondary school all the way to the NFL. They

work with the athletes to manage everything from asthma attacks to diet to heat illness, and now, COVID-19. Sports injuries are an ever-present danger and the immediate response

from an on-site athletic trainer can be critical in recovering from that injury.

Aimee Brunelle is South Colonie High School's athletic trainer. She's worked with college athletes, so she knows what it takes to bring forth the highest level of success. Despite her extensive training, her goal remains simple: keep her athletes in the game as much as they can healthily be there.

"So many student athletes are so terrified of coming in because they don't want to be taken out of the game, despite the fact that they might have an injury or condition that needs medical attention," Brunelle said. "None of us want to take you out of the game. What we want to do is mitigate current issues so you have a better time playing and, in the future, a better chance of being active once your athletic career ends."

Brunelle's expertise ranges. She sees overuse injuries frequently, a feat she chalks up to student athletes still learning their body's boundaries. College athletes tend to have a

**Continues on B10**

■ NATIONAL NEWS

## Grammy winner!

Albany Symphony, maestro earn honors

**ALBANY** — The Albany Symphony, and its Music Director David Alan Miller, earned high accolades from the music industry Sunday evening, as they were earned a Grammy Award on March 15.

The symphony's world premiere recording of Christopher Theofanidis' Concerto for Viola and Chamber Orchestra was nominated for the award. The Concerto for Viola was recorded in 2018 at the Troy Savings Bank Music Hall, and later released by Albany Records.

This is the second Grammy Award both Miller and his symphony have earned.

"We are thrilled to receive this nomination, which brings attention to Christopher Theofanidis' magnificent concerto, inspired by Navajo poetry," said Miller. "It's not every day that a viola concerto gets recognized, but this is arguably the finest concerto for the instrument written in many years. We are so grateful to Richard O'Neill, our astounding viola soloist, and to Silas Brown, our extraordinary producer and engineer. I deeply appreciate the work of our brilliant Albany Symphony musicians. Thanks also to our staff, board and friends at Albany Records, and to all our supporters."

This is the fifth time in seven years that an Albany Symphony recording has received a Grammy nomination.

— Michael Hallisey

# SUMMER

# CAMP

## guide

**Listings and editorial on all the Capital District's Summer Camp activities, workshops and programs.**

**INCLUDES**  
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in print & online -  
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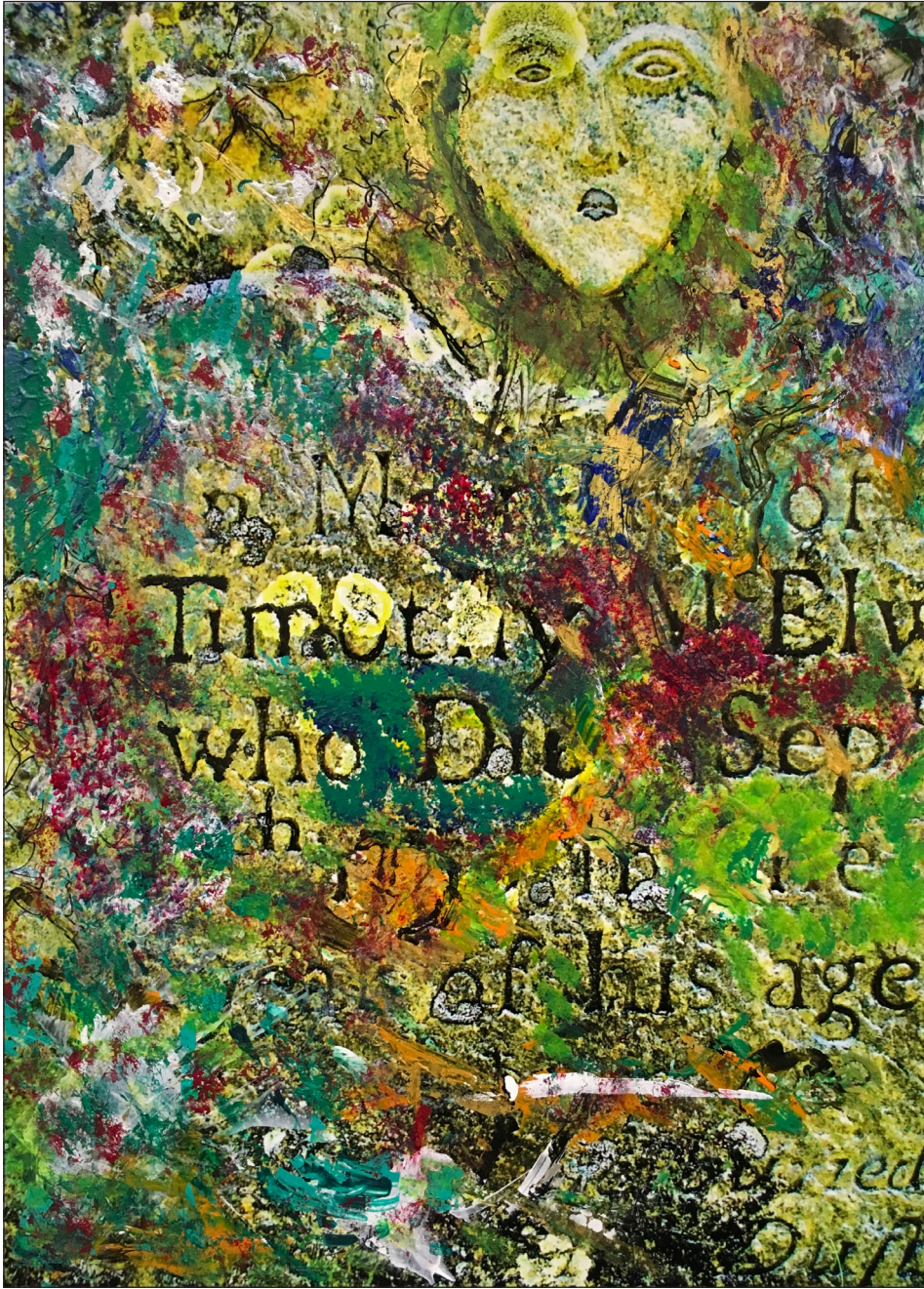
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## From page 1B ... Terry McMaster

