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NEWS Prayers answered

Sheriff's deputy returns home after horrific accident.

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Confidence up?

Consumers are positive, but CEOs are still wary.

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Better bag 'em

Town is not going to vacuum your leaves this spring.

Story on Page 6



TOP STORY

How's September look?

State Health Department adjusts social distancing guidelines, gives school districts a road map to reopen classrooms for next year

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

ALBANY — Six feet in between is still a guideline for maintaining social distancing in state schools, just not the only guideline.

The Center for Disease control announced its new guidelines last month, shortly after President Joe Biden's mandate to return children back to the classroom next year. It stated evidence of schools showing an ability to open safely for in-person instruction due to strict prevention strategies. With consistent practices and

correct use of masks, the CDC said schools could continue to reopen to in-person instruction.

The state Department of Health released its guidelines in a 24-page report on Friday, April 9. Within it, the state recognizes the CDC's revised guidelines from March, which revised physical distancing recommendations. New guidelines also shape classrooms into looking more like they did prior to the pandemic, removing physical barriers and the need for grouping students into cohorts.

Masks, however, will continue to

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ENTERTAINMENT



Trail of dreams

Art on the Rail Trail to host virtual auction.

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SPORTS



Ball control

BC soccer continues to dominate.

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SUMMER Camp guide

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



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DIRECTORY LISTINGS
in print & online -
(Limit 50 words)



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■ POLICE, FIRE and EMERGENCY CALLS

Local ok in fatal crash

V'ville man's tractor trailer struck from behind in I-87 accident

NEWBURGH — A preliminary investigation from State Police has determined the truck driver who died in a three-car accident early last week, started a chain reaction, striking a trailer and pushing that truck into another vehicle on Tuesday, April 6, at approximately 3:30 p.m.

Police say Michael L. Guerra, 64, of Albrightsville, Pennsylvania, was driving his 2020 Freightliner tractor trailer southbound on I-87 when he struck a 1994 Peterbilt tractor trailer driven by Adam S. Tommell, 37, of Voorheesville from behind. The impact caused the Peterbilt to push forward and strike a 2018 Ford Explorer operated by Darrin C. Stark, 52, of Landing, New Jersey.

The accident shutdown traffic on the highway. Both tractor trailers took up the width of the two-lane highway. Guerra's bright red cab stood mangled, facing perpendicular with Tommell's trailer. More debris laid across the roadway.

Guerra was pronounced dead at the scene by the Orange County Medical Examiner. No injuries were reported to Tommell, Stark, or the three passengers of the Explorer.

State Police Newburgh Troopers were assisted on scene by Troop F CRU (Collision Reconstruction Unit), Troop F CVEU (Commercial Vehicle Enforcement Unit), Troop F BCI, Orange County Hazard Material, Orange Lake Fire Department, West Point Fire and Emergency Services, Winona Lake Fire Department, and Quality Towing.

— Michael Hallisey

Puppy sale scam

ALBANY — Sheriff Craig D. Apple is warning people of an online puppy scam where victims pay for dogs that do not exist or are never delivered.

The scam can involve any breed of dog, but the sheriff said the most recent complaints involve miniature dachshunds, corgis, Lhasa apsos and French bulldogs.

The fraud includes legitimate looking websites with photos of the puppies and testimonials of previously "satisfied customers."

The sites claim the puppies are vaccinated, have registration certificates, vet records and guarantees about the animal's health.

The victims correspond through emails or phone numbers that stop working once payment has been sent. Payment methods involve gift cards, money orders or Venmo.

— Jim Franco



Prayers answered for Sheriff's deputy

SCHENECTADY — Albany County Sheriff's Department Sgt. Joseph Iachetta, severely injured in a traffic accident on Feb. 8, walked out of rehab on Tuesday, April 6. The seven-year veteran was travelling east on Central Avenue when a tractor trailer made a turn into the Price Chopper Plaza, basically running over Iachetta's SUV. The 30-year-old was extricated from this vehicle and taken to Albany Medical Center Hospital where he underwent multiple surgeries. The truck driver, Gregory Discipio, was not injured. Iachetta's K9 partner, Rice, was not injured. Iachetta's injuries included brain hemorrhages, a detached retina, facial fractures, fractured ribs, a fractured jaw and other injuries. He was able to walk out of Sunnyview Rehabilitation Hospital under his own power with his wife Sarah by his side.

Photos by Thomas Heffernan / Special to Spotlight News

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From page 1 ... 6 to 3 in September

be required.

The revised guidelines appear to place any changes into the hands of individual districts and the communities they serve. For example, the health department said school districts need to meet with the community before reducing social distancing requirements from 6 to 3 feet. Cohorts could still be maintained, depending on area infection numbers.

While assessing its reopening strategy last summer, Bethlehem Central said it found in-class instruction could return while accommodating 4 to 5 feet of social distancing.

“Our goal this year and next is to have as many students receive in-person instruction as possible,” stated Bethlehem Central Superintendent Jody Monroe last month. The head administrator released a statement last month upon the release of the CDC’s new guidelines. Then, she wasn’t certain how her classrooms would look. Instead, she said the district would have to wait and see how the state would guide area schools. “We will continue to follow the guidance of state and local health officials to ensure a safe learning environment for both students and staff.

Six feet will still be the

norm in large gathering areas such as auditoriums, gymnasiums, lobbies and hallways. Wherever people are eating will also require the standard 6 feet apart — reducing the likelihood that students will be able to eat in class. Teachers, too, will continue to be expected to stay 6 feet apart.

School districts are expected to soon reach out to their communities before reintroducing students to the classroom for the next school year.

“As educators, we know that the best place for our students to learn is in person in the classroom. What we’ve wanted from the very beginning of the school reopening process is for that to happen in the safest possible environment,” said Andy Pallotta, president of New York State United Teachers union. “There also is more to be done to strengthen safety protocols. While the state recommends that districts ‘strongly consider’ implementing screening testing, we believe there is zero excuse for all districts not to implement routine testing as soon as possible. The federal government is making hundreds of millions of dollars available to New York schools explicitly for this purpose. It’s long past time to get this done.”

EDUCATION

Teen programmer wins big

BCMS student earns top honors in global game design competition

DELMAR — In the world’s first international game-making challenge for kids ages 10-18, a young video game developer from Bethlehem Central Middle School has been named a top winner.

He is Ezra Cotton, a seventh-grader who recently earned a \$2,000 grand prize with a video game that challenges players to put their gaming skills and their environmental awareness to the test. His game design was one of only 16 winners chosen from more than 800 entries from 70 countries around the world as part of the “Code Games Challenge.”

“It is a fun process and I think that it is cool to get to create something that your friends and family can have fun playing.”

— Ezra Cotton, BC seventh-grader

The Code Games Challenge is sponsored by XPRIZE Connect which encourages young people to help solve humanity’s biggest challenges through fun games that “envision and ultimately help build a better future for everyone.”

Ezra was awarded the grand prize of a “Best in Class” game that had an environmental theme. He earned the award in the junior division (ages 10-13) of the Code Games Challenge. He joins 15 other global winners in both the junior and senior divisions from the U.S., Mexico, Canada, Saudi Arabia, Pakistan, India, Jamaica, and New Zealand.

“In a time when innovation and creativity is needed more than ever to reimagine the future, I am proud to announce the next-generation winners of our Code Games challenge,” said Anousheh Ansari, CEO of XPRIZE. “This challenge is a testament to the skill, ingenuity and vision of the younger generation of

innovators who will be integral in building the hopeful and abundant society we all want to live in.”

The game Ezra designed is called “Climate Catastrophe” which starts out in a polluted city. Players must learn about climate change through simulations in order to save the city. The middle schooler used Gamestar Mechanic to develop his game. Gamestar Mechanic is an online game and community designed to teach the guiding principles of game design and systems thinking to kids ages 7-14.

Ezra said while Gamestar Mechanic was key to designing his video game, it was a school project in spring 2020 that got him thinking about the theme for Climate Catastrophe.

“I had to do a research project on climate change,” said Ezra. “I used a lot of the information from that project in my game.”

Climate Catastrophe earned Ezra high marks for helping players learn about the environment, but it was equally important that the game be playable and be an enjoyable, immersive experience for users. Judges of the Code Games Challenge included some of the world’s top developers and producers of gaming content.

Ezra, who began experimenting with game design and computer science on code.org, said anyone can find his award-winning game and play it by downloading the Gamestar Mechanic app with a Mac or PC.

Considering Ezra’s success in the Code Games Challenge, it’s no surprise that he sees more game design in his future.

“I think that I will continue to make games,” said Ezra. “It is a fun process and I think that it is cool to get to create something that your friends and family can have fun playing.”

Hear from BCMS student Ezra Cotton below and learn more about the Code Games Challenge.

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BUSINESS

Spotlight earns 11 NYPA awards

Spotlight Newspapers earns accolades in New York Press Association's annual Better Newspaper Contest

By SPOTLIGHT STAFF
news@spotlightnews.com

DELMAR — Spotlight Newspapers was awarded 11 NYPA awards — including two first place honors — in last week's 2020 New York Press Association Better Newspaper Contest.

Since 1930, NYPA members have competed on a statewide basis against their peers in the annual Better Newspaper Contest. The contest is designed to measure papers of similar size against one another in categories such as news, photography, and advertising. Approximately 4,000 entries are received each year.

Online Editor Jim Franco took home eight NYPA awards highlighting exceptional photography skills and news gathering abilities. In addition to second-place finishes in Best News or Feature Story, Sports Feature Photo, Sports Action Photo, and Spot News

Photo, Franco was runner-up in the prestigious Photographer of the Year award. Judges said he had, "A strong collection of moments which document the emotions of the subjects."

Franco's capture of Troy's historic Black Lives Matter rally last June had received considerable attention. An aerial image captured with his drone showed the enormity of the approximate 11,000 participants in the Collar City's Riverfront Park. The same image was later shown on MSNBC's The Rachel Maddow Show. The picture page that ran in The Spot 518 that week garnered a first place award from contest judges who called his pictures "compelling."

The second first place award was awarded to Reporter Kaitlin Lembo and Managing Editor Michael Hallisey in the Coverage of the Arts category. It's the second time the two each earned the award as a tandem. They earned the award previously in 2017.

Lembo's feature article previewing a musical benefit for Planned Parenthood captured abrupt halt in activities last March. The benefit was canceled shortly before our paper went to publish,

but her article retained the pertinent message regarding the current climate in women's health rights.

"This entry covers it all - from artists to financials," said contest judges. "Every article showcases excellence in both word and images."

Franco shared second-place honors with Hallisey in both Coverage of Local Government and Best Front Page categories.

"These writers certainly live up to the name of their publication by shining light on potential corruption at local government levels," judges said of Franco's and Hallisey's effort in the Coverage of Local Government category. "The reporters went beyond reporting on what was said during meetings and looked to social media to find more sources on the topic."

Art Director David Abbott received an honorable mention award for Best House Ad Campaign.

"Our staff overcame incredible obstacles last year," Spotlight Publisher John McIntyre said. "Despite those challenges, this crew was able to continue producing a quality product for our subscribers. I couldn't be more proud of them/ They all deserve the recognition."

Delmar Farmers Market helping families

DELMAR — The Delmar Farmers Market announced last week it will provide gift certificates to more than 100 needy families through the remaining days of April.

The initiative calls for distributing certificates good towards purchases at local grocery stores, restaurants and the Delmar Farmers Market. The gift cards and certificates can be redeemed to purchase food items of the recipients choice.

"This funding will really help support people in our community while giving a boost to local businesses that also need help," stated the market's

board of directors through an email statement on Thursday, April 8. "The mission of the Delmar Farmers Market has always been to support local farmers, artisans and our community."

Funding for the gift cards was done through an undisclosed contribution from CDPHP.

"With so many people struggling during this pandemic, organizations are working together to support those in need," stated market directors.

The Delmar Farmers Market is scheduled to open its season on Saturday, May 1.

— Michael Hallisey

■ BUSINESS

Consumer sentiment is looking up

Best quarterly outlook since COVID

By **JIM FRANCO**
francoj@spotlightnews.com

LOUDONVILLE — the state Index of Consumer Sentiment for the first quarter of 2021 is 82.5, up 7.7 points from the fourth quarter of 2020, the highest since the COVID-19 pandemic took hold in March, 2020, according to a poll by the Siena College Research Institute.

“Both New York, and the nation, saw consumer sentiment increase over the first quarter, and both reached highs not seen since the coronavirus pandemic began,” said Doug Lonnstrom, professor of statistics and finance at Siena College and SCRI Founding Director. “Still, despite showing encouraging optimism, sentiment is not back to where it was prior to March of 2020.”

New York’s overall Index of Consumer Sentiment is 2.4 points below the nation’s Index of 84.9.

