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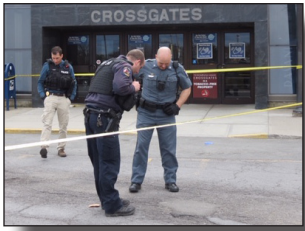
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Vol. 65, #15

April 13 - April 19, 2022



TOP STORY



NEWS

One hurt at Xgates shooting

Police investigating shooting that left one injured Sunday.

Story on Page 2



A heap of work in composting

Bethlehem unveils new food scraps composting program

Story on Page 3



High honors for BC teacher

Middle school teacher named 'Health Teacher of the Year.'

Story on Page 4



Search continues

Search for Meghan Marohn goes into second week

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

STOCKBRIDGE, Mass. — The investigation into a missing Delmar woman has entered its second week and there is still no sign of her since she was last seen on Sunday, March 27.

Meghan Marohn's black Subaru was found near a trailhead to the 46-acre Longcope Park in Lee Massachusetts. A local resident called police on Tuesday, March 29 after he had suspected something suspicious. Her family reported her missing the same day.

The 42-year-old from Delmar has been described as an experienced hiker and that it was not unusual for her to take to the woods and hike alone.

Authorities have stated they do not believe a crime was committed in relation to her disappearance.

The family, through a website, is offering a \$50,000 reward for any information about her whereabouts.



Family said it wasn't uncommon for Meghan Marohn to go off hiking alone. Weather that weekend, however, was described as cold, windy and snowy.

findmeghanmarohn.com

Continues on page 13

ENTERTAINMENT



Let's have a party

Nippertown's one-day music fest is shaping up with latest announcement.

Story on Page B1

SPORTS



Girls lax on streak

Win over Shaker moves BC to 3-0.

Story on Page 7

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■ POLICE, FIRE and EMERGENCY CALLS

Fiery crash kills two, snarls traffic

No explanation behind cause of crash that sent four others to hospital, one in critical condition

BLOTTER

DWIs and felony arrests from the past week.

Stories on Page 13

Samantha Bonanno and Amanda Clark, of Amsterdam and Schenectady respectively, were each sent to Ellis Hospital where they were described to have non-life-threatening injuries.

New York State Police interviewed Larousse Desrosiers, a Boston resident who was driving the Amazon tractor-trailer. As of Monday, police officials had not charged anyone nor did they release information as to what caused the accident.

Law enforcement officials closed the eastbound lanes of the Thruway between the two accidents as they investigated the scene. The diverted traffic snarled Central Avenue and other local roadways well into the afternoon.

morning commute heading East on the Thruway. The crash caused a fireball off the side of the highway, causing traffic to come to a standstill.

James G. Fox, of Virginia Beach, Va, was taken to Albany Medical Center with serious injuries. According to the Times Union, he was later reported to be in critical condition later that day, but no update was available by Friday. Anthony Squillo, of Glenville, was also sent to Albany Med for non-life-threatening injuries.

By MICHAEL HALLISEY
halliseym@spotlightnews.com

GUILDERLAND — A fiery crash killed two and left four others injured after an accident involving an Amazon tractor-trailer between exits 24 and 25 on the New York State Thruway on Wednesday, April 6.

Courtney E. Mahar, of Cobleskill and Brain M. Harper, of Rotterdam, were both killed after police said a Freightliner truck crashed into a line of vehicles slowed during an early



Shooting at Crossgates

GUILDERLAND — Police are investigating an apparent shoot out that erupted outside of Crossgates Mall on Sunday afternoon, April 10. Guilderland police officers (above) taped off a portion of the parking lot in front of Best Buy and Pizzeria Uno where bullet casings could be found on the ground. A 17-year-old girl was shot in the hand and taken to Albany Medical Center.

Thomas Heffernan / Special to Spotlight Newspapers



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■ TOWN GOVERNMENT



A heap of work

New food scraps composting program unveiled

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

SELKIRK — Bethlehem Town Supervisor David VanLuven joined local elected officials to officially unveil the Town's new "Aerated Static Pile" Food Scraps Composting Program on Wednesday, April 6.

It's the only municipal food scraps composting facility in the Capital District. It's also the largest composting operation in the region and one of the largest in the state.

The Feura Bush Road facility is frequently upheld as a model by other municipalities and was selected by the state Department of Environmental Conservation to host the 2022 New York State Organics Summit facility tour.

According to a statement released by VanLuven's office last week, the town transforms about 2 million cubic feet of yard waste into compost and mulch for landscaping and gardening, farming and topsoil production — thus turning waste into beneficial products for residents and businesses and revenue for the town, all while building healthy soils and reducing greenhouse gas emissions in our fight against climate change.

"Sustainability is a core value for the Town of Bethlehem. Our new composting system is better for our environment, better for our budget, and better for our community's fight against climate change," VanLuven said.

Using state grants, the Town has installed the first of five "Aerated Static Pile" systems designed by Peter Moon with O2 Compost. It's designed to quickly turn food scraps into rich compost for gardens, cutting the production time from approximately

Dan Lilkas-Rain, Bethlehem Recycling & Composting Department Head, demonstrates a composting mound.

Michael Hallisey / Spotlight News

nine months to about nine weeks.

"We are thrilled to significantly grow Bethlehem's food scraps composting program with the launch of our new Aerated Static Pile system—the same year as the NYS Food Donation and Food Scraps Recycling Law takes effect," said Dan Lilkas-Rain, Bethlehem Recycling & Composting Department Head. "This new system allows us to better serve Bethlehem residents, while also providing a potential outlet for commercial businesses in the greater community affected by the food scraps recycling requirements of the new law."

Comp Plan ready

Public hearing expected for May

DELMAR — The Town Board is expected to acknowledge the Comprehensive Plan Update Committee

Resolution when it meets tonight, Wednesday, April 13. Board members will likely follow that by scheduling a second public hearing for Wednesday, May 11.

The Comprehensive Plan Update Committee

approved its Draft Comprehensive Plan Update last Monday, and pitched its recommendation to the Town Board for adoption.

Before the plan update is adopted, the Town Board will open a one-month time table allowing residents to comment. It's anticipated that the public comment period will open Thursday, April 14 and carry on until Friday, May 13. The period won't close, however, until another public hearing takes place, which one is proposed for Wednesday, May 11.

A controversial development moratorium was passed in December 2020, with expectations that the update would be submitted and passed within a year.

The moratorium, however, struck the ire of development firms that have had plans under review, some of which for several years.

A 67-acre residential project off Kenwood Avenue from Cardona Development, LLC was denied a waiver to the moratorium last October. That decision, however, was successfully challenged in state Supreme Court.

Late last month, state Supreme Court Justice Justin Corcoran decided in favor of the developer, stating he was improperly denied a waiver and ordered the Town Board to reconsider his application before the end of April.

— Michael Hallisey

To phone it in

DELMAR — Bethlehem Town Board members are prepared to vote on a local law that will allow one or more members to attend meetings virtually even while the rest of the board meets at Town Hall.

The Town Board is expected to vote on the topic when it meets tonight, Wednesday, April 13.

Government bodies have long been allowed to use videoconferencing to meet quorum requirements under state Open Meeting law, but it wasn't quite observed as frequently until the COVID outbreak in 2020. However, where state law fails to stop officials from telephoning outside their governing territory, town law does — or might. It's currently left under interpretation.

Town Law 62 states that Town Board meetings must take place within the Town. It does not, however, specify whether those officials videoconferencing into a meeting need to be in town, too.

"It is the intent of this local law to give Town Board members the authority to participate in video Town Board meetings when mandated by Executive Order from locations that fall outside the

Town's geographical boundaries," reads the Local Law Filing, temporarily named Coffey Local Law after board member Dan Coffey, who introduced the law earlier this year. "Videoconferencing has proven to be an effective and useful tool for Town Board meetings that allows members to participate despite issues such as inclement weather, illness, Covid-19 restrictions or travel plans."

If passed, the new law will supersede Town Law 62, an action allowed under Municipal Home Rule Law in matters relating to "property, affairs or government of the town."

— Michael Hallisey

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EDUCATION

BC teacher earns high honor



Matt Bixby named NYSAHPERD Capital Zone Health Teacher of the Year

DELMAR — Bethlehem Central Middle School teacher Matt Bixby has been recognized as 2022 Capital Zone Health Teacher of the Year.

The award was presented to Bixby on April 6 by local representatives of the New York State Association for Health, Physical Education, Recreation and Dance.

The award recognizes a teacher in a 12-county area of New York state who consistently delivers a high-quality Health Education program to students.

Bixby was chosen for being a role model among the region's health educators for his understanding of the evolving nature of Health Education and his efforts to create innovative learning experiences that meet the needs of all students.

The award presentation took place as part of the Bethlehem Central Board of Education meeting. Sandra Morley,

a former president of NYSAHPERD and a former principal at BCMS, was at the meeting to present the award.

"If we've learned anything in the last two years, we must recognize how important all teachers are in helping our students navigate the new world we are living in," said Sandra Morley, "Mr. Bixby affords students the opportunities to explore real-world problems through a standards-based, scientifically- and skill-based curriculum which is very student-centered.

"He provides a safe emotional place for his students at what can be a very confusing time in their lives, especially at the eighth-grade level," said Morley. "He offers instruction that is pertinent to today's world and today's student. What's most impressive is Mr. Bixby's positive and easy connection with students."

Bixby, who has taught Health Education in Bethlehem for 15 years, said he was surprised and happy to receive the award.

"I was excited just to find out that I was nominated for this award but when I found out I won the award I was surprised. I know many

From l to r: Len Kies, director of Athletics and Wellness, Jennifer Murphy-Fries, K-12 supervisor, Holly Dellenbaugh, BC Board of Education president, honoree Matt Bixby, BC Superintendent Jody Monroe, and Sandra Morley, former president of NYSAHPERD.

Bethlehem Central School District

great health educators in this area and to be recognized among them is a tremendous honor," said Bixby. "I'm proud of the work we do in Health Education here at Bethlehem and am excited to continue to grow and move our program forward."

In addition to teaching Health at the middle school, Bixby has also taught Physical Education in the district and coached girls' varsity basketball for nine years. He currently coaches modified track and field and is the coach of the BCHS girls' golf team.

Bixby is the third Bethlehem Central Health Education teacher who has been honored with a Teacher of the Year award from NYSAHPERD.

■ EDUCATION

Two BOE seats to open

Two seats, a finalized budget for Bethlehem residents to decide in May

By **CHEYENNE WALLACE**
wallacec@spotlightnews.com

Two board member seats are open for Bethlehem Central school district's upcoming election after members announced they would not seek re-election last week.

At the April 6 meeting, board members Jonathan Fishbein and Wendy Samson told the board they would not be running in the election. Fishbein has served on the board for six years and Samson for three. Both seats will expire at the end of June.

"The nature of my job has dramatically changed recently and there's just not enough hours in the day," Samson said last week. "This board deserves a lot of time because it's an excellent school system."

A board member term runs for three years and is a volunteer position. Fishbein served a

"The nature of my job has dramatically changed recently and there's just not enough hours in the day. This board deserves a lot of time because it's an excellent school system."

— **Wendy Samson, who won't seek reelection after her term expires on the Bethlehem Central Board of Education**

three year term from 2016 to 2019 before being re-elected in 2019 for the present term. Since Fishbein and Samson are not seeking re-election, two seats remain open for the term years of 2022 to 2025.

Those who wish to run must submit petitions with the signatures of 50 qualified district voters by no later than April 18, at 5 p.m.. The Board will hold a "Meet the BOE Candidates" night on May 11 at 7 p.m. if there

are more than two candidates. The election will take place on May 17.

"I said when I was elected that if when I left everyone hated me a little then I'd done a good job," Fishbein said. "I believe that's probably where I ended up, so I'm happy with that."

The finalized budget was also discussed at the April 6 meeting. The budget totals \$102,698,000 for the 2022-2023 year. The budget saw a .65 percent increase from the 2021-2022 budget.

The adopted budget is balanced which allows for no increase in school taxes to community members. The budget also does not include a change in bus eligibility as board members agreed to postpone the changes at the March 16 board meeting. Propositions up for vote with the budget include the purchase of one electric school bus and three mid-sized buses, and the proposal to create a 2022 Capital Reserve.

The 2022-2023 budget will be put to vote on May 17 from 7 a.m. to 9 p.m. at Bethlehem Central High School.

Heart to Heart

Hamagrael Elementary raises over \$25K with Kids Heart Challenge

By **CHEYENNE WALLACE**
wallacec@spotlightnews.com

DELMAR — Hamagrael Elementary hit a major milestone last week with the Kids Heart Challenge after 18 years of existence.

Hamagrael has participated in the program since 2005 and has now raised \$250,383.94. The Kids Heart Challenge is a fundraiser put on by the American Heart Association educating people of all ages about heart health. The program has been run by physical education teacher Chris Berschwinger since the beginning.

"It's something I'm really proud of for our little school to do a quarter of a million dollars for such a good cause and teach kids about helping others," he said.

The fundraiser usually runs for about a month each school year. In 2005, the school raised about \$10,000. This year, students raised more than \$21,000. The donations go directly to the American Heart Association to help educate every American on how to live a healthy life and the benefits of a healthy lifestyle.

Although online donations have made it easier to raise funds, students still learn about helping others. Students also learn about healthy lifestyles which remains the same mission from 18 years ago. Hamagrael students also explore how to keep a healthy heart and lifestyles after they've started their health journeys. 18 years down and there seems no sign of stopping.

"I can't believe the number," Berschwinger said. "We're going to keep going."

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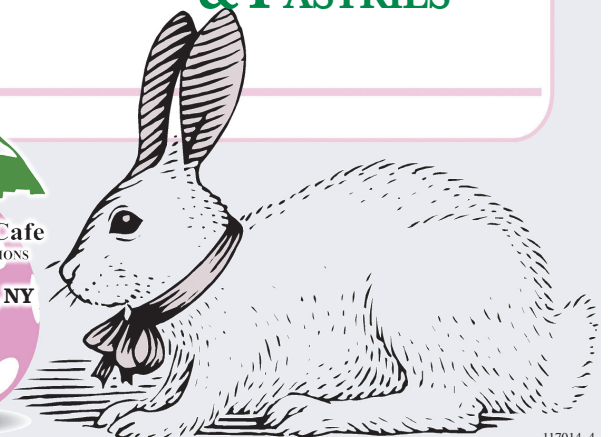
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This notice announces that, on or about May 6, 2022 Hecate Energy Albany 1 LLC and Hecate Energy Albany 2 LLC (“Hecate Albany”) will begin to prepare for the commencement of construction phase for the 40-megawatt solar electric generation facility known as Coeymans Solar Farm located in the Town of Coeymans, Albany County, New York (the “Facility”). The commencement of construction activities on May 6, 2022 is dependent on receiving the required approval from the NYS Public Service Commission on April 14th, 2022.

This notice is being provided in accordance with Certificate Condition 19 and 20 of the Order Granting Certificate of Environmental Compatibility and Public Need, with Conditions, issued and effective January 7, 2021 by the New York State Board on Electric Generation Siting and the Environment pursuant to Article 10 of the New York Public Service Law.

Description of the Project

Hecate Albany will construct the Coeymans Solar Farm, a 40-megawatt solar electric generation facility, in the Town of Coeymans, Albany County, New York. The Facility is located on a 436-acre site generally located between Route 9W and County Route 101 (“Facility Area”). The Facility will consist of photovoltaic solar panels and other infrastructure such as inverters, underground collection cables, two on-site collection substations, gravel access roads, and security fencing. All Facility components are located within the Facility Area.

Construction Schedule

The Facility’s construction phase is scheduled to begin on May 6, 2022. Construction activities which may result in discernable noise offsite will be limited to 7:00 am to 6:00 pm Monday through Saturday, with the exception of activities which may need to occur during extended hours beyond this schedule.

Facility Information and Resources

Information regarding the Facility can be found at the Facility’s website www.CoeymansSolarFarm.info and the Department of Public Service’s website www.dps.ny.gov by going to “Search” and searching for case number 17-F-0617. Paper copies of Facility documents are also available at the Facility’s local document repositories:

RCS Community Library
95 Main Street
Ravena, NY 12143

Bethlehem Public Library
451 Delaware Avenue
Delmar, NY 12054

Procedure and Contact Information for Registering a Complaint

Complaints by neighboring residents and others may be made through the following channels:

1. Calling the Project’s toll-free number (833) 529-6597 or the phone number of the Facility representative listed above;
2. Speaking directly with Facility Personnel at the site entrance; or
3. Writing to the Facility representatives at the local site address or using the email address contact@CoeymansSolarFarm.info as indicated on the Facility’s website. A blank template for submission of a written complaint/comment is provided as Appendix A to the Facility’s Communication and Complaint Resolution Plan, which is Appendix E to the Facility’s Construction Plan.

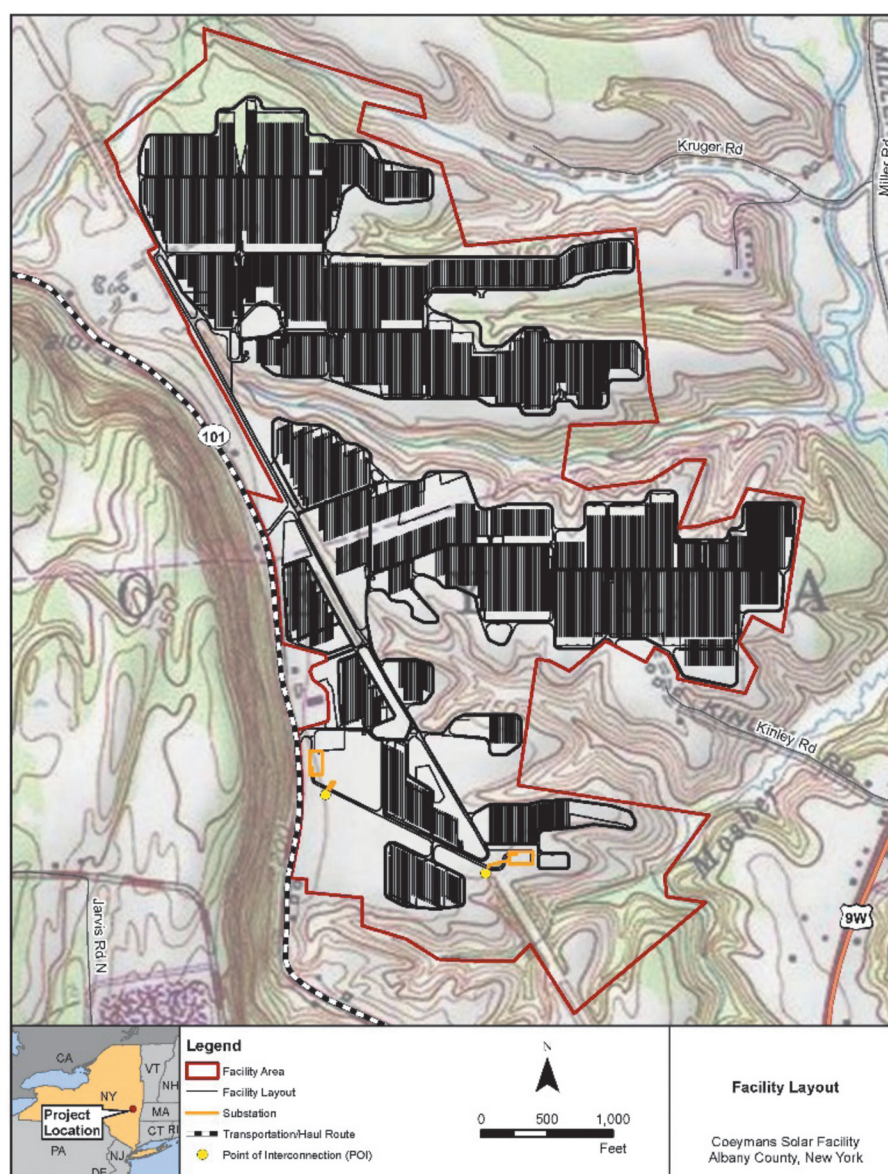
Contact Information for the Siting Board

Honorable Michelle L. Phillips
Secretary
3 Empire Plaza
Albany, NY 12223
secretary@dps.ny.gov

Article 10 Coordinator

James Denn
3 Empire State Plaza
Albany NY, 12223
518-474-7080
james.denn@dps.ny.gov

Map of Facility and Construction Transportation Routes



Facility Development and Construction Manager

Jordan Brunel
621 W. Randolph St.
Chicago, IL 60661
833-529-6597
contact@coeymanssolarfarm.com

■ SCHOLASTIC SPORTS

Girls lax on a streak

Win over Shaker moves BC to 3-0

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

BETHLEHEM — The Eagles girls lacrosse team moved to 3-0 on the season with a hard-fought, 8-7 win over Shaker on Tuesday, April 5.

Kaitlyn Tietjen led Bethlehem with three goals while Avery Eick had two. Maeve Conway had a goal and two assists, Sophie Klein had a goal and an assist and Julia Weinert had a goal.

Lauren McCulloch had three goals and an assist for Shaker while Olivia Papa had two goals and an assist. Lauren O'Hagen had a goal and an assist and Jenna Pollicino chipped in a goal.

Emily Bette had nine saves for Shaker (0-1) while Riley Donovan had three for Bethlehem.

Bethlehem will play at Saratoga on Thursday, April 7 and play a non-league game against Marcellus at the University at Albany on Monday April 11. Shaker will host Averill Park on Thursday, April 7 and play at Ballston Spa on Tuesday, April 12.

Click on a photo below to view a slideshow of the rest of click here if using a news app.

Bethlehem will play a non-league game at Greenwich Academy on Tuesday, April 19 and play at Albany on Thursday, April 21.

Shaker will host Niskayuna on Thursday, April 14, and host Burnt Hills Ballston Lake on Tuesday, April 19.



Bethlehem held on tightly to a hard-fought, 8-7 win over Shaker. Jim Franco / Spotlight News

Colonie blanks Guilderland

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

COLONIE — The Garnett Raiders scored four runs in the first and Sam Falace threw six innings of shut-out baseball to beat Guilderland 6-0 in a Suburban Council matchup at Cook Park.

