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NEWS Lasting legacy

A Slingerlands woman donates a collection for museum patrons to enjoy.

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Lending a hand

Town transfer station a donation site for Habitat for Humanity

Story on Page 3

TOP STORY



Dueling chefs



Dignitaries were on hand, including Albany County Executive Dan McCoy to ultimately decide who was the best chef between Atria of Delmar's Head Chef **Gerard Marglotta and Bethlehem Detective Jerry**

Photos by Tricia Cremo/Spotlight

"Chopped" inspired cook off unfolded at The Atria center

By TRICIA CREMO

cremot@spotlightnews.com

BETHLEHEM — And the secret ingredient is: a policeman?

In a battle of chefs held at the Atria Senior Living Center at Delmar Place, Bethlehem Detective Jerry Young lost to the Atria of Delmar's Head Chef Gerard

Just like a real episode of "Chopped" competitors had 45 minutes, a limited kitchen supply, and some surprise ingredients to prepare a meal for four

Competitors had but one cooking appliance: a grill to share. The ingredients and judges were held secret from the competitors until the start of the competition.

The secret ingredients were pork tenderloin, red and green peppers, zucchini

Continues on page 15

ENTERTAINMENT



The breakfast club

Two childhood friends have made it their mission to stay in touch by visiting a different diner each week. They've gone to more than 300, and they're still going.

Story on Page B1

SPORTS



Master of the board

A local martial arts expert earned international attention earlier this month, as he pitted his skills against a field of his peers in Orlando, FL.

Story on Page 9

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COMMUNITY

Local woman leaves legacy in stone

Slingerlands resident donates rock collection to miSci museum

By TRICIA CREMO

cremot@spotlightnews.com

BETHLEHEM —

After spending a lifetime building a 2,500 piece mineral collection, Bertha Kotlow of Slingerlands will now have parts of her collection displayed at the Museum of Science and Innovation (miSci) in Schenectady.

Having her collection seen by generations of museum-goers is a dream scenario for this serious collector.

"I've loved and enjoyed them my whole life, and now I am glad that others get to enjoy them too," she said.

Now 92 years old, Bertha 'Bert' Kotlow could no longer fit her massive collection inside her apartment at the Slingerlands retirement home where she now lives. At the suggestion of her youngest son, she decided to donate what is, modestly speaking, a very large and valuable collection.

"I'm a pack rat," she said of her collection. "Once it's in your blood, you just can't stop."

Instead of selling her pieces, she and her family agreed placing Kotllow's collection at miSci felt right.

The museum said they are honored and elated to have Kotlow's additions. Museum Director William Sudduth was particularly interested in some of her local specimen.

"He took one look at my collection and said, I want everything," said Kotlow.

About 100 of Kotlow's pieces are now on display at the "Earth Exposed: Discover Our Planet's Hidden Secrets" exhibit at miSci.

The museum's rock and

mineral collection now has over 8,000 specimen. It has been growing since the year after the museum's opening in 1934. The rest of Kotlow's collection is housed below the museum.

At the Friday, July 17 unveiling of the donations, Kotlow and her family were given lifetime free admission passes to miSci. Kotlow said it's hard for her to get around now, but is excited to see the rest of the museum.

"I had been to the museum years and years ago as a kid, but it's nothing like it is now. It is a fabulous place," she said.

Even with 2,500 donation of rocks now gone from her Slingerlands home, Kotlow's residence is still an exhibit of its own.

She still has a few pieces on display that she "couldn't bear to part with." These include a rare ajoite crystal that Kotlow calls her lucky charm and a blue benotite crystal from California.

Other similarly rare

specimen now at miSci come from sources that are no longer available.

"When they first find a mine, that's it. That could be all they'll find," she said. "I had opals from Ethiopia that were like that. They would have made a beautiful pendant," said Kotlow.

Her crystals came either from rock shops, such as the one that her friend had in Albany, trade shows, or were collected by her.

Kotlow also donated 600 vials of sand sourced from various regions across the globe. Many of these pieces were given to her by traveling friends.

Though one might guess Kotlow is a geologist or scientist, she is not. At least not in the professional sense that is. She spent most of her life as a homemaker, raising her three children with her husband. Rather than going to school for geology, as her children once pressured her to do, Kotlow said she

found all she needed to know from books.

"I've forgotten now, but I used to know the names of my rocks," said Kotlow. That is saying something for a collection that numbers in the thousands.

The crystals don't have a set market price, but people are willing to pay a lot for the crystals they really want, said Kotlow. Some of her crystals, she is sure, are worth a lot more now than they were when she bought them.

The rock that sparked her interest in collecting was one she found while walking on the Indian Ladder Trail at Thacher Park as a kid. She remembered accidentally kicking it and then being surprised to find a shining crystal inside.

"I don't ever remember

Bertha Kotlow, 92, of Slingerlands donated most of her rock collection to miSci. Tricia Cremo/Spotlight

not being fascinated by them," said Kotlow. "It's

been with me all my life."

Bertha Kotlow's life's work is now available for viewing at miSci at 15 Nott Terrace Heights in Schenectady. For more information, go to www. misci.org.

Clucking along

BETHLEHEM —

Another Slingerlands family will be eating fresh eggs after the town granted approval for them to raise chickens in their backyard.

The town's Planning Board approved Laura Stevens' application for agricultural use to raise chickens on her Gullane Drive property last week. This is the third application the town has received since 2013.

"I would like to raise chickens because they are a natural form of pest control and because my family enjoys fresh eggs," said Stevens.

The plan calls for the coop to be in the family's backyard and asks permission to raise four chickens.

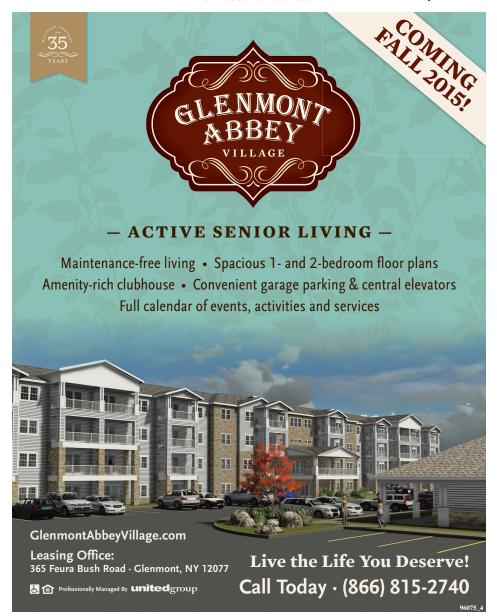
The trend to raise chickens as pets has increased in recent years, with local municipalities taking up the issue. Most cities have denied chickens, while towns are more willing to work with residents.

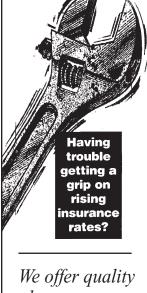
Bethlehem first faced the issue in December 2013 when the Planning Board gave approval for 11-yearold Luke Manley to raise four chickens in Delmar.

The second application came to the town the following June when Dana Scalere, of Slingerlands, sought approval to raise chickens for similar purposes. So far, all of the applicants have had support from their neighbors.

Senior Planner Kenneth Kovalchik said so far there have been no issues. However, Stevens' application was different in that it was granted with the stipulation she obtain a building permit for her coop. This is being done because in past instances, the town had no way to ensure the coops were built where applicants said they would be. Although this has yet to be an issue, the permit allows the Building Department to do a followup and this will be helpful in the future.

— Marcy Velte





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COMMUNITY

Lending a hand close to home

Town transfer station a donation site for Habitat for Humanity

By MARCY VELTE

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BETHLEHEM —

Nearly eight months after the idea was first proposed, residents will now be able to donate gently-used home goods for those in need, instead of putting them by the curb for the trash.

Through the efforts of Recycling Coordinator Dan Rainn, Bethlehem was selected by Habitat for Humanity Capital District as a collection site for its ReStore initiative. Residents will be able to bring unwanted items to the town's transfer station, so they can be purchased. The money raised goes towards the Capital District Habitat for Humanity to build homes locally for those in need.

Rainn said the organization contacted the town after a similar program was a success in Clifton Park. He first proposed the idea to the Town Board in November.

"They believe this will be only the second location in the country to accept items on behalf of the organization as a non-Habitat location," said Rainn. "So, this is a significant opportunity for our community."

A ribbon cutting was held on Thursday, July 23. On hand were members

Post your events to our online calendar

To submit an event to run in our online calendar, simply go to www. spotlightnews.com/ events/submit/, become a registered user and fill out your event's information in the provided form.

Submissions are subject to approval and may take up to 24 hours to be approved. of the town's Sanitation Department, Rainn and David Harrison, manager of the local ReStore.

A 40-foot storage container was brought to the transfer station by the organization. Residents can now bring any items they wish to donate and put them in the container. Habitat for Humanity is responsible for taking the items to its ReStore locations, with pick-up once a week.

"We have a lot of residents in this community who care deeply about Habitat for Humanity as an organization," said Rainn. "About 15 percent of all ReStore donations in the Capital Region come from Delmar, and that doesn't include Bethlehem as a whole."

The ReStore warehouse — which sells low-priced furniture and home appliances to help raise money to build affordable homes through Habitat

for Humanity Capital District — is one of 180 in the country. Last year, the warehouse was moved to a different location on Fuller Road in Colonie after the store saw an increase in donations.

The store is open to the public, with everything moderately priced so those who need to furnish their homes on a budget can purchase them. All of the money is then kept by the local Habitat for Humanity affiliate to build more homes in the area.

Harrison said residents can drop-off household goods, furniture and appliances. The organization will also take construction materials, cabinetry, plumbing and electrical equipment, and paint. Rainn and Harrison suggested the new site would be a great place for developers and construction companies to donate extra material.

Residents can donate any time the transfer



Town Recycling Coordinator Dan Rainn, with ReStore Manager David Harrington, Town Clerk Nanci Moquin, and sanitation workers Devin Clark, Sean Dwyer Jr. and Mike Gervais, cut the ribbon for the new ReStore donation site at the town transfer station.

Marcy Velte/Spotlight

station is open. Initially, a representative from Habitat will be on hand one day a week to help those get accustomed to the program. No additional resources needed to be spent by the town.

Harrison said the hope is to have more towns take part in the project to make it easier for people to donate. However, residents throughout the region can call Habitat for Humanity to have a truck come to their home to pick-up

OPENING AUGUST 4th

items they wish to donate.

"We're growing extremely fast, so we're taking this project slow," said Harrison. "But the items are needs, and we hope to expand in the future."



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COMMUNITY



Christmas in July

Christmas came early this year at Jim's Tastee Freez.

The ice cream stand in Delmar held its annual event this Saturday, July 25. This year was the tenth that the event has been held. Workers celebrated by decking the halls of the ice cream stand and bringing some happy holiday spirit to customers.

For the past few years the event organizer has been Eillis Morgan. She was handed this baton from her older sister who also worked at the ice cream stand. She and her co-workers at the time thought the idea would be something different and fun for the community.

"My sister started it awhile ago, but I like to keep up the tradition," said Morgan.

"Everyone really loves the holidays, and listening to Christmas music in a heat wave keeps the spirits alive," she said.

Since the event has now been held for ten years now, Morgan said they have had all of the decorations for awhile now, so running the event is easy.

Most of the decorations, like the three Santa suits Morgan owns, are kept in Tastee Freez's backroom. The rest of the employees not in-suit wear their own Christmas gear for the festivities.

"I honestly don't even know how I got so many," Morgan said, "but they're there all year-round."

The Christmas tree, lights, and mistletoe, and more were sure to get the attention of drivers. Even Tastee Freez employees dressed up for the holidays.

"It's something that's not only fun for the customers," said Morgan, "But many of the employees find fun ways to dress up."

Some years, employees will play Christmas music and sing carols or come up with holiday-themed sundaes for the celebration and bake cookies to hand out to customers.

This year marked yet another successful year of wintertime celebration.

— Tricia Cremo



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EDUCATION

Working to achieve equality

Bethlehem grad one of four Pride Center scholarship winners for 2015

By TRICIA CREMO

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BETHLEHEM —

Annina Van Riper, a 2015 graduated of Behlehem Central High School, has been recognized for her efforts to achieve LGBTQ equality in the Capital Region.

Van Riper is one of four \$2,500 scholarship winners given by the Pride Center of the Capital Region each year.

"With her work with the Pride Center and what she is intending on studying, Annina made an excellent candidate," said Interim Director of Pride Center of the Capital Region Michael Weidrich.