All three indexes for New York rose this quarter with the current

index approaching breakeven, and the overall and future indexes exceeding their breakeven points at which optimism and pessimism balance. The national indexes all increased but New Yorkers remain more optimistic about future economic conditions than the nation as a whole.

“New Yorkers in general match the nation’s level of growing economic optimism while New York City residents are far rosier about the future,” Lonnstrom said.

In the first quarter of 2021, the poll showed a mix of how people will spend their money. The number planning to purchase furniture is up to 32 percent from 29.7 percent, those planning to make major home improvements are up to 31.1 percent from 27.5 percent. But, those planning to buy a new vehicle is down to 17.8 percent from 10.7 percent, consumer electronics from 49.6 percent to 47.1 percent and homes down from 13.4 to 10 percent.

“Increasing gasoline prices are driving pump-price concerns higher, while increasing vaccinations and stimulus checks may be responsible for a new record high percentage — 31 percent — of state residents planning home improvements this spring,” Lonnstrom said.

Forty-three percent, up from 34 percent, of all New Yorkers say current gasoline prices are having a very serious or somewhat serious impact on their financial condition. Fifty-seven percent, unchanged from the fourth quarter of 2020, of state residents indicate that the amount of money they spend on groceries is having either a very serious or somewhat serious impact on their finances.

Confidence lost on local CEOs

LOUDONVILLE — Not surprisingly, COVID-19 has hurt business across the board, according to the 14th annual Upstate New York Business Leader Survey by the Siena College Research Institute.

According to the poll, sponsored by the Business Council of New York State, 80 percent of upstate CEOs say economic conditions worsened since COVID-19 took hold in March, 2020. Just 40 percent are predicting an improvement this year while 17 percent say conditions will remain the same and 43 percent think things will get worse.

Three quarters of the CEOs surveyed say COVID-19 increased their cost of doing business while two-thirds say the pandemic has decreased their revenue and profits and half say it has reduced the demand for their product or service.

The CEOs are calling on state government to provide business and personal tax relief, cut spending, fund business development incentives and infrastructure.

Thirty-nine percent believe a recession is likely or almost certain before the end of 2021.

Gas down

ALBANY — The price of a gallon of regular gasoline in the Capital District dropped by nearly a penny, .9 cents, over the past week, according to a daily survey of 546 stations by GasBuddy.

The \$2.86 average is 1.2 cents lower than a month ago and 65.3 cents higher than a year ago.

The national average of \$2.85 per gallon is 2.1 cents lower than last week, which is down .5 cents per gallon from a month ago and \$1.02 per gallon higher than a year ago.

“For now, it feels like the risk of seeing the national average climb to \$3/gal has been delayed by a recent surge in COVID-19 cases both here and abroad... but we still have potential to see summer gas prices at their highest levels in years,” said Patrick De Haan, head of petroleum analysis for GasBuddy.

— Jim Franco

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LOCAL GOVERNMENT

Dirt kicked up over no vacuum service

Town won't vacuum leaves this spring due to reduced workforce, COVID-19

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

DELMAR — Some residents kicked up a bit of dirt while talking about recent changes to town policy associated with yard waste.

The town's highway department has offered a vacuum service during a finite period of time in both the fall and spring seasons. Outside that window of time, the town will only collect bagged yard refuse.

In previous springs, residents have grown accustomed to piling leaves on the side of the road during the first days of spring. With the recent string of warm days, some of those residents did just that only to find the vacuum won't be coming.

"During the month of April, we are asking town residents to use barrels or yard waste bags for their yard waste," Highway Superintendent Marc Dorsey shared in a statement posted on the town's website on Tuesday, March 30. "This will help streamline this task and enable the Highway Crews to move efficiently through town to get this job done."

The notice, however, came nearly two weeks after some residents had already started tending to their yards after a long winter. The weekend of March 20-21 saw daily highs push above 50 degrees. The Albany International Airport recorded a high of 62 degrees on that Sunday.

"I had raked things to the curb thinking there

would be a pickup only to learn later I had to bag everything," Delmar resident Kelly Jeffers wrote on social media. "Walking through the neighborhood, I have noticed that many others have done the same."

The highway department purchased two new leaf vacuum units last year. The highway superintendent credited the units with helping pick up duties last fall. But, the vacuum units won't be used this spring, and it's not for the lack of hardware.

Dorsey blamed the current pandemic for cutting into his staff size. The highway department is without seasonal workers this year. For every two town employees on each truck, one seasonal worker from the Glenmont Job Corps joins the crew.

The highway superintendent said the job corp pulled its help because

of the pandemic. He also pointed towards CDC virus-mitigation guidelines, suggesting only two employees to each truck.

"Our overall goal is always service to community and safety for our highway crews," Dorsey stated. "We will not stop until the yard waste, brush and leaves are removed from resident's curbs."

Hazardous Waste

The town's Household Hazardous Waste Days opens with the first event this Saturday, April 17, at 8 a.m. But, if you're not among the first 200 residents who pre-registered, don't show up.

The Town Highway Garage is hosting Saturday's event, and the highway superintendent warned residents that space is limited due to COVID-19 restrictions. There are, however,

opportunities to go elsewhere later in the year, he said.

"We have partnered with East Greenbush and Troy on joint events to cut costs this year," Dorsey said. "There will be a limited number of spaces available for pre-registered Bethlehem residents to attend the East Greenbush and Troy hosted events in the summer and fall. See the event website hosted by East Greenbush for information and to pre-register."

Unlike previous years, electronics will no longer be accepted. Televisions and other consumer electronics can be recycled year-round at the town's Rupert Road Transfer Station.

Reduce Human-Bear Conflicts

Bear sightings are often reported throughout the

town especially in spring. A reminder from the town's Animal Control Officer: People who think they are doing wildlife a favor by feeding them and getting them used to humans are doing them a big disservice.

What causes Human-Bear Conflicts? The simple answer is food! Bears are more likely to seek out human food sources in the spring, when natural food is scarce, and in the summer, particularly during periods of drought. The leading cause of bear complaints in New York is bears getting into residential garbage and birdfeeders. Remove bird feeders from April 1 - November 30. New York's black bears begin emerging from their winter dens in mid to late March. Bird feed such as suet and seeds are a very strong attraction for bears, even if they can't reach it.

Feeding Black Bears is prohibited in New York.

POLITICS

GOP files suit against Working Families Party

Republicans look to bounce Democrats off line

By **JIM FRANCO**
francoj@spotlightnews.com

ALBANY — A number of Republican candidates in counties across the state are challenging the designating petitions filed by candidates, mostly Democrats, who want to run on the Working Families Party line in November.

One issue is the signatures by the WFP presiding officer and secretary, Jonathan Westin and Daniel Langenbucher. The suit claims those signatures, required by state Election Law to authorize candidates not enrolled in the WFP to run with their line on the ballot, were a photo copy or a stamp instead of an original.

The other issue is the WFP did not file the original designating

petitions with the respective Board of Elections. The GOP claims the originals must be submitted to verify the authenticity of the signatures while the WFP claims a scan or facsimile of the petitions are valid under an executive order signed by Gov. Andrew Cuomo.

"These purported signatures were obviously clipped from other documents and pasted either manually or mechanically onto the original document which was never filed with the Board of Elections," according to the lawsuit filed by John Ciampoli, a prominent Republican Election Law attorney, on behalf of Albany County GOP candidates. "They are not bona fide, genuine 'wet' signatures placed upon the certificate of authorization that is the subject of this

matter."

New York state is one of only a handful of states that allow candidates to run on more than one party line. Major party candidates who want to run with a minor party line must receive that party's permission, known as a Wilson Pakula. The Democrats generally run with the WFP line and Republicans run with the Conservative Party line. Those minor parties are the only two to receive enough votes on their respective lines to get an automatic spot on the ballot until at least 2022.

The process to get a Wilson Pakula is not complicated but it can be time consuming. It requires a certain number of enrolled party members so sign a designating petition that is witnessed and then the signatures are certified by a party official as witnessed by a notary.

The rules were modified a bit by the governor and the number of required signatures were reduced. But, Rachel Bledi, the Republican commissioner at the Albany County Board of Elections, said previously the changes do not include submitting a photocopy or a scan of the signatures.

"The whole point is the notary is supposed to watch you sign the document so no two signatures should look exactly the same and have a box around it," she said. "It opens the door to questions regarding fraud. There is no way to validate a certificate based on a photo copy."

Anita Thayer, the secretary for the Capital District WFP, said the signatures were not photocopied or stamped but scanned which is allowed under the current Election Law as modified

by the state during the COVID-19 pandemic.

"Our WFP authorizations, ie permission for our candidates that are not WFP registrants to run on the WFP ballot line, were filed in accordance with current Election Law, regulations, and the governor's executive orders," she said, "We anticipate that county BOEs will uphold the law and accept our authorizations regardless of Republican talking points."

Bledi said there are some 13 counties who filed similar suits and they all could be rolled together and the case could be heard in one court by one judge. It is not clear where that would happen or when but Election Law cases are often expedited because there is a time element. The primary, though, the deadline for settling the

case, is June 22.

In Albany County, nearly every Democratic Party candidate is named in the suit including those in Colonie, Bethlehem, New Scotland, Guilderland and the City of Albany. The suit is brought by the Republican candidates running for the seats.

According to the state Board of Elections, in Albany County there are 210,592 enrolled voters. Of those, 106,781 enrolled Democrats, 99,101 are enrolled Republicans, 3,583 are enrolled Conservatives and 892 enrolled in the WFP. There are 10,038 enrolled in another party and 51,446 who are registered to vote but not enrolled in any party.

A minor party line can account for hundreds of votes on Election Day and can often be a deciding factor in a close contest.

OBITUARIES

William Avery Liddle

DELMAR— William Avery Liddle, "Bill," passed away at the age of 81 on Easter Sunday, April 4, 2021, at his home surrounded by his family. He was born on October 8, 1939, in Oneida.

Bill was the only child of William and Eileen Avery Liddle. He graduated from Morrisville Eaton Central High School, obtained a Bachelor of Science from Michigan State University and a master's degree in social welfare and public administration from Adelphi University where he was awarded the Academy of Distinction Medal. He was a licensed psychotherapist and grade one public health Administrator.

In 1965, on July 24, Bill married his wife, Marie Elise Milligan. It was a double wedding ceremony with Marie's sister, Julie Ann (deceased), who married Ruediger J. Flik. William and Marie have two children, Julie Ilene Liddle McKay (Kevin) and

William Arthur Liddle (Chrystal). Both of their children were born on April 28th, their mother's birthday.

William has four grandchildren, Michael Evin McKay, Avery James McKay, Kayli Elise Liddle, and Kira Lyn Liddle.

Bill served in various social service and mental health capacities from 1963 to 1972 in Suffolk County, New York. From 1972 to 1977 he was commissioner of Social Services for Chemung County, New York, where he helped found the Counties Information and Referral Services and the first County Office on Aging. He was a member of the County Mental Health Board, the Genesee Regional Health Planning Commission, and had administrative responsibility for the 200 bed Chemung County Skilled Nursing Facility.

From 1977 to 1982, after moving to Delmar, Bill was a deputy commissioner with the New York State Department of Health, with broad ranging

responsibilities. From 1982 to 2008, Bill oversaw Administration of the New York Medicaid claims payments systems (MMIS), first as project director, general manager for McDonnell Douglas, and then as vice president, general manager MMIS operations, account executive eMedNY, for Computer Sciences Corporation. He retired in 2008.

Until his retirement, Bill was a member and active participant with the New York Public Welfare Association, the National Medicaid Directors Conference, the National Council for Prescription Drug Program, and the National Academy for State Health Policy.

Bill was active in sports at both the high school and college level, where he played football for the Michigan State Spartans. Bill also coached boys baseball, girls softball, and Pop Warner Football in Bethlehem for several years. For the past several years he was a volunteer for the Bethlehem Seniors

Department.

Bill was known for his extensive knowledge of Health Care, love of politics, and his devotion to his family and his dogs. He also enjoyed the family home on Oak Island, N.Y. where he summured every year from 1965 forward. He was a long time board of directors member, and former president of the Great South Bay Isles Association.

Bill is survived by his loving wife, children, grandchildren, brother-in-law, nephews, a niece and several cousins. At their convenience, the family will host a party in celebration of Bill's life at the summer home on Oak Island. If you wish to remember Bill in any way, please consider doing a random act of kindness.



Eleanor Atwood

DELMAR — Eleanor Atwood, 96, died on April 6, 2021. Born in Hoosick Falls, NY in 1925; daughter of Alceste and Benilda (Bondi) Alberghini. She resided in Delmar since 1960, and worked for the Senate Finance Committee as an Administrative Assistant and for the N.Y. State Court of Claims as a secretary before retiring in 1990.



ATWOOD

She was a member of the Delmar Reformed Church and Nathaniel Adams Blanchard Post #1040 Auxiliary.