Colonie added a run in the fifth on a deep home run to right center by Jesus Sarda and another in the sixth on a dinger by Falace.

Daniel Barbero went 3 for 4 with a double and a run scored to lead the offense for Colonie, which won their second Suburban Council game in a row to go 2-0. Sarda went 2 for 3 with an RBI and two runs scored and Zach Ashline went 2 for 3 with two RBIs. Deven Small and Josh Slater added hits in the win.

Guilderland had just three hits on the day with Nicholas Plue going 2 for 3 and Aidan Chrysler adding a single.

On the mound, Falace got the win, going six inning and giving up two hits while striking out 13 and walking one. Vinny Mogavero pitched the seventh in relief, giving up a hit while striking out one.

Cole Miller went four and two-thirds and gave up five runs on eight hits while striking out two and walking four. Samuel Shah pitched an inning and third, giving up a run on one hit.

Guilderland was to host Schenectady on Friday, April 8 and play Saratoga on Monday, April 11.

FEELING A LITTLE HOLLOW THESE DAYS?

Join Us to Fill Your Soul this Easter Season!

April 10, **Palm Sunday:** 9:30am Palm Parade & Easter Egg Hunt after worship

April 14, **Maundy Thursday:** 7pm Service lead by Confirmation Class

April 15, **Good Friday:** 12-3pm Sanctuary open for self-paced Stations of the Cross

April 17, **Easter Sunday:** 9:30am Celebration of the Resurrection and New Life

April 24, **Baptism Sunday:** 9:30am Continue the Easter Celebration with Baptisms!

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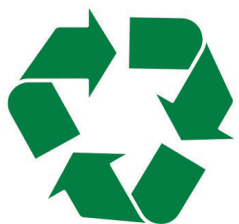
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OBITUARY

A champion for refugees

Jane Ellen Bloom dies at 76

WASHINGTON, D.C. — Jane Ellen Bloom, 76, an activist for refugees, died March 11, 2022 in Washington, D.C. from injuries sustained following a senseless and tragic accident. She was dining outside with new friends from an online art class when an elderly driver crashed into her group, killing two and injuring many others.

The daughter of first-generation immigrants Harry and Helen, Jane was born in Brooklyn, New York in 1946. Her undergraduate studies were completed at New York University, followed by a Master of Social Work (MSW) at Syracuse



Jane Bloom

University. Later in life (age 60) she obtained a masters degree in international public policy from Johns Hopkins' School of Advanced International Studies (SAIS).

Jane, a 20 year resident of Bethlehem, was a humanitarian who worked to find creative solutions to benefit those in need. In her early career as a gerontologist, she was

the head of public policy for the Council on Aging in Washington, D.C., deputy director of Catholic Charities, and supported New Orleans' council on aging. In the 1990s, she wrote a book on Amerasian youth in the U.S., conducted a study on fundraising for AIDS projects in New York City, created public-private partnerships, and was president of Bethlehem Senior Projects, Inc., a non-profit which partners with the Town of Bethlehem's Senior Services Department.

She spearheaded the fundraising efforts for a handicapped-accessible senior citizens van for the town of Bethlehem. "Jane acted as an advocate for a wide range of issues when she was on the board," said



Submitted picture

then Bethlehem Senior Services director Karen Pelletier to the Spotlight in 1993. Buoyed by the outpouring of support for the van, Jane explained in that Spotlight article: "The response from the community was incredible... This town is wide open in the sense that you can accomplish anything. There are no barriers." Bethlehem now has a fleet of vans for the elderly.

She generously gave her time and expertise to benefit many people, and won the Key Bank volunteerism award for the eastern region (Albany to Buffalo) in 1993. She volunteered on the board of The Eddy and the Senior Service Centers of Albany, was an officer on the New York State Museum Institutes' board of trustees, was selected to serve in the "Capital Leadership" program with engaged community leaders from across the Albany-Colonie region, and was a founding member of the Brain Tumor Society. Her grant writing and advocacy yielded senior housing in the Albany community. Another grant provided the opportunity for Bethlehem elementary school students to develop an opera, from writing to performance, with the Lake George Opera Company. She was a favorite volunteer makeup artist at her son's theater performances at the middle and high school. In recent years, she was on the advisory board of Syracuse University's Falk College.

Her later professional work focused on refugee resettlement, advocacy and policy. Amy Slaughter,

a colleague, recently described Jane as "a force of nature, so exuberant, passionate and charismatic." Jane founded Refugee Works, which became a training and technical assistance agency of the U.S. Office of Refugee Resettlement. During her 12 years at the International Catholic Migration Commission (ICMC), an international Geneva-based NGO specializing in the migration and refugee arena, Jane shaped refugee policy on issues such as child protection, resettlement, trafficking, gender based violence (GBV), and religious freedom. She was selected as a delegate on missions with the United Nations High Commissioner for Refugees (UNHCR) and the U.S. Catholic Bishop delegations, including Central America, Syria, Jordan, and Lebanon. She served on international working groups (the United Nation's (UN) Urban Refugee Task Team, the Maritime Trafficking Advisory Group, and the UN's GBV Strategic Planning Team) and was the keynote speaker at two UN International Migrant Day commemorations. Although she retired in 2018, she continued to train, guest lecture at Syracuse University, and was still active in critical refugee policy matters until her untimely passing.

Jane was remembered in a virtual ceremony on March 19, 2022. As her dear colleague and friend, Rev. Deborah Hafner DeWinter, shared during the memorial service: "Jane's whole life

— as gerontologist, refugee advocate, daughter, mother, grandmother and friend — spoke to her deep capacity for feeling compassion and sharing love."

She will be missed by family, friends, and colleagues around the world. She leaves behind her daughter Rebecca Best, son-in-law Robert Best, and granddaughter Ella Best, of Washington, D.C., and son Joshua Bloom, daughter-in-law Anna Bellomo, and granddaughters Claudia and Sofia Bloom, of Berkeley, CA; many cousins, colleagues, and friends; and a legacy of reaching out to help others locally and globally.

The family would appreciate a donation in her name to the U.S. Committee for Refugees and Immigrants to support refugees at <https://refugees.org/donate/>, or to the National Brain Tumor Society at <https://nbtsevents.braintumor.org/janebloom> (or mail checks to NBTS at 55 Chapel Street, Suite 200, Newton, MA 02458), or to the Jane Rockberger Bloom Social Work Scholarship for students at Syracuse University's Falk College who wish to pursue careers in the refugee/migration arena at www.givetosu.syr.edu/JaneBloom (or mail checks payable to Syracuse University, attn: Assistant Dean Salanger, 427 White Hall, Syracuse, NY 13244 and note the specific scholarship fund). Please email janebloommemorial@gmail.com if you would like to share a memory or leave an online condolence with her family.

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not served with this summons, to serve a notice of appearance on the plaintiff's attorney(s) within 20 days after the service of this summons, exclusive of the day of service (or within 30 days after service is complete if this summons is not personally delivered to you within the State of New York); and in case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the complaint. NOTICE YOU ARE IN DANGER OF LOSING YOUR HOME. If you do not respond to this Summons and Complaint by serving a copy of the answer on the attorney for the mortgage company who filed this foreclosure proceeding against you and filing the answer with the court, a default judgment may be entered and you can lose your home. Speak to an attorney or go to the court where your case is pending for further information on how to answer the summons and protect your property. Sending a payment to your mortgage company will not stop this foreclosure action. YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFF (MORTGAGE COMPANY) AND FILING THE ANSWER WITH THE COURT. The foregoing summons is served upon you by publication pursuant to an order of the Honorable David A Weinstein, an Acting Justice of the Supreme Court of the State of New York, Albany County, granted on the 14th day of March, 2022, and filed with the Complaint and other papers in the office of the County Clerk of Albany County. The object of this action is to foreclose a mortgage upon the premises described below, executed by CHARLES H. GABEL IV and CATHERINE A. GABEL to MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC., AS MORTGAGEE, AS NOMINEE FOR PHH MORTGAGE CORP (FKA CENDANT MORTGAGE CORP), bearing date August 25, 2006 and recorded in Book 5312, at Page 644 in the County of Albany on September 8, 2006, which was assigned to CITI MORTGAGE, INC. by instrument executed December 9, 2013 and recorded December 18, 2013, in Book 6770, at Page 939, which was further assigned GREEN TREE SERVICING, LLC by instrument executed September 18, 2014 and recorded September 30, 2014, in Book 6868, at Page 171, which was assigned to NEW RESIDENTIAL MORTGAGE LLC by instrument executed February 20, 2019 and recorded February 21, 2019, in Instrument Number: R2019-3525, which was assigned to LOANCARE, LLC by instrument executed March 23, 2021 and recorded March 26, 2021, in Instrument

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Number: R2021-9523. Said premises being known as and by 545 Western Avenue, Albany, NY 12203, bearing tax map designation Section: 64.51, Block: 2, Lot: 43, which is more fully described in the Schedule "A" attached to the Complaint. To the above named Defendants: YOU ARE HEREBY PUT ON NOTICE THAT WE ARE ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. There is due and owing to plaintiff the sum of \$145,551.63 plus interest thereon from September 1, 2019, in addition to those accumulated late charges and those recoverable monies advanced by Plaintiff and/or Plaintiff's predecessor-in-interest on behalf of Charles H Gabel IV and Catherine A Gabel together with all costs, including but not limited to, attorneys' fees, disbursements, and further allowances provided pursuant to the underlying loan documents and applicable law in bringing any action to protect the Mortgagee's interest in the Subject Property. The relief sought in the within action is a final judgment directing the sale of the premises described above to satisfy the debt described above. UNLESS YOU DISPUTE THE VALIDITY OF THE DEBT, OR ANY PORTION THEREOF, WITHIN THIRTY (30) DAYS AFTER YOUR RECEIPT HEREOF THAT THE DEBT, OR ANY PORTION THEREOF, IS DISPUTED, THE DEBTOR JUDGMENT AGAINST YOU AND A COPY OF SUCH VERIFICATION OR JUDGMENT WILL BE MAILED TO YOU BY THE HEREIN DEBT COLLECTOR. IF APPLICABLE, UPON YOUR WRITTEN REQUEST, WITHIN SAID THIRTY (30) DAY PERIOD, THE HEREIN DEBT COLLECTOR WILL PROVIDE YOU WITH THE NAME AND ADDRESS OF THE ORIGINAL CREDITOR. IF YOU HAVE RECEIVED A DISCHARGE FROM THE UNITED STATES BANKRUPTCY COURT, YOU ARE NOT PERSONALLY LIABLE FOR THE UNDERLYING INDEBTEDNESS OWED TO PLAINTIFF/CREDITOR AND THIS NOTICE/DISCHARGE IS FOR COMPLIANCE AND INFORMATIONAL PURPOSES ONLY. HELP FOR HOMEOWNERS IN FORECLOSURE New York State requires that we send you this notice about the foreclosure process. Please read it carefully. SUMMONS AND COMPLAINT You are in danger of losing your home. If you fail to respond to the Summons and Complaint in this foreclosure action, you may lose your home. Please read the Summons and Complaint carefully. You should immediately contact an attorney or your local legal aid office to

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obtain advice on how to protect yourself. SOURCES OF INFORMATION AND ASSISTANCE The State encourages you to become informed about your options in foreclosure. In addition to seeking assistance from an attorney or legal aid, there are government agencies, and non-profit organizations that you may contact for information about possible options, including trying to work with your lender during this process. To locate an entity near you, you may call the toll-free helpline maintained by New York State Department of Financial Services' at 1-800-269-0990 or visit the Department's website at <http://www.dfs.ny.gov> Rights and Obligations YOU ARE NOT REQUIRED TO LEAVE YOUR HOME AT THIS TIME. You have the right to stay in your home during the foreclosure process. You are not required to leave your home unless and until your property is sold at auction pursuant to a judgment of foreclosure and sale. Regardless of whether you choose to remain in your home, YOU ARE REQUIRED TO TAKE CARE OF YOUR PROPERTY and pay property taxes in accordance with state and local law. FORECLOSURE RESCUE SCAMS Be careful of people who approach you with offers to "save" your home. There are individuals who watch for notices of foreclosure actions in order to unfairly profit from a homeowner's distress. You should be extremely careful about any such promises and any suggestions that you pay them a fee or sign over your deed. State law requires anyone offering such services for profit to enter into a contract which fully describes the services they will perform and fees they will charge, and which prohibits them from taking any money from you until they have completed all such promised services. Aldridge Pite, LLP, Attorneys for the Plaintiff, 40 Marcus Drive, Suite 200, Melville, NY 11747 Our File 1184-1394B D-287558

NOTICE OF LLC FORMATION

611 BRIGHTON BEACH LLC. Arts. of Org. filed with the SSNY on 03/10/22. 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, 66-45 Fresh Pond Road, Ridgewood, NY 11385. Purpose: Any lawful purpose. D-286396

NOTICE OF LLC FORMATION

6124 MADISON STREET LLC. Arts. of Org. filed with the SSNY on 03/24/22. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served.

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SSNY shall mail copy of process to the LLC, 66-45 Fresh Pond Road, Ridgewood, NY 11385. Purpose: Any lawful purpose. D-287853

NOTICE OF LLC FORMATION

63 N COUNTRY, LLC. Arts. of Org. filed with the SSNY on 10/25/21. 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, PO Box 127, Lake Grove, NY 11755. Purpose: Any lawful purpose. D-285777

NOTICE OF LLC FORMATION

6306 LLC. Arts. of Org. filed with the SSNY on 02/25/22. 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, 1791 West 6th Street, Brooklyn, NY 11223. Purpose: Any lawful purpose. D-285717

NOTICE OF LLC FORMATION

6308 39 AVE LLC. Arts. of Org. filed with the SSNY on 03/30/22. 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, 1791 West 6th Street, Brooklyn, NY 11223. Purpose: Any lawful purpose. D-287666

NOTICE OF LLC FORMATION

661 VANDERBILT AVENUE LLC. Arts. of Org. filed with the SSNY on 04/06/22. 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, 661 Vanderbilt Avenue, Brooklyn, NY 11238. Purpose: Any lawful purpose. D-288064

NOTICE OF LLC FORMATION

6621 78TH STREET LLC. Arts. of Org. filed with the SSNY on 03/24/22. 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, 66-45 Fresh Pond Road, Ridgewood, NY 11385. Purpose: Any lawful purpose. D-287855

NOTICE OF LLC FORMATION

6636 79TH STREET LLC. Arts. of Org. filed with the SSNY on 03/24/22. 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, 66-45 Fresh Pond Road, Ridgewood, NY 11385. Purpose: Any lawful purpose. D-287856

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NOTICE OF LLC FORMATION

6904 DITMARS BLVD LLC. Arts. of Org. filed with the SSNY on 11/05/20 under the fictitious name 6904 DITMARS BLVD (DE) LLC. Originally filed with Secretary of State of Delaware on 09/17/2020. 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, 6904 Ditmars Boulevard, East Elmhurst, NY 11370-1031. Purpose: Any lawful purpose. D-286165

NOTICE OF LLC FORMATION

702 DAVID WHITES LANE OWNER LLC. Arts. of Org. filed with the SSNY on 03/28/22. 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 Wexler & Kaufman, PLLC, One Penn Plaza, Suite 3406, New York, NY 10119. Purpose: Any lawful purpose. D-287485

NOTICE OF LLC FORMATION

71-52 GLENDALE LLC. Arts. of Org. filed with the SSNY on 03/09/22. 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, 16-29 157th Street, Whitestone, NY 11357. Purpose: Any lawful purpose. D-286293

NOTICE OF LLC FORMATION

715 EAST 136TH REALTY LLC. Arts. of Org. filed with the SSNY 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, 721 East 136th Street, Bronx, NY 10454. Purpose: Any lawful purpose. D-286722

NOTICE OF LLC FORMATION

76 NEWPORT STREET LLC. Arts. of Org. filed with the SSNY on 03/23/22. 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, 581 Madison Street, Apartment 1F, Brooklyn, NY 11221. Purpose: Any lawful purpose. D-287195

NOTICE OF LLC FORMATION

85 BEADEL LLC. Arts. of Org. filed with the SSNY on 04/04/22. 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, 85 Beadel Street, #1F, Brooklyn, NY 11222. Purpose: Any lawful purpose. D-287919

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NOTICE OF LLC FORMATION

8635 MYRTLE AVENUE LLC. Arts. of Org. filed with the SSNY on 03/24/22. 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, 66-45 Fresh Pond Road, Ridgewood, NY 11385. Purpose: Any lawful purpose. D-287857

NOTICE OF LLC FORMATION

AB AUCTION, LLC. Arts. of Org. filed with the SSNY on 01/10/22. 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, PO Box 127, Lake Grove, NY 11755. Purpose: Any lawful purpose. D-285775

NOTICE OF LLC FORMATION

ALPINIA LLC. Arts. of Org. filed with the SSNY on 03/29/22. 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 Marcum LLP, 730 Third Avenue, 11th Floor, New York, NY 10017. Purpose: Any lawful purpose. D-288075

NOTICE OF LLC FORMATION

AMBH NYC LLC. Arts. of Org. filed with the SSNY on 03/04/22. 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 Adam Miller, 42 West 17th Street, Unit 10A, New York, NY 10011. Purpose: Any lawful purpose. D-286667

NOTICE OF LLC FORMATION

ANGELO'S LITTLE ITALY LLC. Arts. of Org. filed with the SSNY on 03/31/22. 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, 337 Grand Central Avenue, Amityville, NY 11701. Purpose: Any lawful purpose. D-287706

NOTICE OF LLC FORMATION

ANNE DUTERME INTERIORS, LLC. Arts. of Org. filed with the SSNY on 02/15/22. 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, 68-10 108th Street, #4-E, Forest Hill, NY 11375. Purpose: Any lawful purpose. D-285915

NOTICE TO BIDDERS

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Aquatic Weed Control for the Town of Bethlehem. The Town of Bethlehem reserves the

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right to allow all municipal and not for profit organizations authorized under the General Municipal Laws of the State of New York, to purchase any goods and/or services awarded as a result of this bid in accordance with the latest amendments to NYS GML 100 through 104. However, it is understood that the extension of such contracts are at the discretion of the vendor and the vendor is only bound to any contract between the Town of Bethlehem and the vendor. Additionally, the Town of Bethlehem reserves the right to purchase any goods or services included as part of this bid from any means legally available to it at any time. Bids will be received up to 10:00am on April 21st, 2022 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Nanci Moquin, Town Clerk of the Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each bid shall be submitted. Bidders may bid on any or all items. Bid documents may be obtained from the Bethlehem Town Clerk via email to NMoquin@townofbethlehem.org. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division. The Town Board reserves the right to waive any informalities in and/or to reject any or all bids. BY ORDER OF THE TOWN BOARD TOWN OF BETHLEHEM Nanci Moquin TOWN CLERK Dated: April 4, 2022 D-286869

NOTICE OF LLC FORMATION ASCENDO CAPITAL LLC. Arts. of Org. filed with the SSNY on 03/10/22. 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, 2373 Broadway, Suite 1121, New York, NY 10024. Purpose: Any lawful purpose. D-286389

NOTICE OF LLC FORMATION ASTRID & MIYU NY LLC. Arts. of Org. filed with the SSNY on 04/07/22. 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 B. Hospitality Corp., 1250 Broadway, 10th Floor, New York, NY 10001. Purpose: Any lawful purpose. D-286671

NOTICE OF LLC FORMATION BH 33-68 FARRINGTON ST LLC. Arts. of Org. filed with the SSNY on 03/04/22. 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 B. Hospitality Corp., 1250 Broadway, 10th Floor, New York, NY 10001. Purpose: Any lawful purpose. D-286671

NOTICE OF LLC FORMATION BH 6 WATER ST LLC. Arts. of Org. filed with the SSNY on 03/08/22. Office: Albany County. SSNY designated as agent of the LLC upon

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NOTICE OF LLC FORMATION

ATYANT CAPITAL HOLDINGS LLC. Arts. of Org. filed with the SSNY on 03/01/22. 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, 695 First Avenue, 29H, New York, NY 10016. Purpose: Any lawful purpose. D-285845

NOTICE OF LLC FORMATION

AVGONIMA REALTY LLC. Arts. of Org. filed with the SSNY on 03/14/22. 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, 60 Hillside Avenue, Manhasset, NY 11030. Purpose: Any lawful purpose. D-286530

NOTICE OF LLC FORMATION

BEJEMAED LLC. Arts. of Org. filed with the SSNY on 03/15/22. 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, 236 West 26th Street, #12E, New York, NY 10001. Purpose: Any lawful purpose. D-286691

NOTICE OF LLC FORMATION

BELLE VOYAGES LLC. Arts. of Org. filed with the SSNY on 02/25/22. 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, 231 E. 76th Street, #3F, New York, NY 10021. Purpose: Any lawful purpose. D-287218

NOTICE OF LLC FORMATION

BH 233 W 125TH STREET LLC. Arts. of Org. filed with the SSNY on 03/04/22. 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 B. Hospitality Corp., 1250 Broadway, 10th Floor, New York, NY 10001. Purpose: Any lawful purpose. D-286670

NOTICE OF LLC FORMATION

BH 33-68 FARRINGTON ST LLC. Arts. of Org. filed with the SSNY on 03/04/22. 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 B. Hospitality Corp., 1250 Broadway, 10th Floor, New York, NY 10001. Purpose: Any lawful purpose. D-286671

NOTICE OF LLC FORMATION

BH 6 WATER ST LLC. Arts. of Org. filed with the SSNY on 03/08/22. Office: Albany County. SSNY designated as agent of the LLC upon

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whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o B. Hospitality Corp., 1250 Broadway, 10th Floor, New York, NY 10001. Purpose: Any lawful purpose. D-286200

NOTICE OF LLC FORMATION

BklynHeroes2 LLC. Arts. of Org. filed with the SSNY on 04/07/22. 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 Paul Dispirito, 78-03 15th Avenue, Brooklyn, NY 11228. Purpose: Any lawful purpose. D-288105

NOTICE OF LLC FORMATION

BNH HOLDINGS, LLC. Arts. of Org. filed with the SSNY on 06/28/21. 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, 248 Route 25A, Suite 23, East Setauket, NY 11733. Purpose: Any lawful purpose. D-285776

NOTICE OF LLC FORMATION

BRISTOL GARAGE LLC. Arts. of Org. filed with the SSNY on 03/18/22. 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, 10 E. 33rd Street, 11th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-286909

LEGAL NOTICE OF PUBLIC HEARING, BUDGET VOTE AND ELECTION

NOTICE IS HEREBY GIVEN, that a Public Hearing on the proposed 2022-2023 Budget for the Bethlehem Central School District shall be held at the Bethlehem Central High School located at 700 Delaware Avenue, Delmar, Albany County, New York, on Wednesday, May 4, 2022 at 7:00 p.m., Prevaling Time. The budget will be available for review commencing on April 27, 2022 at the Bethlehem Central High School, Business Office, 700 Delaware Avenue, Delmar, New York, and the offices of each Elementary School, the Middle School and the High School of the District.