◀ Terry McMaster found his artistic prowess during a class at Glass Lake Studios in 2001, where he took the thinking out of painting and was able to create a piece that his teacher was proud enough of to call McMaster a wonderful visual artist.

McMaster is an artist in his own right. He applies his taste for art in his own works. What does he want to see? Somehow, that thought translates itself onto his canvas. He accomplishes this by mixing mediums like photography, paint and collage to birth an explosive burst of colors and textures. A combination of beautiful and mysterious, with complementing 3D textures and clashing colors, McMaster's art forces the connoisseur to really stop and put some thought into its meaning.

McMaster will showcase his works at a pop-up show at Merriman and Pfister Artisan Marketplace, from March 13 to April 10. There will be a reception on opening day, where McMaster will speak about the pieces shown.

Kathy Agneta, the owner of Merriman and Pfister, said the collaboration with McMaster fits the bill of her shop, a place where artisans can showcase unique products to an audience that quickly gobbles it up.

"Terry's creative spirit is

so unusually great," Agneta said. "Being that Terry is new to Delmar, we both felt this was the perfect medium to introduce his work to our community."

Agneta said the beauty of Merriman and Pfister's ability to pedal innovative products to the community creates a "cycle of goodness," as each customer reveres their purchases, which ends up pleasing the artist, encouraging the artist to keep producing.

"What my art does is unlock the spiritual creativity inside me," McMaster said. "It manifests different emotions and thoughts onto a canvas."

McMaster had an unconventional start to art. Once an anthropology student in Syracuse, he found himself disenchanted with the field and more intrigued by his photography class. He found the more he studied art history, the more the idea of creating called to him. However, the comfort of creating was fleeting; it took him a long time to get to a place where creating art felt authentic and he was conveying the message he wanted. During this time, he was consuming any art class he could, including ceramics and design.

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### CLUES ACROSS

- Volcanic crater
- Long times
- Swedish rock group
- Having the means to do something
- Rods or spindles
- La \_\_ Tar Pits, Hollywood
- Missing soldiers
- Measuring instrument
- All of the components considered individually
- Play "\_\_\_ Irish Rose"
- Gene
- Barrels
- London-based soccer team
- Feline
- Breed of sheep
- Body part
- Doctors' group
- One who follows the rules
- Cigarette residue
- Ancient Greek sophist
- Polish yeast cakes
- Promotional materials
- Pancakes made from buckwheat flour
- Completed perfectly
- Photo
- A peninsula in SW Asia
- The common gibbon
- Disfigure
- Ribonucleic acid
- Japanese honorific
- Pieces of music
- Expressed pleasure
- Having ten
- Type of sword
- Humble request for help
- Eating houses
- Italian Seaport
- Cain and \_\_
- Measure the depth
- U. of Miami's mascot
- Political outsiders
- Greek sorceress
- Body part