Eleanor was predeceased by her husband, Merwyn K. Atwood. Survived by her daughter, Barbara (Steven) Wickham, her

son, Russell Atwood, granddaughter Lauren (Russell) Yake and Courtney (Eric) French.

Also survived by five great grandchildren, Cameron, Emerson, Autumn, Elle & Rhys who were the joy of her life and several nieces and nephews. She was predeceased by brothers

Argio, Paul and Peter Alberghini and a sister, Lena Bowman. Eleanor enjoyed her last years living at Atria Delmar Place. In lieu of flowers, contributions may be made to Delmar Reformed Church, 386 Delaware Ave. Delmar, New York 12054 or a charity of one's choice.

Funeral services were held this past Saturday at the Delmar Reformed Church in Delmar. Arrangements were made by Meyers Funeral.

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■ SCHOLASTIC SPORTS



Eagles play at Glens Falls this Saturday

TROY — The Bethlehem boys beat Lansingburgh 3-1 in a non-league game on Wednesday, April 7.

Ryan Acosta and Keith Winne scored for The Eagles and Lansingburgh, of the Colonial Council, had an own goal.

Bethlehem is one of two Suburban Council teams, along with Ballston Spa, that opted out of playing soccer last fall and are instead participating with other

conferences during what has been dubbed Fall II.

The Eagles will next play at Hudson Falls on April 10 and then host Amsterdam on April 13. The Fall II season will run through the end of this month.

The Eagles will next play at Glens Falls on Saturday, April 17 and then at Scotia Glenville on Tuesday, April 20.

— Jim Franco

Tough breaks

Eagles put strange football season to bed

BETHLEHEM — The injury-plagued Eagles ended the regular Fall II season with a 55-0 loss to Shen on Saturday, April 10.

Football was cancelled last fall along with other sports deemed high risk for spreading COVID-19 so an abbreviated season was played this spring.

Shen jumped out to a 21-0 lead after one, tacked on 20 more in the second quarter and then seven in the third and fourth, respectively.

Bethlehem opened with a loss to Guilderland followed up by a loss to Saratoga and a loss to Schenectady before meeting up with Shen.

It is not clear at this time if Bethlehem will play any more football games this season.

— Jim Franco

■ AMATEUR SPORTS

Virtual program encourages families to stay active

ALBANY — As the we begin a slow return to some normalcy following 12 months of pandemic life, organizers of the 43rd Freihofer's Run for Women (FRW) have launched a new, two-month virtual fitness initiative called the "Freihofer's Run for Women Comeback Challenge" aimed at encouraging local families to get outside, be active and explore.

The challenge will begin Saturday, May 1 and runs through Wednesday, June 30. It is open to all ages and focuses on not only being active, but also exploring our region. Registration opens Tuesday, April 6 and closes on Sunday, April 30, 2021. The fee is \$40. To register and learn more, visit: <https://runsignup.com/Race/NY/Albany/Comeback21>

All Freihofer's Run for Women Comeback Challenge participants will receive a custom duffel bag.

To enhance the program, personal trainers, physical therapists, nutritionists and others will offer classes, lectures and more. Participating individuals and businesses include the Sidney Albert Albany JCC, The Revolution, Feldman Physical Therapy, Badger Strength, Judy Litt Yoga, Julie Bushart, Kettlebellworks, Crunch Fitness, Nutrition for Optimal Performance, Leg Up on Fitness, and Vent Fitness. Additionally, these businesses are offering prizes ranging from free fitness memberships and personal training sessions to nutrition packages and spin classes.

After registering, participants gain access to the Freihofer's Run for Women Comeback Challenge's dashboard where they can enter each day's activities such as running, swimming, hiking, strength training, kayaking, wakeboarding, and gardening. Individuals

can view a live leaderboard and see how many miles their fellow participants have logged. They can also share activity ideas, including favorite on-line fitness classes, locations for scenic runs and walks, and other family wellness experiences with others on the program's Facebook page @freihofersrun.

Those looking for things to do in downtown Albany are encouraged to download the Discover Albany app. Available for free on the iOS App Store and Google Play, the app includes downtown museums and attractions, fun walking tour "trails", and locations to enjoy CDPHP Cycle, the Capital Region's bike share program. In addition, the app includes an array of restaurant choices that suits everyone's taste buds. For more information, visit <https://www.albany.org/about/discover-albany-app/>

For information, email runninginfo@freihofersrun.com

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the amount of money which will be required to fund the School District's budget for the 2021-2022 school year, exclusive of public monies, and Basic STAR exemption impact report may be obtained by any taxpayer in the District during the fourteen days immediately preceding the Annual Meeting except Saturdays, Sundays or holidays, at the Bethlehem Central High School, Business Office, 700 Delaware Avenue, Delmar, New York, and the offices of each Elementary School, the Middle School, the High School of the District, the School District Website and the Bethlehem Public Library between the hours of 8:30 a.m. and 4:00 p.m., prevailing time and also at said District Election.

AND FURTHER NOTICE IS HEREBY GIVEN that petitions nominating candidates for the office of member of the Board of Education and for the office of Trustee of the Bethlehem Public Library shall be filed with the District Clerk at the District Clerk's office at the Bethlehem Central High School, Superintendent's Office, 700 Delaware Avenue, Delmar, New York, not later than April 19, 2021 at 5:00 p.m. Each petition must be directed to the District Clerk, must be signed by at least Fifty (50) qualified voters of the District and must state the name and residence of the candidate. A copy of such petitions may be obtained at the Office of District Clerk in the Bethlehem Central School District during regular school hours.

AND FURTHER NOTICE IS HEREBY GIVEN that applications for absentee ballots will be obtainable between the hours of 8:00 a.m. and 4:30 p.m. Monday through Friday, except holidays, from the District Clerk. Completed applications for absentee ballots must be received by the District Clerk at least seven (7) days prior to the vote if the ballot is to be mailed to the voter, or the day before the election, if the ballot is to be delivered personally to the voter. Absentee ballots must be received by the District Clerk not later than 5:00 p.m. on May 18, 2021.

AND FURTHER NOTICE IS HEREBY GIVEN, that military voters who are not currently registered may apply to register as a qualified voter of the Bethlehem Central School District. A military voter registration application may be requested from the District Clerk at 700 Delaware Avenue, Delmar, New York and must be returned to the Office of the District Clerk at 700 Delaware Avenue, Delmar, New York not later than 5:00 pm on April 23, 2021. A military voter may indicate their preference for receiving the registration application by mail, facsimile transmission, or email.

AND FURTHER NOTICE

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IS HEREBY GIVEN, that Education Law also makes special provisions for absentee voting for "military" voters of the District. Specifically, the law provides a unique procedure for "military ballots" in school district votes. Whereas absentee ballots must be received by the voter by mail, a military voter may elect to receive his/her absentee ballot application and absentee ballot by mail, email or facsimile. If a military voter does not designate a preference, the board of education shall transmit the military ballot application or military ballot by mail. If a military voter designates a preference for facsimile transmission or electronic mail but does not provide the necessary facsimile number or e-mail address, the Board of Education shall transmit the voter registration application, military ballot application or military ballot by mail and request the omitted information. The military voter must, however, return his/her original military ballot application and military ballot by mail or in person, regardless of how the absentee application or ballot was received. The District Clerk shall transmit the military voter's military ballot in accord with the military voter's preferred method of transmission, or if not preference by mail, not later than April 22, 2021. The District Clerk must then receive the military voter's military ballot by mail not later than 5:00 p.m. on the day of the vote.

A list of all persons to whom absentee ballots shall have been issued will be available in the office of the District Clerk from 8:00 a.m. until 4:30 p.m. prevailing time on each of the five days prior to the day of the election, except Saturday, May 15 and Sunday, May 16, 2021, and on the day set for the election. Any qualified voter may challenge the acceptance of the ballot of any person on such list, by making his/her challenge and reasons therefore known to the Chief Election Inspector before the close of the polls.

AND FURTHER NOTICE IS HEREBY GIVEN that the qualified voters of the School District shall be entitled to vote in said annual vote and election. A qualified voter is one who is (1) a citizen of the United States of America, (2) eighteen (18) years of age or older, and (3) resident with the School District for a period of thirty (30) days preceding the annual vote and election. The School District may require all persons offering to vote at the budget vote and election to provide one form of proof of residency pursuant to Education Law section 2018-c. Such form may include a driver's license, a non-driver identification card, a utility bill, or a voter registration card. Upon

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offer of proof of residency, the School District may also require all persons offering to vote to provide their signature, printed name and address as per School District Policy 2120.2. AND FURTHER NOTICE IS HEREBY GIVEN, that pursuant to a policy adopted by the Board of Education in accordance with Sections 2035 and 2008 of the Education Law, any referenda or propositions to amend the budget, or otherwise to be submitted for voting at said vote and election, must be filed with the Board of Education at the Bethlehem Central School on or before April 19, 2021 at 5:00 p.m., prevailing time; must be typed or printed in the English language; must be directed to the Clerk of the School District; must be signed by at least One Hundred Twenty Five (125) of the qualified voters of the District; and must state the name and residence of each signer, except for any referenda or propositions pursuant to Section 1804 of the Education Law, which must be signed by at least Six Hundred Fifty Four (654) of the qualified voters of the District. However, the School Board will not entertain or place before the voters any proposition if its purpose is beyond the power of the voters or is illegal, or any proposition requiring the expenditure of moneys which fails to include specific appropriations for all such expenditures required by the proposition or any proposition which must be included in this notice of the annual meeting and was not received at least 60 days prior to the annual meeting.

Date: April 1, 2021
Brittany L. Barrett
District Clerk, Bethlehem
Central School District
D-264604

**Voorheesville Central School District
Notice of public hearing, budget vote, and election**

NOTICE IS HEREBY GIVEN THAT a public hearing of the qualified voters of Voorheesville Central School District, County of Albany, State of New York will be held on May 10, 2021 at 7:00 p.m., prevailing time, accessible virtually by the public via WebEx, subject to change dependent on Department of Health guidelines for the presentation of a budget for the school year 2021-2022. The budget will be available for review from May 4 to May 17, 2021 at the District Office.

AND NOTICE IS ALSO GIVEN that the Annual District Meeting will be held on Tuesday, May 18, 2021 in the Voorheesville Middle School Foyer. The polls will open at 2:00 p.m. Eastern Daylight Saving Time and voting will proceed until 9:00 p.m. by machine voting on the following:
To elect two (2) members of the Board of Ed-

LEGALS

ucation for a four (4) year term, commencing July 1, 2021 and terminating June 30, 2025, to fill the vacancy created by the expiration of the terms of C. James Coffin, and Robert J. Samson.
To vote on the Annual School Budget of the Voorheesville Central School District for the fiscal year 2021-2022 and to authorize the appropriation of the necessary funds to meet the estimate of expenditures, and to authorize the levy of taxes on the taxable property of the District for this purpose. To vote on the following propositions to be submitted:

**PROPOSITION #1:
PURCHASE OF BUSES:**
Shall the Board of Education of the Voorheesville Central School District be authorized to (1) acquire school buses, including incidental expenses, at a maximum estimated cost of \$261,000, (2) expend such sum for such purpose, (3) levy the necessary tax therefore, to be levied and collected in such amounts as may be determined by the Board of Education taking into account state aid received, and (4) in anticipation of the collection of such tax, to issue bonds and notes of the District at one time or from time to time in the principal amount not to exceed \$261,000, and to levy a tax to pay the interest on such obligations when due.

**PROPOSITION #2:
CAPITAL PROJECT RESERVE:**

Shall the Board of Education of the Voorheesville Central School District be authorized to increase the ultimate amount of the District's 2012 Building Project Reserve Fund, which was approved by the voters on May 15, 2012, by \$500,000, thereby raising the ultimate amount of that Fund to \$2,500,000, and to additionally fund the 2012 Building Project Reserve Fund by transferring an amount not to exceed \$500,000 from the District's 2017 Building Project Reserve Fund, which was approved by the voters on May 16, 2017, to the 2012 Building Project Reserve Fund?

AND NOTICE IS ALSO GIVEN that a copy of the statement of the amount of money which will be required to fund the District's proposed budget for the 2021-2022 school year, exclusive of public monies, may be obtained by any taxpayer in the district during the fourteen (14) days immediately preceding the Annual Meeting, except Saturday, Sunday or holidays, at the following schoolhouses in which school is maintained during the hours designated:

Schoolhouses / Hours
Voorheesville Elementary School 8:30 a.m. to 3:00 p.m.
Voorheesville Middle

LEGALS

School 8:30 a.m. to 3:00 p.m.
Clayton A. Bouton High School 8:30 a.m. to 3:00 p.m.
A report of tax exemptions, showing how much of the total assessed value on the final assessment roll or rolls used in that budgetary process is exempt from taxation, shall be annexed to the budget document.