The Pride Center of the Capital Region holds programs to serve the health and human service needs of the lesbian, gay, bisexual, transgender, and queer community in the Capital Region. They also work to educate and advocate for those needs. It is the oldest continuously operated LGBTQ community center in the country.

At a speech she gave at the Wednesday, July 22, Pride Center Scholarship award ceremony, Van Riper spoke on her involvement with the Pride Center, the many people who have faced discrimination and persecution for expressing their sexual and gender identities and how she herself came to terms with her sexuality.

"I didn't always like using the term gay or lesbian. But over the years I've learned that there is "I didn't always like using the term gay or lesbian, But over the years I learned there is power in the label."

Annina
 Van Riper
 Price Center
 scholarship
 winner

power with label," she said.

Van Riper has been involved with the center's Youth Action Team for the past three years. Members of the team hold afterschool trainings for school teachers and administrators that instruct on ways in which schools can support LGBTQ youth and help them feel accepted by their communities.

Sixteen high schoolers from around the Capital District were part of the

team this year, two of which came from BCHS: Van Riper as well as incoming senior Raina Briggs.

"Our work there is so rewarding. Even just to talk to the kids and see their issues," said Van Riper.

The group also speaks with members of gaystraight alliance clubs at the 11 districts to speak about their experiences and offer themselves as resources. The schools could be as close as Albany High or as far as Schuylerville.

"It's one of our gem programs," said Weidrich. "It's a fantastic celebration of work that we do."

Van Riper said she absolutely plans on working with LGBTQ advocacy groups in the future. She will attend Smith College in Northampton, Mass. in the fall. She plans on pursuing pre-medical studies, with a possible double major in either English or film studies.

Once at
Smith, Van
Riper plans
on joining
the campus's gender and
sexuality club. "Smith
College is a little gay-hub.
I'm excited to sort-of
immerse myself in that

culture," she said.

Van Riper said that she also is excited to meet people from different areas of the country who may not have been as accepted for their sex and gender identities as she has been.

"Growing up in Delmar I felt incredibly humbled and welcomed in the community," she said. "Not everyone has had that experience."

Van Riper was one of about 30 candidates to

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apply for the Pride Center of Albany's four scholarships. Winners were chosen by center's vice president, board of directors and two community members.

Remaining scholarship winners were Sonya Rio-Glick of Albany Academy for Girls, Saffron Livaccari of Columbia High School and Patricia Van Valkenburgh of Hudson High School.

"It's nice to appreciate youth and where they're going," said Weidrich. "They truly are the leaders of tomorrow."

Students interested in being a part of the Pride Center of the Capital Region should submit an application by Monday, Sept. 15. The application is available on its website at capitalpridecenter.org.



The Spotlight welcomes announcements of events occurring in our coverage area.

All events must be open to the public and announcements should contain the date, time, location and cost, along with contact information. Announcements are published space and time permitting.

Submissions can be emailed to news@ spotlightnews. com with "community news" in the subject line.

The deadline for all announcements is noon Friday prior to publication.



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COMMUNITY

Because of Beekle

dorably blobby Beekle stole our hearts in the 2015 Caldecott Medal winner "The Adventures of Beekle: The Unimaginary Friend" by Dan Santat. It was hard not to root for this tenacious underdog as he took matters into his own hands to become a real child's imaginary friend. Join us as we celebrate Beekle's persistence and charm with a storytime and craft on Thursday, August 6, at 7 p.m.

Community contacts updated

Copies of the 2015-2016 Community Contacts are now available at the information desk literature rack. Produced in-house and updated annually, this directory provides contact information, representative activities and membership



details for many service and interest groups in and around town. Groups are indexed by subject and cover a wide range of skills and interests. The list can also be accessed through our website by clicking on the "more" tab and selecting "community contacts" from the menu.

Board of trustees officers selected

At their July meeting, the Bethlehem Public Library Board of Trustees selected the following officers for 2015-16: Mary Redmond, president; Mark Kissinger, vice president; Tamra Wright, treasurer; Harmeet Narang, assistant treasurer; and Joyce Becker, secretary.

At the same meeting, new members Brian Sweeney and Lisa Scoons were sworn in. Each seat holds a five-year term.

The following committee appointments were also made: Kissinger and Sweeney to the personnel committee; Becker and Kissinger to the nominating committee; Redmond and Narang to the building and grounds committee; and Redmond, Narang and Wright to the finance committee.

Road construction updates

As construction on Borthwick Avenue continues, we will do our best to provide frequent updates about the best way to access our parking lot. You can find the latest news via Facebook and Twitter, which also scrolls live on our website, or give as a call at 439-9314. Don't forget, you can use our website at www. bethlehempubliclibrary. org to renew and request items online, as well as download eBooks and eMagazines and access multiple databases for research and learning.

Reminders

- Through a partnership with the town, the library is now providing free WiFi access at the Elm Avenue Park pool complex. It will appear on electronic devices as "Free Library Wifi" and is available 24 hours a day, seven days a week.
- The final Evenings on the Green performance is tonight at 7 p.m. Moonshine Holler will be entertaining the crowd

with Appalachian ballads, blues and breakdowns. Bring a blanket or lawn chair. Performances move inside in the event of bad weather.

 Your library card gives you access to nearly 100 in-demand digital magazine titles through Overdrive. Download a magazine any time of the day on iOS or Android or other devices using the Nook reading app or on a Nook tablet. Instructions for getting started are on our website under the "eBooks and eMagazine" tab, or ask a librarian for help. View the collection at digitalcollection.uhls.org.

Upcoming events Friday, July 31

Summer Cinema
Bring a blanket or

Bring a blanket or pillow; popcorn provided. Call 439-9314 for details.

Kids and families. 2:30 p.m. Friday, July 31 Teen Lock-In

An after-hours teens-only party at the library with MuVChat, a scavenger hunt, pizza, Stewart's ice cream and more. Space is limited. Signed registration form is required. Get one at the library or www.bplteens. org. For grade 6-12. 8 p.m.-midnight.

Mondays, Aug. 3 Tiny Tots Summer Storytime

Stories, songs and fingerplays for children up to age 35 months with caregiver. 9:30 a.m.

Mondays, Aug. 3 On My Own Summer Storytime

Stories, songs and fun for children age 3-6 while parents wait at our café tables. 10:30 a.m.

— Kristen Roberts

NEIGHBORHOOD NEWS

Geology program at Five Rivers

BETHLEHEM — The

New York State Department of Environmental Conservation's Five Rivers Environmental Center 56 Game Farm Road invites visitors to learn about local geology on Saturday, Aug. 1.

At 10 a.m., visitors will have a chance to join educators for a guided walk along the Vlomankill. The Vlomankill Trail offers a refreshing respite, with its shaded paths and trickling stream. Visitors along this trail will stop and chat with a geosciences class from the University of Mississippi about their fieldwork and the geology of the outcrops.

At 2 p.m. Dr. John Mylroie of University of Mississippi's Department of Geosciences will give a presentation about the caves of the Northeast. For the past few years, he and his students have been conducting surveys of some of the unique rock structures seen along the

Vlomankill Trail.

For more information, please contact Five Rivers at 475-0291.

Onesquethaw Fish and Game Club BBQ

FEURA BUSH — The Onesquethaw Fish and Game Club 2032 Tarrytown Rd. is having a BBQ on Saturday, Aug. 1, from 1 p.m. until food is sold out.

The dinner will include half a chicken, baked potato, ear of corn, roll and cole slaw for \$10 each. Meals are for take out only.

For more information, call 768-2320, 768-2420 or 526-8721.

Church hosts ice cream social

BETHLEHEM — There will be an ice cream social on Wednesday, Aug. 5, at 6:30 p.m., at the Clarksville Community Church, 1997 Delaware Turnpike.

There will be ice cream cones,

event is open to the public.

Walk and paddle

sundaes and root beer floats. Free

will offering will be accepted. The

SaturdayVOORHEESVILLE—

Thacher Park and Thompson's Lake Campground are hosting events Saturday, Aug. 1.

At 10 a.m., bring your canoe or kayak for a morning paddle on Thompson's Lake. Thacher Nature Center staff will go over the basic parts of the boat and basic paddling strokes before guiding people on an exploration of the lake. There are a limited number of kayaks available to rent from the campground. The park day use fee is \$7 per vehicle. Call 872-0800 to register and to reserve a kayak.

At 11:30 a.m., Thacher Park is hosting a geology walk. Explore some of the lesser-known geology of the park with Thom Engel. Meet at Hop Field picnic area. Call 872-1237 to register and confirm the walk.

'Beat the Odds' forum in Saratoga

CAPITAL DISTRICT

— To Life! presents "Beat the Odds," a breast cancer educational forum, on Wednesday, Aug. 5, at the Gideon Putnam Hotel in Saratoga Spa State Park.

Breast cancer patients, survivors, family members, friends, caregivers and healthcare professionals are welcome to attend the event. Presenters include Candace Correa, a radiation oncologist from Faxton St. Luke's Healthcare, and Karen Tedesco, a medical oncologist from New York Oncology Hematology.

The program is free, but registration is required. Register by calling 439-5975 or online at www.tolife.org.

Home Town Heroes nominations

CAPITAL DISTRICT —

Nominations are being accepted for Trustco Bank's Home Town Heroes Hall of Fame.

The bank created the Hall of Fame to honor individuals who demonstrate strong community involvement and work hard to make a positive change in the community.

The public can make nominations through Aug. 30 by visiting any Trustco branch or online at TrustcoBank.com. A committee will review all nominations and announce the winners. Up to five individuals and/or groups are selected each year. Winners will be invited to a special luncheon and receive a plaque to be displayed at Trustco Bank's headquarters in Glenville.

Watercolor Painting classes at Albany JCC

ALBANY — The Albany Jewish Community Center Massry Senior Center, 340 Whitehall Road, is offering watercolor painting classes on Mondays, 9:30-11:30 a.m., on Aug. 3, 10, 24 and 31.

For information, call 438-6651, ext. 112 or email claires@ albanyjcc.org.

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COMMUNITY

Family Fun Festival

his year's Family Fun Festival at GPL, on Saturday, August 1, from Noon to 3 pm, will be a magical, clownish, and prize-packed affair featuring a bounce house, dunk tank, a wealth of activities for kids and families ... even a police car and fire truck!

Two very special events are not to be missed:

At 1 p.m., Jackie the Magician will perform her Best and Brightest Comedy Magic Show for families. Then, Jackie will put on her Bee Bee the Clown persona and spend some time making balloon art for the kids.

The Guilderland Police Department will have a child fingerprinting station during the festival. Take this opportunity to get your child's fingerprints and photo on file with the Guilderland Police; this can save precious time in the event of an emergency involving your child.

Part of the festival will be held in the main parking lot where there will be a fire engine and a police car, and lots of other new activities. And the games, dunk tank, and snacks will be in the Community Literary Garden. We look forward to seeing you there.

Mother Goose Jazz Band

The Mother Goose Jazz Band will perform a free concert at GPL on Wednesday, Aug. 5, at 7 p.m. This is a treat for the whole family.

Ten years ago, composer, musician, and educator Josh Greenberg created The Mother Goose Jazz Band. The band performs a body of works that respects the natural spirit of playfulness in children, and through it, they nurture an appreciation for a variety of musical styles.

From a Thelonious Monk-inspired "This Little Pig Went to Market" to a Latin version of "This Old Man Came Rolling Home," familiar nursery rhymes are given jazzy arrangements that young children can easily absorb. No registration required; just be there and groove to the Goose's tunes.

GUILDERLAND PUBLIC LIBRARY www.guilpl.org

Hometown Heroes

Kids: Some of the most amazing, talented, and dedicated people who serve our community work at the Western Turnpike Rescue Squad, and you can meet some of them at GPL on Tuesday, Aug. 4, at 7 p.m. Rescue squad members

provide a variety of community services. You've probably seen their squad vehicles and ambulances in your neighborhood, but they do a lot more than get injured people to the hospital. They provide education, teaching everything from Basic Life Support to CPR and First Aid. They are also enthusiastic supporters of community events, and are really looking forward to meeting you on Tuesday night.

Teen Wii Just **Dance Party**

Teen Tuesday at GPL on Aug. 4 at 3:30 p.m. is One Huge Teen Wii Just Dance Party. Teens in grades 7 through 12 are invited to a summer dance party with the latest Wii Just Dance games on the Helderberg Room's big screen. Just give us a call at 456-2400, ext. 4, and let us know you're coming.