AND NOTICE IS FURTHER GIVEN that the election of candidates to the Bethlehem Central School Board of Education and the budget vote will be held on Tuesday, May 17, 2022 between the hours of 7:00 a.m. and 9:00 p.m., prevailing time, in the upper gymnasium of the Bethlehem Central High School, 700 Delaware Avenue, Delmar, Albany County, New York, at which time the polls will be opened to vote by voting machine on the following items:

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PROPOSITION #1
To adopt the annual budget of the Bethlehem Central School District for the fiscal year 2022-2023 and to authorize the requisite portion therefore to be raised by taxation on the taxable property of the District.

PROPOSITION #2
To elect two (2) members of the Board of Education as follows: two (2) at-large seats to a three (3) year term commencing on July 1, 2022, and expiring on June 30, 2025, for the seats held by Mr. Jonathan Fishbein and Ms. Wendy Samson, whose terms expire on June 30, 2022.

PROPOSITION #3
Resolved, that the Board of Trustees of the Bethlehem Public Library be authorized to expend for the operation of such library for the fiscal year July 1, 2022 to June 30, 2023, the sum of: \$4,580,800 and that the Board of Education of Bethlehem Central School District of the Towns of Bethlehem and New Scotland, County of Albany, New York, be authorized to levy the necessary tax therefor.

PROPOSITION #4
To elect one (1) trustee to the Board of Trustees of the Bethlehem Public Library, as follows: one (1) at large seat to a five (5) year term commencing on July 1, 2022 and expiring on June 30, 2027, for the seat held by Mrs. Mary Redmond, whose term expires on June 30, 2022.

PROPOSITION #5
RESOLVED, that the Board of Education of the Bethlehem Central School District, is hereby authorized to (1) acquire school vehicles (one (1) 70-passenger electric bus; and three (3) 45-passenger diesel buses) at a cost not to exceed \$821,000 which is estimated to be the maximum cost thereof, (2) expend such sums for such purpose, (3) levy the tax necessary therefor, to be levied and collected in annual installments in such years and 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 \$821,000, or enter into a lease-purchase agreement at a principal amount not to exceed \$821,000 to acquire such vehicles.

PROPOSITION #6
RESOLVED, that the Board of Education of the Bethlehem Central School District, is hereby authorized to establish a capital reserve fund, designated as the 2022 Capital Reserve Fund, in accordance with Education Law § 3651(1), for the purpose of paying the cost of future building projects, in a maximum amount not to exceed \$20,000,000 to be raised by annual transfer of unexpended operating funds, for a probable term of ten

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(10) years, effective immediately and expiring June 30, 2032, provided that, pursuant to Education Law § 3651(3), no expenditure shall be made from such fund except upon authorization of the voters of the District for the purposes specified herein.

To transact such other business as may properly come before the meeting pursuant to the Education Law of the State of New York.

The election and budget vote shall be by voting machine or absentee ballot. The hours during which the polls shall be kept open shall be from 7:00 a.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 FURTHER NOTICE IS HEREBY GIVEN that a copy of the statement of the amount of money which will be required to fund the School District's budget for the 2022-2023 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 18, 2022 at 5:00 p.m.

Each petition must be directed to the District Clerk, must be signed by at least Fifty One (51) 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

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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 17, 2022.

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 21, 2022. A military voter may indicate their preference for receiving the registration application by mail, facsimile transmission, or email.

AND FURTHER NOTICE 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, 2022. 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 14 and Sunday, May 15, 2022, and on the day set for the election. Any qualified voter may challenge the acceptance of the ballot

LEGALS

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 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 referendum 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 12, 2022 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 referendum 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: March 30, 2022
Brittany L. Barrett
Delmar, New York District Clerk, Bethlehem Central School District
D-287134

AND NOTICE IS ALSO GIVEN that a copy of the statement of the amount of money which will be required for the ensuing year for school purposes, exclusive of public money, may be obtained by any taxpayer in the district during the fourteen days immediately preceding the Annual Meeting, except Saturday, Sunday or holiday, at the following schoolhouses in which school is maintained during the hours designated:

LEGALS**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 9, 2022 at 6:00 p.m. in the PAC of the Clayton A. Bouton High School in said district for the presentation of a budget for the school year 2022-2023.

AND NOTICE IS ALSO GIVEN that the Annual District Meeting will be held on Tuesday, May 17, 2022 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. on the following:

To elect two members of the Board of Education. To elect two members for two 4-year terms terminating June 30, 2026, to fill the vacancy created by the expiration of the terms of Cynthia Monaghan, and Argi O'Leary.

To vote on the Annual School Budget and the appropriation of the necessary funds to meet the estimate of expenditures, and to authorize the levy of taxes for this purpose.

AND NOTICE IS ALSO GIVEN that at said Annual District Election and Budget Vote to be held on May 17, 2022, the following propositions will be submitted:

PROPOSITION #1:
PURCHASE OF BUSES:
RESOLVED that the Voorheesville Central School District is hereby authorized to purchase vehicles, at a maximum estimated cost of \$395,000, and that said amount, or so much thereof as may be necessary, to be raised by the levy of a tax upon the taxable property of said School District and collected in annual installments with District obligations to be issued in anticipation thereof.

PROPOSITION #2:
STUDENT BOARD MEMBER: Shall the board of education of the Voorheesville Central School District allow a high school student to serve as an ex officio, non-voting member of the Board subject to the requirements of the Education Law?

AND NOTICE IS ALSO GIVEN that a copy of the statement of the amount of money which will be required for the ensuing year for school purposes, exclusive of public money, may be obtained by any taxpayer in the district during the fourteen days immediately preceding the Annual Meeting, except Saturday, Sunday or holiday, 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 School

LEGALS

8:30 a.m. to 3:00 p.m. Clayton A. Bouton High School

8:30 a.m. to 3:00 p.m. 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 the close of business on April 18, 2022. 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, 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.

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 16, 2022 at 7:00 p.m. at the Voorheesville Public Library for the presentation of the Public Library budget for the year 2022-2023.

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, 2027 to fill the vacancy created by the expiration of the term of Janna Shillinglaw.

To vote on the annual Public Library budget and the appropriation of the necessary funds to meet the estimate of expenditures, and to authorize the levy of taxes for this purpose.

AND NOTICE IS ALSO GIVEN that letters requesting application 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
Dated: March 18, 2022
Jessica Tabakian
District Clerk
D-286562

NOTICE OF LLC FORMATION
BX FUNDING PARENT LLC. Arts. of Org. filed with the SSNY on 03/03/22. 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, 29 West 36th Street, Suite 1100, New York, NY 10018. Purpose: Any lawful purpose. D-286000

NOTICE OF LLC FORMATION
C TAYLOR CO LLC. Arts. of Org. filed with the SSNY on 02/25/22. Office: Albany County. SSNY designated as

LEGALS

agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 101 W. 112th Street, Apartment 6H, New York, NY 10026. Purpose: Any lawful purpose. D-285707

NOTICE OF LLC FORMATION

CARD SNIPER LLC. App. for Auth. filed with the SSNY on 03/23/22. Originally filed with Secretary of State of California 01/12/2021. 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, 584 Broadway, Suite 609, New York, NY 10012. Purpose: Any lawful purpose. D-287202

NOTICE OF FORMATION OF NEW YORK LIMITED LIABILITY COMPANY

1. The name of the limited liability company is Coffey Machinery, LLC.
2. The Articles of Organization creating the limited liability company were filed in the Office of the Secretary of State on March 30, 2022.

3. The principal office of the limited liability company is in Albany County.

4. The Secretary of State is designated as the agent of the limited liability company upon whom process against it may be served and the post office address to which the Secretary of State shall mail any copy of process against it is: 50 Park Street, Amsterdam, New York 12010.

5. The limited liability company is formed for the purpose of engaging in any business purposes permitted by law. D-287648

NOTICE OF LLC FORMATION

CSS 60 BROAD ST NYC, LLC. Arts. of Org. filed with the SSNY on 02/28/22. 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, 60 Broad Street, New York, NY 10004. Purpose: Any lawful purpose. D-285792

NOTICE OF LLC FORMATION

CSS TRIBECA, LLC. Arts. of Org. filed with the SSNY on 03/22/22. 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, 105 Duane Street, New York, NY 10007. Purpose: Any lawful purpose. D-287038

NOTICE OF LLC FORMATION

D1 DISTRIBUTOR LLC. Arts. of Org. filed with the SSNY on 03/21/22. 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 Dennis D. Humphrey,



Meghan Marohn had checked into the Red Lion Inn in Stockbridge, Mass. She had not checked out before she disappeared two weeks ago.

findmeghanmarohn.com

From page 1 ...
Missing woman

Marohn's older brother, Peter Naple, told the *Berkshire Eagle* there had been an "emotional upset" in her life and she checked into the Red Lion Inn in Stockbridge to get away for a time. He did not elaborate to the newspaper what had his sister upset but he and the family have been at Longcope Park.

"We just keep walking the property," he told the newspaper. "We are still looking for someone we hope is still alive and I'm trying to do whatever I can to keep that hope alive."

He said on the website, findmeghanmarohn.com, that his sister checked into

the inn on March 24 and was set to check out six days later. He said police have tracked her last cell phone ping to an area outside the park, on private land, and as of April 8, that was the focus of their search.

Local weather was described as windy and cold, with periods of snow, when her car was first noticed at the trailhead. A Berkshire native sharing informatoin on the family's website said "that doesn't make since."

"Why she would hike that day in that weather and why that trail?" she asked. "It isn't a very known

trail or an easy one."

Marohn was raised in Delmar, where she attended Academy of the Holy Names and later graduated from both Russell Sage College and Farleigh Dickinson University.

For the three yeras, she has taught high school English at Shaker High School. Other interests included being a climate activist and a volunteer for both Democary Now! and the Sancutary for Independent Media. An avid poet, she also started the Troy Poem Project.

Anyone with information regarding this case is asked to contact the Bethlehem Police Department at 518-439-9973 or the Lee Police Department at 413-243-5530.

■ POLICE, FIRE and EMERGENCY CALLS

DWI in V'ville

VOORHEESVILLE
— On Friday, April 25, State Police responded to a single car property damage accident on Prospect Street.

An investigation determined that Edward Barker, 45, of Rotterdam, was traveling west when he exited the roadway and struck a guidewire. Troopers administered and Barker failed roadside sobriety tests and was taken into custody for DWI. At the police station he allegedly refused to provide a breath sample. Barker was issued an appearance ticket and is scheduled to return to New Scotland Town Court on Thursday, April 28.

DWI at rail trail

SLINGERLANDS
— Bethlehem police observed a Volvo S60 parked over the solid white parking line at the Albany County Rail Trail parking lot on Kenwood Avenue on Sunday, April 3. Upon interviewing the driver and only occupant of the car, Fizun Afshana, 32, of Delmar, the officer reported an odor of an alcoholic beverage emanating from her breath and that she had watery, bloodshot eyes and slurred speech. According to reports, Fizun stated

that she had been drinking in Colonie.

She was administered and allegedly failed field sobriety tests and tested positive for breath alcohol on a preliminary screening device.

Fizun was transported to the police station and provided a breath sample that returned a 0.10 percent BAC. She was charged with DWI, issued a bill of particulars and released. Fizun is scheduled to return to Bethlehem Town Court on Tuesday, April 19.

Speeding leads to charges

DELMAR — On Sunday, April 3, Bethlehem police observed a gray Audi traveling east on Delaware Avenue near Borthwick avenue exceeding the posted speed limit and conducted a traffic stop.

When the officer interviewed the driver, Dequan Todd, 27, of Detroit, Mich, he noticed that Todd had spilled hand sanitizer on his pants and that he had glassy and bloodshot eyes and his face was droopy. The officer also noticed a strong odor of an alcoholic beverage emanating from Todd's breath.

Police said Todd was reluctant to exit

the vehicle so he could perform field sobriety tests. He called 911 from the car and asked for a supervisor to be present. A passenger in the front seat of the Audi stated she was having an allergic reaction, but refused EMS.

Upon exiting the car, police said Todd walked in and out of the roadway several times and the officer had to advise him to move to the side of the roadway for his own safety. He eventually was administered and allegedly failed field sobriety tests and also refused to provide a breath sample for a preliminary test. Todd was placed in custody for DWI and transported to the police station. At the station he refused a breath test, to be fingerprinted or have his photo taken. After arraignment by Town Justice Ryan Donovan, Todd was processed for fingerprints and photos with a public defender present and released. He is scheduled to return to court on Tuesday, April 5 for a hearing.

Got a gripe?
Email us at:
news@spotlightnews.com

LEGALS	LEGALS	LEGALS	LEGALS	LEGALS	LEGALS	LEGALS	LEGALS
shall mail copy of process to the PLLC, 32-02 30 th Avenue, #2L, Astoria, NY 11102. Purpose: For the practice of the profession of Law. D-287583	cess to the LLC, 22-46 31st Street, Astoria, NY 11105. Purpose: Any lawful purpose. D-286207	LLC, 445 Park Avenue, New York, NY 10016. Purpose: Any lawful purpose. D-288076	NOTICE OF LLC FORMATION THIRD AVE NEW MILLENNIUM EXECUTIVE APARTMENTS LLC. Arts. of Org. filed with the SSNY on 03/15/22. 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, P.O. Box 280473, Queens Village, NY 11428. Purpose: Any lawful purpose. D-286891	NOTICE OF LLC FORMATION TWISTED TREE RC LLC. Arts. of Org. filed with the SSNY on 02/24/22. 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, 181 Lake Street, Pleasantville, NY 10570. Purpose: Any lawful purpose. D-286199	NOTICE OF LLC FORMATION VATANKHAH AUTOMOTIVE CONSULTING LLC. Arts. of Org. filed with the SSNY on 03/01/22. 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 EGS, 1345 Avenue of the Americas, New York, NY 10105. Purpose: Any lawful purpose. D-285849	NOTICE OF LLC FORMATION WAGMI CAPITAL LLC. Arts. of Org. filed with the SSNY on 03/29/22. 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, 81 Hazelwood Avenue, Westhampton Beach, NY 11978. Purpose: Any lawful purpose. D-287545	LLC. Arts. of Org. filed with the SSNY on 03/24/22. 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 Beth Carver Wees and Sheila Smithie, 7 West 96 th Street, Apartment 10E, New York, NY 10025. Purpose: Any lawful purpose. D-287334
NOTICE OF LLC FORMATION SON OF ALAN SMITHEE LLC. Arts. of Org. filed with the SSNY on 03/30/22. 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, 24 West 57th Street, Suite 509, New York, NY 10019. Purpose: Any lawful purpose. D-287660	NOTICE OF LLC FORMATION STUDIO16161 LLC. Arts. of Org. filed with the SSNY on 03/16/22. 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, 161 West 61 st Street, Suite 1 South, New York, NY 10023. Purpose: Any lawful purpose. D-286758	NOTICE OF LLC FORMATION THE CHEEKY PEACH LLC. Arts. of Org. filed with the SSNY on 02/11/22. 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 Jessica Reisert, 7 Oak Street, Sayville, NY 11782. Purpose: Any lawful purpose. D-286432	NOTICE OF LLC FORMATION TRIADIC LLC. Arts. of Org. filed with the SSNY on 02/11/22. 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 Chaifetz & Chaifetz LLC, 1501 Broadway, Suite 1001, New York, NY 10036. Purpose: Any lawful purpose. D-285691	NOTICE OF LLC FORMATION US EXCLUSION LLC. App. for Auth. filed with the SSNY on 01/04/22. Originally filed with Secretary of State of Delaware 11/01/2021. 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, 7A Century Hill Drive, Latham, NY 12110. Purpose: Any lawful purpose. D-285999	NOTICE OF LLC FORMATION VIEWTOPIA NYC, LLC. Arts. of Org. filed with the SSNY on 03/14/22. 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 Abraham Zami, 709 Avenue O, Brooklyn, NY 11230. Purpose: Any lawful purpose. D-286545	NOTICE OF LLC FORMATION WANNA BE BILLIONAIRE LLC. Arts. of Org. filed with the SSNY on 03/29/22. 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, 70 West 95th Street, Apartment 14K, New York, NY 10025. Purpose: Any lawful purpose. D-287546	NOTICE OF LLC FORMATION WOW HOME IMPROVEMENT LLC. Arts. of Org. filed with the SSNY on 03/23/22. 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, 1822 Albany Avenue, Brooklyn, NY 11210. Purpose: Any lawful purpose. D-287217
NOTICE OF LLC FORMATION SPINNING REAL FILMS LLC. Arts. of Org. filed with the SSNY on 03/08/22. Latest date to dissolve: 12/31/2122. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-	NOTICE OF LLC FORMATION TELECOMMUNICATION SERVICES COMPANY (TSC) LLC. App. for Auth. filed with the SSNY on 03/18/22. Originally filed with Secretary of State of Delaware on 02/16/22. 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	NOTICE OF LLC FORMATION THERMOSOURCE MECHANICAL LLC. Arts. of Org. filed with the SSNY on 03/03/22. 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 Jessica Polenz, 9 Pearl Court, West Islip, NY 11795. Purpose: Any lawful purpose. D-286456					

To place your Legal Notice: Call 439-4949

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Spotlight on Opinion

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April 13 - April 19, 2022

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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.

Spotlight Newspapers
Community news
Starts here

Be careful with phoning it in

With paint and canvas, Norman Rockwell captured everyday life in America like no other craftsman before him. Where modern photography may passively record the details of a scene, Rockwell consciously includes each line and shadow to share a particular and relatable story — even 40 years removed from his death.

For more than 60 years, the New York City kid illustrated his vision of America most notably for the Saturday Evening Post. More than 300 covers turned to iconic scenes, frozen in time, moments not necessarily ideal but real.

There's the green-horned rookie who walks into the Red Sox clubhouse. The kid, wearing a welcoming smile with his suit and hat, is greeted by the indignant looks of veterans already dressed to play ball. He may have the wiry look of a young Ted Williams, but to the Jackie Jenses and other real-life ballplayers who posed for the painting, he's just another kid looking to steal a man's job. The next few weeks of spring won't go smoothly for him.

"Shiner" captures a young girl as she sits on the bench outside the principal's office. Her formal school day

outfit is a wreck, her hair disheveled, a bandaid on her knee and a fresh-looking black eye around her left eye. A beaming smile on her face suggests that she was on the winning end of a fistfight. She's just moments away from being beckoned in. The principal's face can be seen from inside the cracked door. His raised brows and pursed lips hints at his amusement before he renders a likely punishment.

Across our state border, in the museum that bears his name, hangs four of what may arguably be the illustrator's most famous of works — the Four Freedoms. The anonymous subjects are caught in President Franklin Roosevelt's vision of a postwar America. Rockwell was inspired by the president's speech to the nation, nearly a year before declaring war on Japan in 1941, that shared his four basic human freedoms: freedom from fear, freedom from want, freedom of worship and freedom of speech.

"Freedom of Speech" depicts a man as he stands from a crowd that has gathered at a Town Hall in Vermont. People of various backgrounds are seated around him, looking up at him as he's prepared to speak. Where the men around him are dressed in suits and ties, his dingy

brown coat and grease-stained hands lend the look of a laborer. It's not clear what he's about to say, but it's important enough that he made it in time for the meeting.

At tonight's Town Board meeting in Bethlehem is a proposed law that will allow board members to attend meetings through tele or video conference from anywhere. In particular, the bill will help clarify a provision already allowed under state law, which grants legislators the ability to attend meetings remotely. The public has already observed this over the past several months during the pandemic. Bethlehem is taking this extra step because Town Law states meetings need to take place within the town itself, leaving to interpretation that board members can attend virtually only if they, too, are phoning in from Bethlehem.

We overlooked an amazing feat in 2020. While a pandemic raged throughout our country, technology preserved our freedom of speech, allowing us all to speak with the representatives we picked to sit on that board one November evening.

Rockwell's Four Freedoms sold thousands of copies of the magazine. Thousands of more requests were made to

obtain reprints. The images spoke to the public. The U.S. Government used each of them, with the phrase "Protect Your Freedoms, Buy War Bonds," throughout World War II. This Constitutional right enables us all to voice our concerns, plead for improvements, and to hold our elected officials accountable for their actions.

In 1943, Rockwell could not see how America would persevere through the COVID-19 pandemic of 2020. Nonetheless, his "Freedom of Speech" assumed that empowered citizens — and politicians — should not undertake their roles passively. As the laborer walked into the Vermont town hall after his workday, he did so before freshening up at home; perhaps forgoing his dinner so that he could speak in person. So too must our elected officials.

Democracy requires that our elected officials be accessible to those who voted them into office. Our politicians should not be placed upon ivory pillars to be admired as exceptional individuals, they are to be among us representing our wants and needs as our chosen advocates. The urgency of a matter can be lost in words just as the words in this editorial fail to adequately describe Rockwell's paintings. You

have to observe what is not said to see the whole picture.

We understand technology has allowed for such things, and that Open Meetings Law allows for its use. But just because you are allowed to do something, doesn't mean you should do it. There are consequences. We believe that for democracy to work properly, the public needs access to its elected officials. A civil debate over ideas can't be done well over telephone lines. One can't read the room from miles away in a living room or hotel room. At extraordinary times that can't otherwise be scheduled or avoided, as we witnessed during the pandemic, videoconferencing worked. There were, however, hiccups as members of the public struggled to navigate through the technology, and that should be a sign that it should not be depended upon for regular use.