The election and budget vote shall be by machine or absentee ballot. The hours during which the polls shall be kept open shall be from 2:00 p.m. to 9:00 p.m., prevailing time, or for as long thereafter as necessary to enable qualified voters who are in the polling place at 9:00 p.m. to cast their ballots. AND NOTICE IS ALSO GIVEN that petitions nominating candidates for the office of member of the Board of Education must be filed with the Clerk of the District not later than 5:00 p.m., prevailing time, on April 19, 2021. Each petition must be directed to the Clerk of the District, must be signed by at least twenty-five (25) qualified voters of the district and include each signer's address, must state the name and residence of the candidate and must describe the specific vacancy for which the candidate is nominated including at least the length of the term of office and the name of the last incumbent. A copy of such petition may be obtained at the Office of the Clerk of the District during regular school hours.

AND NOTICE IS ALSO GIVEN that a public hearing of the qualified voters of Voorheesville Central School District, County of Albany, State of New York, will be held on Monday, May 17, 2021 at 7:00 p.m. virtually for the presentation of the Public Library budget for the year 2021-2022.

AND NOTICE IS ALSO GIVEN that, as part of and contemporaneous with the Annual District Meeting, a vote will be held for the Voorheesville Public Library on the following:
To elect one member of the Library Board of Trustees for a term of five years ending on June 30, 2026 to fill the vacancy created by the expiration of the term of Bryan Richmond.

AND NOTICE IS ALSO GIVEN that applications for absentee ballots may be received by the District Clerk not earlier than the thirtieth (30th) day nor later than the seventh (7th) day before the election. Requests should be addressed to: Clerk, Board of Education
Voorheesville Central School District
P.O. Box 498
Voorheesville, NY 12186
If the ballot is to be delivered personally to the voter, the District Clerk must receive the completed application the day before the election,

LEGALS

May 17, 2021. Absentee ballots must be received by the District Clerk no later than 5:00 p.m., prevailing time, on Tuesday, May 18, 2021.

AND FURTHER NOTICE IS HEREBY GIVEN, that applications for absentee ballots will be obtainable during school business hours from the District Clerk; completed applications must be received by the District Clerk at least seven (7) days before the election, May 11, 2021, if the ballot is to be mailed to the voter, or the day before the election, May 17, 2021, if the ballot is to be delivered personally to the voter. Absentee ballots must be received by the District Clerk no later than 5:00 p.m., prevailing time, on Tuesday, May 18, 2021.

The Education Law makes special provisions for absentee voting by "permanently disabled" voters of the District and any questions regarding these rights should be directed to the Clerk of the Board. A list of all persons to whom absentee ballots shall have been issued will be available in the office of the District Clerk from 9:00 a.m. until 3:00 p.m. prevailing time except weekends, up to the day set for the election, and on the day of the election, May 18, 2021. Any qualified voter may challenge the acceptance of the ballot of any person on such list, by making his/her challenge and reasons therefore known to the Inspector of Election before the close of the polls.

The Education Law also makes special provisions for absentee voting for [military] voters of the District. Specifically, the law provides a unique procedure for "military ballots" in school district votes. Whereas absentee ballot applications and absentee ballots must be received by the voter by mail, a military voter may elect to receive his/her absentee ballot application and absentee ballot by mail, email or facsimile. The military voter must, however, return his/her original military ballot application and military ballot by mail or in person. The Clerk of the Board shall transmit the military voter's military ballot in accord with the military voter's preferred method of transmission, or if no preferred method is identified by mail, not later than 25 days before the vote. The Clerk of the Board must then receive the military voter's military ballot by mail or in person not later than 5:00 p.m. on the day of the vote.

AND FURTHER NOTICE IS HEREBY GIVEN, that pursuant to a rule adopted by the Board of Education in accordance with §2035 and §2008 of the Education Law, any referenda or propositions to amend the budget, or otherwise to be submitted for voting at said vote and election, must be filed with the Board of Education on

LEGALS

or before April 19, 2021, at 4:00 p.m., prevailing time; must be typed or printed in the English language; must be directed to the District Clerk; must be signed by at least twenty-five (25) of the qualified voters of the School District; and must state the name and residence of each signer. However, the School Board will not entertain or place before the voters any proposition if its purpose is beyond the power of the voters, or is illegal, or any proposition requiring the expenditure of moneys which fails to include specific appropriations for all such expenditures required by the proposition.

AND FURTHER NOTICE IS HEREBY GIVEN that the qualified voters of the School District shall be entitled to vote in said annual vote and election. A qualified voter is one who is (1) a citizen of the United States of America, (2) eighteen (18) years of age or older, and (3) resident within the School District for a period of thirty (30) days preceding the annual vote and election. The School District may require all persons offering to vote at the budget vote and election to provide one form of proof of residency pursuant to Education Law §2018-c. Such form may include a driver's license, a non-driver identification card, a redacted tax return or any identification containing the person's physical address. Upon offer of proof of residency, the School District may also require all persons offering to vote to provide their signature, printed name and address.

Dated: March 22, 2021
Jessica Tabakian
District Clerk
D-264727

NOTICE OF LLC FORMATION

BUFFCITY21 LLC. Arts. of Org. filed with the SSNY on 03/26/21. 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 Julie Miller, Partner, Holthouse Carlin & Van Trigt LLP, 11444 W. Olympic Boulevard, 11th Floor, Los Angeles, CA 90064. Purpose: Any lawful purpose.
D-263954

NOTICE OF LLC FORMATION

BUSINESS SERVICE MANAGEMENT LLC. Arts. of Org. filed with the SSNY on 03/03/21. 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 Allegretti & Associates LLC, 305 Broadway, 7th Floor, New York, NY 10007. Purpose: Any lawful purpose.
D-265690

NOTICE OF LLC FORMATION

BXF LENDING LLC. Arts. of Org. filed with the SSNY on 03/05/21. Office: Albany County. SSNY designated as agent of the LLC upon

LEGALS

whom process against it may be served. SSNY shall mail copy of process to the LLC, 29 W. 36th Street, Suite 100, New York, NY 10018. Purpose: Any lawful purpose.
D-263823

NOTICE OF LLC FORMATION

C 3 Vision LLC. Arts. of Org. filed with the SSNY on 03/26/21. 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 Michael Kimmel, 166-02 17th Avenue, Whitestone, NY 11357. Purpose: Any lawful purpose.
D-265450

NOTICE OF LLC FORMATION

CALBLAKE, LLC. Arts. of Org. filed with the SSNY on 03/03/21. 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 Feldman, Kramer & Monaco, P.C., 330 Motor Parkway, Hauppauge, NY 11788. Purpose: Any lawful purpose.
D-263611

NOTICE OF LLC FORMATION

CAPROLITE UNLIMITED ENTROPY LLC. Arts. of Org. filed with the SSNY on 06/07/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 20 Oxford Road, Troy, NY 12180. Purpose: Any lawful purpose.
D-264957

NOTICE OF LLC FORMATION

CASA CHAOS LLC. Arts. of Org. filed with the SSNY on 03/09/21. 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 Julie Miller, Partner, Holthouse Carlin & Van Trigt LLP, 11444 W. Olympic Boulevard, 11th Floor, Los Angeles, CA 90064. Purpose: Any lawful purpose.
D-263954

NOTICE OF LLC FORMATION

CASA FAMILIAL, LLC. App. for Auth. filed with the SSNY on 03/25/21. Originally filed with Secretary of State of Delaware on 03/22/21. 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 Allegretti & Associates LLC, 305 Broadway, 7th Floor, New York, NY 10007. Purpose: Any lawful purpose.
D-265690

NOTICE OF LLC FORMATION

CELMER ARCHITECTURE PLLC. Arts. of Org. filed with the SSNY on 03/19/21. Office: Albany County. SSNY designated as agent of the PLLC upon whom pro-



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EDITORS: Michael Hallisey@mh_Spotlight

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Spotlight on Opinion

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FROM THE EDITOR'S DESK



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. 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 or call (518) 439-4949.

Our full letter policy can be viewed online at www.spotlightnews.com.

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Delmar is a tourist attraction

It may not be sound business practice to sing the praises of a competitor, but it is otherwise neighborly — if not polite — to express gratitude when one finds themselves on the receiving end of a good deed.

Did you check out the latest edition of *Capital Region Living* this month? Push aside the pages featuring its annual Besties selections, there is a colorful piece showcasing several businesses here in our hometown. Natalie Moore, the magazine's managing editor, encapsulates the Old Delmar experience in a suggested "weekend getaway" piece for her readers.

Her fantasy weekend in the 12054 starts with a stop at Shogun Sushi and Saki Bar. Though not necessarily a Bethlehem

exclusive, with its sister dining room residing down the road in Albany, it's been a favorite. Nothing beats a conversation over a roll of spicy maki on its front porch on a breezy summer evening. And, like a local, she closes the evening out with a night at Del Lanes.

Technically, it's Elsmere. Some of us old timers would be quick to point out the discrepancy. Nonetheless, we would also be just as quick to agree with her. Just as much as going across the way to Jim's Tastee Freez — which she reserves for Saturday.

The establishments featured in *Saratoga Living's* sister magazine are no secret to our readers. These are the jewels we cherish as we speak of why we choose to live here. Residents fortunate enough, can walk out their

front door and scratch the itch of any one of their fancies, be it a breakfast sandwich at McCarroll's, a latte at Perfect Blend, or a new hardcover at I Love Books.

Over the years, Delmar has redefined itself. It has long been an attractive place to live for young professionals working in downtown Albany or growing families looking for an exceptional education. But, there's an energy surrounding the Four Corners that wasn't there years ago. Walk the sidewalks on a summer evening and listen to the live music lingering on the night air from Swifty's, Twisted Vine and The Real McCoy. You may not have thought of it, but Delmar is a tourist attraction.

Consider the improvements made to the Delaware Avenue corridor

a few years ago. Between state and federal grants and town funds, more than \$3 million was spent on fixing up Delmar's Main Street. Sidewalks were reconstructed, parking places recut, vintage-looking light posts and 100 trees were planted along the roadside. These are the window dressings that give visitors a warm welcoming to our town.

Since the Delaware Avenue corridor project five years ago, we've also witnessed the emergence of the Albany County Helderberg-Hudson Rail Trail as a viable commercial force. The railroad brought commerce into this town a century before, and provided a means of transport into the city. Now, the rail bed provides the footpath that draws customers right into the heart of town.

The Capital District Transportation Committee estimates that more than 160,000 people use the rail trail, both locals and visitors walking and biking, alike. We'd guess more.

We ran a story not too long ago, detailing an ideal itinerary for visitors to walk the trail and visit the many establishments that run along it. So, no. There are no secrets here. Maybe the recognition pulls us out of the doldrums that lull us into taking this place for granted. There is, however, a sense of affirmation when we see an outsider appreciating the magic we've cultivated in this backyard of ours.

So, in addition to your faithful readership to this local weekly newspaper, pick up that magazine that knows a thing or two about Delmar — this month, anyway.

LETTERS TO THE EDITOR

My hometown has respect for all

Dear editor,

We moved to the Town of Bethlehem 43 years ago. No idea of the town, no idea of the house we bought that was "on the other side of the bypass" but still had a Delmar post office address. We found a community that came together and worked

together on various projects and it did not matter what label you wore. What has happened all these years is a very divisive town.

A "thank you" from the Supervisor to those involved in a police reform plan for all the work done was quite eye opening. Quote "Black Lives

Matter in Bethlehem, our government, our schools and our community as a whole to address issues of systemic racism and trauma."

I believe ALL LIVES MATTER! Whether they are Asian, North American Indians, emigrants crossing the southern border,

Middle Easterners, the 15,000 nursing home patients who died from COVID-19, the late (third trimester) aborted babies, small businesses who are the spine of our Town. I believe in RESPECT for people, even those whose opinions and views, lives and religions are different

than mine. That to me is what makes this country, and town, a good place to live. Name calling and shouting is above all a TOTAL lack of RESPECT.

Marge Kanuk
Delmar

THE
Spotlight

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LIBRARIES

A little help from our Friends

You don't have to worry about getting caught in any April showers next time you visit the library thanks to the awesome Friends-sponsored umbrellas you can pick up on your way out the door. The umbrellas are loaned out on the honor system: Grab one when you need it, and bring it back the next time you're at the library.

In addition to the umbrellas, the Friends support a number of popular activities and events at the library, including the recent Kindness Matters campaign, museum passes, the Library of Things collection, and in non-pandemic times, outings and concerts.

The Friends of the Library meet on the third Monday evening, every other month. Meetings are open to the public. If you would like to play a greater role in this



community organization, introduce yourself at the next meeting or contact the Friends liaison at friends@bethlehempubliclibrary.org.