WMHT goes 'Click Clack Moo'

WMHT's Barbara Lukas will be at GPL on Saturday, Aug. 8, at 10:30 a.m., to present a program based on Betsy Lewin's delightful book "Click Clack Moo" to children who are in PreK to first grade. She'll read the book (even adults will love it, it's adorable) to you, show you a movie based on the book, and you'll do a "Click

Clack Moo" craft. You'll even get a copy of the book to take home.

Children must be accompanied by an adult caregiver. Registration required: please call 456-2400, ext. 4, or go to Aug. 8 on the Events & Registration Calendar at guilpl.org.

Movies for your Super Little Ones

The "Movies for Your Super Little Ones" at GPL on Friday, July 31, is "Community Helpers;" on Friday, Aug. 7 it's "Super Pets." All shows start at 10:30 a.m. We request that you remain in the Storyhour Room for the duration of the program. Thanks.

Better Books Sale

There are bargains galore on books, CDs, DVDs and more at the Guilderland Public Library's Better Books Sale on Saturday, Aug. 8. It starts at 10 a.m. and runs until 4 p.m. Good hunting.

– Mark Curiale

Final heroic activities

ext week will be the last week of epic activities for kids. Drop in at 3 p.m. on Tuesday, Wednesday or Thursday.

Tuesday, Aug. 4: Meet the Coeymans Police and their canine officer.

Wednesday, Aug. 5: Edible Slime. Need we say more?

Thursday, Aug. 6: Cool off at our Ice Berg Meltdown.

Sensory storytime

We combine books, songs and movement to stimulate all five senses and promote learning. If your child has difficulty sitting through one of the library's other storytimes, this inclusive program of stories, songs and socialization may be just what you are looking for. Aug, 8 at 10:30 a.m. Preschool to early elementary.

RCS COMMUNITY LIBRARY

Dazzle Dogs and ice cream

Celebrate a terrific summer of summer reading at the library with the Dazzle Dogs and an ice cream sundae party. Dazzle Dogs are a remarkably talented and "dazzling" group of dogs that includes corgis, retrievers and an Australian shepherd. These charming canines will delight the audience as they dance, fly over and through agility obstacles and perform stunts. No celebration is complete without ice cream, and thanks to Stewarts, we will be dishing up sundaes. No registration needed, all are welcome. Thursday, Aug. 13, at 4 p.m., at the library.

– Carol Melewski



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COMMUNITY

Tech time

iddle and high school students can drop in on Friday, Aug. 7 and 21, at 2 p.m., to make something high-tech or low-tech.

Use the Leap Motion to sculpt in mid-air, or create an object in Minecraft, then 3D print your creation. Explore applications like Twine and Animoto on our laptops, or use the sewing machines to work on a project. Craft supplies will be available if you just want to tinker around with friends, too.

Preschool and Summertots

On Tuesday, Aug. 4 and 11, we will have a theme-based, multi-age level storytime (for ages 2 to 6, with caregiver) with an emphasis on early literacy. Books, rhymes, songs, and an art activity comprise the program.

On Thursday, Aug. 6 and 20, Summertots (for newborns to 36 months,

Voorheesville Public Library

with caretaker) will join Miss Amy for an early literacy program that emphasizes sharing books, flannel board stories, music, rhymes and playtime together. After the short program, children will have the opportunity to play with age-appropriate toys and learning activities either indoors or outdoors. Water play activities will take place outside, so don't forget to wear your sunscreen, and bring a towel and an extra change of clothes.

Both programs will begin at 10:15 am.

Save the date

The annual Fall Book Sale will be held on Sept. 18-20. The library is now accepting donations. Please use the blue bookdrop, next to The Book Nook shed, to donate your gently used books, dvd's and audiobooks.

— Lynn Kohler

Summer camp for seniors

njoy a summer day camp experience at "Elise's Place" in Selkirk on Friday, Sept. 18, from 9 a.m. to 5:30 p.m., and Saturday, Sept. 19, from noon to 7 p.m. Camp will include nature studies, crafts, music, hikes and a closing campfire with s'mores. The cost is \$30, payable to Bethlehem Senior Projects, Inc. Call 439-4955, ext. 1176, to register.

Summer is the time for picnics. The VFW will hold its annual chicken barbeque picnic on Thursday, Aug. 6, at noon at the Slingerlands Fire Pavilion. The Lion's Club picnic, featuring hamburgers, hot dogs, salads, and watermelon, will be on Thursday, Aug. 20, at the Elm Avenue Park warming area. There is no cost. Call 439-4955, ext. 1176, to make your reservation. Senior transportation from the Town Hall or from your home can be arranged as space allows.

Shop with us at Wal-



Town of Bethlehem

Mart and Glenmont Plaza on Monday, Aug. 3. Call 439-5770 to arrange transportation.

School supplies are needed for children who live in our town and are eligible to use the food pantry. Bring markers, binders, scissors, notebooks, index cards, backpacks, glue sticks, post-it notes, tissues, etc. to the Senior Office at Town Hall or the Bethlehem YMCA. Checks payable to Bethlehem Senior Projects, Inc. will also be accepted. The drive runs through Aug. 14.

The farmers markets are open and coupons valued at approximately \$20 in produce may be available for those who are income eligible. Call 439-4955, ext. 1170, to add your name to the list.

Sign up now for our Broadway trip to see "An American in Paris" on Sunday, Oct. 18. We will have dinner after the show at the Crow's Nest in Hackensack, N.J. The show is a Tony Award winner and will be sure to entertain. The cost, is \$225, including show ticket, bus, dinner, and donation to Bethlehem Senior Projects. Your check, payable to Bethlehem Senior Projects, Inc., is your reservation.

Exercise to music at Bethlehem Town Hall each Tuesday and Friday at 9 a.m. Cost is \$3 per session.

Outreach workers are available to assist with counseling on heath insurance, housing issues, food stamps, health and income related programs or heating costs support. Make an appointment by calling 439-4955, ext. 1176.

The Bethlehem Food Pantry at Town Hall is in need of tea, coffee, cleaning products, toothpaste and deodorant. Donations may be dropped off at the Senior Services Office.

The Bethlehem Senior Citizens Club meets weekly on Thursdays for an enjoyable afternoon of games and socializing at the Bethlehem Town Hall auditorium, 445 Delaware Ave., Delmar, from 11 a.m. to 4 p.m. Bring a lunch and play pinochle, bingo, or mah jongg, or just come for a chat with friends. Call Yvonne Mendleson at 472-0202 for more information.

Bethlehem Senior Transportation Service provides rides to medical, dental, therapy, and clinic appointments, grocery stores, and a variety of social and recreational programs. The Bethlehem Food Pantry offers assistance to those in need and accepts donations of non-perishable food, as well as paper and household products. Come to the Senior Office in Town Hall for a copy of our newsletter or visit the Senior Services website at townofbethlehem.org.

Bethlehem Senior Projects, Inc.'s website is bethlehemseniorproject. org.

— Wilma DeLucco





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PICK OF **THE WEEK**



West Side Story

The popular Broadway musical is to be performed at Mac-Hayden Theatre at 1925 New York Route 203 in Chatam through Sunday, Aug 9.

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INSIDE



Arts calendar

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ONLINE

Check out our expanded calendar of events at www. spotlightnews.com/events.

ENTERTAINMENT



Two guys and a list of more than 300 diners reviewed

By MICHAEL HALLISEY

halliseym@spotlightnews.com

hat started as a concerted effort between two childhood friends to remain in touch, has developed over the years as a tour of regional diners.

Bill Hicks and Bob Butler grew up in the same Watervliet neighborhood as kids. The two went to different schools, but the neighborhood kept them together until their school days ended. The nation was at war in Vietnam once the two graduated, and Butler soon went off to serve his country. Time and distance separated the two friends for nearly 20 years before they met up again in a reunion of neighborhood friends.

Butler still calls Watervliet home, while Hicks lives across the river in East Greenbush, still close enough for a short drive's visit to meet with one another over breakfast. And, that's exactly what they began to do. At first, they would decide to meet some place once a week. The weekend worked. Ultimately, they said, they decided to branch out and try different places. A road trip ensured, which later turned into a project.



Bill Hicks, left, and Bob Butler, are two childhood friends who have made it their mission to visit as many diners as two guys can.

Photo by Michael Hallisey/Spotlight

8/17/2008 — Gibby's — Duanesburg, NY — 5 stars —

Unbelievable. Best food, service, largest portions. Fries were huge but great with onions &peppers. Well worth the drive

"We try to find the little family owned, mom and pop, type places," said Hicks. "Obviously we aren't always successful. We also try to avoid the typical large, shiny silver outside, Greek type diners. Not that there is anything wrong with the food. It's just that they all seem very similar to us. And we're trying to find new and different

Continues on Page B12

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SOCIAL MEDIA

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Selfie stick time

Some places have banned the use of "Selfie sticks." Disney World made headlines recently for taking action against the latest craze in the name of public safety. Perhaps not everyone is as skilled as Bill Decker, who took the opportunity to capture the concert scene at SPAC last Friday, as throngs of music lovers camped out to watch Def Leppard, Tesla and Stvx.

Photo by Bill Decker/Facebook



outdoorcinema

WHERE: The municipal parking lot behind PERRECA'S BAKERY on N. Jay Street in Schenectady, NY. WHEN: All Films Begin at Dusk

FESTIVAL INCLUDES: July 23: Breaking Away

Food is available for purchase from the wonderful neighborhood businesses of Schenectady's Little Italy

Aug 20: Rocky

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www.spotlightnews.com July 29, 2015 | SPOTLIGHT NEWS LIVING B3

POP CULTURE

Steampunks to take over Troy

Troy LDC awards \$10,000 grant for Enchanted City festival

TROY — The Troy Local Development Corporation (LDC) has awarded a \$10,000 grant to an annual steampunkthemed "Enchanted City" festival featuring an Inventors Challenge.

In its first year, The Enchanted City festival transformed downtown Troy into a Victoriana wonderland that attracted nearly 1,000 people before heavy rain ended the event prematurely. This year, The Enchanted City steampunk festival will be held on Saturday, October 3 and event organizers are currently accepting entries for an "Inventors

Sun. & Tues.Closed

Challenge" with cash prizes.

"Troy, as a location, has become the nexus of the creative class and the creative economy," said Bill Dunne, Troy's Commissioner of Planning and Economic Development and Executive Director of the Troy LDC. "This event is that mix between art and technology which is our brand."

The Troy LDC, which meets monthly, approved eight other grants related to facade improvements during its July 10 meeting. According to Dunne, the LDC was particularly impressed by the festival's Inventors Challenge component, which could lead to attracting even more tech companies and makers to Troy.

With its grant of \$10,000, the Troy LDC will be listed as the "Presenting Inventor Sponsor" on all Enchanted City materials. The grant will help pay for a long list of technicians, entertainers, educators and festival support staff.

The Enchanted City Inventors Challenge is made possible through a strategic partnership with Tech Valley Center of Gravity and The Hudson Mohawk Industrial Gateway.

"Troy has a history of out-of-the box thinkers who did things, at the time, that seemed crazy -- like George Ferris, an RPI graduate who modeled his Ferris Wheel after Troy's famous Burden Water Wheel!" said Enchanted City organizer Susan



A genre defined by contemporary novelist K.W. Jeter, steampunk described as world where steam, and not electricity, drives technological advancements.

Photo by Slyer Image Photography

M. Dunckel. "We are seeing that inventive spirit reemerge in Troy today, with groups like the Tech Valley Center of Gravity, PRI and companies like Apprenda. The Enchanted City is all about showcasing that spirit in a fun way -- bringing it into the streets, so people can see it and put their hands on it and rekindle

our 'future-past.' That's steampunk."

The Enchanted City Inventors Challenge asks all "inventors, makers and mad geniuses" to devise and execute a "mechanical conveyance" (a vehicle) to transport "Queen Mab," the festival's costumed figurehead. The mobile machinery must be able to safely carry the queen

a distance of a quarter mile.

This creation can be: carried like a litter; pulled like a rickshaw or cart; peddled; powered by battery; solar; aeolipile; or robotic. It can be built by an individual, team or club. It will be inspected by a professional engineer, and judged by a team of

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www.eboulevardbowl.com

B4 SPOTLIGHT NEWS LIVING | July 29, 2015 www.spotlightnews.com

EDUCATION

Lofty ambitions in mind

New principal sees La Salle as home to future leaders of a challenging global community

By MICHAEL HALLISEY

halliseym@spotlightnews.com

TROY — Dr. Paul Fallon has a doctorate in education.