### CLUES DOWN

- Mother
- Jewish calendar month
- Jai \_\_, sport
- Establish again
- Swiss river
- Racetrack wager
- \_\_ but goodie
- Closeness
- Soviet Socialist Republic
- At right angles to a ship's length
- Women's undergarments
- Mountain stream
- Expresses pleasure
- Painful places on the body
- Automobile
- Scandinavian god of battle
- Expresses surprise
- Secret political clique
- Yields manila hemp
- River in central Italy
- Brain injury science acronym
- Mental illness
- A person from Asia
- Father
- General's assistant (abbr.)
- Cooked or prepared in a specified style
- Large terrier
- Hillsides
- Golf score
- Not or
- Type of student
- Flower cluster
- Closes tightly
- Saudi Arabian desert
- Famed vaccine developer
- Multi-function radar (abbr.)
- Actress Jessica
- Pay attention to
- Beloved big screen pig
- \_\_ Clapton, musician
- Take a chance
- Cost per mille
- Helps little firms

Answers on Pg. B9

His turning point came in 2001, when he and a friend were traveling to Albany on a biweekly basis for a class at Glass Lake Studios. His teacher, knowing the frustrations that arise when being forced to create, asked each student to tape a piece of paper to the wall and just paint — no thinking, no planning, no pondering, just put the paintbrush on the canvas.

“I painted for about 45 minutes and took a walk across the studio,” McMaster said. “It struck me how amazed I was with the work I just produced. My professor walked over and told me I was a wonderful visual artist, which shocked me since what came out of me was not what I intended.”

From that point, McMaster painted two to three times a week. As he continued the progression, he was working on his photography and found himself frustrated that his photos weren't 100 percent what he wanted. A thought hit him: “what if I took this photo and painted on it?”

“I arrived at this point where I said if I didn't

like something, I'd paint it so I did,” McMaster said. “That was three years ago and from there, I've been incorporating my photography with my painting.”

McMaster's photography is thought-provoking. He has a fascination with gravestones, particularly ones nestled on his ancestors' graves in Palmer, Massachusetts. Gravestones from that time — his ancestors were in the first 40 to 50 Scot-Irish families to settle in Palmer in the 1720s — boast scripture and different faces, details that offer much more intricacy than today's generic stones.

McMaster's natural evolution found him incorporating the faces and scripture into his photography and painting, which created a collage that facilitated the art he's known for today. He's taken it up a notch by adding small figures to his collages, creating a 3D experience for admirers.

As he's progressed, McMaster said much of his work is influenced by the teaching of Karl Jung, a psychology pioneer:



▲ Terry McMaster combines his love of photography with his love for painting and collage to create 3D works, complete with small figurines.

Jung's premise was a foil to Sigmund Freud, in that Jung believed the unconscious was a storehouse of spiritual transcendence. While Freud believed the subconscious should be repressed for a decent life, Jung encouraged

people to tap into their subconscious for a clearer understanding of who they are.

“I think that's the point of art in general,” McMaster said. “I've studied Jung since college and I've found my art

becoming my vehicle to explore the subconscious and reach conclusions about my own desires.”

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Answers on Pg. B9

## ARTS

# Bringing a smile

Shaker High senior recording performances for local assisted living communities

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

**LATHAM** — A Shaker High School senior is spreading some high-pitched joy with her virtual musical theatre performances in local assisted living communities.

Sophie Dvorak has had a love for singing as long as she can remember. Her voice, a clear soprano, seamlessly glides over the highest of notes, a dance of rhythms escaping her lips as quick as they approach.

Dvorak's videos, which feature musical theatre classics including "My White Knight," "Oh, What



**Dvorak is a soprano with a strong vibrato; her voice is crystal clear as she dances over notes effortlessly. The high school student uses green screens and outfits to convey the feeling of the tunes she's performing.**

Video capture

a Beautiful Morning" and "Over the Rainbow," are simple. She's accompanied by her brother, Sam Dvorak, off-camera and she will use outfits and green screens to tell the story. The effects are secondary to the grapping nature of Dvorak's voice; once she sings, it's hard to

watch anything but her. Each video begins with a personalized greeting for her audience and a gentle summary of what's to come. Without bravado, she begins to sing as quickly as she stops speaking.

**Continues on B12**

# HOROSCOPES

March 2021  
Week 3

### ARIES - MAR 21/APR 20

Concern about the plight of the less fortunate could be on your mind, Aries. You may have many questions about humanitarian issues and be wondering how to get involved.

### TAURUS - APR 21/MAY 21

You normally are a very active person, Taurus. Figure out ways to channel that activity into something for the greater good — as well as something that can benefit you.