Digital literacy classes online

The Upper Hudson Library System is hosting dozens of online digital literacy classes through GoToMeeting. These classes are available at no cost to library cardholders in the system. Now you can brush up on some of those skills that look great on a resume. Classes include Facebook Pages for Business; Introduction to Windows 10; Digital Organization Sampler; Email Marketing with Mailchimp; and Polling, Quizzing, Signups and more with Google Forms.

Visit bit.ly/2M5IMnU to see what's available or to sign up.

Trustee candidate petition packets available

Nominating petition forms are available at the library through curbside pickup or digitally by e-mailing information@bethpl.org for candidates interested in serving on the Bethlehem Public Library Board of Trustees. There is one seat on the 2021 ballot, currently held by incumbent Harmeet Narang, who is seeking another 5-year term on the board.

Petitions will need at least 25 signatures of voters residing in the Bethlehem Central School District. Petitions must be filed with the District Clerk, Bethlehem Central High School, 700 Delaware Ave., Delmar by 5 p.m. on April

19. The election will be held Tuesday, May 18.

Put down some roots

Get growing with our 2021 seed library featuring a variety of open-pollinated vegetables, herbs and some flowers. You can now select your seeds online for pickup, limited to 10 seed packets per household. Visit webapps.bethlehempubliclibrary.org/seeds/categories.asp to see what's available.

Library hours and more

The library is currently open for in-person use, as well as curbside pickup. Hours are subject to change, so please visit our website at www.bethlehempubliclibrary.org for the most up-to-date information.

— Kristen Roberts

COMMUNITY

Grange Hall Craft Fair and Plant Sale

SOUTH BETHLEHEM — The Craft Fair/Plant Sale will be 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. They'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, they would appreciate some cuttings or rooted plants, or potted plants. Of course, any other plants are appreciated.

They 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.

If you have any questions or would like to be a vendor at the Craft Fair/Plant Sale, call Jackie Schrom at 518-810-6031.

Town is flushing water mains

BETHLEHEM — The town announced its water main flushing schedule for the spring.

April 5 to April 23: Slingerlands, North Bethlehem, Town of New Scotland.

April 14 to May 7: Delmar, Elmsere.

April 26 to May 14: Glenmont, Selkirk.

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LIBRARIES

May Book Discussion Dates

Books & Beyond –
 Wednesday, May 19, at 11
 a.m.: “Daisy Jones & the
 Six,” by Taylor Jenkins Reid

Fiction Book Discussion –
 Wednesday, May 5, at 7 p.m.: “Daisy
 Jones & the Six,” by Taylor Jenkins
 Reid

Nonfiction Book Discussion
 – Monday, May 10, at 7 p.m.:
 “Becoming,” by Michelle Obama

Talk and Taste Cookbook Club –
 Thursday, May 27, at 6:30 p.m.: “Any
 Cookbook,” by Vegan Author Nava
 Atlas

Middle School Book Club (grades
 6-8) – Wednesday, May 26, at 4 p.m.:
 “Roll With It,” by Jamie Sumner

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 for \$5, compliments of the
 Friends of the Library. Library copies
 will also be available for checkout and
 downloadable ebook and audiobook
 versions are on Overdrive.

Music and Movement with Lisa Russo

Come join Ms. Lisa’s Musik on



Saturday, April 17, from 10 to 10:30
 a.m. “All Through the Town” will take us
 on a musical journey to celebrate spring
 with a morning of song and dance
 themed around the wonders of the
 season. Please register children ages 18
 months to 5 years, with a caregiver.

Craft & Chat

Hello crafters! Grab your latest craft
 project, and join fellow crafters at 6:30
 p.m., Tuesday, April 20, as we gather
 virtually for casual conversation about
 what we are working on and anything
 else that strikes our fancy. Register to
 receive the Zoom link.

When to claim Social Security

Join Marisa Rothstein, JD, CFP®,
 AEP® on Friday, April 23 at noon for
 this virtual presentation about Social
 Security. Please register online for the
 Zoom link.

— Lynn Kohler

Healthy fishing

Fishing can be relaxing and
 rewarding, and the catch of
 the day yields solid nutrition.
 However, some fish from the
 Hudson River may contain harmful
 chemicals. On Thursday, April 15, at 6:30
 p.m., older teens and adults can learn
 about safe places to fish in the Capital
 Region, plus tasty food prep ideas. This
 Zoom event will be conducted by Karen
 Roberts Mort from Cornell Cooperative
 Extension. Attendees will receive a booklet
 about wild-caught fish and proper cleaning
 and filleting techniques, plus recipe ideas.
 We’ll also provide tackle baggies and
 fishing guides for registrants to pick up
 curbside. Please register on the Events tab
 of our website.

Board of Trustees News

The Guilderland Public Library Board
 of Trustees will hold a public hearing
 on the 2021-2022 Proposed Budget
 on Thursday, April 15, at 5:30 p.m.,
 which may be viewed at: [http://bit.ly/
 GPL2122ProposedBudget](http://bit.ly/GPL2122ProposedBudget) in advance of
 the vote Tues. May 18. This session will
 be immediately followed by a regular
 monthly business meeting of the Trustees
 at 6:00 pm. This continuous session will be
 streamed live on Facebook. To call in: dial
 1.408.418.9388; enter Access Code 132
 336 8091#; enter Password 6787#. Public



commentary may be submitted to: [pc@
 guilderlandlibrary.org](mailto:pc@guilderlandlibrary.org)

There are currently four vacancies
 on the Guilderland Public Library
 Board of Trustees. Interested individuals
 who are U.S. citizens residing within
 the Guilderland School District and
 at least 18 years old may download
 application materials at [https://bit.ly/
 GPLBoardCandidates](https://bit.ly/GPLBoardCandidates); email [pio@
 guilderlandlibrary.org](mailto:pio@guilderlandlibrary.org) or call 518-456-
 2400, ext. 112 for an information packet,
 which are also available for curbside pick
 up. All nomination forms are due to the
 Guilderland Central School District clerk
 by Monday, April 19 for the Tuesday, May
 18 budget and board candidate vote.

Curbside Kits for Kids

Stop by our curbside table starting
 Mon. April 19 at 10:00 a.m. for a Grab
 & Go Storytime Kit for your preschooler
 (ages 2-5). Each “Home Sweet Home”-
 themed bag contains suggestions for
 eBooks, music, and rhymes, plus fun
 activities and crafts. Storytime kits are
 available on a first come-first served basis.

— Luanne Nicholson

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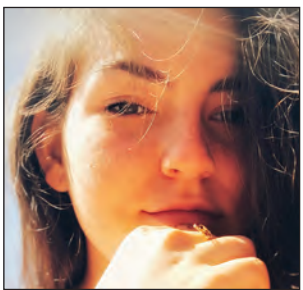
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ARTS

INSIDE



On screen

Local filmmaker strikes video on demand deal.

Page B3



Move it

How to get your kids moving in a healthy way.

Page B7



More than aware

Local group is advocating for Autism Acceptance Month.

Page B9

A trail of dreams

Art on the Rail Trail to host virtual auction

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

DELMAR — The Albany County Helderberg-Hudson Rail Trail is a Bethlehem treasure. The 9.8 mile trail, which stretches from the Port of Albany to Voorheesville, is known for its appeal to nature lovers and athletes on their walks or runs.

Continues on page B4



Theresa McTague's Cat Gun

SUMMER Camp guide

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



INCLUDES
 DIRECTORY LISTINGS
 in print & online -
 (Limit 50 words)



INSIDE THIS ISSUE!

#TheSpot518



▶ quote of the week

"When you travel to a new place, you go to museums, look at the architecture, walk in the parks, visit historical sites-- the places that let you experience what humans have created over the ages, and reflect on what it meant to be alive then and what it means to be alive at this moment in time."

— Deborah Zlotsky, artist

HEAVEN

Step outside and get your nose out of the phone. Take a hike and find wonder.




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instagram



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FILM

Coming to a screen near you

Dmitry Gelfand's movie receives on-demand release

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

LOS ANGELES, California — A movie memorializing a local indie filmmaker's late daughter received a wide video on demand (VOD) release on April 9.

Dmitry Gelfand, known by his screen name D.Mitry, filmed "My True Fairytale" in 2020. The movie is based on Gelfand's daughter, Alyssa Gelfand, after she died at 17 in a car crash in Guilderland. The 2017 crash also injured two of Alyssa Gelfand's friends who were in the car with her.

"There is a whole narrative of emotions around this release," Gelfand said. "I'm so happy the world gets to see the movie. Our friends and

family will also be able to have better access to it. It would be so important to Alyssa."

Gelfand said the release, which was made possible by Gravitas Ventures, came about because of the organic connection between the two parties. Gelfand was grateful for the connection Gravitas felt with "My True Fairytale" and he knew the company would be able to release the movie in line with his own goals for it.

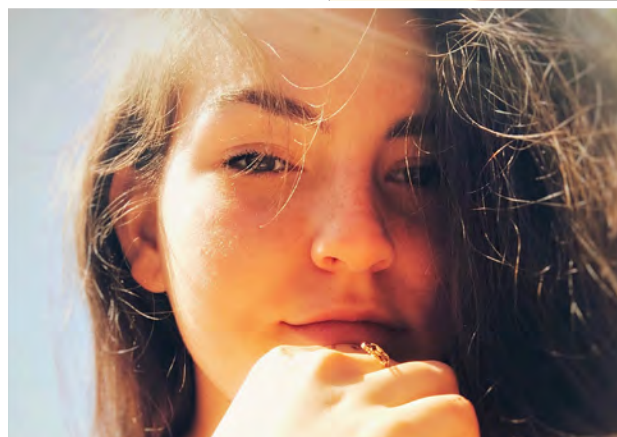
"They really saw everything I hoped they would in it, with the characters and the storylines," Gelfand said. "I really felt this was the right partnership."

"My True Fairytale" follows Angie Goodwin, a 17-year-old who vanishes after a horrific accident in the close-knit town of Gardenland, Florida. As the police, her family, and friends search for her, she embarks on her own mysterious journey to

"save the world" and fulfill her childhood fantasy of becoming a superhero. Angie discovers that she has incredible abilities and looks for ways to help everyone, as those around her deal with her disappearance. Goodwin's character is based on Alyssa Gelfand. Gelfand said the title "refers to everyday life and how 'we are living in a fairytale and it's up to us to make it true. ... It's hard to tell you the reason why the film is called that way without seeing it. Everyone will have a special meaning."

Alyssa Gelfand was a junior at Guilderland High School, transporting two friends one evening but sustained fatal injuries when the car crashed into a tree. She died two days later. Guilderland police determined speed and the way the road dipped up and down — if one drives fast, their vehicle may briefly become airborne — contributed to the crash.

"My True Fairytale" follows Angie Goodwin, a 17-year-old who vanishes after a horrific accident in the close-knit town of Gardenland, Florida. As the police, her family, and friends search for her, she embarks on her own mysterious journey to "save the world" and fulfill her childhood fantasy of becoming a superhero.



Alyssa Gelfand was 17 years old and a Guilderland High School junior when she died. "My True Fairytale"'s lead character, Angie, is based on Alyssa Gelfand.

"I just remember at that moment that everything was in slow motion and you couldn't comprehend anything at all," Gelfand said at the time of the movie's completion. "It was like I was in a vacuum and everything was soundless and motionless. I also had to call Alyssa's mother to tell the news."

Gelfand said the film

is not a way of saying goodbye to his late daughter although it partially provides some closure for him, as well as for the rest of their family, friends and the Guilderland community. Instead, Gelfand is confident that his daughter has been with him during every step of the journey. He added he could not

have completed "My True Fairytale" without the help of his cast and crew.

"I will never not be convinced that Alyssa is with me still," Gelfand concluded. "She would be thankful I'm bringing her back to life."

To watch "My True Fairytale," visit <https://www.mytruefairytale.com/>.

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From page B1 ... Art on the Rail Trail

Mohawk Hudson Land Conservancy's volunteer project, Art on the Rail Trail (ART), is committed to beautifying the trail. The organization gathers local artists, who use different parts of the trail, from bridge overpasses to fences, as a canvas to create artwork for trail users to enjoy. The bursts of color the art provides is a welcome contrast from the otherwise relatively bland trail, which is heavy on trees and concrete. The organization formed in 2017 and has quickly blanketed the trail with color.

ART will host an online auction on April 19, beginning at 9 a.m. All proceeds from the auction

ART aims to make art more accessible for everyone. While many art museums and galleries can be costly, the rail trail's cost-free structure allows more people to be exposed to local artwork.

Deborah Ziotsky's Four Couples

will benefit the artists and go back into creating more art for the community to enjoy.

"We have gathered 41 pieces of art to auction this year," ART volunteer coordinator Julie Sasso said, "and each piece will have its own auction page. We've really worked hard this past year to keep the trail an accessible, enjoyable space for all and we wanted to continue brightening up the trail with the pieces these artists contributed."