"So they don't think I'm a medical doctor who is suddenly fluent in the world of education," he jokes.

He's La Salle Institute's new principal as of July 1, and he's hit the ground running meeting up with every member of the school's faculty, meeting with parents, students and school supporters in what has become 14 to 16-hour days. "I use the term great-busy. ... The strongest highlight has been working with the work-study students. They are so driven to be at La Salle, they are willing to put hours in to reduce tuition, so they can be here and stay here."

Fallon was first introduced to the school eight years ago as he worked as a consultant helping establish charter school in the region. While visiting the campus, he was left with a lasting impression of the student body: students opening the doors, shaking hands and looking him in the eye. "The level of respect, honor. What I thought what they wore on their shoulders was just a shoulder patch. But, they live it."

La Salle Institute is an independent, Catholic, college preparatory school. Established in 1850 in Troy, by the Brothers of the Christian Schools, La Salle serves young men in grades six through 12. The mission of La Salle is to educate its students in a caring, supportive environment to inspire them to become moral, responsible, and productive members of their communities with a commitment to truth, honor and duty. Fallon is only the third lay principal in the school's history.

"I was thinking: this. This is the place to be," said Fallon. "To be able to take the helm of this. I feel that I am

Continue on B13



Dr. Paul Fallon is only the third lay princpal in La Salle Institute's 165-year history. "Privileged" by the opportunity to be at the Troy boy's academy, he is setting plans to make the school a place college and universities seek for stellar students.

Photos by Michael Hallisey/ Spotlight



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www.spotlightnews.com

July 29, 2015 | SPOTLIGHT NEWS LIVING B5

POINT OF VIEW

Imperfectly okay

Societal pressures over body image felt by all body types

By STACEY MORRIS

news@spotlightnews.com

here was something peculiar about Carla as she approached me from across the room. Her gait was unsteady and she looked confused as she navigated the crowded room of the home where we'd gathered to sit Shiva. When Carla stepped in to greet me the smell of alcohol was overwhelming. Encountering someone so heavily intoxicated at a pubic bereavement service was a first, so I braced myself. "You've done a great job with the weight loss, Stacey, "she slurred. "But your ass is really big...you've still got a fat ass." I stood in horrified silence with the friend I'd been conversing with. We were both too stunned to speak as Carla stumbled away, alcohol fumes trailing her departure like a caustic blast of dragon's breath.

Carla was hammered. But that didn't make her proclamation go down any easier. I could feel the mercury of outrage rising up in me. But I was there to comfort and support a grieving family who are dear friends of mine. It would not have been the time to yank Carla by the throat to draw her perilously near to me so I could hiss through clenched teeth that she was being inappropriate. Instead, I took a deep breath, and let Carla make her way around the room like a deranged bag lady.

My history with absorbing bigoted, vitriolic remarks about my size is long. Being a chubby child meant I was the subject and object of much derisive amusement for the boys who rode my school bus, classmates, girls at summer camp, even babysitters.

High school was a frightening and

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Stacey Morris lost 180 pounds six years ago, but despite her accomplishments she shares how she still falls victim to attacks from others over negative body image.







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FITNESS

Inspiration is everywhere

Champions are not always defined by the accolades they earn

By DAN ROMAND

news@spotlightnews.com

esterday my wife and I were out on one of our training rides and we happened to stop and watch a local triathlon.

For those that don't know a triathlon is an event consisting of a swim, bike ride and run. This particular one was a sprint triathlon which is a 325 yard swim, 11.5 mile bike ride and 3.25 mile run.

We watched as the athletes finished the swim and transitioned to the bike ride. Of course there were the elite athletes, some of whom finished the swim in less than 7 minutes but there was one athlete who struck a chord with us. She was an older, heavyset woman. A woman who many would say had no business trying something like a triathlon.

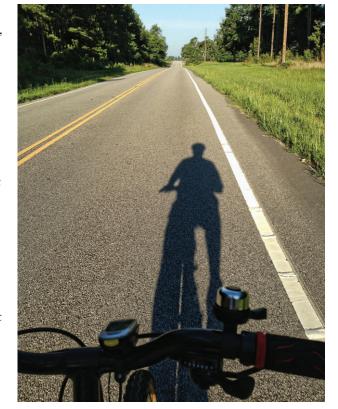
My wife and I watched as she completed her swim next to last in the entire field. While she wasn't the fastest swimmer she wasn't letting that get in her way. As she transitioned to the bike ride we decided to trail behind her and we are so glad we did. We watched as mile after mile she kept pedaling, never stopping even for a single second. As we followed along up hills that even had us winded, she kept chugging along.

Even though she was last in the field by quite a margin clearly there was no quit in her. She just kept pedaling. The heat and humidity (remember we

hit 90 degrees yesterday) took their toll but she wasn't going to stop. It was inspiring not only to us but to the police officers who were monitoring traffic along the route, and along with others, cheered her on.

As she completed her ride we watched in amazement as she got ready to begin her run. Out of breath and clearly tired, she, like the Energizer Bunny, just kept going and going. Although we couldn't continue to follow her anymore, she inspired us to keep going on our training ride. I mean, how could we stop knowing she wasn't. That's the lesson to be learned here.

You see this woman could have been like many others and come up with many reasons why she shouldn't be doing any exercise let alone a triathlon. She wasn't an athlete, she wasn't what many would consider



"in-shape" and she wasn't a spring chicken.

But she didn't let any of that deter her. Quite the opposite, instead of sitting around on a hot summer day, she competed in an event that even I have had doubts I could do. And it should be noted she didn't just decide to do this yesterday. No doubt, she spent many, many hours training for this.

I don't know her name but to her I want to say, Thank you. Thank you for inspiring both my wife and I to not only continue our training ride on a hot, sticky day, but making us commit to joining you in next year's triathlon. Thank you for showing everyone that age is just a number and that you don't have to be a size 2 to take on a challenge such as this.

And, thank you for being a winner, because you are a winner.

You see, winning isn't defined by coming in first nor is it defined by some shiny medal. Winning is defined by getting to the starting line and giving your best effort. Whether you're first or last is irrelevant. It's about completing the journey. And complete it she did.

While she and many others in the field could have come up with excuse after excuse why not to do what they did. They got up off the couch and did it anyway.

Proving that if you stop making excuses you can overcome any obstacle through hardwork and dedication.

So if you're one of those who make up excuses why you can't exercise, think about this woman. If she can do it, why can't you?

No matter what you goal is make a commitment to yourself to get it done, because the only sure way to fail is to not try.

Dan Romand co-owns Full Circle Fitness-NY in Colonie, where he is also a certified personal trainer.

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July 29, 2015 | SPOTLIGHT NEWS LIVING B7

CULINARY ARTS

Food & Drink

Chopped Chicken Salad

By ANN LINDA CIOTOLI

news@spotlightnews.com

Chopped Chicken Salad

Ingredients:

- 2 heads of romaine lettuce, sliced into ribbons
- 1 lb. of baby spinach leaves
- 1 head of red cabbage, sliced into ribbons
- 1 cup of carrots, julienned
- 1 cup of cucumbers, julienned (you can leave the skin on)
- l lb. cooked boneless, skinless chicken breasts shredded

Peanut Dressing

Ingredients:

- 1 cup rice wine vinegar
- 2 Tbs. jalapeno chopped fine (no seeds)
- 2 Tbs. good quality soy sauce (tamari)
- 1/2 cup toasted peanuts
- 1 tsp. grated fresh ginger
- 1 tsp. kosher salt

Instructions:

Place all ingredients for the dressing in a blender. Pulse until blended. Dressing can be refrigerated overnight. Toss all of the salad ingredients together and top with shredded chicken, and extra peanuts. Add dressing to taste, and toss again. Divide into bowls and serve.

Pairing:

To switch things up a little this week, I've decided to pair a summer wine cocktail with the above salad.

Summer Wine Cocktail

4 ounces of Sauvignon Blanc (Suggestion - Dry Creek - Sonoma County)

Several fresh ripe strawberries muddled (mashed)

4 basil leaves (2 muddled (mashed) 2 for garnish

1 ounce of simple syrup (equal parts sugar and water) boiled and cooled

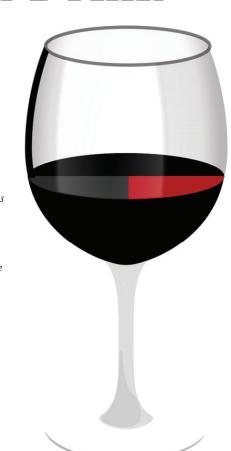
1/2 ounce fresh lemon juice squeezed

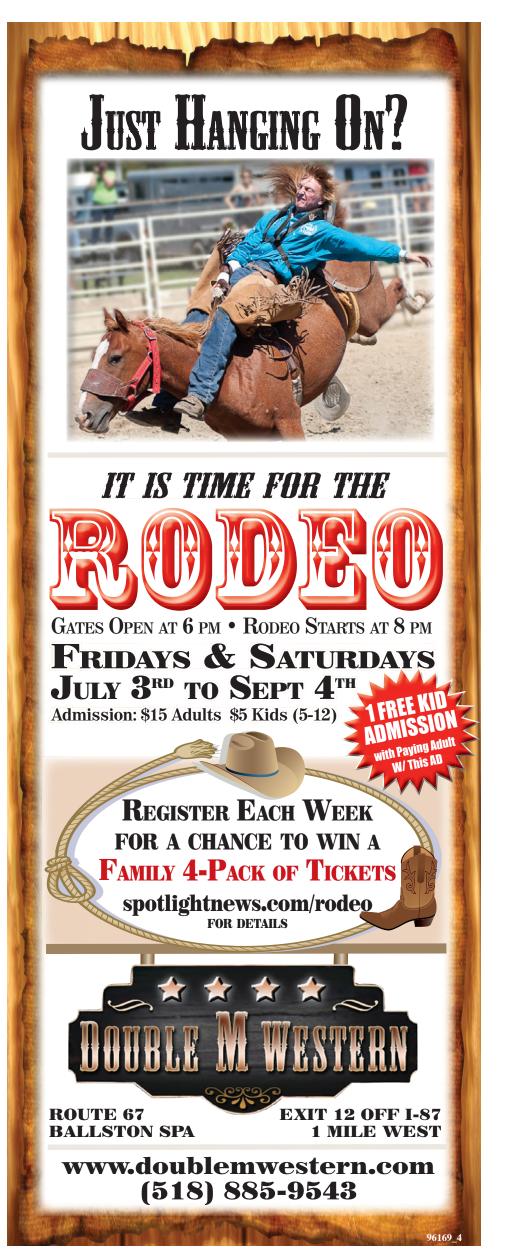
Seltzer - plain or berry

Pour wine, simple syrup, and lemon juice over strawberries, and basil. Top with seltzer, and garnish with a strawberry, and basil leaves.

Ann Linda Ciotoli owns a catering business called Good Enough to Eat, and is well educated at pairing wines with meals. For questions and information, email Ciotoli at sodeliciousalc@yahoo.com.







SPOTLIGHT NEWS LIVING | July 29, 2015 www.spotlightnews.com

ARTS CALENDAR

THEATER

Clever Little Lies

Regional premiere of Joe DiPietro's play. Presented by Curtain Call Theatre, 210 Old Loudon Road, Latham. July 10 through Aug. 1. Shows: Thursdays 7:30 p.m., Fridays and Saturdays 8 p.m., Sundays 3 p.m. Tickets: \$24. Information: 877-7529 or www.curtaincalltheatre.com.

West Side Story

One of the most popular Broadway musicals in history. Presented by Mac-Haydn Theatre, 1925 New York Route 203, Chatham, through Aug. 9. Shows: 8 p.m. Thursdays, Fridays and Saturdays; 2 p.m. Wednesdays, Thursdays and Sundays; 4 p.m. Saturdays; and 7 p.m. Sundays. Tickets: adults \$33-\$34 evenings, \$31 matinees; children under 12 \$14. Information: 392-9292 or www. machaydntheatre.org.

Love's Labour's Lost

William Shakespeare's comedy meets Saratoga Springs polo life, presented by the Saratoga Shakespeare Company, Congress Park, Broadway, Saratoga Springs, July 29 through Aug. 2. Shows: Tuesday through Saturday 6 p.m., Sunday 3 p.m. Free.