Assuming the Bethlehem Town Board approves the measure, we warn each board member not to abuse this law. Not seeing your face in Town Hall, or that of your constituents, will go noticed and it will speak volumes.

THE
Spotlight



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



Can we get an encore?

DELMAR — Theatre patrons were delighted by Bethlehem Central High School's student production of Les Miserables. A few wrote letters our newspaper to share their thoughts. Last week's show was not only the first to be performed at the high school's new auditorium, it was the first public show since the outbreak of COVID-19 in March 2019.

Andrew Kirby

LETTERS TO THE EDITOR

Reader: We need a follow-up on BC production

Your article about BCHS production of LesMis was excellent but it immediately suggested a follow-up article. The background info was thorough and informative; I think you should consider similar reporting of the cast, crew, musicians and the teachers and mentors that will make it happen! Nice Job!

Delmar

— John Smolinsky,

BC's Les Mis 'a triumph'

I was lucky enough to attend Opening Night for BCHS performance of Les Miserables in support of a talented freshman in the ensemble. The 100 students involved in this production should be very proud of their achievement in this challenging show. Staging, Vocals, Drama, Humor were all spot on; the new auditorium is beautiful. Kudos to the Music Department for identifying, nurturing, and displaying the talents of the students at BCHS. The show must go on, and it was a triumph!

Slingerlands

— Dr. Michael Morin

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LIBRARIES

Take and Make Tuesday

This week's craft is a wish bracelet which is a fun craft project made from hemp string and beads. Designed to eventually fall off, legend says your wish will come true when the beads fall off. Pick up begins at 9 a.m. on Tuesday, April 19.

Electric Vehicles 101

Join Ken Mueller as he discusses electric Vehicles on Wednesday, April 20, at 6:30 p.m. Get your questions answered by Mueller's Automotive Ken Mueller and longtime electric vehicle owner Rich Orsi. Registration is required.

Author visit

Former Coeymans resident Bernard Melewski joins us on Saturday, April 30, at 2 p.m. to talk about his book "Inside the Green Lobby."

In his book, Melewski recounts the behind-the-

RCS COMMUNITY LIBRARY

scenes struggles of a veteran environmental lobbyist working to save New York's six-million-acre Adirondack Park from the devastating damage from acid rain and the sudden breakup of massive private land holdings. From strategy sessions to private meetings with legislators, governors, members of Congress and even the President of the United States, Inside the Green Lobby recounts, through engaging and entertaining stories, how environmental advocates successfully pursue legislative and policy change.

Copies of the book will be available for purchase and will be autographed by the author. Register today!

— Carol Melewski

Meet Lucky the Dog

Children aged 4 and up, and their family, are invited to join us at 10:30 a.m., Tuesday, April 19, for a paw-sitively good time as we meet Lucky, the canine star of three books, and his mom, author Elizabeth Macy! The program will include storytime, a craft, Q & A with Elizabeth, and a meet and greet with Lucky. Books will be available for sale and signing for \$15.

Voorheesville Public Library

by Kori Carew (link is on our website), and then join us at 7 p.m., Thursday, April 28 for some honest conversation and active listening. We'll explore some practical ideas and anti-racist practices to help grow your understanding. Ground rules will be shared in advance. The virtual link will be shared once you register.

April Displays

This month at the library, local artist Diane Wozniak will be displaying her original watercolors in the hall gallery. Betsy Soares will be showcasing her original prints and cards in the display case. Please be sure to take a stroll down the hallway, and enjoy the creative talents on display.

Registering for programs helps us to determine supply needs. Unless otherwise indicated, registration is requested for all programs.

— Lynn Kohler

Bald Eagle Adventure

Join the library as we learn about the bald eagles that have nested on the shore of Thompson's Lake. All registrants should meet at the Nature Center (87 Stan Levine Dr., Thacher Park) at 1 p.m., Saturday, April 30. This program is appropriate for adults and seniors, and is subject to weather cancellation.

Antiracism Learning Circles

Watch "Just Belonging: Finding the Courage to Interrupt Bias," a TEDtalk

Listen up

At this month's Listening Party, we turn the spotlight on jazz bassist Richard Davis. Join us over Zoom Thursday, April 21, at 7 p.m. as we listen to and discuss this prolific musician who played with a "who's who" of music history: from Bernstein to Stravinsky, Sarah Vaughan, Sinatra, Van Morrison, Bruce Springsteen, Miles Davis and Eric Dolphy.

Our Listening Parties meet monthly through June to hear selections from classic albums while discussing the life and music of great musicians. Join fellow music lovers and share your personal impressions and memories, rediscover milestones in music history, and talk about the artists that have shaped the musical landscape. It's like a book club, but for music – everyone is welcome! Bethlehem librarian Michael Farley will facilitate the discussions.

Trustee candidates

Nominating petition forms for



the 2022 trustee vote are due to the school district Monday, April 18. Informational packets are available at the library, through curbside pickup or online for candidates interested in serving on the Bethlehem Public Library Board of Trustees. There is one seat on the 2022 ballot, currently held by incumbent Mary Redmond, who will not be seeking re-election.

Petitions will need at least 51 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 18. The election will be held Tuesday, May 17.

Put down some roots

Get growing with our 2022 seed library featuring a variety

of open-pollinated vegetables, herbs and some flowers. You can now select your seeds in person or online for pickup, limited to 10 seed packets per household. Visit webapps.bethlehempubliclibrary.org/seeds/categories.asp to see what's available.

Hiking with your four-legged friends

Coming soon! Author and hiking enthusiast and author Alan Via returns to the library Wednesday, April 27, for an in-person discussion of his book "Doghiker: Great Hikes with Dogs." A book sale and signing will kick things off at 6:30 p.m. with the regular program beginning at 7 p.m. A chance for questions will follow, along with additional time for book signing.

Space is limited. Visit our calendar at bethlehem.librarycalendar.com to sign up.

— Kristen Roberts

Discovery of a Masterpiece

While Curator of Collections Mallory Mortillaro was cataloging artwork housed inside the Hartley Dodge Memorial in Madison, NJ, she uncovered a masterpiece that had been lost to the art world since the 1930s. Following a year of research, the piece was authenticated as an official work by Auguste Rodin. On Monday, April 18, at 6:30 p.m., Mallory will share how a simple project evolved into one of the biggest art finds in recent history. Please register on the Events tab of our website for the link to this presentation.

Board Candidates

Last call for Board candidates to submit their paperwork! The Guilderland Public Library Board of Trustees currently has four open seats for 2022: two five-year terms; and two one-year terms. Eligible candidates must be U.S. citizens, Guilderland Central School District residents, and at least 18 years of age. Completed paperwork is due by Monday, April 18 for the GPL board candidate and budget vote on Tuesday, May 17. For more information, please request



an information packet at our circulation desk, or go to: <https://bit.ly/GPL2022BoardCandidates>.

Computer Coaching

Coach Robin has a couple appointments open this month to meet with you virtually Monday, April 18 or 25, at 6:30 p.m. to cover tips and tricks on your Apple device, or walk you through the Learning Express tool on our website to craft a winning résumé. Reserve your customized session on the Events tab of our website.

Keeping the Pine Bush healthy

Did you know that Pine Bush right here in Guilderland is one of the last remaining inland pine barrens in the world? It's a place of special ecological significance, as well as great beauty. Part of its maintenance requires "prescribed fires" - planned burns that help

improve ecosystem health and reduce wildfire risk. Leading up to Earth Day on April 22, learn more about it with an informative virtual presentation on Tuesday, April 19, at 6 p.m. by Neil A. Gifford, Conservation Director, Albany Pine Bush Preserve Commission, followed by a Q & A session. Please register on the Events tab of our website.

Earth Day Activities

Looking for ideas on how to best care for our planet in your own backyard? Check out <https://guilderlandlibrary.org/earthday2022>. You'll find a list of 25 things individuals and families can do, recommended Earth Day reads, and links to further information. We'll also be streaming a selection of webinars from earthday.org on Friday, April 22, 10 am. to 2:00 p.m. Find out how you can make a positive difference for our environment.

— Luanne Nicholson



Arm in Arm

The Sharks reunited to celebrate Greg Bell's 30 years in business.

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ENTERTAINMENT

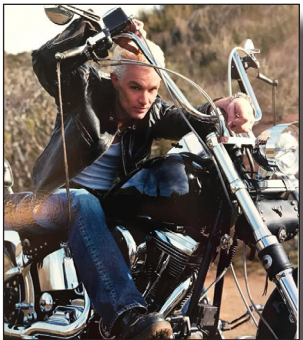
INSIDE



It's mud season

The state asks you avoid some of the Adirondacks.

Page B5



Fandom fest

Proctors announces a fan festival for August.

Page B6



Let's have a party

Nippertown's one-day music festival is shaping up with latest announcement

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

SCHENECTADY — The picture was somewhat incomplete when Jim Gilbert announced plans for NipperFest last November, but with the recent announcement of Sawyer Fredericks joining the one-day event's lineup, the details are coming into focus.

NipperFest, a one-day festival showcasing local acts featuring original music, promises thousands to Music Haven in Central Park on Saturday, July 23. Music will volley between two stages — one acoustic and the other amplified — from 11 a.m. to 10 p.m.

Continues on page B3



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CRAMPING MY STYLE

House cats care little about personal space, as exhibited here.




Photo by Michael Hallisey / The Spot 518



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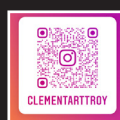
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From page B1 ... NipperFest

Fredericks, the Fultonville native who drew national attention while on his way to winning the 8th season of NBC's *The Voice* in 2015, was announced last weekend to a lineup featuring 15 musicians paired with food vendors and services, including nonprofits advocating the local arts and mental health.

Albany's Side-B earned the opportunity to perform on the festival's main stage after winning Nippertown's March "Music" Madness tournament two weeks ago. The four-piece alternative rock band will be joined by last year's tournament winner, Delmar's Glass Pony.

Gilbert's first step towards organizing the unique festival was extending an invite to three bands, The Figgs, SIRSY and Super 400. Each are veterans of the local scene who have developed a strong following over the years. His initial hope was to persuade one of them to perform. His response lended a sense of affirmation that he was onto something.

"All three of them said, 'Absolutely,'" he said. "It's going to be a fun time. People are going to dance."

The festival is named after Nippertown, the three-time Eddie Award-winning arts and music online publication. The Nippertown brand has served as a sounding board for local artists and musicians for more than a decade. Gilbert stepped in as publisher three years ago, and co-owns the website with his wife, Laura DaPolito. Together, they carry Greg Haymes' legacy with the help of a cadre of freelance photographers and writers.

The particular focus on original music from local artists is in similar design to the website's music tournament from last month, which asked fans to vote for their favorite bands out of a field of 64, as each went one-on-one in a friendly competition for prizes.

The college basketball inspired bracket was sponsored by a dozen venues, studios and sound engineers tied to a regional music scene recently ranked among the best in the country by a New York City-based data resource group. In 2016, Value Penguin listed the Tri City area the sixth best scene in the country, one rung under Austin, Texas.

"I really do feel like we have the best local music scene,"

Music Haven's Mona Golub offered the venue and advice through the festival's early planning stages. The lineup features the biggest names in local music, including Super 400 (above, right), Girl Blue, Sawyer Fredericks, SIRSY and The Figgs.

Pictures provided by Music Haven, Super 400, Girl Blue, Sawyer Fredericks, Chet Seidel and The Figgs

Gilbert said. "We have such a plethora of talent that we could do our own festival and highlight our local scene, and it could be as good or better than all the other ones we see."

Gilbert is filling a list of vendors who will provide food and beverages throughout the day. He's also seeking more sponsors to help fund the event. An after-party hosted by event sponsor Frog Alley will happen once the music dies down at the park.

"I'm hoping that there's going to be a lot of sunshine and a lot of fun," Gilbert said. "I'm really hoping people walk away going, 'My God, we have a lot of great talent in this area,'"



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■ FEATURE

Mud season is here

The state is asking hikers to avoid certain trails on account of it

By JIM FRANCO
francoj@spotlightnews.com

Anyone who has hiked the Adirondacks Mountains knows they are known for a few things: miles and miles of fantastic trails, spectacular views, thousands of picturesque lakes and streams and waterfall and ... mud.

Spring brings the annual mud season to the ADKs, and with it comes the annual state Department of Environmental Conservation mud advisory asking all hikers to hold off hiking above 2,500 feet until the trails have had a chance to dry out and harden up a bit.

While there are parts of the 6.1 million-acre park

where mud season runs from before the snow melts to after it falls again, this time of year it is particularly bad in all areas. Hikers can do the most damage when the trails are wet, and particularly if they succumb temptations and walk off trail into the woods to avoid the *really* muddy spots.

Really muddy, by Adirondack standards is relative to none other, and there are some spots where you can go mid-calf in muck if you happen to slip off a log or a rock.

“Hikers are advised to avoid high elevation trails for the duration of the muddy trail advisory for several reasons: sliding boots destroy trail tread, damage surrounding vegetation, and erode thin soils to cause washouts; rotten snow and monorails are a safety hazard even with proper equipment; and high elevation and alpine vegetation are extremely

fragile in spring months while starting regrowth after the winter,” according to the DEC.

There are many spots above 2,500 feet that are still covered in snow and ice. These steep trails feature thin soils that become a mix of ice and mud as winter conditions melt and frost leaves the ground. The remaining compacted ice and snow on trails is rotten, slippery, and will not reliably support weight. “Monorails,” narrow strips of ice and compacted snow at the center of trails, are difficult to hike and the adjacent rotten snow is particularly prone to postholing.

The DEC is asking hikers to avoid the following:

- High Peaks Wilderness — all trails above 2,500 feet specifically Algonquin, Colden, Feldspar, Gothics, Indian Pass, Lake Arnold cross-over, Marcy, Marcy Dam, Avalanche Lake,



There’s mud like this, and what remains of compacted snow and ice that makes hiking the Adirondacks near impossible.

Jim Franco / The Spot 518

Colden, the Phelps Trail above Johns Brook Lodge, the Great Range Trail, Skylight, Wright, all “trail-less” peaks, and all trails above Elk Lake and Round Pond in the former Dix Mountain Area.

- Giant Mountain Wilderness — all trails above Giant’s Washbowl, “the Cobbles,” and Owl Head Lookout;

- McKenzie Mountain Wilderness — all trails above 2,500 feet, specifically Whiteface, Esther, Moose

and McKenzie Mountains;

- Sentinel Range Wilderness — all trails above 2,500 feet, specifically Pitchoff Mountain

- Jay Mountain Wilderness — specifically Jay Mountain.

Until conditions improve, hikers are encouraged to explore low elevation trails or enjoy other forms of recreation.

Mud and variable conditions are prevalent across all trails in the

Adirondacks. Hikers can encounter thick mud, flooding, ice, and deep slushy snow even on low-elevation trails. Hikers should be prepared to encounter thick mud, flooding, ice and deep slushy snow and know how to reduce their impact to protect surrounding natural resources.

Hikers are advised to walk through the mud, slush, or water, and down the center of the trail to help reduce erosion and trail widening and minimize damage to trailside vegetation. Waterproof boots, gaiters, and trekking poles are recommended to safely, and comfortably, traverse these variable trail conditions.

The muddy trail advisory for high elevation trails can last into June but may be lifted as soon as May for lower elevation trails.

For weekly updates on trail conditions, seasonal road closures and general recreation information in the Adirondacks, hikers are advised to check the Adirondack Backcountry Information webpages on the DEC website.

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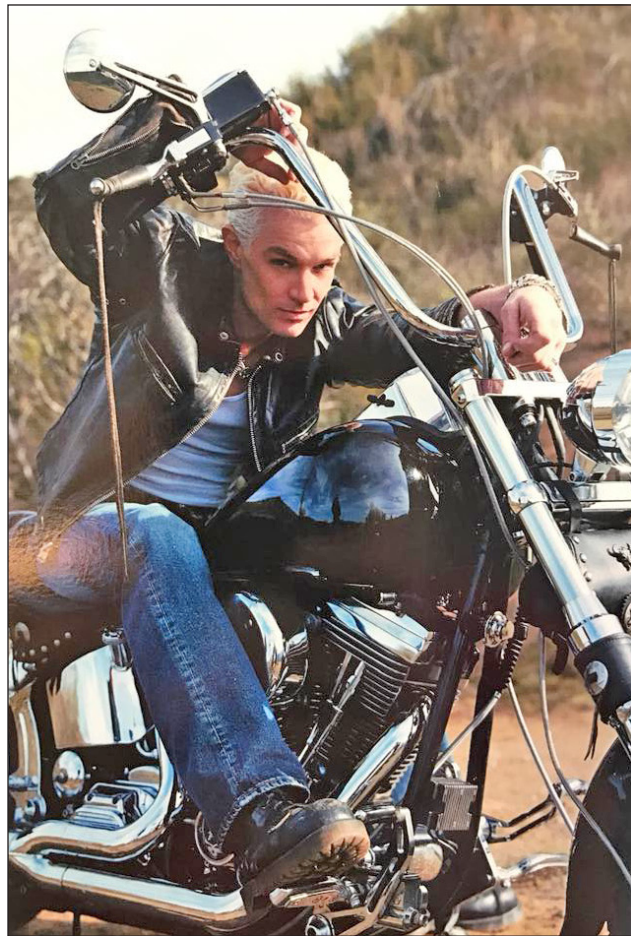
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RECENTLY ANNOUNCED

Fandom Fest coming to Proctors



James Marsters / Facebook

Three-day event to be a celebration of fan culture

SCHENECTADY — Proctors Collaborative is excited to launch its first ever Fandom Fest. Nerds, geeks, bookworms, gamers and everyone in between are welcome to come to Proctors in Schenectady, Friday to Sunday, Aug. 12 to 14.

Fandom Fest will allow guests to share the love they have for their favorite show, anime, game or movie with new fans, young and old in what will become an annual event.

More details are to be announced. The following are a few of the guests who have been announced to appear in August.

James Marsters, best known as Spike in Buffy the Vampire Slayer and its spin-off Angel. Marsters has also been seen as Brainiac in Smallville, Captain John Hart on Torchwood, and terrorist Barnabas Greeley in Syfy's Caprica

Rodger Bumpass is known for his long-running role as Squidward Tentacles on the animated television series SpongeBob SquarePants as well as many other voices on the show

Keith David is famous for such films as The Thing, Armageddon, and The Chronicles of Riddick, as well as a prominent voice-over actor for games like Mortal Kombat 11, the Mass Effect series, the Halo series and many more

Elden Henson was Fulton Reed in The Mighty Ducks trilogy, Foggy Nelson in Daredevil and the wider Marvel Cinematic Universe, and Pollux in The Hunger Games:

Mockingjay - Part 1 and Part 2

Adrienne Barbeau, best known as Broadway's original Rizzo in Grease, as Carol Traynor, the divorced daughter of Maude Findlay on the sitcom Maude, and the voice of Catwoman in Batman: The Animated Series (1992-1995)

Debbie Rochon, best known for her work in independent horror films and counterculture films including Model Hunger, Exhumed, Slime City Massacre and so many more

Also available, compete in an esports tournament hosted by Schenectady-based esports company Gaming Insomniacs, visit our pop arcade featuring 10 full-sized arcade cabinets provided by the Saratoga Silverball Show, the opportunity to get up close and personal with amazing, cherished pop culture memorabilia such as the 1966 Batmobile and BatCycle, Munster Koach, a life-sized Flintstone Mobile, and Back to the Future's DeLorean

Our schedule will be updated as more celebrities, creators and vendors join Fandom Fest. Be sure to check back often at fandomfest.org.

Three-day passes are on sale now with an EARLY BIRD discount through May 15 which includes a T-shirt and a lanyard for General and Student passes! General Three-Day Pass: \$120.00, Student Three-Day Pass: \$96 and 4 and Under Three-Day Pass: \$30.

Starting May 16, single and three-day passes will be set at full price. Passes are available through the Box Office at Proctors, in person or via phone at 518-346-6204 Monday-Friday 10 a.m. - 6 p.m. or online at proctors.org.

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Albany Capital Center
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Thurs: **Trivia** | 6:30-8:30 p.m.

The Avalon Lounge
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Wed: **Gong Bath with Samer Ghadry** | 7 p.m.
Thurs: **Nighttime / Kin Hana / Gary's Dream** | 8 p.m.
Fri: **Wreckless Eric / Scout Gillett** | 7 p.m.
Sat: **Loosey Goosey with the Haus of Peculiar** | 10 p.m.
Sun: **Bugger / Faccia Brutta** | 8 p.m.

Bard & Baker Board Game Cafe Troy
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Thurs: **D&D 101** | 5:30 p.m.

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Thurs: **Jimmy Webb w/s/g Robin Spielberg** | 8 p.m.
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Sat: **Joey Molland's Badfinger** | 8 p.m.

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HOT SPOTS EVENTS CALENDAR



We love rock, Joan Jett and The Blackhearts

Joan Jett is a pioneer for women in the music industry and continues to rock stages across the country as she tours with The Blackhearts. They are to play at The Palace Theatre on Saturday, April 16.

Joan Jett and The Blackhearts

auditions and Dress Rehearsal | 6:30 p.m.
Fri: **Uncanny Gents** | 5:30 p.m.
Sat: **Open Stage** | 7:30 p.m.

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Sun: **Del Amitri** | 7:30 p.m.

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Sat: **Prince Daddy & The Hyena** | 6:30 p.m.

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518-992-6434
Sat: **Randy's Cheeseburger Picnic Tour** | 8 p.m.

Funny Bone
1 Crossgates Mall Rd #K-206, Albany
518-313-7484.
Wed: **Corey Holcomb** | 7:30 p.m.

Fri: **Aries Spears** | 7:30 p.m.

Gaffney's
16 Caroline St., Saratoga Springs
518-587-7359

Grappa '72
818 Central Ave., Albany
518-482-7200
Thurs: **The Hamilton Street Jazz Trio** | 5:30-8:30 p.m.
Fri: **Earl Davis with Peg & Bill Delaney** | 5:30-8:30 p.m.