The auction will kind of mirror eBay's system: buyers will have an opportunity to place a bid on a piece; each will have a starting bid to build from. Bidders will be notified when someone bids against them. For those who find bidding too stressful, there will be an option to buy each piece outright for a set price.

Deborah Ziotsky, Rob O'Neil, Kathy Greenwood and Theresa McTague are four local artists who contributed works for the auction. Each utilizes a different medium for their art; Ziotsky is a mixed bag, O'Neil is a photographer, Greenwood is a textile artist

and McTague is a painter. Each not only utilizes art from a professional standpoint but as a critical part of the world around us.

"The rail trail is this cut that divides the industrial area of our community from the suburbs," O'Neil said. "When I'm behind the camera, it's my way of codifying the world and making it make sense for myself and hopefully for others."

One of the projects O'Neil works on is photographing rest stops. The quick pop-offs that frame most thoroughfares are sometimes dingy and unapproachable, but it doesn't stop travelers from stopping for a bathroom break or a water. O'Neil said in watching rest stops, he's struck by the strangeness of the area and how transient it is. Because rest stops turn customers over so quickly, it never looks the same.

Greenwood is another who uses the concept of travel in her world. She is in charge of the art gallery at Albany International Airport. As she cultivates pieces for people to digest while waiting for or departing their flights, the textile artist is committed to using items she finds in life to breathe a new life into something newly

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49										50			
	51										52		

CLUES ACROSS

- Ocean surface indicator (abbr.)
- American time
- Satisfaction
- Diving duck
- Very small amount
- Metrical units
- An ignorant or foolish person
- Sino-Soviet block (abbr.)
- It may sting you
- Turn outward
- Perform on stage
- "CSI" actor George
- Localities
- Make a choice
- Indicates position
- One of Thor's names
- Indian musical rhythmic pattern
- "The Raven" author
- Take in solid food
- Legendary QB
- Sorrels
- Organization of nations
- Texas pharmaceutical company
- Mathematical term
- Expression of disappointment
- Abba __, Israeli politician
- Hide away
- Salad restaurant
- Daughters of Boreas (mythology)
- Men's fashion accessory
- Political action committee
- Unhappy

CLUES DOWN

- Make unhappy
- Heard the confession of
- Capital of Taiwan
- Fiddler crab
- Brazilian dances
- Fit with device to assist breathing
- Brother or sister
- Pastries
- "Lone Survivor" director Peter
- Boat type (abbr.)
- Apertures (biology)
- Suffix
- Creative endeavor
- Icelandic poem
- Spanish dances
- Town in Central Italy
- Cars need it
- Mimics
- Rocky peak
- Cigarette (slang)
- One point south of due east
- Soap actress Braun
- Large domesticated wild ox
- Island nation
- Appear
- Addictive practices
- Loss of control of one's body
- Type of poster
- Greek mountain
- Funny person
- One and only
- Pouch

Answers on Pg. B10

beautiful.

"I had found a vintage handkerchief that I was able to take apart and weave into," Greenwood said. "I love reimagining ordinary objects as pieces of art and incorporating everyday objects in new ways."

Greenwood loves ART because it makes art accessible to more people, allowing people who are new to admiring or collecting art the chance to understand how the community works. Because the rail trail is free to use, the art on it is reaching substantially more people, and a more diverse pool, than if the artists exclusively displayed in art museums or paid shows.

Zlotsky agrees. Her pieces, which are intricate, colorful and diverse, allow her to mirror her own decision making and the way "history evolves through the accumulation of actions and reactions—in the way complexities and disruptions are built over time through the accidents that get baked in." The Guggenheim Fellow is highly regarded in the art world.

"It's the interaction

between viewers and artworks that brings both alive in new ways, awakening connections to new ideas, cultures, histories, the possibilities of what can be beautiful and so much more," Zlotsky said of the relationship between art and admirers. "Works are often unique, made with thoughtfulness and purpose. Experiencing a work of art first hand allows you to connect with the maker and the materials, to savor the pleasure of looking, to become aware of your body and the space around you, and to discover meaning over time.

"When you travel to a new place, you go to museums, look at the architecture, walk in the parks, visit historical sites—the places that let you experience what humans have created over the ages, and reflect on what it meant to be alive then and what it means to be alive at this moment in time," Zlotsky continued.

First time trail users are often struck by the colors framing the nature that the trail boasts. As the trail transitions from gray to greener, the bright



colors stick out more, a representation of the life that grows and prospers in Bethlehem's neighborhoods.

"For me, painting is a way to relax," McTague said. "If I didn't paint, I think my mental health would deteriorate rapidly. It's a way to signal to myself that it's time for me and I get into drawing or painting mode and my brain hums in a way. Making art is a way to process the world around us. I definitely miss seeing art in person, and museums. Museums and galleries are

such sacred and safe spaces for me to think, draw and absorb."

McTague's works can be described as "colorful and chaotic," and she works to "cultivate scenery from dreams, memories and I invent spaces to insert characters to tell a story. I think my work becomes a reflection of who I am because I am an avid observer of the world around me." As an active trail user, she understands how important the rail trail is to the community and how ART brightens up


people's days.

The grind of working full time during a pandemic has definitely worn me down," McTague said. "No matter how toxic the people you work with are, it is important

to settle your mind at the end of the day. Whether reading a book, watching a TV show or movie, or going on walks and taking pictures to post on your instagram, art is all around you each day. Art reinforces our need for human connection."

To view the auction, visit <https://mohawkhudson.org/art/>.





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Celebrate a classic

Classic Italian Sub (Hoagie)

INGREDIENTS: Serves 1

- 1 French baguette half, sliced lengthwise
- 2 tablespoons Boar's Head® Deli Dressing (or oil and vinegar to taste)
- 2 leaves leaf lettuce
- 6 slices tomato, thinly sliced
- 1/4 cup red onion rings, thinly sliced
- 4 slices sandwich style pepperoni
- 4 slices hot uncured capocollo
- 4 slices Genoa salami
- 2 slices picante provolone cheese, sliced in half

INSTRUCTIONS

Place opened roll onto a work surface. Drizzle dressing onto the bottom half of the roll. Then top with lettuce, tomato, onions, pepperoni, capocollo, Genoa, and cheese. Crown with the top roll.

SUDOKU

7					3		2	9
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Answers on Pg. B10

Even though making sandwiches usually does not involve any cooking, that doesn't mean layering flavors and selecting quality meats and cheeses involves any less intuition and skill. One of the most popular styles of sandwiches goes by many names, and what you call the sandwich may let others know which part of the country you call home.

Each May, people pay homage to the "hoagie," which is the name that people from Philadelphia and southern New Jersey bestow on a long, cold-cut sandwich. But these sandwiches can be enjoyed any time of year. There are many theories surrounding the origin of this sandwich's name, which is known as a submarine, grinder, hero, or torpedo in other regions. According to the food resource TheKitchn, this sandwich got its name from Italian immigrants who worked at the Philadelphia Navy Yard, which was once known as Hog Island. Workers were known as "hoggies," which eventually became "hoagies." The name soon was extended to the sandwiches these workers frequently ate.

Anyone can craft a delicious sandwich at home. Enjoy this "Classic Italian Sub (Hoagie)" recipe, courtesy of Boar's Head®.

HOROSCOPES

April 2021
Week 2

ARIES - MAR 21/APR 20

Aries, if you feel like every day is the same thing, then figure out a way to add some spark to the week. Invite friends for an adventure or embrace a new hobby.

TAURUS - APR 21/MAY 21

Taurus, find ways to entertain your family and yourself without breaking the bank. Recreational centers and parks are often free and have many possibilities.

GEMINI - MAY 22/JUN 21

Gemini, explore more creative pursuits in the days to come. You can find many great ideas and starter kits for arts and crafts projects at your local craft store.

CANCER - JUN 22/JUL 22

Don't pressure yourself into taking on more than you can handle, Cancer. Even though you may feel up to the challenge, there's no shame in accepting help.

LEO - JUL 23/AUG 23

Leo, this week you may find yourself looking inward, which is not necessarily the norm for you. Try connecting with others as it may do you some good.

VIRGO - AUG 24/SEPT 22

A new relationship could start this week, Virgo. Don't try to put on airs; just be yourself and you will likely find that everything will work out for the best.

LIBRA - SEPT 23/OCT 23

Financial uncertainty has you rethinking things this week, Libra. Just be sure you are not being pennywise but dollar foolish. Make cuts across the board.

SCORPIO - OCT 24/NOV 22

Scorpio, when another person confides in you, it is up to you to keep his or her secret, unless you believe doing so would be harmful to that person. Maintain your trustworthy reputation.

SAGITTARIUS - NOV 23/DEC 21

Sagittarius, don't rush ahead on a project, even if you think you are ready to move forward. Give it a few more days of careful consideration before diving right in.

CAPRICORN - DEC 22/JAN 20

Capricorn, as tedious as research can be, it is ultimately necessary if you are planning a big move or a change in your financial situation. Seek professional advice, if necessary.

AQUARIUS - JAN 21/FEB 18

Aquarius, some details are still up in the air about a potential trip or adventure. But that doesn't mean you can't get excited about the prospects.

PISCES - FEB 19/MAR 20

Pisces, if you are being too critical of yourself, change your way of thinking. Others do not view you in the same manner.

HEALTH and FITNESS

Healthy activities for kids of all ages

Children have a seemingly endless supply of energy. Channeling that energy into something positive can benefit kids' minds and bodies.

The American Academy of Pediatrics recommends various amounts of daily physical activity for children depending on their ages and abilities. Adhering to these recommendations is especially important in the wake of what many public health officials fear has become an epidemic of childhood obesity in many nations. For example, the United States-based Centers for Disease Control and Prevention reports that roughly 13.7 million children between the ages of two and 19 are presently obese. In Canada, the Childhood Obesity Foundation reports that childhood obesity rates have hovered around 12

percent for years.

Routine physical activity can help children maintain healthy weights, and it also pays dividends for youngsters' mental health. According to the American Psychological Association, children between the ages of six and 18 who exercise regularly tend to have lower levels of depression, stress and psychological distress. Those findings, part of a 2019 study published in the journal *Sports Medicine*, reflect the ways exercise affects the mind. And the mental benefits don't stop there, as the study also found that youngsters who are physically active also have higher levels of positive self-image, life satisfaction and psychological well-being.

The amount of physical activity children need each month depends on their age, and the AAP recommends the following age-based guidelines.

The amount of physical activity children need each month depends on their age, and the AAP recommends the following age-based guidelines.

Set a good example, get off the couch and start moving with your kids.

- **Infants:** The AAP recommends infants get at least 30 minutes of tummy time and other interactive play throughout the day.
- **Toddlers:** Toddlers can be tough to keep up with, and parents can channel that energy into something positive by ensuring their kids get at least three hours of physical activity every day. Free play outside and daily neighborhood walks are some examples of appropriate physical activities for children in this



age group.

- **Preschoolers:** Three-plus hours of physical activity, including one hour of moderate to vigorous exercise, is recommended for preschool-aged youngsters. Tumbling, throwing and catching are some of the activities recommended by the AAP.
- **Elementary school students:** School-aged children need at least 60 minutes of physical activity on most days of the week.

The AAP recommends giving children in this age group ample opportunities for free play but also notes that organized sports focused on fun can be great outlets for kids in elementary school. Parents can speak with their children's pediatricians about appropriate muscle/bone strengthening activities, which the AAP recommends three days a week for kids in this age group.

- **Middle school**

students: Students in this age group need the same amount and types of exercise that elementary school students need. But the AAP advises parents to guide children toward physical activities that encourage socialization and to avoid having kids this age specialize in a single sport.

• **Teenagers:** Teenagers need an hour or more of physical activity most days of the week. Muscle/bone strengthening activities should be included three days per week. Activities that encourage socialization and competition are beneficial to teenagers' development.

Physical activity can benefit kids in myriad ways and should be a vital component of their daily lives.



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■ COMMUNITY



The Autism Society of the Greater Capital Region is teaming up with its sister branches across the country to change Autism Awareness Month to Autism Acceptance Month. The society said the change in wording will help those living with autism feel more accepted and valued in our society.

It's more than awareness

Autism Society of the Greater Capital Region advocating for acceptance

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

ALBANY — The plethora of symptoms and roadblocks those living with autism face can be daunting.

An autism diagnosis can be scary. However, the resources available for those traveling on the journey are plentiful. One specific resource in the area, The Autism Society of the Greater Capital Region, is working hard to dismantle the stigma around autism and is using the power of words to convey the magic those with autism create in their daily lives.

The Autism Society is one of many nationwide organizations advocating for a name change this April; while April is traditionally known as Autism Awareness Month, the society is really pushing

"A lot of people are aware of autism, but just because you're aware of something doesn't mean you're accepting of it."

— Kristen Guastella, communications consultant for The Autism Society

to change the recognition to Autism Acceptance Month in honor of those who walk the journey and the contributions they bring to our society. This name change will build momentum around the society's mission for communities to be more aware of autism, promote acceptance and to become more inclusive in everyday life.