Heading for the roof

Alex Torres and His Latin Orchestra will perform on the roof of Skidmore College's Tang Teaching Museum as part of its UpBeat on the Roof concert series Friday, July 31, at 7 p.m. Submitted photo

MUSIC

Natural Wonder

Stevie Wonder tribute band, with opening act Beat Shot Allstars. July 29, 5 p.m., Rockin on the River concert series, downtown Troy. Free. Information: 279-7997 or www.downtowntroy.org.

Schwarzenegger Connection

Headlining German Night at the Concert Series in the Barn, July 29, 7 p.m., Buhrmaster Barn at the Pruyn House, 207 Old Niskayuna Road, Latham. Donation: adults \$5, children 12 and under free. Information: 783-1435 or www.pruynhouse.org.

Moonshine Holler

Appalachian ballads, blues and breakdowns. Part of the Evenings on the Green concert series. July 29, 7 p.m., Bethlehem Public Library, 451 Delaware Ave., Bethlehem. Free. Information: www. bethpl.org.

The Dadtet

Performing as part of the Jazz on Jay concert series. July 30, noon, Jay Street Arcade, Schenectady. Free.

Raelynn

Fast-rising country singer performs at Alive at Five concert series, with opening act Big Sky Country. July 30, 5 p.m., Jerry Jennings' Landing, Riverfront Park, Albany. Free. Information: 434-2032 or www. albanyevents.org.

The Pipe Kings

Performing as part of the Vellano Corporation Summer Concert Series, July 30, 6:30 p.m., The Crossings, 580 Albany-Shaker Road, Colonie. Free. Information: 456-2136.

Joe Hill 100 Roadshow

A tribute to the life and music of Joe Hill on the centenary of his execution, featuring Magpie, Joe Jencks, Charlie King and George Mann. July 30, 7 p.m., Eighth Step at Proctors (Underground), 432 State St., Schenectady. Tickets: \$20-\$30. Information: 434-1703, 346-6204 or www. proctors.org.

Continues on B9

MORE

To submit an event to run in our online calendar, simply go to www.spotlightnews.com/events/submit/, become a registered user and fill out your event's information in the provided form. Submissions are subject to moderation and may take up to 24 hours to be approved.

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- 14 High tea, e.g.
- 15 Sprinter Devers
- 16 Toast starter
- 17 Shopper's haven
- **18** ___ girl!
- 19 Mindful
- **20** '70s sitcom
- 23 Manhattan district
- 24 Precursor of CDs
- 25 "Be Prepared" gp.
- 28 Alfalfa, Spanky, et al. 31 Phone button
- 34 Lots of land
- 36 Coach Parseghian
- 37 River through Florence
- 38 1966 Lovin' Spoonful hit
- 42 Lend a hand
- 43 LPN's group
- 44 Flood foiler
- 45 Young man
- 46 Mother-of-pearl source
- 49 Bungle

By Charles Preston

- 50 Boston's nickname, with The
- **51** Change for a C-note

53 Lillian Hellman play

- 60 Home of 5 Across
- 61 Secondhand
- 62 Busch Gardens attraction
- 63 Dateless
- 64 Malden or Malone
- 65 You said a mouthful!
- 66 Collect the leftovers
- **67** Hebrides language
- 68 Nuisance

DOWN

- 1 Ms. Woodhouse
- 2 Good buy
- 3 Effrontery
- 4 New York Bay island
- 5 First name in whodunits
- 6 Compassion
- 7 Venue
- 8 Patron saint of Norway
- 9 Paris' Elysées
- 10 Arrowsmith author
- 11 Doctoral exam
- 12 Remarkably
- 13 Computer add-on
- 21 Eric the Red, e.g.
- 22 God, in Mecca
- 25 Fundamental
- 26 Mike Nelson's gear

- 27 Partner of dangerous
- 29 Albany-to-Buffalo waterway
- 30 Louvre item
- 31 Tee off
- 32 Penetrate
- 33 Hotel lobby
- 35 Paramedic, briefly
- 37 Hotshot
- 39 Torah authority
- 40 One-million link 41 Daughter of Juan
- Carlos
- 46 Author of 1 Down
- 47 "I know not what
- course ___ may take .
- 48 Pine leaf
- 50 Serengeti scavenger
- 52 Seatbelt
- 53 Money drawer
- 54 Mitch Miller's instrument
- 55 Greenpeace target, for short
- 56 Victim of the Bolsheviks
- 57 Fourth dimension
- 58 Mid-month, to Caesar
- 59 Copper coin
- 60 Schoolyard game

Answers on Pg. B15

ARTS CALENDAR (cont.)

Alex Torres and His Latin Orchestra

Bringing their original blend of Afro-Caribbean music to the UpBeat on the Roof concert series. July 31, 7 p.m, Tang Teaching Museum, Skidmore College, North Broadway, Saratoga Springs. Free. Information: 580-8080 or skidmore.edu/

Rob Forman

Acoustic and electric covers. July 31, 7 p.m., Emack and Bolio's, 366 Delaware Ave., Albany. Information: 512-5100 or www.ebalbany.com.

JP Harris and the Tough Choices

A throwback to the classic country and honkytonk sounds, with opening act Donny Dinero. July 31, 9 p.m., Club Helsinki, 405 Columbia St., Hudson. Information: 828-4800 or helsinkihudson.com.

2 Late

Folk duo. Aug. 1, 7 p.m., Emack and Bolio's, 366 Delaware Ave., Albany. Information: 512-5100 or www.ebalbany.com.

Emmett O'Hanlon

Irish American baritone and member of Celtic Thunder performs his own material. Aug. 1, 8 p.m., WAMC's Linda Norris Performing Arts Studio, 339 Central Ave., Albany. Tickets: \$35; special meet and greet (with show) \$55. Information: 465-5233 or thelinda.org.

Bruce Katz Band

Rock pianist/ keyboardist who's performed with the likes of Greg Allman and Maria Muldaur performs with his own group. Aug, 1, 9 p.m., Club Helsinki, 405 Columbia St., Hudson. Information: 828-4800 or helsinkihudson.com.

Saratoga Choral **Festival**

Regional choir performs a program celebrating the city's centennial, including works by Yaddo composers Aaron Copland, Leonard Bernstein, David Del Tredici and

Nathaniel Dett. Aug. 2, 3 p.m., Spa Little Theater, Saratoga Spa State Park, Saratoga Springs. Tickets: adults \$30, seniors \$20. Information: 852-4851 or www.saratogachoralfest.

Katsura

Acoustic rock/pop/ folk group. Aug. 2, 7 p.m., Emack and Bolio's, 366 Delaware Ave., Albany. Information: 512-5100 or www.ebalbany.com.

The Joey **Alexander Trio**

An 11-year-old jazz pianist prodigy performs as part of the Music Haven Concert Series, with opening act the Schenectady County Community College Jazz Combo. Aug. 2, 7 p.m., the Agnes Macdonald Music Haven Stage, Central Park, Schenectady. Free. Information: www. musichavenstage.org.

Neil Diamond Tribute Show

Local performer Tom Sadge brings the full experience of a Neil Diamond concert to the stage. Aug. 2, 7 p.m., Clifton Common, Vischer Ferry Road, Clifton Park. Free. Information: 371-6667 or www.cliftonpark.

Christopher Paul Stelling

Singer-songwriter comes to town fresh off his Newport Folk Festival appearance, with opening act Planes on Paper. Aug. 2, 8 p.m., Club Helsinki, 405 Columbia St., Hudson. Information: 828-4800 or helsinkihudson.com.

Werthner and Frederick & **Ramblin Jug Stompers**

Performing at Dana Park Summer Concert Series. Aug. 3, 5:30 p.m., Dana Park, intersection of Lark Street and Madison Avenue, Albany. Free.

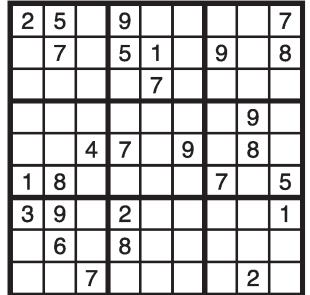
Jazz Caravan

Performing a variety of jazz music from around the world. Part of the Pine Hills Summer Concert Series. Aug. 3, 7 p.m., Albany Elks Lodge 49, 25 South Allen St., Albany. Free. Information: www. uppermadison.org.

The Jazzy Four

Soul, jazz and funk band performs as part of the Made in the Shade of The Egg concert series, Aug. 5, noon, Empire State Plaza concourse, Albany. Free. Information: 473-1845 or www.theegg.org.

Continues on B10



Here's How It Works: Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row. column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Answers on Pg. B15

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ARTS CALENDAR (cont.)

FAMILY

Dog on Fleas

Band led by Grammy Award-winning producer Dean Jones performs original children's music as part of the Barker Park Kids' Summer Series. July 30, 11 a.m., Barker Park, corner of Third and State streets, Troy. Free. Information: 273-0038 or www. troymusichall.org.

Sleepy Hollow

Musical based on the classic children's tale, presented by Mac-Haydn Children's Theatre, 1925 New York Route 203, Chatham, July 31 and Aug. 1. Shows: 10:30 a.m. Tickets: \$10. Information: 392-9292 or www. machaydntheatre.org.

The Puppet People Performing "The Wizard of

Performing "The Wizard of Oz." Aug. 2, 7 p.m., Freedom Park, Schonowee Avenue (next to Jumpin' Jacks Drive-In), Scotia. Free. Information: www. FreedomParkScotia.org.

FESTIVALS

Black Arts and Cultural Festival

An afternoon of music and activities featuring performances by Will Downing, Amber Bullock, Ragan Whiteside and One World Tribe. Aug. 1, noon, Empire State Plaza, Albany. Free. Information: www. empirestateplaza.org.

EXHIBITS

Albany Institute of History and Art

"Walter Launt Palmer: Painting the Moment," through Aug. 16; plus "Ancient Egyptian Galleries" and "The Hudson River School and the Nineteenth-Century Landscape." 125 Washington Ave., Albany. Information: 463-4478 or albanyinstitute. org.

The Arts Center of the Capital Region

"Fence Show 50," featuring more than 40 works by member artists. July 18 through Aug. 29, with a reception during Troy Night Out July 31, 5-9 p.m. River Street, Troy. Information: 273-0552 or www. artscenteronline.org.

University Art Museum

"2015 Artists of the Mohawk Hudson Region," July 9 through Sept. 5. University at Albany uptown campus, 1400 Washington Ave., Albany. Information: 442-4035 or www. albany.edu/museum.

CALL FOR ARTISTS

Saratoga Arts

Seeking artists for its Art in the Park show Sept. 19. Information: Elizabeth Dubben, 584-4132 or edubben@saratoga-arts.org.

Spotlighter's Theatre Troupe

Holding auditions for its production of "The Enchantment of Beauty and the Beast," open to children ages 8 and older, teens and adults. Aug. 16 and 17 by appointment only, Malta Community Center. Information: Elyse Young, 899-4411, ext. 305 or email theater@malta-town.org.

Albany Center Gallery Seeking local and regional

Seeking local and regional emerging and established artists to submit samples of their work for possible selection for exhibition at the gallery. Deadline: Sept. 9. Information: albanycentergallery.com.







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LIVE MUSIC

Jazz prodigy to play Music Haven

SCHENECTADY—

Joey Alexander is an 11-year old Indonesian piano prodigy, whose diminutive size belies his massive skills. The young man, simply put, is a master musician, with jazz running deep in his veins.

In May, Alexander, who was recently featured on the Today show, released his debut album, "My Favorite Things," and he will perform selections from it at the Music Haven. The disc moves from strength to strength,

■ IF YOU GO

- **What:** Joey Alexander at Summer 2015 Music Haven Concert Series
- When: 7 p.m. on Sunday, Aug. 2
- Where: The Agnes Macdonald Music Haven Stage; Central Park, Schenectady.
- How much: Free
- Info: www.musichavenstage.org

with Alexander leading a squadron of stellar New York sidemen.

The Music Haven

is immensely proud to present Alexander's Capital Region debut. He will be joined onstage in Schenectady by Russell Hall on bass and Sammy Miller on drums.

Under the direction of the Capital Region's premier saxophonist, Brian Patneaude, the Schenectady County Community College Jazz Combo was recently granted an Outstanding Performance Award by the jazz bible, Downbeat magazine.

Drummer Ben Martin, bassist Nick Kozak, guitarist Matt Griffin, alto saxman Joshua Nelson and tenor sax ace Connor Dunn will join Joey Alexander in proving that youth is no impediment to true talent.