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

The Hollow Bar + Kitchen
79 North Pearl St., Albany
518-426-8550

Lark Hall
351 Hudson Ave, Albany
518-599-5804

The Linda
339 Central Ave, Albany
518-465-5233
Fri: **New York Ninja** | 8 p.m.
Sat: **Roomful of Blues** | 8 p.m.

McGeary's Irish Pub
4 Clinton Square, Albany
518-463-1455
Tues: **Trivia Night** | 7 p.m.

Nashville Of Saratoga
39 Phila Street, Saratoga Springs
518-909-6274
Thur: **Karaoke** | 7 p.m.
Fri: **4 Wheel Drive** | 9 p.m.
Sat: **Kyle Loucks** | 9 p.m.

Nanola
2639 Rt 9, Malta
518-587-1300
Sat: **Feed the Animals** | 8 p.m.

The Night Owl
17 Maple Ave., Saratoga Springs
518-319-2300
Thurs: **Cookout** | 7 p.m.
Fri: **Fireside Fridays** | 8 p.m.
Sat: **Supper Club Saturdays** | 6 p.m.

Olde English Pub
683 Broadway, Albany.
518-434-6533

The Palace Theatre
19 Clinton Ave., Albany
518-465-4663
Fri: **Bonnie Raitt** | 8 p.m.
Sat: **Joan Jett & The Blackhearts** | 8 p.m.

Playhouse Stage Co.
Madison Ave at New Scotland Ave
Albany (518) 434-2035

Panza's
129 So. Broadway, Saratoga Springs
518-584-6882
Sat: **Michael Panza & Brian Halliday Trio** | 6:30 p.m.

Parish Public House
388 Broadway, Albany
518-465-0444

The Parting Glass
40-42 Lake Ave., Saratoga Springs
518-583-1916

Paulys Hotel
337 Central Ave., Albany
518-426-0828

Fri: **Resist The Temptation** | 8 p.m.
Sat: **Rock Slide!** | 8 p.m.
Sun: **Electric Sky Church Talent Review** | 5 p.m.

Proctors
432 State Street., Schenectady
518-346-6204
Fri: **Shen Yun 2022** | 7:30 p.m.

Putnam Place
63a Putnam St., Saratoga Springs
518-584-8066
Fri: **Andy Frasco & The U.N. w/ Bella's Bartok** | 8:30 p.m.
Sat: **Pink Talking Fish w/ Mungion** | 9 p.m.

Rare Form Brewing Company
90 Congress Street Troy
(518) 326-4303
Tue: **Trivia Night** | 6:30 p.m.

The Ruck
104 3rd St., Troy
(518) 273-1872
Wed: **Trivia** | 7-9 p.m.

Rustic Barn Pub
150 Speoigletown Rd, Troy
518-235-5858
Fri: **Harmonic Duo** | 8 p.m.
Sat: **Mundo Fest** | 8 p.m.

The Saratoga Winery
462 Route 29, Saratoga Springs
518-584-9463

Saratoga National
458 Union Avenue Saratoga Springs
518.583.4653

Saratoga City Tavern
19-21 Caroline St., Saratoga Springs
518-581-3230
Thurs: **Karaoke** | 9 p.m.
Mon: **Bingo** | 8 p.m.
Tues: **Trivia** | 8 p.m.

Sand Lake Center for the Arts
2880 NY 43 Averill Park
518-674-2007
Sat: **Pysanka Egg Decorating** | 12 p.m.

SPAC
Avenue of the Pines, Saratoga Springs
518-584-9330

Troy Savings Bank Music Hall
30 Second St., Troy
518-273-0038
Thurs: **Gordon Lightfoot** | 7:30 p.m.
Fri: **The Wheel** | 7:30 p.m.

Vapor
342 Jefferson St, Saratoga Springs
(518) 584-2110
Fri: **80'S & 90'S DANCE PARTY** | 8 p.m.

Van Slyck's
Rivers Casino & Resort
1 Rush St., Schenectady
518-579-8800
Wed: **The Rogues** | 2 p.m.
Fri: **Dj Nick Papa Giorgio** | 9 p.m.
Sat: **Big Sky Country** | 9 p.m.

Waterworks Pub
76 Central Ave., Albany
518-465-9079
Fri: **Friday Night Dancing & Karaoke** | 10 p.m.-4 a.m.
Sat: **Saturday Night Dancing & Drag** | 10 p.m.-4 a.m.

Wicked
1602 Route 9, Clifton Park
518-467-8900

Wishing Well Restaurant
745 Saratoga Rd., Wilton
518-584-7640
Fri: **Rob Aronstein Trio** | 8 p.m.

EXHIBITS

Albany Institute of History and Art
The Four Elements of Leigh Li-Yun Wen-
The four elements of western cosmology, earth, air, fire, water—are the subjects of artist Leigh Li-Yun Wen's work. Whether er paintings, prints, or ceramics, Wen's art expresses her personal and cultural histories. Having grown up on the island of Taiwan, she possesses a deep affinity for the elemental power of water and the forces of nature. Exhibit is going until June 29th.

The Hudson River School: Landscape Paintings from the Albany Institute- The Albany Institute holds a large and important collection of nineteenth-century American landscape paintings, works often associated with the term "Hudson River School. This exhibit is currently ongoing.

Nineteenth Century American Sculpture:Erastus Dow Palmer and His Protégés Launt Thompson, Charles Calverley, and Richard Park- Designed to showcase the museum's



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April 27




nationally known collection of mid- to late-nineteenth-century sculpture, This exhibit is currently ongoing.

Ancient Egypt- Egyptologist and Guest Curator Dr. Peter Lacovara has incorporated the research and scientific discoveries revealed in the GE Presents: The Mystery of the Albany Mummies exhibition into a new exhibition about Ancient Egypt. This exhibit is currently ongoing.

Traders & Culture: Colonial Albany and the Formation of American Identity- This exhibition looks at those diverse peoples who shaped colonial Albany and the objects that reflect their interests, values, commercial, and social interactions. This exhibit is currently ongoing. The Albany Institute of History and Art, 125 Washington Ave. Albany, 518.463.4478.

Albany International Airport

ECHO-Ginne Gardiner & Amy Talluto Recent Painting and Collage A pattern of reflections distinguishes the work of these two artists, who make paintings that are cycled into collages, which are then reinterpreted as new paintings. Amy Talluto and Ginne Gardiner both describe the earliest phases of their creative process as cloaked in associations with landscape, weather and seasons. Beginning November 20th 2021 to April 25th, 2022 Location: 3rd Floor, Main Terminal, 737 Albany Shaker Rd, Albany, NY. 518-242-2241 or www.albanyairport.com/arts

Arts Center of the Capital Region

The Troy. Gallery hours: Daily, Monday-Thursday, 9 a.m. to 7:30 p.m., Friday, 9 a.m. to 4 p.m., Saturday, 9 a.m. to 5 p.m. and Sunday, noon to 4 p.m. 265 River St., Troy. Free admission. 518-273-0552 or artscenteronline.org

The Clark Art Institute

As They Saw It - Images have long been an accompaniment to war, whether to document fast-paced events in the heat of battle, to sway public opinion through



HOT DATE

GORDON LIGHTFOOT

This candid folk singer is a member of the Canada Music Hall of Fame and is to perform at Troy Savings Bank Music Hall on Thursday, April 14, at 7:30 p.m.

propaganda, or to convey deep emotions like grief and fear. As *They Saw It* presents four centuries of war imagery from Europe and the United States, with an emphasis on the period 1820–1920. The artists featured in this exhibition were not simply bystanders. Many of them served as soldiers or had been expressly commissioned as war artists. To a great extent, artists’ nationality and backgrounds influenced the version of events they chose, or felt compelled, to present. Even those who worked far from the front lines were engaged in one side or

the other of a battle of images with representations of war playing a substantial role in how the parties to a conflict were perceived and how military and civilian experiences were interpreted, both in the moment and long afterward. From a modern perspective, photography may seem like the most powerful tool for documenting war because of its assumed truth-value. Yet we know this is far from guaranteed. Nonphotographic media like drawings and prints may sometimes convey greater intensity of feeling. Even in the era of photography, there was still a demand for handmade, “interpretive” images of war. Artists continued to rely on more traditional media to tackle wrenching subjects like violence, cruelty, bodily injury, loss of loved ones, and death—which suggests that perhaps there were certain places that the camera could not go, or certain aspects of war that photography was powerless to express. Regardless of the medium, images from conflicts long past force a re-consideration of standard narratives and a confrontation with profound human experiences and emotions. Admission to the Clark is free to all veterans, active-duty military, and their families from March 5th through May 30th. Museum hours: Daily, from 10 a.m. to 5 p.m., Tuesday through Saturday. Admission: Adults, \$20; children 18 and younger, free. 225 South St., Williamstown, Mass. 413-458-2303 or www.clarkart.edu

Clement Art Gallery

Ken Wilson - 'New Paintings' March 22nd - April 22nd The gallery is currently accepting entries for an exhibition called “Beyond Wonderland-Fairy Tales: Old & New”. Works are open to new made up tales or interpretation of previous literary characters and ideas. No Submission Fee. All works must be for sale. The gallery is 50/50 commission rate. Artists may submit up to three pieces in the following media: painting, drawing, sculpture, digital, photography, printmaking, collage, video. Open to artists

18 and over world-wide. Accepted artists are responsible for shipping and delivery/pickup to and from the gallery. All works will be insured by the gallery during the exhibition. Deadline is April 29 for entries. Please email entries in the following manner to jongernon@gmail.com. Accepted artists will be notified by email no later than May 7, 2022. All results are final. **Ongoing:** Local Antique Print & Map room Exhibit hours: Tue. thru Sat, 12noon - 5 PM. 201 Broadway Troy, NY clementart.com 518.272.6811

The Jan Rutland Memorial Artists' Space

Gallery hours Thursday, Friday, and Saturday from 10 a.m. to 4 p.m. Free. Second Floor, National Bottle Museum, 76 Milton Ave., Ballston Spa. 518-885-7589 or nationalbottlemuseum.org

Mabee Farm Historic Site

Art Exhibit Opening: "Painting Forward: Past to Present" w/ Tina Johnston

Join us for the exhibition opening of “Painted Forward: Past to Present” at the Mabee Farm Historic Site! Artist Tina Johnston will discuss the nature of her artwork and the catalyst for this body of work. Light refreshments provided. “Painted Forward” presents paintings from the 1860s to 1920s repurposed in silk and reimagined with the figures holding digital devices. The luminosity and soft texture of silk, along with the gentle lines and melting colors provides visual serenity and adds new meaning to these historic images. Local artist Tina Johnston is mesmerized by the radiance of silk; the capricious movement of liquid dyes is infectious. Johnston lives and paints in the Capital District of NY and is a member of the Schenectady Art Society. \$10 or FREE for members. Exhibit is April 16th

miSci

Seeing Ourselves: From Silhouette to Selfie - Imagine not knowing the look of their own face. For most people throughout history, this was the rule

rather than the exception. It was only through the development of technology that we reached the modern day, where seeing yourself is as simple as looking in a mirror or pushing a button. Seeing Ourselves takes guests on a journey through the development of portraiture, photography, mirrors, and more. Featuring approximately 55 objects, the exhibition includes more than 20 works of art, among them a collection of late 18th-century miniature portraits by Irish-born artist George Place, and a painting by Harold M. Mott Smith titled *Their Last Meeting* that commemorates Thomas Edison’s visit to Schenectady in 1922 where he met Charles Proteus Steinmetz, another trailblazer in the field of electricity. Early prototype X-ray equipment, rare photographs, a collection of cameras, and a model of the first GE Magnetic Resonance Imaging (MRI) machine are also be on view. Interactive activities include *Capture Your Shadow*, *Colorize a Photograph*, *Get In The Scene*, *Face Mixer*, *Fool a Computer Vision System*, *Make Your Bones Dance*, and more. Museum hours: Tuesday–Saturday, 10 a.m. to 5 p.m. (observatory open until 8 p.m. on Thursday); Sunday, noon to 5 p.m. 15 Nott Terrace Heights, Schenectady. Admission: Adults (13+), \$12; seniors (65+), \$10; children (3-12) \$8. Additional \$6/person for planetarium show. 518-382-7890 or www.miSci.org

New York State Museum

Unveiled: Wedding Wear in 19th-century New York

In choosing their wedding clothes, brides and grooms are influenced by fashion, economics, technology, religion, geography, celebrity, personal taste, and their role in society. This was as much the case in 19th-century New York as it is today. Wedding clothing holds memories, and pieces—dresses, shoes, suits, and head wear—are often preserved and passed to subsequent generations. A couple’s choices reveal historical information about both the individuals who wore them and those

who made them. Some garments find their way to museum collections. This exhibition will unveil stories of select New Yorkers. Exhibit is on going until October 2nd 2022. Museum hours: Tuesday–Sun, 9 a.m. to 5 p.m.; 222 Madison Ave., Albany. Free admission; suggested donation of \$5/person or \$10/family. 518-474-5877 or www.nysm.nysed.gov

Opalka Gallery

Judith Braun: My Pleasure Opalka Gallery is pleased to present Judith Braun: My Pleasure, a solo exhibition of new work, on view February 22 through April 23, 2022. Fifteen new paintings and ten painted sculptures will be included along with two site-specific murals and one large wall installation from 1993. Gallery Hours Tuesday through Saturday 12pm to 5pm open late Thursday 12pm to 8pm. Monday by appointment. Gallery is located at Russell Sage College 140 New Scotland Ave. Albany, NY 12208

Saratoga Arts

320 Broadway, Saratoga Springs. Free admission. Gallery hours: weekdays, 9 a.m. to 5 p.m.; Saturday, 11 a.m. to 5 p.m. 518-584-4132 or saratoga-arts.org

Schenectady County Historical Society

Ongoing: "Mapping Schenectady." Some of SCHS' most prominent and interesting maps are now on permanent display in the Map Gallery. Also, “**Beyond the Pines: Early Schenectady**,” an exhibit focused entirely on early Schenectady: its founding, its people, and what life was like for the city’s earliest residents. Plus permanent exhibits. Museum hours: weekdays, 9 a.m. to 5 p.m.; Saturday, 10 a.m. to 2 p.m. Library and Museum, 32 Washington Ave., Schenectady. Admission: \$5. 518-374-0263 or schenectady-historical.org

Dan Sekellic Visual Arts Gallery

Gallery hours: Wednesday, 11 a.m. to 1

CLUES ACROSS

- 1. A woman of refinement
- 7. Body part
- 10. One who imitates
- 12. Tropical Asian starlings
- 13. A type of delivery
- 14. W. Australian capital
- 15. Many wombs
- 16. Wings
- 17. Expression of amusement
- 18. Brews
- 19. Mild yellow Dutch cheese
- 21. Mild expression
- 22. Solitary
- 27. Distance to top
- 28. The rebirth of a soul in a new body
- 33. Police who investigate police (abbr.)
- 34. Begrudged
- 36. Popular sports league
- 37. Autonomous republic of Russia
- 38. Double-headed drum
- 39. Type of light bulb
- 40. Czech River
- 41. Male servants (Span.)
- 44. Previously
- 45. Minor
- 48. Metrical foot
- 49. Days that follow Mondays
- 50. Small European viper
- 51. News shows have one

- 3. Form of Persian
- 4. Consumed
- 5. Extinct flightless bird of New Zealand
- 6. Sea eagle
- 7. Jaguarundis
- 8. Poker stake
- 9. Bravo! Bravo! Bravo!
- 10. South American nation
- 11. A colorless, odorless gas
- 12. Disturbance
- 14. Artist's tool
- 17. Polish peninsula
- 18. Ottoman military leaders
- 20. Bird-like dinosaur
- 23. Drinking glass
- 24. Central Florida city
- 25. One's mother
- 26. To do it is human
- 29. Atomic #10
- 30. Used to write
- 31. The branch of medicine concerned with the ear
- 32. Adversaries
- 35. Have already done
- 36. One of conspicuous wealth
- 38. It flies over sporting events
- 40. Geological times
- 41. Net
- 42. Musical phrase
- 43. Chadic dialect
- 44. Private Internet Access (abbr.)
- 45. Lizard genus
- 46. Woman of the church
- 47. Having ten

CLUES DOWN

- 1. Inspiration
- 2. Resembling wings

Answers on Pg. B17

p.m. Sand Lake Center for the Arts, 2880 NY Rte. 43, Averill Park. Free admission. 518-674-2007 or slca-ctp.org

Tang Teaching Museum

On Their Own Terms- On Their Own Terms is an exhibition curated by students in the Scribner Seminar "Outsiders? Folk and Self-Taught Artists in the United States" which presents works by a selection of nineteenth- and twentieth-century artists from the United States who have been variously categorized as "self-taught," "outsider," "folk," or "visionary," among other labels. Objects range in form and medium and include textiles, sculptures, relief carvings, paintings, and drawings. The exhibition aims to present the visual art and lives of these artists while also interrogating the ways that curators, dealers, and scholars have exhibited, acquired, and sometimes overlooked this important work. Although a diverse group of artists, most of them began to create work late in life, received no formal training, and share a decisive commitment to what and why they wanted to create. Exhibit starts December 4th, 2021 - April 10th, 2022.

Lauren Kelley Location Scouting- Conceived and designed for conversation, dialogue, study, and contemplation, Location Scouting is the fourth exhibition in a series that invites an artist to re-imagine what a community space in the museum can be. Artist and curator Lauren Kelley reshapes the Tang Teaching Museum's mezzanine by combining meditations on travel with snapshots of everyday life in her drawings, sculpture, and stop-motion animation videos. Using plasticine, toys, and souvenirs, Kelley's videos conjure worlds that are malleable and unfixed, inhabited by robust protagonists whose quirks stem from efforts to correct the asymmetrical relationships they encounter. Accentuating the off-kilter, Location Scouting speaks to the shifts and rifts inherent in navigating today's post-pandemic landscape. Skidmore College, 815 North Broadway, Saratoga Springs. Museum hours: Tuesday - Sunday, noon to 5 p.m.; Thursday until 9 p.m. Free admission; suggested donations of \$5/adult; \$3/child 13+; seniors, \$2. 518-580-8080 or tang.skidmore.edu

Union College Galleries

Addenda- Custodians of archives wield great power and responsibility in considering who might be left out, disempowered or silenced in the creation of a specific narrative by those who use their records. Addenda centers interpretation and augmentation of past and present through the archive in an effort to construct a fuller future. The three contemporary artists featured in this exhibition, Gina Adams, Merritt Johnson and Sonya Kelliher-Combs, draw on history, cultural traditions, and archives, along with a strong belief in seeking alternative narratives to create artworks that exist dually, as both physical constructions and as a record of unconsidered perspectives and often unrecognized pasts. Exhibit is on going until June 12th.

University Art Museum

Ronny Quevedo: Offside- Inspired by his mother's and father's respective careers—a seamstress and a professional soccer player—multi-media artist Ronny Quevedo will occupy the arched walls of the museum in a newly commissioned work with diagrammatic vinyl lines that recall both dress patterns and gymnasium floors. Throughout this exhibition, which will include artwork from 2012 to the present, Quevedo's own family's emigration from Ecuador to New

York serves as a catalyst for work reflecting on socio-political issues of migration, Indigenous experiences, and sacred spaces. Gallery begins January 25 - April 2, 2022. University Art Museum is located at 1400 Washington Avenue, Albany.

COMEDY

Corey Holcomb

Going from hanging in the hood to performing comedy on Jay Leno's "Tonight Show," not to mention the privilege of afterward being invited to take a seat on the "couch" which not many comics are asked to do, has been a long and fulfilling journey. Corey hit his first open mic in 1992 when Adele Givens called him to the stage. He was a smashing success and has been a full-time comedian ever since. He has taken top honors at the Miller Genuine Draft Comedy Search, Budweiser Comedy Competition, Chicago Home Jam, and Laffapalooza. He has appeared at the Montreal Just for Laughs Festival and the Chicago Comedy Festival. Corey's comedy genius transcends class and racial divides. If you understand English, Corey's humor will tickle your funny bone. People all over the world can relate to the drama of trying to make a relationship work. According to Corey, a "hunter" (man) being captured by his "prey" (woman) makes for the best comedy ever. The show will be April 13th at 8 p.m. only at the Funny Bone 1 Crossgates Mall Rd #K-206, Albany.

Aries Spears

As a principal cast member on Fox's hit sketch comedy show Mad TV, Aries brought a fresh, hip style to the already-edgy program from the third through the tenth season. The producers made full use of many of Aries's talents by calling on him frequently to create new hilarious

characters and write sketches. Some of the many recurring characters that Aries is famous for on the show include: Belma Buttons, Bill Cosby, Jesse Jackson, Mike Tyson, Walter (Crackheads), Reggie (Eracist), Dollar Bill Montgomery, Shaquille O'Neal, The Klumps, Michael Jackson, Sisco, Evander Holyfield, El Diablo Negro and more. Aries also boasts a number of uproarious impersonations on the show that include James Brown, Al Pacino, and his childhood idol Eddie Murphy. The Aries-branded sketch "Talkin' American" was Mad TV's most popular bit, keeping fans tuned in and boosting Mad's ratings impressively on Saturday night. The show will be April 15th at 7:30 p.m. only at the Funny Bone 1 Crossgates Mall Rd #K-206, Albany.

MISCELLANEOUS

Jerusalem Reformed Church

Soup, Sandwich, and Desert Take-out. Saturday, October 9th from 4:00 - 6:30 p.m. Donations welcome. Please note, masks are required to enter the building. 1433 Indian Fields Rd, Feura Bush.

Troy Farmers Market

More than 80 food growers, bakers, chefs and artisans gather to offer the Capital District's freshest and finest! Live music, great food, family activities and learning opportunities. Every Saturday, from 9 a.m. to 2 p.m., Troy. Free admission. 518-708-4216 or www.troymarket.org.

Schenectady GreenMarket

Vendors, shoppers, musicians and friends gather at this festive marketplace featuring more than 60 vendors who produce everything they sell. Sundays from 10 a.m. to 2 p.m. Free admission. 518-986-0318 or schenectadygreenmarket.org/



It's been 30 years of Wynonna

Wynonna Judd continues to tour across America while celebrating 30 years on the radio waves. She's to perform at Cohoes Music Hall on Wednesday, April 13.