"A lot of people are aware of autism, but just because you're aware of something doesn't mean you're accepting



of it," Kristen Guastella, communications consultant for The Autism Society, said. "By changing this title from awareness to acceptance, we are showing our friends that we love them, regardless of their strengths or limitations. We want to break the stigma around autism and continue to show those living with it can live meaningful lives."

The Autism Society of the Capital Region's executive director, Janine Kruiswijk, added to Guastella's statement in a press release, adding,

"As we have moved from Autism Awareness Month to Autism Acceptance Month, we continue to work towards a greater appreciation of every individual impacted by an Autism Spectrum Disorder. Embracing diversity makes for richer relationships in our communities and leads us to [celebrate differences.]"

According to statistics provided by the organization, one in 54 children will be diagnosed with autism. This statistic has doubled itself; in 2010,

one in 125 children were diagnosed. Recognizing this continued increase, The Autism Society's goal for AAM is to further increase awareness about autism signs, symptoms and opportunities through: information and referrals, events, printable and digital resources, and community partnerships. Awareness leads to acceptance, which is often one of the biggest barriers to finding and developing a strong support system throughout the lifespan.

"As chair of the State Assembly's sub-committee on Autism Spectrum Disorders, I've been working to ensure people with disabilities have a stronger voice at our State Capitol," Assemblyman Angelo Santabarbara said in a press release. "As the father of a son with autism, I've also learned firsthand that one of the biggest hurdles for people living with autism is forming connections and finding a space in their community where they are accepted and celebrated for who they are. That's why it's crucial that our work doesn't stop at awareness, but instead goes a step further in order to foster a society of acceptance. Celebrating April as Autism Acceptance Month is an important step forward in building stronger support systems for individuals with autism and helping them reach their full potential. It's our differences that make communities stronger, and I'll always be an ally for all those with disabilities and their families."

The Autism Society understands the importance of fostering acceptance to ignite change through improved support and opportunities in education, employment, accessible housing, affordable health

care and comprehensive long-term services and support.

Guastella said the society is pushing even further, hoping to eventually change the acceptance into appreciation. She said the lack of resources available for those living with autism after 21 is still a massive gap in care; while many districts will house students with severe-enough autism until they are 21 years old, Guastella said there is a very steep drop off in care after that point. Many of the resources around autism are geared toward children and families, which presents a challenge for an adult who was never diagnosed and is now navigating the new challenge alone. Another speed bump for those who are diagnosed later in life is the lifestyles around it; while children who are diagnosed young can be raised with strengths in mind and a game plan to focus on how to live with autism, many adults who are diagnosed are often balancing jobs, marriages, children, mortgages — the list goes on, and if someone is facing a particularly severe case, those other responsibilities can become overwhelming.

"While we will always work to spread awareness, words matter -- the need for acceptance is greater than ever, as we strive for autistic individuals to live fully in all areas of life," Christopher Banks, President and CEO of the Autism Society of America, said in a press release. "Many individuals and organizations recognize April as Autism Acceptance Month and we hope that our advocacy efforts can officially designate April as such, and create language consistency across this community."

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5	1	3	2	8	9	6	4	7
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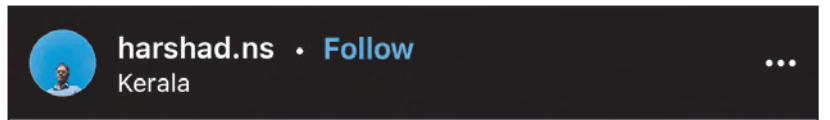
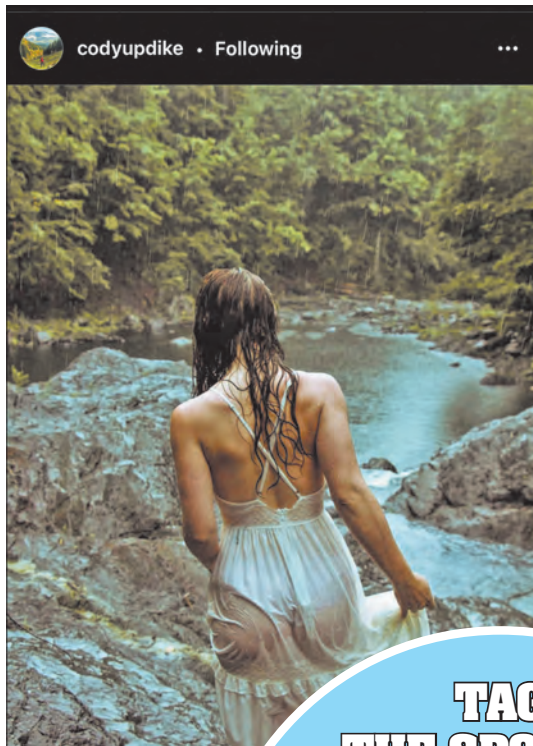
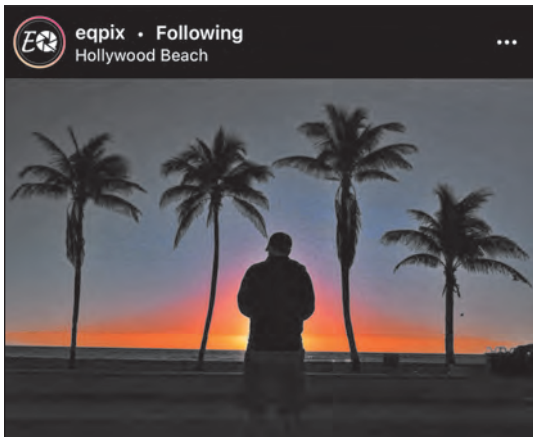
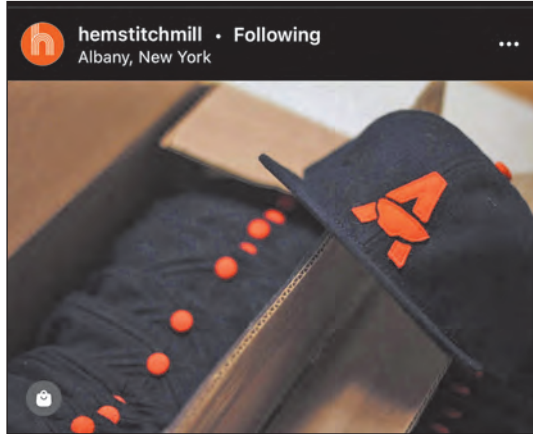
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SUMMER CAMP guide

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Transforming our Summer Camps



As the Capital Region recovers from the pandemic, providers are pivoting to keep campers safe

By MICHAEL HALLISEY
halliseym@spotlightnews.com

Sun, music, nature walks, arts and crafts — these are the staples to which every summer camp memory is made. They are accentuated by the friendships and smiles they each create. That, my friend, has not changed.

The kids today just wear masks, but Andrew Katz, director of youth services at Albany Jewish Community Center on Whitehall Road, said the smiles are still there.

“You can still kinda see they’re smiling,” he said, “with their cheekbones raised and their eyebrows up. There’s still some face recognition there.”

Albany JCC is just one of many camps across the Capital District that are using last summer’s experience as a learning tool. Kids are broken up into small groups, or pods. They wear masks. They’re mostly outside. And, sharing isn’t necessarily caring.

In February, the American Camp Association announced the release of an independent research study on last year’s summer camp

“You can still kinda see they’re smiling with their cheekbones raised and their eyebrows up. There’s still some face recognition there.”
— Andrew Katz



experience. Led by Dr. Helen Suh of Tufts University with support from Maine Medical and Environmental Health & Engineering, the study offered critical information on the pediatric experience in child congregate settings, such as camps, schools, and community and recreation centers. The manuscript was released in preprint form and has been submitted for publication after peer review.

The ACA worked together with the YMCA

of the USA to provide educational resources to both day and overnight camps, state and local health departments, guardians and campers. The resources were developed last year, and revised for this summer, by an independent expert panel coordinated by Environmental Health & Engineering, Inc., a Boston-based consulting firm specializing in environmental health.

“This research study illustrates the success of summer camps as stewards of public health in pandemic response and management,” said Tom Rosenberg, president and CEO of ACA. “Since April 2020, ACA has continuously focused on the development of responsible guidelines for day and overnight camps on behalf of the out-of-school community.”

ACA guidelines are often used as a resource to protect the estimated 26 million children attending camp, as well as those taking care of your children while they are there. For the association, the study demonstrated how their efforts created a safe and successful year in the sun by mitigating

Continued on page 4



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From page 3

the spread of COVID-19.

“Our findings of low incidence of transmission of COVID-19 in summer camps through our review of data from camps nationwide provides evidence for the effectiveness of the non pharmaceutical intervention strategies promoted by ACA and the US Centers for Disease Control and Prevention,” said Dr. Suh. “The low incidence rates are comparable to similar studies of the experience of children in school and day care settings.”

A recent ACA study of 486 camps serving 90,000 campers reported only 30 campers had confirmed COVID-19 cases in 2020.

“The science demonstrates that camps that have implemented strict, layered mitigation strategies — including

“After such an isolating and traumatic year of disruption and loss, the SEL outcomes that result from camp experiences will help young people prepare to thrive in school this fall.”

— Tom Rosenberg

As the pandemic continues to evolve and we learn more from researchers and scientists, the ACA will continually update its guidelines with the latest and most accurate scientific research and practices.



masking, cohorting, physical distancing, cleaning and maintaining healthy facilities, proper handwashing, and respiratory etiquette — have been able to safely operate in person,” Rosenberg said.

“Summer camps provide the optimal context for kids to practice social-emotional learning. After such an isolating and traumatic year of disruption and loss, the SEL outcomes that result from camp experiences will help young people prepare to thrive in school this fall,” Rosenberg said.

Albany JCC has transformed the summer camp experience of the past, when children would spend their days at Camp Olam off of Grafton Lake. All the staples — including the



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swimming and the nature trails — have been brought back home to Albany, in some shape or form. Swimming can happen at the pool off Whitehall Road, and trails have been cut into the land.

“Every week, we do a Shabbat,” Katz said. “When we started the summer [last year], we just had it at our pavilion. Then, our staff constructed a fire pit, and we did it around a campfire like we did at our camps.”

Katz said it’s part of an effort in utilizing as much outdoor space as they can use.

The Troy neighborhood in which The Arts Center of the Capital Region resides doesn’t conjure the serenity of the Adirondacks, but it possesses the tools to cultivate creativity in a child.

Nicole Peterson,

“Everyone is still being cautious, but we’re all thrilled to have people back in our spaces.”

—Nicole Peterson



director of external relations at the center, explained how there’s still much to explore in Troy, as well as create. One such class the center will provide is called “Explore Troy,” where children will be encouraged to navigate, explore and discover the great city. They’ll also take part in transforming the studio



into an “interactive mini-city,” where they will construct buildings, plant trees, build a park, or catch the trolley to the Farmers’ Market.

“Everyone is still being very cautious, but we’re all thrilled to have people

back in our spaces,” said Peterson, who added the center’s gallery had recently opened its doors for last month’s Troy Night Out. “We’re very happy to have people back in — even at a limited capacity.”



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Photos taken prior to pandemic

5 reasons why summer camp is a good choice for your kids



Summer vacation offers students a respite from lessons and the routine of school. Children might once have eagerly awaited those final days of classes so they could lounge poolside, skip rocks across ponds and spend the long days of the season playing with friends. But many of today's youngsters spend much of their summer vacations indoors playing with their digital devices.

Perhaps that's why one of the last vestiges of the classic summer vacation escape — summer camp — remains such a viable option for parents who want their children to get outdoors once the school year ends.

Although kids needn't necessarily be in camp all summer long, a week or two can benefit campers of all ages.



Although kids needn't be in camp all summer long, a week or two can benefit campers of all ages. The following are five reasons why summer

camp might be the right fit this year.

1. Explore talents. Summer camps help young people explore their unique interests and talents. Under an organized, yet often easygoing, camp schedule, kids can dabble in sports, arts and crafts, leadership, community support, and so many other activities that may not be fully available to them elsewhere.