Home Style Caterers will be on site with a variety of complete meals, snacks and beverages, beginning at 6 p.m. each Sunday including special entrees themed to each evening's entertainment, with Indonesian specialties like stir-fried noodles with bok choy and sweet soy sauce for Alexander's performance. And Ben & Jerry's will scoop premium ice cream at each show.

In the case of inclement weather, Proctors remains the official rain site for the Music Haven Concert Series.

For biographical information about the artists scheduled to perform, related news articles and archives of seasons past, visit Music

Haven's website, www. musichavenstage.org. For updates and new details about upcoming shows—including weather calls—or to offer comments about your experiences at the Music Haven, visit the Music Haven Concert Series on Facebook, or follow the series on Twitter @MusicHavenStage.

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From page B1 ...

The breakfast club

breakfast experiences."

Wikipedia states that the concept of the first diner was in practice in Providence, RI, when a man by the name of Walter Scott decided to sell food out of a horse-pulled wagon to employees at the Providence Journal in 1872. The description, however, resembles the food truck business model of today, than it does a diner.

Diners are stationary, permanent locations complete with stainless steel facades, neon lighting, and the word DINER typically preceded by someone's first name. The stereotypical image

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perhaps started once automobiles replaced the importance of the railways in the 1930s. It was common to see railcars rehabilitated into the iconic Americana eatery imagined today. This shiny, streamlined concept died away after 1942, with America's involvement in World War II.

Despite the war, diners never disappeared. They remained, so long as they provided locals with an inexpensive means for a cup of coffee or a quick bite to eat.

The two retirees have visited nearly 350 different eateries throughout the region, from Albany to as

far as Boston and Chicago. Each visit is followed by a critique. One that includes a brief one-line summary from Butler, capped with a five-star rating.

"With regard to our meals, we always get the same thing in order to

meal is under their control. What factors lead to the service, if the head cook is out sick or the server is having a bad morning, is clearly not. The three of us sit waiting at a table in a local diner the two already scored with two stars. They



provide a comparison," said Hicks. "I get two eggs over easy, sausage, home fries with onions, and decaf coffee. Bob gets two eggs over easy, bacon, home fries with onions, and tea. On a rare occasion, I might get corned beef hash if it's available on the menu."

The two have it down to a science. The choice in

Funny

clearly come back outside their project. "The other day was great," said Butler. "If we got the same service the first time I would have scored them a four." It's on the spreadsheet with a two.

Of all the different facets to the chosen meal, home fries have become something of a linchpin in each review. What

some establishments pass as home fries to their customers, the two clearly identify as hash browns a processed potato patty akin to what one may find at a Dunkin Donuts or McDonalds. This mistake often proves costly.

There are, however, opportunities to save grace. If the diner is equipped with a spill-safe (or "Bobsafe") pot of tea, that is a plus. But, seeing there is no pending patent on that invention just yet, it works in the diner's favor if the server pours Butler's tea. There is also the judging of the diner's atmosphere and scenery. Observations on scenery speak of a different aesthetic.

For our 339th different place for breakfast I drove over to PJ's Country Convenience Store in Sheffield, MA. It's a nice place ... The woman behind the counter was working alone. You order at the counter and she brings the food to the table. ... It took a little while for our food to arrive as she had to wait on other customers as well as cooking. Bob didn't really mind the wait as he was a little enamored with her derrière from the view from his chair. ... Our food arrives and looks about average. The home fries with onions were pretty good. My sausage patty was the average frozen variety. Bob said his two slices of bacon were good, wishing there were more.

The spreadsheet is maintained on a Facebook page dedicated to The Sunday Breakfast Club.

It's a private page that now boasts more than 600 members. Facebook has added another facet to the duo's reviewing process. Butler continues to provide a single, one-lined review on the spreadsheet. He said he does this because he doesn't know how to use Excel too well. Last time he tried to change the format, he said he lost everything. On the group page, Hicks provides a few more lines to describe the experience, along with pictures.

For our 331st, we

drove over to Bernie's Dining Depot in Chicopee, MA. It's a pretty unique place in that it has an actual train car in the front. ...We were pleasantly surprised when we walked in the dining room side door that you can actually sit in the train car. And it was beautiful. Our waitress was very pleasant as well. When ordering my sausage she asked if I wanted regular links or country links. ... Our food looked delicious upon arrival. The home fries were cooked perfectly and outstanding with plenty of onions. ... In summary, if you're near Exit 5 of the Mass Pike around breakfast time this place is a MUST stop. See you next week for #332.

The interview comes to a close just as the two friends receive their meals.

"We'd ask you to join us, but we can't," said Butler.

"It's against our rules," said Hicks.



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From page B3 ...

Steampunks to take over Troy

credentialed officials on Troy Night Out (TNO), Friday, Sept. 25.

The winner selected during TNO will transport the Queen during the festival's opening parade. All transport creations judged worthy of competition will be automatically entered into the "Queens Tourney of Mad Machinery" to take place during the festivities on Oct. 3. The tournament will feature a variety of races that will pit each vehicle into battles with time, space and gravity.

Cash prizes will be awarded. There are categories for elementary school students ("Tiny Teslas") up to adults.

"We're betting on the madcap offspring of art meets engineering. Velocipedes with wings. Self-propelled pianos. A weekend of Inventors Gone Wild," said Laban Coblentz, founder and chairman of the Tech Valley Center of Gravity.

A month-long Kickstarter campaign ending last Friday, has raised an additional \$3,223 from 59 "backers," for The Enchanted City. One of the incentives to donate were VIP tickets to a post-festival concert and "Queens Ball" featuring alternative cello ensemble Rasputina at the Takk House.

"The buzz about The Enchanted City festival last year allowed me to see that this is something people really want," said Dunckel. "We're really pulling out all the stops this year, doing a lot of research and talent scouting, to create a unique

experience that will draw festivalgoers from far and wide."

The Enchanted City is a steampunk fair with faerie flare featuring cosplayers, a fashion show, culinary competition, live theater, storytellers and music. Its mission is to celebrate the industrial heritage and creative spirit of Troy New York's past present and future. It is organized by Susan Dunckel, owner of Sweet Sues, located at 203 River Street.

For information, rules and regulations, visit http://theenchantedcitytroy.com or email: info@enchantedcitytroy.com.



From page B4 ...

Lofty ambitions in mind

privileged. I am deeply humbled, and therefore obligated, to take this school to its fullest potential."

The Class of 2015 consisted of less than 100 young men, yet earned 343 offers of admission from 145 different schools in 27 different states. In all, 244 scholarships amassing \$12.58 million was earned.

And, Fallon looks to add onto those achievements.

"We can't stop there." Fallon said. "Until La Salle becomes the requested school by universities, and not just ivy leagues or whatever else, I will not be happy until colleges are calling us and saying 'send us more like that.' ... I have an ethical responsibility to get them to become leaders of this threatening global society, not just members of this global society.

La Salle will become the premiere studentleader development school in the region," he said.

Fallon succeeded Brother Carl Malacalza after 13 years to the school community, the last eight of which were as principal. Fallon has 26 years experience as a teacher, coach, athletic director, middle school dean, principal, regional superintendent, and educational consultant.

"Dr. Fallon brings a wealth of educational leadership experience and enthusiasm to the academic family of La Salle Institute," said Mr. Edward W. Kovalefsky, Chair of the Board of Trustees.

Last month, the institute also launched a new needs-based scholarship program, the Lasallian Achievement Awards, which is to aid exemplary students who otherwise might not have access to the school.

With the financial assistance offered through the Lasallian Achievement Awards, La Salle will expand its reach to enroll more boys from families that may need additional financial assistance.

Award recipients will be

selected based on academic promise, extracurricular involvement, good character and the potential to excel as leaders at the school and in their communities.

The lead donor for this needs-based scholarship program is The Troy Saving Bank Charitable Foundation, a private organization committed to supporting quality education programs for youth in the greater Capital Region. La Salle Institute will continue to seek additional funding for the Lasallian Achievement Award program from alumni and other community sources.

"One of the characteristics of La Salle Institute that attracted me to the school was the collaborative effort between administration, teachers and parents to foster our cadets' full potential," said Fallon. With the introduction of the Lasallian Achievement Awards, we're expanding the opportunity for new students to receive this same support and ultimately change their lives."



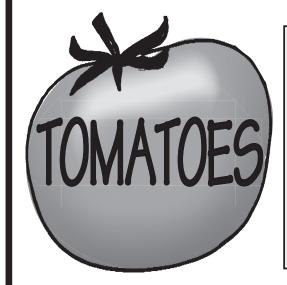
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From page B5 ...

Imperfectly okay

unnurturing place, leaving me emotionally unprepared to deal with life upon graduation, let alone soar on the currents of greatness or some syrupy platitude that the principal recited into the microphone at graduation.

More than half my life was spent bouncing between the extremes of dieting and binge-eating. For 20 years I weighed in excess of 300 pounds. I come from a long line of famine-survivors so my blood pressure and other stats were good, but my energy was non-existent. And I was tired of wearing black stretch leggings everyday.

Six years ago I embarked on a new way of living that had me dropping 180 pounds. I cut out gluten and cow dairy, but I also paid attention to the size of food portions and to the uncomfortable emotions that drove me to overeat in the first place. I started slow, but soon discovered I loved all forms of exercise, including

yoga, distance-walking and weight lifting.

Preceding the weight loss was lots of inner healing. Wounded to the core and with no sense of self-worth put in place during my formative years, I began to get irate. I began to question the collective voice that said I wasn't OK simply because of the size of my body. Ah, I cherish the memory of me, circa age 25, chasing down a 'gang' of cowardly teenage boys at the mall who mooed like cows in my direction and rocketlaunched names and from a safe distance. How satisfying it was when they scattered like rats as I, snorting mad, stormed over to confront them.

I love having 180 pounds off me and I'm very clear that being a smaller size doesn't make me a better human being, it simply means I'm freer. Still, I would have thought that the insults and demeaning queries would have ended on that joyful day that I was able to step

into a size 8 pair of jeans.

But as Carla so eloquently proved, such a Utopian existence is not the case for a former fat chick. It seems that even the formerly fat aren't exempt from our culture's voracious appetite for critiquing. Carla was hardly imparting new information to me. I'm fully aware (despite not having a direct view of it) that my posterior is my largest and most pronounced...asset. And not so much in a Jennifer Lopez kind of way (I wish). Unlike J-Lo, my derriere is, well, not as tightly wound. I also know lipo-suction is an option. But it's an option I haven't taken and I don't owe apologies for it. Maybe it's too costly, or that I'm afraid of going under the knife, or the risks outweigh the benefits. Or maybe I'm simply exercising my right to be imperfect.

Even it if means having to field the occasional rude question, such as "what's your goal weight?" or "have you gained weight?" Yes, someone really asked me that. Point blank. And it was a friend, whom I'll refer to as Martha.

It's probably important to note that Martha is obese. And it's also important to note that my reaction was yet again stunned silence. Martha didn't just stop at the question; she went on to announce that my arms didn't look as 'good' as they once did. And she was probably right. I'd come out of a six-month injury to my shoulder that curtailed my lifting. OK, so I softened up, but should that green-light scrutiny from others?

As Martha's question hung in the air, everything went kind of blurry and I vaguely recall excusing myself from the room. It briefly flashed across my mind to lob back a 'what about your weight?' retaliation, but I didn't want to play that game. It would be hypocritical and contrary to my deepest principles. Several weeks later she and I had a frank discussion about the incident via e-mail. I accepted her apology and we've returned to good terms, but the dynamic between us has never been

the same. You did good, but not quite good enough is the

I'm fully aware that my posterior is my largest and most pronounced. . . asset. And not so much in a Jennifer Lopez kind of way (I wish). Unlike J-Lo, my derriere is, well, not as tightly wound. I also know lipo-suction is an option. But it's an option I haven't taken and I don't owe apologies for it. Maybe it's too costly, or that I'm afraid of going under the knife, or the risks outweigh the benefits. Or, maybe I'm simply exercising my right to be

message I've gotten from some during my newfound years of svelteness. So what to do with the Martha's and Carla's of the world?

imperfect.

In Carla's case I chose not to resurrect the incident. It was highly unlikely that she'd

remember it anyway. As for Martha, I know from my own character flaws that her disconnection to her obesity and the physical trap she was in prompted her to target someone else. Which is understandable, but no one's allowed to do that to me anymore.