Wynonna Judd

CLEMENT

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Ray Clement
Partner, Framing Specialist

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Veterans Meet-Up

All veterans welcome to free coffee Tuesdays, from 6 to 8 p.m. Saratoga Coffee Traders, 447 Broadway, Saratoga Springs. 518-884-4999 or www.VeteransPeerConnection.org

Social Night/Open House tours

Get a feel for this amazing creative community. Free. Tuesdays, 6:30 to 8:30 p.m., Tech Valley Center of Gravity, 30 3rd St., Troy. 518-279-7863 or www.tvcog.net

MUSIC

Jason Emmond Quartet

Jason Emmond is an upright and electric bass player and composer residing in upstate New York. After growing up in New Hampshire and obtaining his bachelor's degree from the University of New Hampshire, Jason made the move to Kansas City to play jazz. Recently, he relocated to Albany, NY, where he is continuing his music career. Jason keeps busy playing with a variety of talented musicians from New York City, Kansas City, upstate New York, and beyond. You can find him playing often with artist Eddie Moore and his band, We the People, who have backed up notable artists such as Andre Hayward, Chantae Cann and Andrew Bailie. With more exciting shows on the horizon and his first original album in the works, expect to hear more from Jason in the coming months. You can catch this show April 15th at 9 p.m. only at 9 Maple Ave # 1, Saratoga Springs.

Out of the Box

Out of the Box looks forward to their return to 9 Maple, bringing their version of straight up jazz, seasoned with a bit of funk and plenty of groove to put a smile on your face. Selected winner of the Albany Downtown Jazz Competition



HOT DATE

BONNIE RAITT!

The Grammy Award-winning singer and songwriter is to perform at the Albany Palace Theatre on Friday, April 15, at 8 p.m.

in 2011, they have been a staple of the greater Capital Region music scene for the past decade. The core trio of Larry Gravett on keyboards and vocals, Michael Hurt on bass and Gary Nowik on drums, have worked together for many years. Saxophonist extraordinaire, John Savage, will join the trio for a night of jazz in all it

forms. Don't be afraid to leave your seat and move your feet! You can catch this show April 16th at 8 p.m. only at 9 Maple Ave # 1, Saratoga Springs.

Wreckless Eric / Scout Gillett

As Wreckless Eric he needs little introduction he wrote and recorded the classic Whole Wide World and had a hit with it back in 1977. Since then it's been a hit for countless other artists including The Monkees, Cage The Elephant and most recently for Billie Joe Armstrong of Green Day. As Eric Goulden it's a little more complicated - a musician, artist, writer, recording engineer and producer, he didn't like either the music business or the mechanics of fame or the name he'd been given to hide behind, so he crawled out of the spotlight and went underground. He went on to release twenty something albums in forty something years under various names -The Len Bright Combo, Le Beat Group Electrique, The Donovan Of Trash, The Hitsville House Band, and with his wife as one half of Wreckless Eric & Amy Rigby, finally realizing he was stuck with the name Wreckless Eric.

Eric's three most recent albums 'amERICA', Construction Time & Demolition and Transience are widely praised as his best work to date. His albums encapsulate pop, bubblegum, garage trash and psychedelia. His live performance is a sonic journey through time and space incorporating songs from all stages of his long career. Unmasked, unhinged and still alive - a survivor of Covid-19 (resulting in a near-fatal heart attack), Eric presents himself alone if not simply with electric and acoustic guitars, electrified harmonica, piano and electronics of his own making. You can catch them April 15th at 8 p.m. only at The Avalon Lounge 29 Church St. Catskill.

Benefit for Caffè Lena Featuring Johnny Irion and the Hold On Honeys

Come gather with us on Wednesday, April 13th to celebrate the heritage and continued legacy of Caffè Lena. Johnny Irion is a renowned singer-songwriter who has shared the Caffè Lena stage throughout the years alongside Sarah Lee Guthrie. On this special night, Johnny will be sharing his songs & stories joined by the three-part harmony trio, "The Hold On Honeys." Since the 1950s, coffeehouses in America have been a cornerstone for the creative counterculture. From emerging artists to renowned icons, they provide a space for artists, poets, and musicians to share ideas and hone their craft. Caffè Lena has teamed up with Blackwing to honor the spirit of the coffeehouse and the creativity they cultivate. This event has been underwritten by Blackwing and all proceeds will benefit Caffè Lena in continuing the legacy that Lena started over 60 years ago!!! Catch the show April 13th at 8 p.m. only at Caffè Lena 47 Phila Street, Saratoga Springs.

Janis Ian

Janis Ian is a singer and songwriter whose career has gone through three distinct stages. Ian had an initial burst of fame as a teenager with a precocious gift for social and political commentary, as documented on her self-titled 1967 debut album and its hit single "Society's Child." She returned to the public eye in the mid-'70s with deeply personal songs about life and relationships; this era was launched with the albums Stars (1974) and Between the Lines (1975), and a track from the latter album, "At Seventeen," would become her best-known song. In 1993, after ten years away from the spotlight, Ian re-emerged as an inde-

pendent artist whose comeback album, Breaking Silence (1993), fused a mature viewpoint on the world around her to an urgent and confident lyrical voice. In each stage of her career, Ian's lyrics were literate and emotionally honest, even at the age of 14 (when she penned "Society's Child"), and her vocals have a warmth that reflects strength and vulnerability with equal eloquence. Come join us April 14th at 7 p.m. only at Caffè Lena 47 Phila Street, Saratoga Springs.

Frankie Lessard

Vivacious, unique, tremendously talented musical enthusiast - An accurate description of Frankie Lessard. A creative singer, songwriter and entertainer Frankie specializes in well known cover songs across numerous genres as well as his own catchy originals. His unique vocals are instantly recognizable and can energize the soul. Frankie's creative inspiration comes from bands like The Beatles, John Mayer and Tom Petty. And you're sure to hear his versions of these renowned artists and even other surprising songs from artists like C-Lo, Beyonce, Snoop Dogg and more! Frankie's ability to read his live audience and instantly pick classics that relate are just a couple reasons why he was consistently booked at various venues across New York State. He's extremely excited to make the move to the warmer climates of Florida and continue his passion for singing. With a musical arsenal of over 500 perfectly mastered cover songs, Frankie can literally play for hours! His ability to play rhythm guitar and provide a crisp guitar solo simultaneously truly set Frankie apart from other solo musicians on stage. Show will be April 15th at 6 p.m. only at Carson's Woodside Tavern 57 Route 9P, Malta.

Jeanne & Azzaam

Jeanne has appeared at New York's Blue Note, Elaine's, Sweet Rhythm, the Rainbow Room, Smoke, and many other jazz clubs. She was recently a featured vocalist on opening night of "Midsummer Night's Swing" at Lincoln Center, sharing the stage with Nicholas Payton. She did a six-week run at the Guggenheim Museum as part of its "Worldbeat Jazz" series. In New York's Capital Region, Jeanne has appeared at the legendary Caffè Lena in Saratoga Springs, Justin's jazz club in Albany, Upbeat on the Roof at the Tang Museum at Skidmore College, "A Place For Jazz" concert series in Schenectady, concerts sponsored by the Swingtime Jazz Society, and the Saratoga Arts Festival. She also works in a duo with Azzaam Hameed, a keyboardist with deep knowledge of jazz, R&B, and gospel. Jeanne has sung with several outstanding classical choruses, including the New Amsterdam Singers and the Battenkill Chorale. She also works doing backup vocals, studio work, and private functions. She has appeared frequently with Vince Giordano and the Nighthawks, perhaps the most celebrated early-jazz big band in the U.S. Show will be April 17th at 4 p.m. only at Carson's Woodside Tavern 57 Route 9P, Malta.

Late Night Philosophers

Founded in early 2017 by Mike Thomas, Evan Marley Wallace and Rob Booker, The Late Night Philosophers are a music collective that performs as a duo up to a ten piece band, creating a flexible sonic experience that can fit in any situation. Pulling from various influences of modern and classic music, the Philosophers create a harmonious, funky and soulful musical stew steeped in Americana. Catch the show April 15th at 7:30 p.m. only at Centre Street Pub 308 Union

HOROSCOPES

April 2022 Week 2

ARIES - MAR 21/APR 20

Aries, daydreams could tempt you away from your work this week. Try to stay grounded, but explore creative pursuits. Make time on your schedule for such activities.

TAURUS - APR 21/MAY 21

Taurus, call a meeting with business partners or prospective partners and embrace creative collaboration this week. Being part of a team will get the ideas flowing.

GEMINI - MAY 22/JUN 21

Gemini, professional goals can become a reality this week, as the stars are aligned with the sector that governs career matters. Go after the work you want promptly.

CANCER - JUN 22/JUL 22

Take time to analyze any dreams that you remember, Cancer. Symbolism or images could provide clues to events in the waking world as well.

LEO - JUL 23/AUG 23

Start to purge any feelings or emotional baggage that isn't serving you well, Leo. This may be a time to reconsider relationships, particularly if they aren't benefitting you.

VIRGO - AUG 24/SEPT 22

Virgo, positive vibes at your place of employment will help you appreciate you are earning a living. Utilize this positive energy as motivation to complete a key project.

LIBRA - SEPT 23/OCT 23

Libra, you may have creative goals spinning around in your head, but this is the time to bring some structure to those ideas. Ask a friend for help in that matter.

SCORPIO - OCT 24/NOV 22

Don't be afraid to call the shots right now, Scorpio. Whether you're ruling the roost at home or taking a place of authority at work, you want to be in control. Some may protest.

SAGITTARIUS - NOV 23/DEC 21

Sagittarius, you may be tempted so share strong opinions on a subject with a few other people. Just don't be too headstrong or you risk a squabble among friends.

CAPRICORN - DEC 22/JAN 20

A cosmic alliance in the sector of your chart governing money finds you on solid financial ground, Capricorn. Make the most of this experience while you can.

AQUARIUS - JAN 21/FEB 18

Aquarius, expect to benefit from your quick wit and passionate way of speaking this week. Whether you're leading a work meeting or socializing with friends, good things are coming.

PISCES - FEB 19/MAR 20

Impulsive energy is swirling around you, Pisces. Maintain your focus and make a concerted effort to spend wisely.

Street Schenectady.

An Evening with Jimmy Webb w/s/g Robin Spielberg

Jimmy Webb, America's Songwriter, has written songs that transcend generations and genres—think "Wichita Line-man," "MacArthur Park," "By the Time I Get to Phoenix," and "Didn't We." This Motown-trained composer writes all of his own lyrics and music and is the only hit maker to have scored songs on the Pop, Country, R&B, Rap, Disco and New Age charts. A long time elite member of the prestigious Steinway Artist Roster, Robin Spielberg is on the top 1% of music played on Pandora Radio, the world's largest internet radio station. With over 210,000 monthly listeners, Spotify has now created a 'Robin Spielberg Spotify Playlist'. Robin's newest album (her 21st) is a tribute to the Broadway Musical, "Give My Regards to Broadway." This album, along with her recent releases, "Love Story" and "On the Edge of a Dream" charted on Billboard's classical crossover and new age charts. With the experience and numerous accolades to prove it, Spielberg is hailed as one of America's most popular contemporary female pianists/composers. Catch the show April 14th at 8 p.m. only at Cohoes Music Hall 58 Remsen Street, Cohoes.

Joey Molland's Badfinger

Music Hall Arts Alliance presents the legendary Badfinger featuring Joey Molland, on Saturday, April 16 at 8pm. The evening features songs and stories of his time spent with John, Paul, Ringo, George, Todd Rundgren and many more. Badfinger, (originally The Iveys), was discovered by The Beatles, and was the first outside group signed to The Beatles' Apple label. After chart success with "Maybe Tomorrow", The Iveys were renamed Badfinger, and in the fall of 1969 began work on the soundtrack for the Peter Sellers - Ringo Starr film "The Magic Christian". Paul McCartney supervised the recording and wrote "Come And Get It" which became the band's first major hit. In addition to appearing on the soundtrack album, the group's songs for the film were also featured on their first LP, "Magic Christian Music". Quickly consolidating their success, Badfinger released a second album in 1970, "No Dice". This LP, in addition to including their hit, "No Matter What", provided Harry Nilsson with a #1 hit single in early 1972 when he covered Badfinger's "Without You". Badfinger received critical acclaim for this album, with Rolling Stone magazine naming "No Dice" one of the best albums of the year. The string of hits continued with the release of the group's third and most successful album, "Straight Up". Spinning off the hits "Day After Day" and "Baby Blue". Badfinger also completed a well-received stadium tour of the U.S. in 1972 performing for hundreds of thousands of fans. The band was called upon frequently to play back-up for several ex-Beatles during their years with Apple. Badfinger played on George Harrison's "All Things Must Pass" album and appeared at the benefit "Concert for Bangladesh" sponsored by Harrison. John Lennon called on the band to play on "Imagine", and they also backed Ringo Starr on the hit single "It Don't Come Easy". Badfinger's best-known lineup consisted of Pete Ham, Mike Gibbins, Tom Evans, and Joey Molland. They are recognized for their influence on the 1970s power pop genre. It is estimated that the band sold over 14 million albums. After Apple Records folded in 1973, Badfinger struggled with a host of legal, managerial, and financial problems, leading to Ham's suicide in 1975. The surviving members struggled to rebuild their personal and



Bella's Bartok at Putnam Place

Bella's Bartok brings an passionate kaleidoscope of sound that is a unique style of Americana and folk music that gets every room moving on the dance floor. The group is to play Putnam Place on Friday, April 15.

Michael Hallisey / The Spot 518

professional lives against a backdrop of lawsuits, which tied up the songwriters' royalty payments for years. Evans died by suicide in 1983, and Gibbins died from a brain aneurysm in 2005, leaving Molland as the group's only surviving member. Molland continues to tour under the name Joey Molland's Badfinger in the United States. Catch the show April 16th at 8 p.m. only at Cohoes Music Hall 58 Remsen Street, Cohoes.

Del Amitri

The Scottish alternative rock band have been a force on the global pop music scene for over 40 years, selling over six million albums. Best known for their top 40 hits "Roll to Me," "Always the Last to Know," and "Kiss This Thing Goodbye," the band performs in support of their 2021 release Fatal Mistakes. Kris Dolimore will open the show. The Show will be April 16th at 7:30 p.m. only at The Egg PO Box 2065, Albany

Roomful of Blues

Roomful of Blues, the world-renowned, horn-powered, houserocking blues band, has been delighting audiences for over 50 years. Blues Music Magazine calls them "the best little big band in the blues." On record and on stage, Roomful of Blues—led by master guitarist Chris Vachon for the past 22 years—continues to deliver its bone-shaking mix of original songs and carefully chosen covers ranging from jump, swing and proto rock 'n' roll to funky, contemporary blues. Their impeccable musicianship and larger-than-life vocals have earned Roomful of Blues five Grammy Award nominations and a slew of other accolades, including seven Blues Music Awards. Twice, the prestigious DownBeat International Critics' Poll has selected them as Best Blues Band. And now, even after 18 previous releases and thousands of live shows,

Roomful of Blues continues to evolve, as they return with In A Roomful Of Blues, their first new studio album since 2011. In A Roomful Of Blues, the band's fifth release on Alligator Records, was produced by Vachon and features 13 wide-ranging songs, including nine band-composed originals—more than on any previous Roomful album. Show will be April 16th at 8 p.m. only at The Linda WAMC's Performing Arts Studio 339 Central Avenue Albany.

Kyle Loucks

Kyle is a country recording artist born and raised in Upstate New York. During his freshman year of high school, Kyle picked up his first guitar and never looked back. At first he was only interested in playing older rock music, but his interest in other genres began to grow with time. After spending a couple years living in North Carolina for college, Kyle developed a love for country music. This love grew more and more while he was working for Live Nation, having worked hundreds of concerts in less than 5 years. After years of battling stage fright, Kyle began to play out at local bars and restaurants. Currently, Kyle is working day in and day out on his first studio album. Kyle once dreamt of being a police officer, but he now dreams of playing his music on stage in front of thousands of people. His family and friends (and his fans) are his biggest supporters, and without them he would not be where he is today. If you would like to know more about Kyle, follow him on Facebook, Instagram, and TikTok. Show will be April 16th at 5 p.m. only at Nashville Of Saratoga 39 Phila Street, Saratoga Springs.

Bonnie Raitt

Bonnie Raitt will return to the live stage with Just Like That... a national tour in 2022 launching in April and running

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Answers on Pg. B17

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through November, which will include music from her forthcoming new studio album, *Just Like That...* The first round of seven shows are going on sale this week with special guest NRBQ supporting the dates. Raitt is hard at work finishing the project with plans to release a first single and launch an album pre-order campaign in late January. "Like so many musicians around the world, sidelined for a year and a half from their livelihood and great joy, touring live, I can't wait to get back out on the road with my band, bringing music directly to the fans who've been so patient and supportive throughout the twists and turns of the pandemic. To have my friends NRBQ get the night started at these April shows is something I'm really looking forward to," Raitt shares. The show will be April 15th at 8 p.m. only at The Palace Theatre 19 Clinton Ave, Albany.

Joan Jett & the Blackhearts

Joan Jett is an originator, an innovator, and a visionary. As the leader of the hard-rocking Blackhearts, with whom she has become a Rock and Roll Hall of Fame inductee, she's had eight platinum and gold albums and nine Top 40 singles,

including the classics "Bad Reputation," "I Love Rock 'N' Roll," "I Hate Myself For Loving You," and "Crimson and Clover." Her independent record label, Blackheart, was founded in 1980 after she was rejected by no less than 23 labels. Blackheart is one of the longest running indie labels and continues to give voice to new bands. As a producer, she has overseen albums by Bikini Kill, Circus Lupus, as well as the Germs' LA punk masterpiece, 'G.I.' Jett's music has become a permanent force in mainstream culture. Joan Jett and the Blackhearts continue touring the globe with headline shows alongside fellow rock icons like The Who, Green Day and the Foo Fighters. Additionally, Jett has acted and appeared in movies, television and theater. Jett was also able to see her story told in 'The Runaways', the feature film based on her first band, starring Kristen Stewart as Jett and Dakota Fanning as Cherie Currie. Jett was close to the project, serving as executive producer. 'Bad Reputation', a documentary about Jett's life, premiered to critical acclaim at the 2018 Sundance Film Festival. The film continues to receive praise and accolades and is available on all streaming platforms. The show will be April 16th at 8 p.m. only at The Palace Theatre 19 Clinton Ave, Albany.

Resist The Temptation

Established in 2019, Resist The Temptation is a Hard rock band out of Longisland NY. In the later part of 2018 Dyllon Frantin (guitar) and Phil Renna (drums) ventured out to find great talent in the music space to make a rock band. Along the journey after many auditions, "Sandy B" was handed the reigns to be the bands lead singer; with an incredible and unique voice Sandy B was the perfect fit for the bands journey to find their sound. Further down the road they

needed a bass player that could not only play extremely well but also sing/scream for back up vocals, Kaitlyn Danielsen was the perfect match for this band as she checked all the boxes and is just also plain badass. Once all the members of the band were found the journey to find out sound began. Combining elements of Pop, metal and alternative Resist the temptation was born with their first single "Unfair". The show is April 15th at 8 p.m. only at Pauly's Hotel, 337 Central Ave., Albany.

Andy Frasco & The U.N. w/ Bella's Bartok

Initially, Frasco hired local pickup musicians off of Craigslist to back him for gigs, but soon he put together a steady(ish) lineup, and Andy Frasco & The U.N. began taking the world by storm. The group would release a series of acclaimed records, share bills with the likes of Leon Russell, Galactic, Gary Clark, Jr., The Revivalists, and Marcus King among others, and slay festival stages everywhere from Mountain Jam in the U.S. to Rock am Ring in Germany and COTA Jazz & Blues in China (this summer, Frasco will perform at multiple summer festivals including Summer Camp, FloydFest and hopefully many more to be announced). NME hailed the constantly evolving group as "party-starting touring stalwarts," while Relix praised their "raucous energy," and Clash lauded their live show as a "nightly high-octane experience that doubles as a celebration of life and music... energized by a powerfully entertaining multi-cultural soundtrack that will shake the foundations of all nearby structures." From street to stage, Bella's Bartok has one goal in mind for their audience: to find release through dance. In a desolate soundscape of auto-tune and day-to-day drudgery, Bella's Bartok is the sonic

oasis the weary traveler has been searching for. Live performances that have on more than one occasion destroyed dance floors, the band consistently delivers on their promise to get show attendees to shake off any cares or woe and sweat profusely — long into the night. Floors may be broken but hearts will be mended. The show will be April 15th at 8:30 p.m. only at Putnam Place, 63a Putnam Street, Saratoga Springs.

Pink Talking Fish w/ Mungion

Pink Talking Fish is a Hybrid Tribute Fusion Act that takes the music from three of the world's most beloved bands and creates a special treat for fans of the music. Pink Floyd, The Talking Heads and Phish are all more than just bands... they are Phenomenons. Their creations have artistically inspired people and their mind-blowing live performances have brought people together to form a special sense of community around the love for their favorite band. Although the music from each act is different, Pink Talking Fish has discovered that fusing the material together creates an amazing story. The epic emotion of Pink Floyd... The funky, danceable layerings of The Talking Heads... The multitude of styles, unique compositional structures and pure fun of Phish... to merge these three into one gives music lovers a special experience. Pink Talking Fish features Eric Gould on bass, Richard James on keyboards, Zack Burwick on drums and Cal Kehoe on guitar. This is a band created by musicians who love the music of these acts. It's purpose is to heighten people's passion for this music by creating something fresh and exciting for fans. Since their inception in Spring of 2015, Mungion (pronounced mung-yin) is quickly becoming known for their undeniably explosive and charismatic live

shows. The Chicago-based four-piece is rooted in their ambitious compositions and improvisational ability. Drawing inspiration from a wide array of musical styles, they create a raucous, yet jubilant sound all of their own. Known for their whimsical songs and goofy stage antics, Mungion's joyous presence is a natural extension of its members, making for live performances that are infectiously light-hearted and deeply sincere. However, underlying the band's quirky nature is a tremendous amount of virtuosity across all of its members. Combined, this talent and playfulness emboldens the group to be fearless in the studio and on stage. Mungion is guaranteed to have you smiling ear to ear and leaving wanting more. The show will be April 16th at 9 p.m. only at Putnam Place, 63a Putnam Street, Saratoga Springs.