2. Physical activity: Lots of camps build their itineraries around physical activities that takes place outdoors. Campers may spend their time swimming, running, hiking, playing sports, climbing, and so much more. This can be a welcome change



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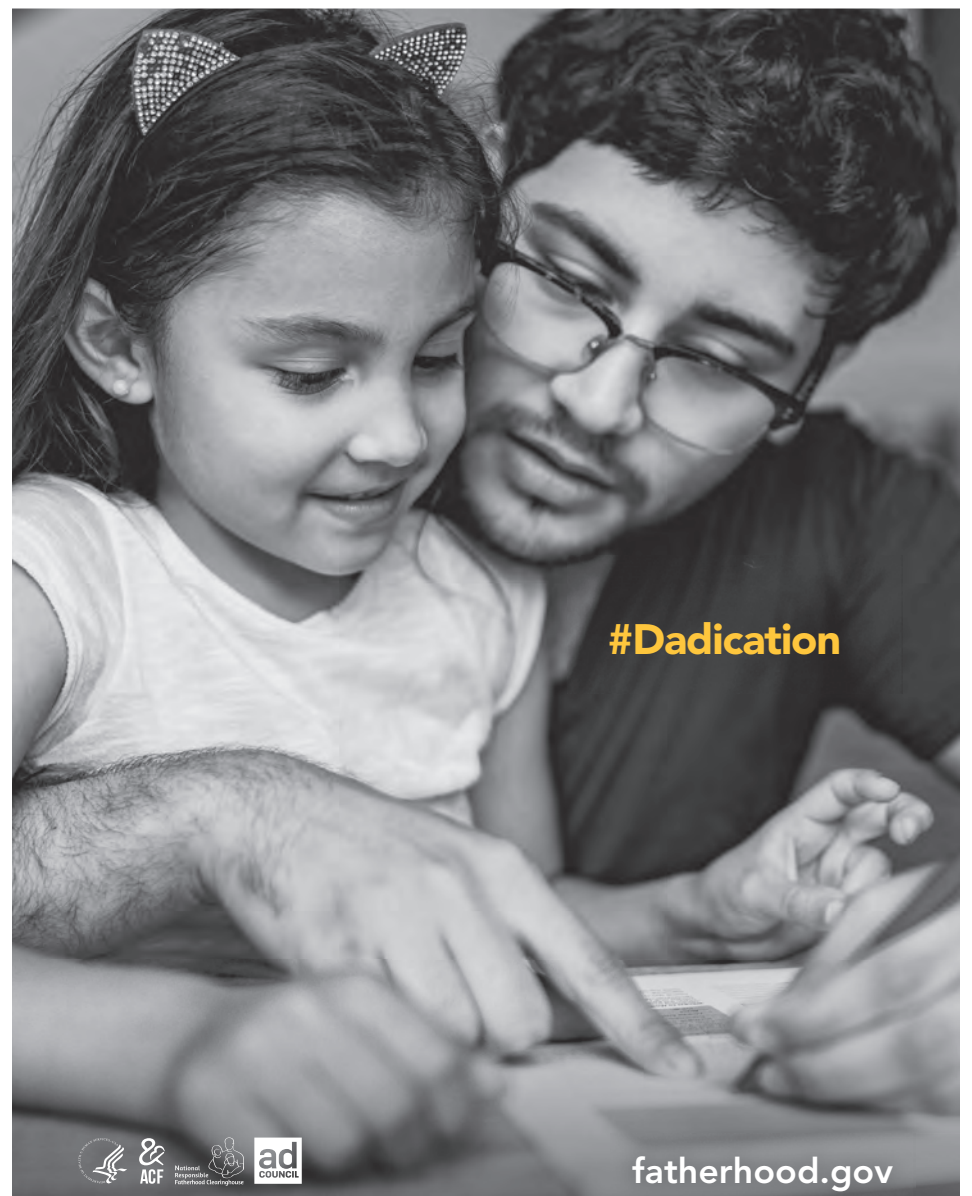
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for kids accustomed to living sedentary lifestyles. Regular physical activity has many health benefits and can set a foundation for healthy habits as an adult.

3. Gain confidence.

Day and sleepaway camps offer campers the opportunity to get comfortable in their own skin. Camps can foster activities in self-esteem by removing the academic measures of success and fill in with noncompetitive opportunities to succeed. Campers learn independence, decision-making skills and the ability to thrive outside of the shadow of their parents, siblings or other students.

4. Try new things.

Camp gives children the chance to try new things, whether that's learning to cook, exploring new environments or embracing a new sport or leisure activity. Opening oneself up to new opportunities can build character and prove

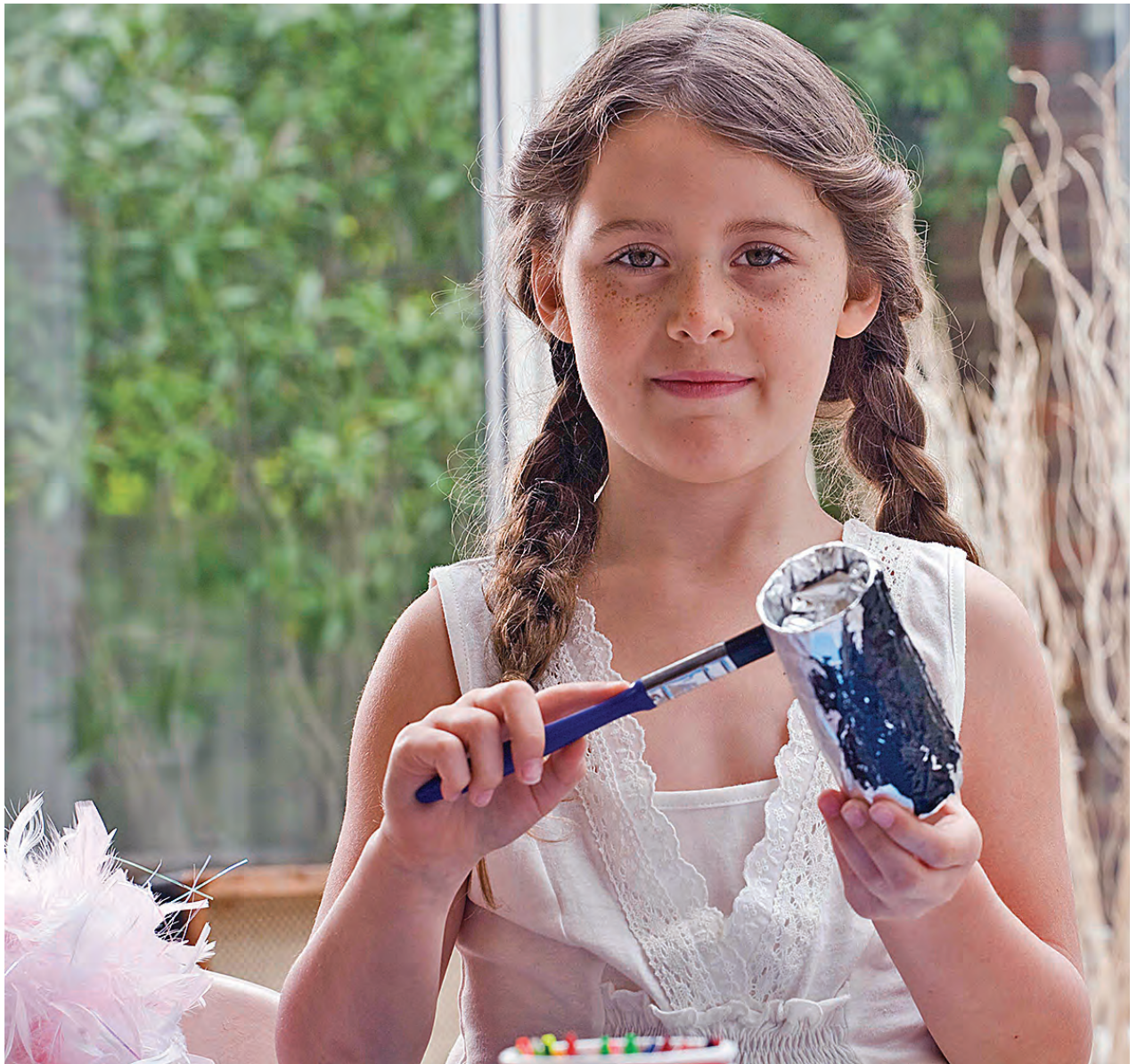


enlightening for children.

5. Make new friends.

Camp is a great place to meet new people and make lifelong friends. Campers flood in from areas near and far. This provides kids with a chance to expand their social circles beyond their immediate neighborhoods and schools.

Camps benefit children in a variety of ways. Lessons learned in camp can strengthen values, build confidence, develop coping mechanisms when adversity strikes, and enable campers to make lifelong friends.




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Afrim's Sports Summer Camps

Afrim's Sports

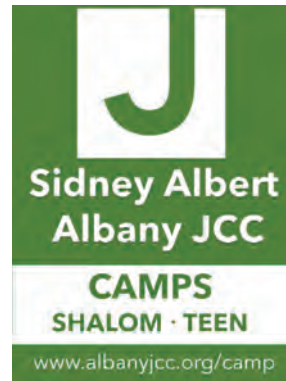


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SUMMER CAMP GUIDE | Resource Directory

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How to foster social skills in an era of social distancing

As the COVID-19 pandemic stretched on, children who have been called on to do their part still may not fully understand why they have had to skip play dates or avoid sitting together at lunch tables inside school cafeterias. Older children who are cognizant of much more may be growing weary of social distancing and may have started to question the benefits of staying home.

Social distancing helps maintain public safety, but there's no denying such measures have produced some difficult side effects, some of which may be felt long after the pandemic has ended. For instance, some experts suggest that social distancing has the potential to affect long-term social development.

"When young children are learning the basics of being social beings,



their parents and siblings can provide most of the input they need," says Amy Learmonth, Ph.D., a developmental psychologist who runs the Cognition, Memory and Development Lab at William Paterson University in New Jersey and has studied children as young as eight weeks old. In fact, having parents and siblings home much of the time actually can be a boon for children age five and younger.

Conversely, Learmonth says older children and adolescents develop

social skills by learning to "navigate complex social groups of peers." Prolonged isolation from peers could be stripping opportunities to naturally develop social skills, particularly the longer social distancing goes on.

Clinical psychologist Laura Markham, founder of the site Aha! Parenting, indicates that kids "practice reading social cues and learn constructive social responses — including the give-and-take of conversation — how to self-regulate when they get annoyed at another person, and how to ask for what they need in a socially acceptable way" through in-person encounters.

Families can get creative to help foster social skills in their



from others. Sitting in a backyard, walking a boardwalk or riding bikes together are some ways for adolescents to safely maintain social connections.

• **Practice good manners.** When at home, families can continue to interact and offer opportunities to talk, listen and practice social manners.

• **Foster game nights.** Encourage social interaction at home with family game nights that involve board games or video games. Teens and tweens also can do multiplayer games with friends over the internet through their favorite gaming consoles.

A little creativity can help parents find ways to promote socialization in their children as the world continues to practice social distancing.

youngsters as the world continues to confront social distancing and its potential side effects.

• **Schedule virtual play dates.** While it may not be the same as hanging out in person, virtual play dates can provide one-on-one interaction with friends and help to maintain preexisting positive peer connections.

• **Plan outdoor activities.** When weather allows, people from different households

can interact outdoors, provided they keep safe distances. This can be advantageous to teenagers chomping at the bit to hang out with friends. The Centers for Disease Control and Prevention says one can become infected with COVID-19 when an infected person coughs, sneezes or talks and those droplets enter the mouth or nose of another. Outdoor fresh air disperses virus particles and people are more able to keep their distance

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Enjoy a stress-free summer with the kids

Between camp, going on holidays and playdates, summer vacation can feel like endless planning and shuffling from activity to activity. Fortunately, you can use these tips and tricks to cut down on your stress and enjoy quality family time together.

Create a schedule. Jot down family activities and commitments on a large calendar and keep it on the fridge so everyone can see what's coming up. This will help give the kids a sense of security and routine that's missing during the summer months. Just be flexible, and make sure to schedule plenty of free time to relax and enjoy quiet time with a book.



Look for simple, nutritious meal options that take much of the work out of cooking.

Cut down kitchen time. Don't like having to choose between healthy and quick, easy meals? Look for simple, nutritious meal options that take much of the work out of cooking. For easy lunches and dinners you'll feel good about serving the kids, try Mann's Nourish Bowls. Ready in just a couple of minutes in your microwave, the bowls



were developed by chefs and feature superfood veggies like broccoli, sweet potato and kale. They work as great side dishes to complete a fast

and healthy meal.

Plan special dates. Getting out of the house regularly doesn't mean having to use up the family travel budget. Give the

kids an excuse to use up their energy and get some fresh air by scheduling some fun, free activities. Go to the park, spend time in the library and

visit your local community swimming pool. Keep the kids on top of chores and other duties by presenting these activities as rewards for a job well done.



CAPITAL DISTRICT **Family** NOW

GENERATIONS TOGETHER

The Capital District family has changed -- and we have changed too.

In recognition of the multi-generational nature of the modern household, we've merged *Capital District Parent Pages* with *Capital District Senior Spotlight* to create **Capital District FAMILY NOW**, a monthly publication with timely features for every age and stage of family life. With **Capital District FAMILY NOW**, you will find all the great columns and features you already enjoy every month, plus so much more.

To advertise, please call Denice Mau at 518-439-4940 or email maud@spotlightnews.com.