### GEMINI - MAY 22/JUN 21

This week you will enjoy a break where you can relax and decompress for a change, Gemini. Maybe you can use it as an opportunity to be introspective and forward-thinking.

### CANCER - JUN 22/JUL 22

Cancer, you enjoy caring for others and regularly put your needs aside to cater to friends and family. But this week you are the one who needs advice and help.

### LEO - JUL 23/AUG 23

Try to find things that can keep you occupied at home while you wait for an appointment or spend a lot of time indoors, Leo. Home projects may be an option.

### VIRGO - AUG 24/SEPT 22

Virgo, friends keep calling but you may not be in the mood to do the receiving. Don't isolate for too long, as support from others is important and beneficial.

### LIBRA - SEPT 23/OCT 23

Do not fight the thoughts or feelings that are running through you this week, Libra. Some may not pan out, but something may come through that sets a new course for you.

### SCORPIO - OCT 24/NOV 22

Sometimes you can be a bit vague when it comes to relationships, Scorpio. Be clear about your intentions if you are thinking of getting into a new relationship.

### SAGITTARIUS - NOV 23/DEC 21

Learning how to read other people's emotions can help you learn to interact with and support those around you, Sagittarius. Practice your skills of perception.

### CAPRICORN - DEC 22/JAN 20

Capricorn, even though you have a solid game plan in place, you may experience a few challenges along the way. Use these experiences to learn from your mistakes.

### AQUARIUS - JAN 21/FEB 18

This week you may have a conversation with someone who opens your eyes to entirely new possibilities, Aquarius. Embrace this exciting time.

### PISCES - FEB 19/MAR 20

Don't avoid conflict at all costs, Pisces. Rather, learn effective ways to face any and all events that come your way. You'll be more well-rounded.

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■ MARCH 'MUSIC' MADNESS

# Now, there are eight

ALBANY — Nippertown’s “March ‘Music’ Madness” rolls out into Week 4 of its friendly competition, and the field of artists going after prizes has been reduced to eight.

Fans of the local scene continue to be passionate about their bands. More than 1,000 votes were submitted in last week’s round of competition.

Polls open again today, Wednesday, March 17, for fans to choose between Side-B, Girl Blue, Candy Ambulance, Let’s Be Leonard, Glass Pony, Dark Honey, Bad Mothers, and Talia Denis.

Vote by visiting Nippertown.com.

Winners of Round 4 will be able to play a live stream from the Palace Theatre in downtown Albany. Bands include:

**Side-B:** Four-piece alternative rock band from Upstate New York consisting of drummer Dylan Trivison, bassist Eric Mitchell, guitarist AJ Horton, and vocalist Ian Justino. The band’s debut release, “The Low Budget Romance EP” is out now.

**Girl Blue:** Arielle O’Keefe’s solo acts showcase her intimate songwriting style. She possesses a distinct singing voice that flows from conversation to something of a songbird as it flutters in range.

**Candy Ambulance:** Grungy rock trio has quickly developed a strong following with a sometimes-provocative but always

hard-hitting catalog of songs. The band recently played a live session at The Hollow, streamed by Mirth Films.

**Let’s Be Leonard:** One of the Spa City’s finest, the rock band is not too shy to play a little Grateful Dead, or delve into a little bit of The Beatles. They’ve developed a strong following through rigorous touring (outside of COVID).

**Glass Pony:** This four-piece band would have you come out and listen to enjoy their high-energy, psychedelic groove circus. It’s a trip once heavily supported by Ominous Seapods bassist Tom Pirozzi.

**Dark Honey:** Lyrically rich guitar driven indie-pop-rock with the heart of a singer songwriter and the soul of an emo kid. Moss never gathers on this rolling stone of a band that continues to produce music.

**Bad Mothers:** Bad Mothers is a dirty-rock band from Albany, heralded for their consistently hard-hitting performances. They always put on a strong performance on stage, and have come close to opening Pearlpalooza not once, but twice.

**Talia Denis:** Talia’s personal creations have fully crossed over to the alternative genre. With a new modern sound, her latest music features ethereal, innocent vocals and ambitious synths morphed together with driven guitars and driving beats.