Here's the truth that no woman should have to explain: I don't want to spend the majority of my time and energy pursuing an ideal that's not realistic for me. Knowing this is as freeing as having the weight off. It leaves me free to do things like write more books, spend time in the kitchen making food for people I love, do a challenging yoga workout, or even learn a new language.

I've done enough work on myself weight-wise. I'm happy with where I am. If you find that insufficient, that's you're problem. And if you come at me with an insulting remark about my proportions – I'll be ready this time.

Stacey Morris is a health blogger and author of "Clean Comfort", which tells the story of her maintaining her weight loss.

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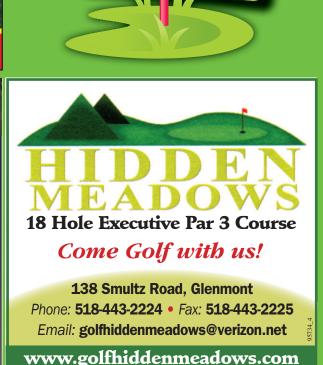
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July 29, 2015



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DUTCHMEN PLAYER OF THE WEEK

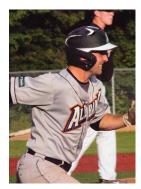


Jack Weiller was named the Albany Dutchmen's eighth Spotlight Player of the Week. The Virginia-bound infielder drove in two runs in a 6-1 victory over Glens Falls Thursday, July 23, and he stole two bases in a 9-5 victory at Mohawk Valley Friday, July 24.

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INSIDE



Making strides

The Albany Dutchmen moved into third place in the PGCBL East Division after a road win Sunday.

Page 10

MARTIAL ARTS



Adam Grogin won the lightweight division title in three directional board breaking at the International **Sport Karate** Association's **US Open July** 4 in Orlando. Grogin is the owner of Pil-Sung Martial Arts Studio in Colonie.

Submitted photos



Master of the board

Grogin wins title at international competition

By ROB JONAS

jonasr@spotlightnews.com

COLONIE — Adam Grogin's specialty is breaking boards.

The 34-year-old third-degree black belt broke 18 out of 21 boards in the final to win the lightweight three-directional wood division at the International Sports Karate Association's World Breaking Championships July 4 in Orlando, Fla.

It was Grogin's first title in only his second appearance at the world championships.

"The win was more important than the

Continues on page 10

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ALBANY DUTCHMEN

Dutch climb to third place

Albany beats
Adirondack to pass
slumping Glens Falls

By ROB JONAS

jonasr@spotlightnews.com

ALBANY — On Wednesday, July 22, the Albany Dutchmen were three games behind Glens Falls for the third and final playoff spot in the Perfect Game Collegiate Baseball League's East Division.

On Saturday, July 25, the Dutchmen catapulted past the Dragons.

Albany (21-24) extended its winning streak to three games with a 7-3 win at Adirondack, while the Dragons (21-25) slipped to fourth place following a 9-6 loss against league-leading Amsterdam.

The Dutchmen rallied from a 2-0 deficit to take a 3-2 lead against

Adirondack (17-27). The Trail Blazers tied the score at 3-3 on Brendan Looby's RBI double in the bottom of the eighth inning, but Albany scored four times in the top of the ninth to pull out the win. Tim Moore (Siena) gave the Dutchmen the lead for good with an RBI single, and Grayson Lewis (Rice) added a tworun double.

Zach Remillard (Coastal Carolina) contributed a solo home run, and starting pitcher Chris Amorosi (Siena) struck out 12 batters in seven innings of work for Albany.

The Dutchmen's playoff push began with a 6-1 victory over Glens Falls Thursday, July 23, at Bob Bellizzi Field. Albany gained more ground on Glens Falls Friday, July 24, when it defeated Mohawk Valley (26-18) 9-5, while the Dragons dropped both games of a doubleheader against Amsterdam.

From page 9 ...

Master of the board

quantity (of the boards broken)," said Grogin, who owns Pil-Sung Martial Arts on Central Avenue. "More often than not in those divisions, most people are not hitting 100 percent."

Grogin said winning the competition wasn't as easy as it looked to those who watched the finals on ESPN2.

"In this competition, you actually have to do it twice when you win because what happens is the first round in the morning. All 12 guys are up there and they do the best, and they take the top two," said Grogin. "You then come back after lunchtime — after you've cooled down, all your energy is kind of gone you've got to turn it on a second time. You also have to deal with the wear and tear on your body because your body gets a bit of bumps and bruises and sore from doing it the first

"Why I'm not upset with my number not being 100 percent is I was consistent. I hit a good number in round 1 and a good number in round 2, as opposed to a lot of guys that can't repeat that. The consistency is the determining factor ... because a lot of those guys are hitting close numbers. They're only off by one or two. But they can't do it twice."

Grogin has had a long love affair with board breaking, dating back to his pre-teen years as a tae kwon do student.

"I fell in love with board breaking at that age (12). I liked the sense of accomplishment, the immediate results. You do it, you succeed, you feel good," he said. "It's not like a fight or a sparring match where you get a couple of points and they gets a couple of points, and it goes back and forth. It's that moment of power and that natural high."

Being slight in stature, Grogin said his martial arts achievements helped his self esteem.

"In my teen-age years, I was a pretty smallframed individual — not super big or super strong," said Grogin, who is approximately 5 feet, 7 inches tall and 165 pounds. "So when I was able to start learning to harness that energy — that ki energy — it produced results that were impressive of somebody my size, average of somebody a larger size. That got attention, and I enjoyed that."

Because of his height and weight, Grogin said he realized to become a great board breaker, he had to perfect his technique.

"Practicing for breaking, as I tell my students, is monotonous. It is boring, it is slow — nobody wants to commit to standing there and just going through a motion repetition over repetition, over and over again to build the muscle memory," said Grogin. "But I realize that's where the difference plays in. So, I just sit there with my headphones on listening to music for hours just going through the motions slow to build that muscle memory at a slow pace. So when I

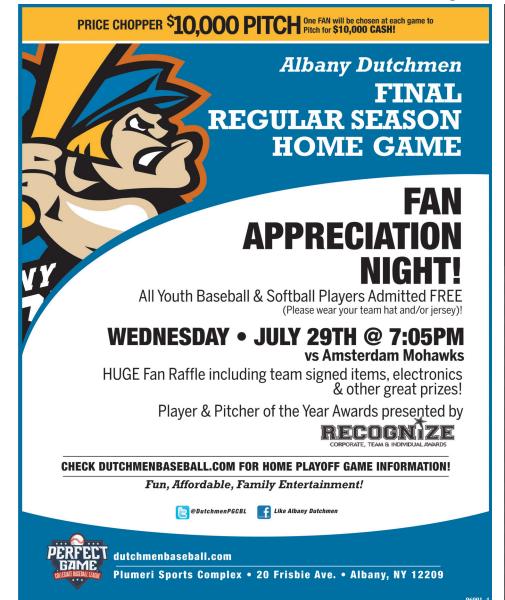
am ki-ed (energized), it all happens by itself.

"A lot of this stuff, it is physical, it's physics. It's not who's bigger or stronger," he added. "It's about perfect technique and alignment, and in my opinion, that's only about 10 percent of the total package. It's all about that energy and focus."

Grogin said winning a world title in one discipline this year is fueling his desire to win more titles in the future. And, he added he is closing in on several world records.

"There's four events that are offered at that (ISKA) competition. This year, I competed in three of them," said Grogin. "One was the one I won, which was the threedirectional wood. One is a concrete arm, where you break patio bricks with your arm, and one is concrete kick. In concrete arm and concrete kick, I placed fourth in the world in both. I'm happy with that, but next year, I want to get to the finals for those two."





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LEGALS

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23-25 Swan Street LLC articles of organization filed with the Secretary of State of NY [SSNY] on 7/16/15. Office locat ed in Albany County at 65 Albany Avenue Green Island, NY 12183. SSNY has been designated as agent of the LLC upon whom service may be made and SSNY shall mail a copy of service to the office location. The character of the LLC is any lawful ac-

Ad#89565

LEGAL NOTICE

NOTICE OF PUBLIC HEARING Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a public hearing on Wednesday, August 5, 2015 at 7:20 PM., at the Town Offices. 445 Delaware Avenue, Delmar, New York, to take action on an application by Daniel & Sarah Lewis, 40 Alden Court for an area variance under Article XIII, Section 128-100. Applicant would like to construct an addition that does not meet setback requirements

Daniel W. Coffey Chairman Board of Appeals Ad#89575

LEGAL NOTICE

Notice of Formation of MARKS LLC. 434 ST Arts. of Org. filed with SSNY on 5/15/15. Office location: Albany County. designated agent of LLC whom pro-cess against may be served. SSNY shall mail process to: c/o The LLC 54 State St., #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. Ad#87349

LEGAL NOTICE

Notice of Formation of 456 HUDSON AVENUE, LLC. Arts. of Org. filed on 07/08/15 with the Secy. Of State of (SSNY). Office Location: Albany County, SSNY designated as agent of LLC upon whom against it may be served. SSNY shall mail process to Jerusalem Management, LLC, PO Box 6632, Albany, NY, 12206. Purpose: Any lawful activity. Ad#88322

LEGAL NOTICE

NOTICE OF FORMATION DOMESTIC LIMITED LI-COMPANY **ABILITY** Name: MADÍSON AVENUE LLC. Articles of Organization filed with NY Secretary of State, July 17, 2015 Purpose: to engage in any lawful act or activity. Office: in Albany County. Secretary of State is agent for process against LLC and shall mail copy to 1072 Troy-Schenectady F Latham, NY 12110. Road, Ad#89623

LEGAL NOTICE

Notice of Formation of 6120 FOURTH AVENUE LLC. Arts. of Org. filed with SSNY on 6/19/15. Office location: Albany **LEGALS**

County. SSNY designatagent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. Ad#89356

LEGAL NOTICE

Notice of Formation of 74-26 PARK LANE SOUTH LLC. Arts. of Org. filed with SSNY on 7/1/15. Office location: Albany County. SSNY designated as agent of whom process against may be served. SSNY shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose all lawful activities. Ad#89355

LEGAL NOTICE

76 Paine Street LLC articles of organization filed with the Secretary of State of NY [SSNY] on 7/7/15. Office located in Albany County at 65 Albany Avenue, Green Island, NY 12183. SSNY has been designated as agent of the LLC upon whom service may be made and SSNY shall mail a copy of service to the office location. The character of the LLC is any lawful activity. Ad#89562

LEGAL NOTICE

Notice of Formation of AERIAL VIEW - LIFE & CAREER COACHING LLC. Arts. of Org. filed with SSNY on 4/29/15 Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. Ad#87351

LEGAL NOTICE

Notice of Formation of ART HAUS 31, LLC. Arts. of Org. filed with SSNY on 6/12/15. Office location: Albany County. designated as agent of LLC whom pro-cess against may be served. SSNY shall mail process to: c/o The LLC, 54 State St., #103, Al-bany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities Ad#89333

LEGAL NOTICE

Notice of Formation of B AND P REALTY GROUP LLC. Arts. of Org. filed with SSNY on 7/1/15. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY 12207. The registered gent in: USA Corporate agent is: USA Corporate Services Inc. at the same address. Purpose:

all lawful activities.