Gordon Lightfoot

After more than 50 active years of hit song making and international album sales well into the multi-millions, it's safe to say that esteemed singer-songwriter and musician Gordon Lightfoot resides with some very exclusive company atop the list of all-time greats. His song catalog is incredibly vast and includes such immortals as "Early Morning Rain," "If You Could Read My Mind," "Carefree Highway," "Sundown," "(That's What You Get) For Lovin' Me," "The Wreck Of The Edmund Fitzgerald," "Canadian Railroad Trilogy," "Ribbon Of Darkness," "Beautiful," "Song For A Winter's Night" and "Rainy Day People" to name a few. For the true living legend, this year is special for Lightfoot with the announcements of a cross-country USA tour; a new, first time in 14-years, full-length record on Warner Brothers Rhino, titled: *Gordon Lightfoot - Solo*; and, the nation-wide release of the documentary film: *Gordon Lightfoot*:

If You Could Read My Mind. The concert tour will feature his well-known hits as well as some deep album cuts for the die-hard fanatics. All of which are woven together with some of Lightfoot's own behind-the-scenes stories and personal anecdotes about his historic 50-plus-years musical career. The event is sure to be a great thrill for live audiences and anyone who enjoys hearing great music and seeing a living legend in person. The show will be April 14th at 7:30 p.m. only at The Troy Savings Bank Music Hall, 30 Second Street, Troy.

The Wheel

Buckle up, put it in gear, and enjoy the ride with the North East's authentic Grateful Dead tribute band, The Wheel. They will play the Grateful Dead's acoustic 1981 live double album, *Reckoning*, in its entirety, along with other musical gems in a two-set evening that's sure to please. "The Wheel brings a big, danceable groove to the party, driven by the deep pocket of rhythm guitarist and bandleader Andy Morse, bassist Dave Pallas, drummer Joe Sorbero and percussionist Pete Andriakos. They provide an unshakable foundation over which lead guitarist Bryan Gautie and keyboardist Rick Rothermel weave solo after evocative solo together with virtuosity and taste. Yet they are also capable of complex, interwoven conversations that display the nuance and dynamic range of the Dead's music in quieter, more blissful passages. Vocally, The Wheel possesses a diverse blend of styles, from Morse's smooth, heartfelt delivery, Rothermel's full-throated soul, Bryan Gautie's Jerry Garcia-like tenderness to Jill Gautie's soaring harmonies." The show will be April 16th at 7:30 p.m. only at The Troy Savings Bank Music Hall, 30 Second Street, Troy.



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■ LIFESTYLE

How we step out



A lot of us are rushing back to our old familiar jaunts like the days before the pandemic. Here are some tips to get you back into your old routines. It's okay. We forget, too.

Preparing for a night out

Many people anxiously await a return to pre-pandemic life. Even though the world isn't yet out of the woods, many restrictions have been lifted in recent months. That means people can once again enjoy evenings out on the town. However, being a bit out of practice, individuals may no longer be familiar with how to prepare for a night out.

Preparing for a night out with friends or even a date night shouldn't be stressful. Some advanced planning can make sure everything goes smoothly.

- Make a reservation. If dining out is in the plans, be sure to call the desired establishment in advance to see if they are taking reservations and learn if any restrictions are in place. There's a good chance indoor dining establishments will still be subject to reduced guest capacity, and even restaurants that had walk-in service may now require advanced notice of dining parties, no matter how big or small.

- Plan your transportation. If a night out entails enjoying a few alcoholic beverages, then arrange for safe transportation home in advance. Utilize a ride-



sharing service or taxi company; otherwise, figure out who will be the designated sober driver. Groups of friends may want to pay for the sober driver's meal as a token of their appreciation.

- Charge your phone. If a night out involves hanging out in an unfamiliar location or meeting new people, then be sure that your mobile phone is fully charged and you check in with trusted emergency contacts throughout the night.

- Pick a pregame meeting spot. When heading out with a squad of friends, save time by carpooling or establishing a predetermined meetup spot.

- Know the dress code. Dress accordingly for the destination and planned activity. The dating and socializing resource Girls Chase advises that slim, black jeans can look classy

on a night out. Footwear is important as well, especially if you will be doing some walking or dancing. Women who choose to wear heels may want to stash a foldable pair of flats in their handbags in the event they need some relief.

- Spruce up your appearance. Plan ahead for a night out by taking inventory of grooming habits to see if a makeover is in order. Set up an appointment for a haircut, color refresh, manicure/pedicure, or even splurge on a few new wardrobe items. If it's been a while since you have been out, you'll want to put your best foot forward.

People are increasingly returning to pre-pandemic activities, which may include enjoying a night out on the town.

■ JUST ANNOUNCED

Renaissance 2022: The Legacy Tour

TROY — The Troy Savings Bank Music Hall announced Renaissance 2022: The Legacy Tour will perform on its stage on Thursday, Oct. 27, 2022 at 7:30 p.m.

Renaissance is a band with a rich history unique unto themselves as progressive rock pioneers who rose from the ashes of the seminal UK rock band, The Yardbirds. Acclaimed for their unique blending of progressive rock with classical and symphonic influences, the band's career has now spanned over fifty years spearheaded by the 5 octave voice of Annie Haslam and the masterful songwriting skills of the late Michael Dunford and Betty Thatcher.

Tickets go on sale to Music Hall Members on Thursday, April 14, at noon. Tickets are available at the Troy Savings Bank Music Hall Box Office, 30 Second Street, Troy, Monday through Friday, from 10 a.m. to 3 p.m. More information on the Troy Savings Bank Music Hall and upcoming programs is available on the website at www.troymusichall.org.

COMING UP

PROCTORS theREP★UPH
Proctors.org • CapitalRep.org • UniversalPreservationHall.org



BRAD MEHLDAU

UPH • April 15

One of the most lyrical and intimate voices of contemporary jazz piano, Brad Mehldau has forged a unique path, which embodies the essence of jazz exploration, classical romanticism and pop allure.



THE TRUE

theREP • April 1 - 24

Albany, buckle up for Sharr White's political drama about the blunt, profane, decades-long defender of Albany's Democratic Party machine Dorothea "Polly" Noonan. Politics is personal for Noonan, especially now that her hero, "mayor for life" Erastus Coming II, is battling for party control while at the same time fighting the fiercest primary challenge of his life.



JOURNEYMAN, A TRIBUTE TO ERIC CLAPTON

UPH • April 22, 7:30 p.m.

Fronted by Shaun Hague, JOURNEYMAN has become the #1 tribute to Clapton in a very short amount of time.



GOSPEL JUBILEE

Proctors • April 23, 6:00 p.m.

Gospel Jubilee returns to the MainStage at Proctors with a special musical tribute in dedication to the Capital Region's beloved, the late Regina "Gina" Parsons and Antonia "Toni" Brown.



THE 2022 EDDIES REGIONAL MUSIC AWARDS

Proctors • April 24

The Eddies are an opportunity to amplify, empower and celebrate professionals working in the area's wide-ranging music scene.



AN EVENING WITH NEIL GAIMAN

Proctors • April 28

"I make things up and write them down" is the way Neil Gaiman describes his varied art. Today, his popular and critically acclaimed works bend genres while reaching audiences of all ages.

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4/15 & 16 • Shen Yun

4/20 • GNA's Secret Star Jam

4/23 • Gospel Jubilee

4/23 • Suede With Fred Boyle, Piano & Rich Hill, Bass

4/24 • The 2022 Eddies Regional Music Awards

4/28 • An Evening with Neil Gaiman

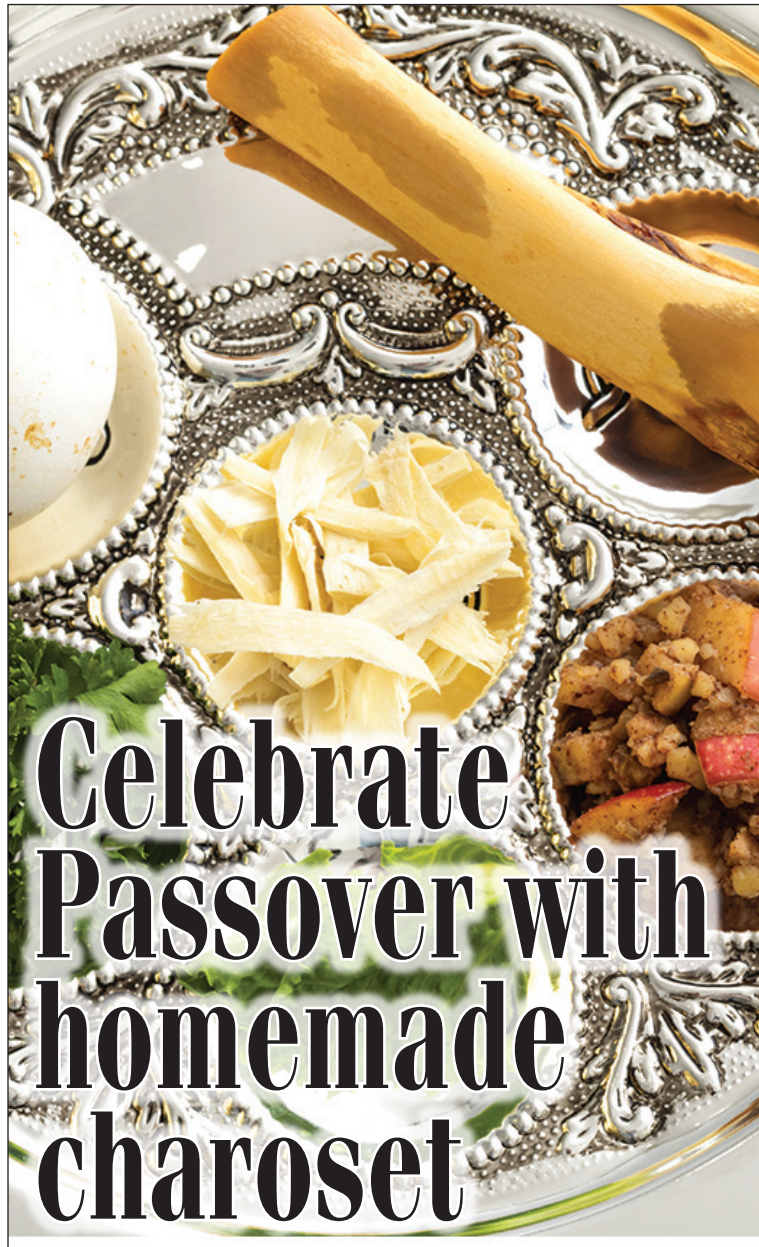
at theREP★

4/1 - 4/24 • The True

at UPH

4/15 • Brad Mehldau

4/22 • Journeyman, A Tribute to Eric Clapton



Celebrate Passover with homemade charoset

FOOD & VINO

Passover is steeped in tradition. Many of these traditions involve symbolic foods which tell the story of the Israelites and their miraculous exodus from Egyptian slavery.

One such food is charoset (also spelled haroset), which symbolizes the mortar the Israelites used to build bricks when they were slaves in Egypt. Charoset is a fruit relish used on small sandwiches made from matzoh and bitter herbs. The bittersweet taste is supposed to teach the bitterness of bondage and the sweetness of freedom.

Passover celebrants can make their own charoset by following this recipe, courtesy of Israel My Glory magazine.

Charoset

INGREDIENTS: Makes 15 tablespoons

- 1 large apple, any variety
- 1/2 cup chopped nuts
- 2 tablespoons honey
- 1 teaspoon cinnamon



NEED HELP?

Recipe ideas

At a loss for what to put together as a meal? Visit our website and select "Food and Recipes" from our menu bar to find dozens of mouthwatering dishes just ready for you to prepare to impress that special someone, or to feed your herd.

TheSpot518.com

Small amount of lemon juice (optional)

INSTRUCTIONS

The easiest method is to put the apples and nuts into a food processor and pulse until finely diced. Sprinkle enough lemon juice on the mixture to keep the apples from turning brown. Then mix in the other ingredients. Some people also mix in a little grape juice or wine. The recipe is very forgiving, so the measurements do not have to be exact.

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CONCERT REVIEWS

Rael at The Linda

By **MARK HUDSON**
nippertown.com

ALBANY — Funny thing, tribute bands.

I was recently back home in England visiting family, and as a birthday surprise, my younger brother and his girlfriend got me a ticket to see “ELO Again,” an Electric Light Orchestra tribute band. I rather enjoyed it, once one gets over the fact that familiar music is being presented on stage by unfamiliar people. Also, I was impressed during an hour and a half set just how many hits ELO actually had (well, in England anyway.)

Rael don't do “hits.”

If you came to The Linda Saturday night expecting to hear Phil Collins fronted radio favorites like “Invisible Touch”, or “In too deep” or “Throwing it all away” you would have left disappointed.

No, Rael covers Genesis' most progressive period,

the time spanning 1970 to 74 when they were fronted by the idiosyncratic Peter Gabriel. Interestingly, they also throw in some of his solo material after he left the band.

The clue is in their chosen name, the moniker of the protagonist in Genesis' bonkers but brilliant concept album/rock opera/musical “The Lamb lies down on Broadway.” Rael features no less than five songs from this magnum opus in their set, opening with the title track.

This is prog with a capital “P” and not for the faint-hearted. Keyboard glissandos, guitar pyrotechnics, and twisty time signatures played thunderously by the rhythm section abound. All fronted by the just plain weird Lloyd Gold on lead vocals and flute, channeling his inner Gabriel. Although not always successful, you have to give it to Gold for going all in, the whole hog (weed). His voice is uncannily similar to Gabriel at times, particularly in a dramatic “Rhythm of the

Heat” which opens the second set. He is more comfortable in the lower registers and strains in some numbers, but this is fiercely difficult stuff to sing. And he embraces the quirkiness and theatrics that Gabriel brought to the table with relish, dressing up in ever more ludicrous costumes (yes, he does the red dress and the fox's head).

The band handles complex music very well, the lineup being Mike Belmonte on Bass, Paul Sheehan on Drums, Michael LaBueno on Keys, and Sal Locascio on Guitar. Particular props go to Sheehan who was explosive throughout, reminding one just what a dynamic drummer Phil Collins was back in the day, a fact sometimes overshadowed by his solo career and Disney soundtracks that followed. And Locascio beautifully handled Steve Hackett's memorable and emotive solo in “Firth of Fifth,” (possibly my favorite guitar solo of all time) drawing appreciative applause from the small crowd.

I must admit, I never thought I would be witnessing a collection of musicians playing “The Return of the Giant Hogweed” live in 2022, but there you go.

Funny thing, tribute bands.

Joel Harrison's Stardust Reunion Band / Nels Cline at The Colony

By **RUDY LU**
nippertown.com

WOODSTOCK — Joel Harrison's Stardust Reunion Band, along with special guest Nels Cline, were featured at the Colony Saturday night.

Nels Cline is probably best known as the guitarist for the alt-rock band Wilco. His work outside of Wilco crosses many genres including free jazz and punk. This evening's solo performance was largely free jazz. Some of the pieces could easily have

been mistaken for acoustic guitar work with intricate fingering and harmonies, except for the use of multiple panels of electronic boxes. Others were quite industrial in nature, using feedback and a drumstick to produce unique sounds. He performed several compositions of others, including the renowned Ralph Towner. He dazzled the audience with his technique, some bobbing their heads and arms to the music produced.

Joel Harrison's Stardust Reunion Band presented a marked contrast to Cline's performance. The band consisted of two guitars, keyboards, and drums. The music also crossed genres but to these ears best resembled the creativity of early fusion, with a healthy dose of R&B, soul jazz, and rock.

The opening number “Move” had a clear Les McCann groove to it. “Poison” featured Joel Harrison on vocals and was a creation of the Covid shutdown, describing our current polarization. This

was followed by a surprise cover of the Pink Floyd classic “Us and Them”, featuring a Cline guitar solo with feelings of hope, in contrast to the depressing lyrics on the state of the world. Harrison normally does not sing, so the vocals were a stretch, but adequate.

Renowned blues keyboardist Bruce Katz provided expressive solos alongside Harrison, while also handling the bass parts on his keyboards. David Gilmore provided a great foil to Harrison, playing rhythm guitar and at times trading leads with him. Aaron Johnston is an extraordinary drummer, laying down the beat as needed and adding flourishes where appropriate.

It was a nice evening for the ride to Woodstock. As a side note, if you arrive a little early before the show, be sure to consider having dinner at the Colony. Its cuisine is one of the best secrets of Woodstock, which can be an expensive place to dine.

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

The Sharks / Johnny Rabb and The Jailhouse Rockers at The Hollow

By **MIKE STAMPALIA**
nippertown.com

ALBANY — The Sharks cast a pretty long shadow in Capital Region music history. Like, really long. The enthusiastic and sellout crowd in attendance last night at the Hollow surely understood that. But time marches on, people move on, and memories tend to get fuzzy and sometimes lost. That the Sharks’ “golden era” of the eighties was pre-internet only amplifies this. It’s hard for younger generations to discover and perpetuate their music when it exists primarily on hard-to-find albums and cassettes in your father’s (or grandfather’s) man cave. And that is a shame, because some forty years on (in some cases), the music still shines.

To give some context to the Sharks’ history, I have to rely on my own sometimes shaky memory. The Sharks

emerged on the Albany scene in the early eighties, and what first resonated were the horns. The music scene at the time had a heavy new-wave bent, and while the Sharks definitely have that in their DNA, they also had horns. And that made them different – simultaneously progressive, yet classic. They could move from rock to ska to new wave to honky tonk almost effortlessly. That imprint and versatility remain today.

My earliest memory of them was hearing their ska version of “Downtown” on the radio. Commercial radio – this was back when radio was less homogenized, and it was possible to have legitimate regional “hits”. “I Won’t Be Happy”, “Arm in Arm”, and others also got significant play. The Sharks were on your radio. When Stevie Ray Vaughan played the Palace, the Sharks opened the show. When you went to Larkfest or Tulipfest, the Sharks were your headliners. Back when Albany still had a First Night celebration, the Sharks rang in the new year with thousands of your neighbors. In short, the Sharks were known – they

wrote great music, drew crowds, and were as legit live as they come.

Last night, the classic 7-piece lineup (sans saxophonist Tom D’Ambrose, who sadly passed in 2019) reformed for the first time in over 30 years. From the opening notes of “Too Late to Go Back”, it was clear that everybody – band and audience – was in for a good time. Trombonist Jeff Roberts immediately reminded us of the same thought we all had forty years ago – why isn’t there more trombone in today’s music? He and lead singer/keyboardist Mike Kelley were particularly sharp from the first notes, seemingly needing no acclimatizing. Kelley, for his part, seemed completely at ease – singing with eyes closed, voice still as full as ever. He clearly still enjoys singing these songs.

The band proceeded to roll through the first half of their set, and if you paid attention, you could see the individual members “click in”. Guitarist Jerry Yaroschuck was grabbing your attention with his leads by the second song (“I’ll Follow You”). A half

dozen or so songs in, the instrumental “Bien Vendido” showcased Bob Button’s trumpet in glorious fashion. “New guy” Marcus Benoit on sax more than held his own between Button and Roberts. The band got stronger and stronger with each song, jamming particularly hard on “With Your Love”, about halfway through their set.

The Sharks then switched into a two-song “acoustic mode”, performing “Moving to America” and a very solid interpretation of The Who’s “Baba O’Riley”. It was after this that the band truly caught fire. Drummer Bob Assini propelled them through a relentless four-song run, starting with “Little Yeeti” and culminating with a devastating “Good Old Days”, that featured a near-perfect drum solo. In the middle of these two, the honkytonk-ish “Rehabilitation Blues” was another standout. This was the band firing on all cylinders.

They closed out their set with the wonderful “Arm in Arm”, before (almost immediately) launching into a two-song encore of

“Downtown” and “I Won’t Be Happy”. There was no pretense of leaving the stage in between, as the adoring crowd was having none of that. Indeed, they brought them back for a mini-reprise of “I Won’t Be Happy” as a second encore.

Tricky things, reunions. The desire to relive past glories creates an environment where you don’t actually need to be that good in order to be appreciated. Easy to rest on your laurels, and perhaps phone it in. The Sharks are clearly not that type of band. Tight, infectious, and most of all – damn good. That’s what a Sharks show in 2022 is.

A little less than halfway through their set, Sharks’ trumpeter Bob Button joked “never follow Johnny Rabb”. A joke, yes, but a joke steeped in the truth. Johnny Rabb and the Jailhouse Rockers opened the show with an absolutely killer hour-long set of what Johnny does best – playing classic rockabilly and rock and roll and reminding you that, yes, this might still be the best music ever made. A ridiculously natural rock ‘n roll showman, Rabb

continues to add to his already-legendary status on the local scene. The Jailhouse Rockers include “the best father-and-son rockabilly team in all of Rensselaer County” (as John Tichy jokingly quipped at one point), and that moniker doesn’t do them justice. Graham Tichy is a force of nature on guitar, yet doesn’t make a huge fuss about it. Dad John Tichy more than holds his own and will crack you up in the process of doing so. And Chris “Gringo Starr” Sprague on bass is yet another ringer, talented enough to easily headline his own show at the Hangar the next night.

They blistered through a dozen and a half songs in their 60 minutes on stage. High points included a searing version of “His Latest Flame”, “Ready Teddy”, “Wooly Bully”, and “My Gal is Red Hot”. But truth be told, there wasn’t a clinker in the mix, from the opener to the last notes of “Suspicious Minds”. Johnny Rabb and the Jailhouse Rockers are a killer show any night of the week, and they keep getting better and better. Follow them at your own risk.