— Michael Hallisey



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1	8	9	6	3	2	4	7	5
5	3	2	7	8	4	9	1	6
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C	A	T		R	Y	A		E	A	R		A	M	A
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B	A	B	A	S		A	D	S		B	L	I	N	I
A	C	E	D		P	I	C		A	R	A	B	I	A
L	A	R		M	A	R		R	N	A		S	A	N
					S	E	R	E	N	A	D	E	S	
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## From page B3 ... Staying in the game

more fine-tuned awareness of their body's stressors and seek help sooner, where

high school sports stars are still learning the grind that the levels above them demand. The culture of high school sports and the "warrior mentality" around them doesn't help overuse; between the roaring Friday night crowds, impressing friends and love interests, proud parents cheering them on and the adrenaline rush of scoring the winning points under the shine of artificial lights, the feelings that come from being on the field are unmatched.

"What we see in high school-aged athletes is the constant change of their bodies since their bodies are constantly trying to catch up with their growth," Brunelle said. "Puberty

is behind them, but their muscles are still growing and their brains are still pickling, which means it's imperative we teach the proper way to care for injuries and the proper way to attack sports from the get-go."

Arturo Flores, president of the New York State Athletic Trainer's Association, agrees with Brunelle. In the 15 years since he's been certified, he's noticed a shift in the perception of athletic trainers.

"People used to joke we were the team's water and towel boys," Flores said, "and it's becoming more apparent to the world that we are legitimate health care providers."

Flores and Brunelle said the beauty of the athletic trainer's knowledge lies in

*"I have kids always apologizing to me for making me busier, but this is my job. I want them to come see me. I want them to feel confident enough to know I'm here to help them, not here to keep them off the field."*

— Aimee Brunelle,  
South Colonie  
High School  
athletic trainer

their ability to bring forth the best care. Brunelle often has athletes lining up around her corridor and manages around 800

athletes per year. She and Flores are able to quickly gauge the severity of an issue and, if needed, get the best minds in the area on the roster.

"We can call a physical therapist and get an athlete in tomorrow if we need to," Flores said. "If an athlete is showing symptoms of mental distress, we can put them in touch with professionals to tackle those issues."

The role of an athletic trainer is as much a mental flag as a physical one; the mental health of athletes is a study that science is no stranger to, and the pressures of performance can quickly affect other parts of the game and the body.

"I always say if you can give 100 percent of what your body is capable of

that day, you're ok," Flores said. "Different days will be different levels of ability, but the ability to bring your full attention to the field is what we're looking at."

As March is Athletic Trainer's Month and all levels of sports are beginning to play, Brunelle and Flores hope the community understands the importance of having an athletic trainer work with a team. While professional teams always have the resource, many secondary school teams are not so fortunate.

"I have kids always apologizing to me for making me busier," Brunelle concluded, "but this is my job. I want them to come see me. I want them to feel confident enough to know I'm here to help them, not here to keep them off the field."



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## From page B6 ... Virtual performer

The young musician, who trains under Karen Amedio, said her idea for her performances came from a volunteer experience she had when she was younger.

“When I was in Girl Scouts, our troop visited a community and we sang Halloween carols, which were really zany Halloween lyrics to the rhythm of Christmas songs,” Dvorak said. “The residents absolutely loved the performance and it made me realize how music can really bridge a gap between generations.”

Now that COVID-19 has all but battered nursing

homes and assisted living facilities, residents have been quarantined from their loved ones for over a year. Even with restrictions slowly loosening and vaccines becoming plentiful, Dvorak understands the importance of spreading joy in these communities, especially since the residents are often limited to where they can go due to transportation issues or, in the case as of late, the virus itself. Her videos have made it to the hands of several communities, including Atria Shaker, Evergreen Commons, King Thiel Senior Community and The Wesley Community.

Dvorak sent her first video in last April, when the pandemic first started. She said she wasn't too concerned about receiving a response; for her, the joy of singing far satisfies her need for external gratification. However, she heard back quickly and has found the response to be overwhelmingly positive. She's also received requests from excited listeners, a task she's happy to take on.

“The thing I love about musical theatre is how united you are during the performance,” Dvorak said. “There's something incredibly motivating about having a group of people who are telling the same story and each bringing a piece of it to life. Musical theatre is one of the purest definitions of joy and it's



Sophie Dvorak in front of a majestic lanscape during one of her virtual performances. Video capture

such a different experience than being in a choir or other ensemble.”

Dvorak's videos have garnered attention across her district, with the administration praising the senior for her charitable pastime.

“By sharing her talent and hard work with others, Sophie has found a way for people to relive special memories around music, even in the midst of a pandemic,” North Colonie deputy superintendent Kathleen Skeals said.

“There is a beauty in sharing music with others and I hope to spread some of that to those who need it,” Dvorak concluded. “If others can experience the story of these incredible productions, it's an honor I can bring that forward.”

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