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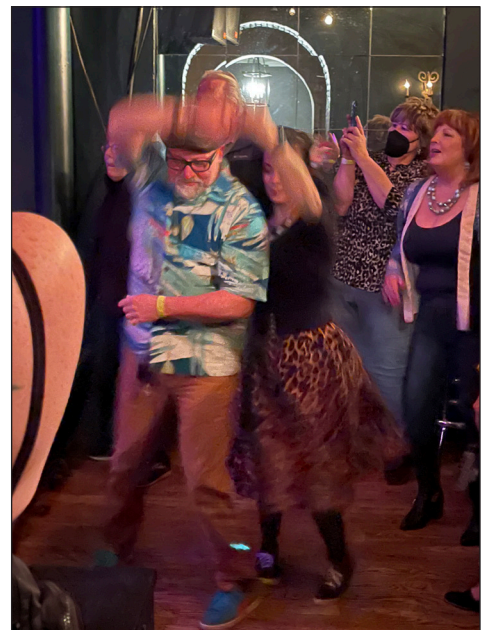
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ARM IN ARM

Saturday night was a throwback to how the music scene was as The Hollow helped promoter Greg Bell celebrate 30 years with a show featuring Johnny Rabb and The Jailhouse Rockers, and The Sharks.

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Spring into learning and fun

Educational Insight for Parents

By VANESSA BANKS

Hopefully by the time you're reading this all the snow will have melted. Days are getting longer and there is more sun to soak up. Now that spring is here, it's time to get outside and let out all the pent up winter energy. Sunshine and fresh air are so beneficial for children, both mentally and physically.



Vanessa Banks

Soak up the sun. Yes, too much sun exposure can be damaging, but now is the optimal time to be in the sun. The spring sun isn't too harsh and your child's body will greatly benefit from some vitamin D after the long winter. Vitamin D plays a critical role in bone development and immune system function. It can also aid in healthy sleep and improve mood, both necessary for a productive student.

Running around and getting in some more exercise has an endless list of benefits. Even if your children get in 60 minutes of vigorous activity, the recommendation by the AAP, aim for

more time each day at home. Even if it's just another 15 minutes. Get out there too! You're a great role model to your children. Studies show that vigorous exercise can increase the size of the hippocampus, the brain area involved in verbal memory and learning. This can result in better concentration and improved memory. Take a quick walk or bike ride. Kick the soccer ball around in the yard, play tag, or hide and seek.

If you can't get out there, which is very understandable as a parent, let your children play with friends. This has been something children really haven't been able to experience the last few years. At least not in the same way they did before the pandemic. Even if it's just siblings together, group play is a great way to socialize and increase their executive function.

This is a set of mental skills that include working memory, flexible thinking, and self-control. These skills help children multitask, plan, prioritize, troubleshoot and negotiate. This is a wonderful way for children to learn not only life skills, but skills that will translate to being a better student.

Playing outside will also give children more of an appreciation for nature. Children can see the beauty in all the little things, even a simple worm working its way through the dirt. Seeing the new flowers sprouting after



Believe it or not, play and exercise can help foster skills that translate into being a better learner.

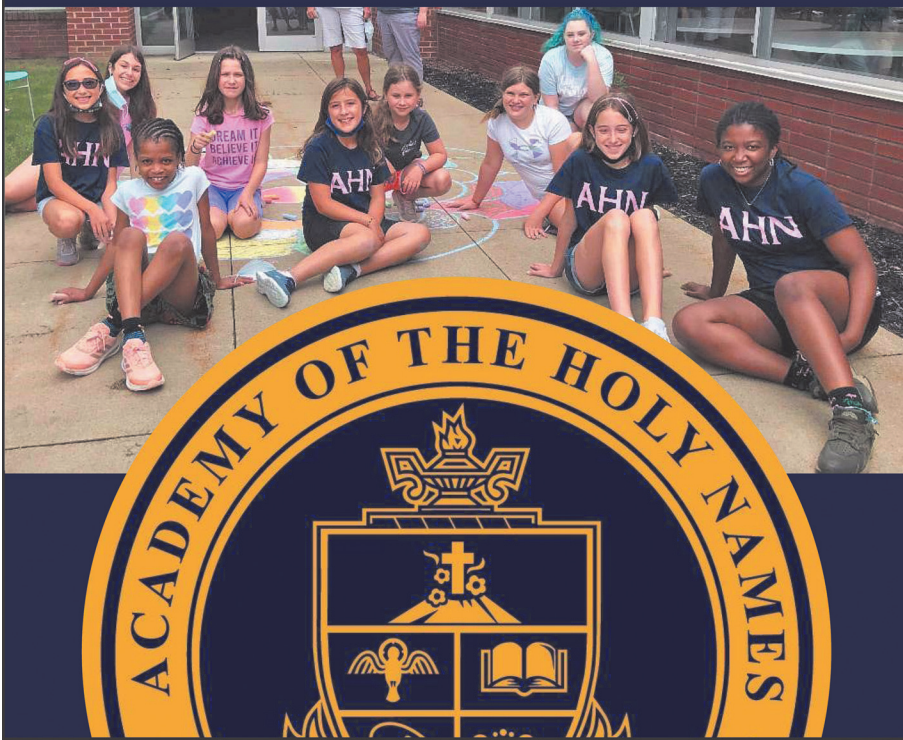
a long winter, the buds on the trees, hearing the birds chirping. All these things can help teach children that nature is very valuable, and we need to take care of our environment.

With spring break right around the corner make this a time to recharge. Let your children take that much needed mental break from the demands at school. Spend lots of time outside and let's hope there aren't too many April showers.

This column is dedicated to Sylvan Executive Director and Owner Patrick McNamara, who passed away in February. Patrick was an advocate for student success and he was a great friend to all who worked with him.

Vanessa Banks is Co-Founder of Kernel Creative Media and the marketing strategist for Sylvan Learning of Clifton Park and Albany. For more information, visit SylvanLearning.com.

SUMMER CAMPS



For more information visit ahns.org
or email tmoran@ahns.org
1075 New Scotland Road | Albany, NY 12208



JULY 18-22 • GIRLS • GRADES 7-10

Adventure Camp

July 18-22, 8:30 a.m. to 3:30 p.m.

Girls, Grades 7 - 10

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July 25 -29, 9:00 a.m. to 12:00 p.m.

Girls, Grades 5 - 7

What does it take to be a leader? What does it take to be a good friend? Participants will learn the answers to these questions and gain tools to help navigate the waters of middle school and beyond.



AUGUST 1-5 • GIRLS • GRADES 4-8

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August 1 -5, 8:30 a.m. to 3:30 p.m.

Girls, Grades 4 - 8

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AUGUST 1-5 • GIRLS & BOYS • GRADES 11-12

EXPLORE: College Preparation

August 1-5, 9:00 a.m. to noon.

Girls and Boys grades 11 & 12

College preparation can be stressful! Whether you are headed to a community college, or your sights are set on the Ivy League, AHN faculty and College Advisor of NY, will help ease your anxieties and prepare you for the tasks necessary for acceptance into the college of your choice.

Factors to consider before choosing

Summer camps give kids a chance to make memories that will last a lifetime

Adults often look back fondly on their childhood experiences at summer camp. Camps can provide the opportunity to form lifelong friendships and discover rewarding hobbies that can enrich campers' lives for decades to come.

Choosing a summer camp is no small task, as the options at families' disposal range from overnight camps to weekday afternoon camps to camps that specialize in certain programs, such as music or dance. Cost also is likely to factor into families' decisions, as the American Camp Association notes that cost can vary greatly depending on which camp families choose. For example, the ACA notes that the average daily fee at a resident camp is \$85, while the same fee at a day camp is \$43.

When looking for a summer camp for kids, families should make the

decision together. Kids should be involved in the selection process, as they're more likely to have an enjoyable camp experience if they had a say in where they will be spending their summers. The following are some factors families should consider as they look for summer camps, courtesy of the ACA.

Kids' interests

The ACA urges parents to consider the child's interests and personality before choosing a summer camp.

Parents might want their children to attend the same summer camp they visited as youngsters, but each child is different. Just because mom and dad liked a particular camp does not mean their children will. The ACA notes that summer camps should align with children's interests and maturity level.

Locale

Locale may only be a consideration for families considering overnight camps. Kids will likely be familiar with the locations of local day camps, but overnight camps might be set in mountain ranges, near the ocean or environments less familiar to



youngsters. Kids who love the ocean might benefit from oceanfront camps that focus on marine biology, boating or other activities involving the water. In the same vein, youngsters who like camping and hiking might be more likely to embrace camps located in mountainous regions.

Session length

Camps may last as little as one week or up to a couple of months. Session length should be considered by families looking at both local day camps and overnight resident camps. Parents who want their children to enjoy a

largely schedule-free summer might not want to commit their children to lengthy camp sessions, even if those sessions are close to home. If parents think their children can benefit from the same structure they're accustomed to during the school year, then an overnight camp that stretches for several weeks might be what they're looking for.

Summer camps give kids a chance to make memories that will last a lifetime. Choosing the right camp is an important decision that parents and kids should make together.

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How to prevent busy kids from overextending themselves

Today's teenagers are busy. According to the American Time Use Survey from the Bureau of Labor Statistics, the average high school student spends just under an hour and a half each weekday participating in extracurricular activities that include playing sports, working/volunteering and religious activities.

Parents who notice any of these signs in their children might want to look at their kids' schedules to see if their children are simply taking on more than they can chew.

With so much do and lots of encouragement to participate in their communities, teens can easily find themselves overextended. Extracurricular activities are important, and some have even been linked to improved academic performance. But it's equally important that high school students avoid burnout, which can adversely affect their academic performance and how much they enjoy school and other activities.

Parents can employ various strategies to help busy teenagers avoid overextending themselves.

- Learn the signs of burnout and look for them. Even the most overextended teenager probably enjoys many of the activities he or she engages in. So it's unlikely that kids will self-report burnout to their parents, teachers, coaches, or other authority figures. Parents can learn to spot the signs of burnout to identify if their child is overextended. According to Understood.org, a website sponsored by 15 nonprofit organizations devoted to helping parents of kids between the ages of three and 20, procrastination, negative

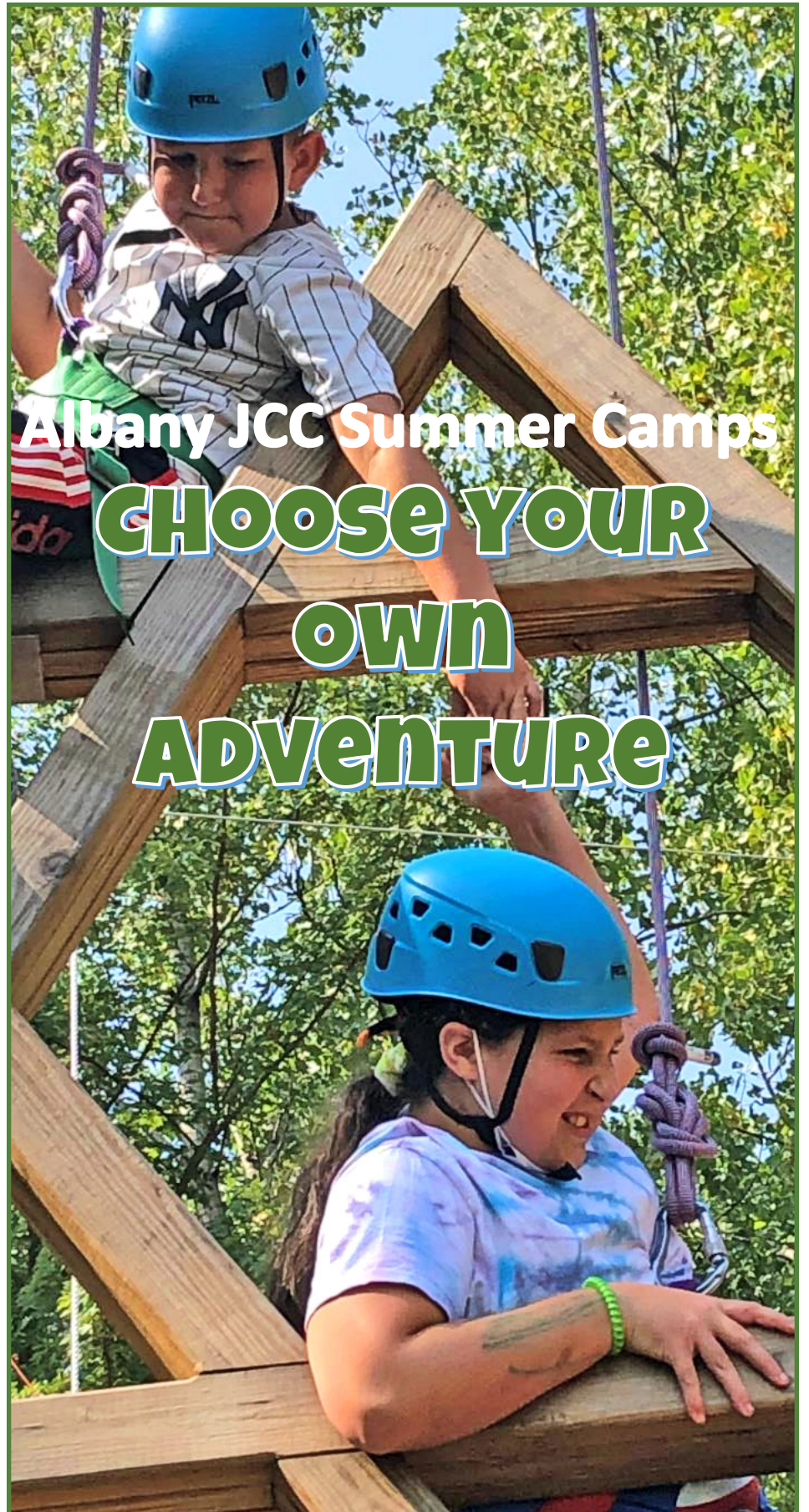
attitudes, testiness, difficulty concentrating, and a disinterest in things kids once liked are some potential indicators of burnout. Parents who notice any of these signs in their children might want to look at their kids' schedules to see if their children are simply taking on more than they can chew.

- Teach kids time management skills. Time management skills can help kids make effective and efficient use of their time. Encourage kids who are struggling with their schedules to use a calendar to plan their weeks. Knowing what's expected of

them each day can help kids develop a plan to get everything done. In addition, when kids make a list of their daily activities, parents can go over that list with them to see if they're taking on too much. Discuss the calendar with kids, and if kids express feelings of exhaustion or burnout, go through the calendar to see where they can free up some time, even if it means cutting some activities out of their schedules entirely.

- Teach kids the art of prioritizing. Parents know that some tasks are more important than others. But kids may not be so savvy. Teach kids how to prioritize, emphasizing that academics always come first. Give kids some credit if they're initially resistant to dropping some activities, as that can indicate an admirable willingness to commit. But emphasize that school comes first, and that activities that are low priority might need to be sacrificed during the school year. In addition, point out that certain activities that are not school-related can be revisited in the summer, when kids typically have less hectic schedules.

Burnout can be harmful to high school students. Parents can work with their children to ensure they aren't overextending themselves.



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Healthy and fun rainy day activities for kids

Some creative thinking may be necessary to keep kids happy and occupied

There are numerous reasons for children to spend time outdoors. Soaking up sunlight and fresh air can do everything from reduce stress to improve cardiovascular health.

Unfortunately, not every day is tailor-made for spending time outdoors. When inclement weather threatens, some creative thinking may be necessary to keep kids happy and occupied. As the COVID-19 pandemic is still affecting communities, there's the added challenge of ensuring indoor activities are conducted in a safe manner. Here are a few ideas for getting started.

Plan a scavenger hunt

Parents or caregivers can hide an item and set children on the course toward finding the treasure by providing clues that incrementally lead to the final hiding place.

Visit the library

Libraries have a host of activities ideal for rainy days. Apart from various genres of reading materials, there are movies to rent, informational classes, rooms for club meetings, and even arts and crafts events. Check to see if



your local library requires masks to participate indoors.

Establish an indoor campsite

Camping is a popular outdoor activity that can go on rain or shine. Those who are averse to camping in the rain can recreate the magic of camping indoors. Set up a tent or make a lean-to from blankets and sheets. Use a fireplace or stove to

roast marshmallows and make indoor s'mores.

Make homemade playdough

Invite a few of the children's friends over and mix up a batch of homemade playdough. A handy recipe can be found at www.iheartnaptime.net/play-dough-recipe/. Children can spend hours molding the playdough into imaginative creations.

Visit a museum

Communities across the country are home to various museums, some showcasing ancient artifacts and others touting novelties. For those concerned about indoor crowds, try visiting shortly after doors open or an hour or two before doors close. Foot traffic tends to be lower at these times.

Host an outdoor movie viewing

Homeowners with covered awnings or outside porches can project a movie onto a screen and have movie-goers watch from their sheltered locations. Serve plenty of healthy snacks and a few sweet treats to munch on during the film.

Play in the rain

Just because it's raining doesn't mean outdoor fun needs to be entirely curtailed. Children can gather in a garage with the door left open. Then they can take turns dashing out to stomp in puddles or dance in the rain showers. Just have plenty of towels on hand and choose a warm rainy day so kids won't catch a chill.

Poor weather necessitates having indoor activities ready for kids. Thankfully, there's plenty of entertaining ideas to keep them occupied.



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How to make memorable summer camp experiences

The following are some tips for making summer camp an enjoyable experience.

As hours of sunlight increase, thoughts may turn to summer vacation. For many children, summer vacation wouldn't be the same without camp.

Adults may have their own fond memories of going to summer camp when they were children because of the opportunities it presented to be independent and meet new people. Campers often bond over shared experiences, whether they are planned activities or unexpected "disasters" like a rainstorm washing out a canoe trip. That is why so many parents choose to carry on the summer camp tradition when they have their own children.

However, some kids may not be ready to jump right into the summer camp lifestyle. Such youngsters may need extra reassurance and support to make the most of their time at camp. The following are some tips for making summer camp an enjoyable experience.

Plan ahead

Families can visit the camp in advance and get a lay of the land. Knowing what to expect in terms of

facilities and activities can assuage some anxiety. It also will help campers hone in on what to pack and what to expect over the summer.

Try many new activities

Summer camp is about expanding boundaries and interests. Campers should sign up for many activities, including those that normally may be out of their wheelhouse. A camper may be pleased to learn that a new craft activity or a sports game piques his or her interest.

Connect with fellow campers in advance

If the camp has a social media presence, follow the camp's posts and connect with other like-minded campers even before they arrive. Talking with others who share similar interests can help campers feel more comfortable about meeting up once they arrive at camp.

Develop a rapport with camp counselors

The saying "you only get one chance

to make a first impression" extends to campers meeting camp counselors. When campers interact with counselors for the first time, they should be outgoing, polite and open to new ideas. Counselors will appreciate easy-going campers and could be good resources of useful information, such as how to score an extra dessert at mealtime.

Follow the safety rules

While campers may spread their wings a bit at summer camp when not under the watchful eyes of parents, any mischief should not come at the expense of safety. Campers should stick to the safety protocol so that camp is not memorable for the wrong reasons.

Change another camper's experience

A camper who recognizes a fellow camper is reserved and shy can invite that person to come sit with other friends at meals or to participate in an activity. This can help build a lasting friendship and make camp that much more enjoyable for someone in need.

Summer camp season is on the horizon and campers can take several steps to foster memorable and fun experiences along the way.

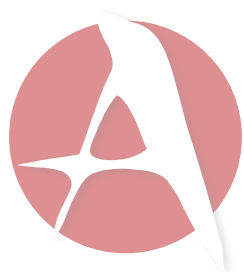


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Photos taken prior to pandemic

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

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.

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.



How to approach nutrition when feeding children away from home

Children can be picky eaters. Parents know that getting kids to eat anything, much less healthy foods, can sometimes make the dinner table feel more like a battlefield than a place to break bread. That's especially so when the dinner table is in a restaurant, where savvy youngsters might know less nutritious dishes like macaroni and cheese or fried chicken fingers are on the menu. But the benefits of a healthy, balanced diet are so numerous for youngsters that it's worth doing whatever it takes to get kids to embrace nutrient-rich foods, both at home and when dining out.

The American Academy of Family Physicians notes that a healthy diet can stabilize children's energy levels, help them maintain healthy weights

and potentially prevent mental health conditions, including anxiety and attention deficit hyperactivity disorder, or ADHD. But recognizing the importance of a healthy diet and getting kids to embrace one are two different things, especially when kids are dining out and being tempted by unhealthy alternatives. In recognition of that, the American Academy of Pediatrics recommends the following strategies to parents who want their kids to eat healthy when they're away from home.

- Make meals all-inclusive. When preparing school lunches or taking youngsters out for a night on the town, make sure to offer a mix of foods from the five food groups. The AAP recommends parents offer vegetables,

Continued on Page 9

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Contact: 1075 New Scotland Road, Albany (518) 438-7895 • ahns.org/summer

Afrim's Sports Summer Camps

Afrim's Sports

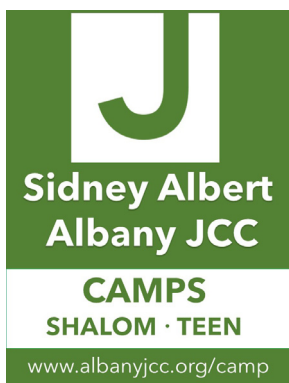


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Albany JCC



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Continued From Page 8

quality protein sources, which can include meat, fish, nuts, seeds, and eggs. Offering each of these foods at every meal may not be feasible, but kids should eat foods selected from the major food groups at every meal.

- Avoid highly processed foods. The National Institutes of Health notes that studies have suggested there's a link between highly processed foods and health problems.
- Enhance foods if necessary. While high amounts of sugar, salt and fat can jeopardize the health of adults and youngsters alike, the AAP notes that small amounts of these substances can be used to enhance kids' enjoyment of healthy foods and increase the likelihood that they will eat them.

Parents may not have much control over what their children eat while away from home. But a handful of strategies can increase the likelihood that kids enjoy healthy fare when eating at school or at restaurants.

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Our fun-filled, community based structure provides a diversity of projects, games & activities designed to excite & motivate children!



9 Full Weeks of ACTION PACKED SUMMER ADVENTURE!

Summer begins **JUNE 27** & runs through **AUGUST 22!**
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TSL Kids Crew

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