Ad#89338

LEGALS

LEGAL NOTICE BB BRILL LLC Articles of pose: Org. filed NY Sec. of State (SSNY) 6/19/15. Ad#86289 LEGAL NOTICE NOTICE OF FILING OF ARTICLES OF ORGANI-ZATION IN NEW YORK

Office in Albany Co. SSNY desig. agent of LLC upon whom promay be served. SSNY shall mail copy of process to 230 Park Ave, 10th FI, NY, NY 10022. Purpose: Any lawful purpose. Ad#86717

LEGAL NOTICE

Blackbird VII LLC Arts of Org. filed with Secy. of State of NY (SSNY) on 06/23/15. Off. loc.: Albany Co. SSNY des. as agent of LLC upon whom process may be served. SSNY shall mail process to the LLC, 422 Duck Pond Rd., Locust Valley, NY 11560. Purpose: General. Ad#87447

LEGAL NOTICE

Notice of Formation of BLD 323 20TH ST LLC. Arts. of Org. filed with SSNY on 6/24/15. Office location: Albany County. designated as agent of LLC whom pro-cess against may be served. SSNY shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. Ad#89345

LEGAL NOTICE

Notice of Formation of BLD MANAGEMENT GROUP LLC. Arts. of Org. filed with SSNY on 6/24/15. Office location: Albany County. SSNY designated as agent of whom process against may be served. SSNY shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. Ad#89341

LEGAL NOTICE

Notice of Formation of ESCAPES TRAV-EL, LLC. Arts. of Org. filed with SSNY on 5/12/15. Office location: Albany County. SSNY designated as agent of whom process LLC against may be served. SSNY shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. Ad#87339

LEGAL NOTICE

BRINIC PROPERTIES, LLC Application for Authority filed with SSNY on June 1, 2015. Certificate of Organization filed with Division of Corporations and Commercial Code of the State of Utah on December 9, 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 Veil Corporation, LLC @ **LEGALS**

911 Central Ave #188 Albany, NY 12206. any lawful pur-

BY A LIMITED LIABILI-TY COMPANY Name: Brunswick Center Associates, L.L.C. Articles of Organization filed with sec. of state of NY(SOS) on 7/21/15. Office location: Albany County. SOS is desig-Albany nated as agent of LLC for service of process SOS shall mail copy of process to c/o Nigro Companies, 20 Corporate Woods Blvd, Al-bany, NY 12211. Pur-pose: Any lawful act or . activity

LEGAL NOTICE

Ad#89294

NOTICE OF FORMATION DOMESTIC LIMITED LI-ABILITY COMPANY (LLC)

The name of the LLC is Campus Associates IX LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on July 16, 2015. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 302 Washington Avenue Extension, Albany, New York 12203. Ad#89254

LEGAL NOTICE

NOTICE OF FILING OF ARTICLES OF ORGANI-ZATION IN NEW YORK BY A LIMITED LIABILITY **COMPANY Name:** Caswell Creek Critters Daycare, LLC. Articles of Organization filed with

sec. of state of NY(SOS) on 6/23/15. Office location: Albany County. SOS is designated as agent of LLC for service process. SOS shall mail copy of process to 10 Caswell Creek Way, Feura Bush, NY 12067 Purpose: Any lawful act or activity. Ad#86732

LEGAL NOTICE

Notice of Formation of CSC CLEARSTONE CONSTRUCTION, LLC. Arts. of Org. filed with SSNY on 5/12/15. Office location: Albany County designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address Purpose: all lawful activ-Ad#87352

LEGAL NOTICE

Notice of Formation of DANZA CONSULTING GROUP LLC. Arts. of Org. filed with SSNY on 5/20/15. Office location:

To place your Legal Notice: Call 439-4949

LEGALS

Albany County. SSNY designated as agent of whom process against may be served. SSNY shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. Ad#87346

LEGAL NOTICE

Notice of Formation of DELAFIELD AVE ASSO-CIATES, LLC. Arts. of Org. filed with SSNY on 3/27/15. Office location: Albany County. SSNY designated as agent of whom process against may be served. SSNY shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. Ad#89360

LEGAL NOTICE

Notice of Formation of an LLC: DJD RACING, LLC. Art. of Org. filed with the SSNY on 03/31/15. Office: Albany County. SSNY designat ed as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o InCorp Services, One Commerce Plaza 99 Washington Ave., Suite Albany, NY 805A 12210. Purpose: any lawful purpose. Ad#88602

LEGAL NOTICE

Notice of Formation of DOLLIE AND GAIL LLC. Arts. of Org. filed with SSNY on 5/15/15. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC 54 State St., #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activ-

Ad#87347

LEGAL NOTICE

Notice of Formation of DOLLIE LLC. Arts. of Org. filed with SSNY on 5/15/15. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. Ad#87350

LEGAL NOTICE

NOTICE OF FORMATION DOMES-TIC LIMITED LIABILITY COMPANY (LLC). Name: DRL SCHENECTADY LLC. Articles of Organization filed with NY Secretary of State, June 9, 2015. Purpose: to engage in any lawful act or activity. Office: in Al-bany County. Secretary of State is agent for process against LLC and shall mail copy to 302 Washington Avenue Ext., Albany, NY 12203. Ad#86933

LEGALS

LEGAL NOTICE

Notice of Formation of DRRK LLC. Arts. of Org filed with SSNY 7/1/15. Office location: Albany County. SSNY designated as agent of whom process against may be served. SSNY shall mail process to: c/o The LLC, 54 State #103, Albany, NY 207. The registered 12207. agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. Ad#89361

LEGAL NOTICE Notice of Formation of Limited Liability Company Pursuant to Section 206 of the New York Limited Liability Law a. The name of the Limited Liability Company is DSLeadership, LLC. b. The Articles of Organization were filed with the Secretary of State on June 1, 2015.

c. The office of the Lim-

ited Liability Company will be located in Albany County.

d. The Secretary of State is designated as agent of the Limited Liability Company upon whom process against it may be served. The address which the Secretary State shall mail copy of any process against the Limited Liability Company served upon him or her is: DSLeadership, LLC c/o David S. Liebschutz 76 Devon Road, Delmar NY 12054 e. The Limited Liability Company is formed for any lawful business purpose or purposes

Ad#89252 LEGAL NOTICE

ARTICLES OF INCORPO-RATION of ENDEAVORS BOUTIQUE LLC under Section 203 of the Limited Liability Company Law. The purpose for which the Company was formed in May, 2015 in Albany County is to engage in any lawful act or activity under the LLCL of the State of New York. The Secretary of State is designated the agent of the LLC upon whom process against it may be served at 40 Arcadia Court, Albany, NY 12205. Ad#85277

LEGAL NOTICE

Notice of Formation of EXG, LLC. Arts. of Org. filed with SSNY on with 9/10/14. Office location: Albany County. SSNY designated as agent of whom process against may be served. SSNY shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. Ad#87341

LEGAL NOTICE

NOTICE OF APPLICA-TION OF AUTHORITY FOR FOREIGN LIMITED LIABILITY COMPANY
(LLC) Name: FAIRVIEW
SIHP LLC. Articles of
Organization filed with
the Delaware Secretary State, February 23, 2015. Application for Authority filed with NYS Secretary of State, June **LEGALS**

11, 2015. Purpose of LLC - to engage in any lawful act or activity Office: to be located in Albany County. tary of State shall mail copy of process against LLC to 20 Corporate Woods Blvd., Albany, NY 12211

LEGAL NOTICE

Ad#86715

Notice of Formation of FAT LEMONS LLC. Arts of Org. filed with SSNY on 5/11/15. Office location: Albany County. SSNY designated as designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC 54 State St., #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address Purpose: all lawful activ-

Ad#87344 LEGAL NOTICE

First NC, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 01/02/08. Off. loc.: Albany Co. SSNY des. as agent of LLC upon whom process may be served. SSNY shall mail process to the LLC, P.O. Box 137, Locust Valley, NY 11560. Purpose: General. Ad#86935

LEGAL NOTICE

Notice of Formation of Limited Liability Compa-ny: Company Name; Foundation Management LLC. Articles of Organization were filed with the New York Department of State on July 7, 2015. Office location: 28 Harding Street, Albany, NY 12208 (Albany County). SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC at Street, 28 Harding Albany, 12208 for any lawful purpose. Ad#89643

LEGAL NOTICE

Notice of Formation of FRANK TUMMINIA AND 266 HUSSON STREET LLC. Arts. of Org. filed with SSNY on 5/22/15. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY may be served. shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. Ad#87338

LEGAL NOTICE

Notice of Qualification of FUNOOGLES, LLC. Authority filed with SSNY on 5/13/15. Office location: Albany County, LLC formed in DE on 3/4/13. SSNY designated as agent of LLC upon whom process against may be served. shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. DE address of LLC: c/o USA Corporate Services Inc., 3500 South Dupont

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Hwy, Dover, DE 19901. Arts. Of Org. filed with the DE Secy. Of State, 401 Federal St., Ste 4. Dover, DE 19901. Purpose: any lawful activi-

Ad#87337

LEGAL NOTICE

GLD Public Relations, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 07/09/15. Òff. loc.: Albany Co. SSNY des. as agent of LLC upon whom probe served. SSNY shall mail process to the LLC, P.O. Box Mill Neck, 11765. Purpose: Gener-

Ad#88595

LEGAL NOTICE

GLOBACOS EUROTRI-ADE USA, LLC Art. of Org. filed with the Secreof State of NY (SSNY) on 06/10/15. Of-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, 90 State Street, Suite 700 Office 40, Albany NY The Registered Agent and Office of the LLC are New York Registered Agent LLC, 90 State Street, Suite 700 Office 40, Albany NY 12207. Purpose: Any 12207. lawful purpose. Ad#86084

LEGAL NOTICE

GRAYDIN LLC App. for Auth. filed NY Sec. of State (SSNY) 7/13/2015. LLC was organized in DE on 7/9/2015 . Office in Albany Co. SSNY desig. as agent of LLC upon whom process may be served. SSNY to mail copy of process to c/o Citrin Cooperman & Co., LLP, Attn: Jeff Slavet, 529 5th Ave., 9thFl., NY, NY 10017. Required office at 28 Old Rudnick Dover, DE 19901. Cert. of Org. filed with SSDE, 401 Federal St., Dover, DE 19901, Purpose: Any lawful pur-Ad#88830

LEGAL NOTICE

Notice of formation of H AND N SALON LLC. Originally filed SSNY on 5/20/15. Location is Albany County. designated as agent of LLC whom process may be served. SSNY shall mail process H AND N SALON LLC, 1814 Central Ave, 10, Albany, 12205. Purpose: Lawful activities. Ad#87635

LEGAL NOTICE

Notice of Formation of PROPERTIES, LLC. Arts. of Org. filed with SSNY on 4/27/15. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. Ad#87364

LEGAL NOTICE HONEYWELL LAW

LEGALS

FIRM, PLLC Notice of Formation of Limited Liability Company Articles of Organization of Honeywell Law Firm, PLLC "PLLC") were filed with the Department of tate of New York "SSNY") on 4/30/15. State Office location: Albany County. SSNY is designated as agent of the PLLC upon whom process against it may be served. SSNY shall mail a copy of any process c/o the PLLC, 3 Coventry Glenmont. 12077. The PLLC does not have a specific date of dissolution. Purpose: All legal purposes. Filer: Lavelle & Finn, LLP, 29 American British Latham, NY 12110. Ad#86114

LEGAL NOTICE

NOTICE OF FILING OF THE ARTICLES OF OR-GANIZATION OF J & D EASTCHESTER DETAILING, LLC UNDER LIABILITY LAW SEC-**COMPANY** TION 206 The name of the limited liability company (LLC) is: EASTCHESTER is: J & AUTO DETAILING, LLC. Articles of Organization were filed on March 17. 2015 with the Secretary of State (SS). The office of the LLC is in Albany County, NY. The LLC shall dissolve on December 31, 2065. The SS of NY is designated as agent of the LLC upon whom process against it may be served. The address to which the SS shall mail a copy of any process against it served upon him is the LLC, 20 Collins Avenue, Albany, New York 12208. The purpose of the LLC is to engage in any lawful act or activity for which limited liability companies may formed, both within and without NY State.

LEGAL NOTICE

Ad#88056

Notice of Formation of JESSICA ROSE LLC. Arts. of Org. filed with SSNY on 6/12/15. Office location: Albany County. designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activ-Ad#89331

LEGAL NOTICE

Notice of Formation of an LLC: JKM Builders, LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on June 4, 2015. Office location is in Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served, SSNY shall mail a copy of Pro-cess to the LLC, at 2035 West Old State Road, Altamont, NY 12009. Purpose: for any lawful pur-Ad#86112

LEGAL NOTICE

LEGALS

FIRST: The name of the limited liability company is: K & K NY Properties)

SECOND: The jurisdiction of organization of the limited liability company is:Michigan The date of its organization March THIRD: The county within New York state in which the office, or if more than one office, the principal office of the limited liability company is to be located is:

Albany FOURTH: The Secretary of State is designated as agent of the limited liability company upon whom process against it may be served. The address within or without this state to which the Secretary of State shall mail a copy of any process served against him or her is: 14 Commercial Albany, Avenue,

Ad#87446 LEGAL NOTICE

Notice of Formation of HALKIAS FAMILY PART-NERSHIP L.P. Certificate was filed with SSNY on 3/12/15. Office location: Albany County. SSNY designated as agent of whom against may be served. SSNY shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. same address. Name/address of each genl. ptr. available from ŠSNY Term: 12/31/2050. Purpose: all lawful activities. Ad#87443

LEGAL NOTICE

Notice of Formation of KJM HOLDING GROUP LLC. Arts. of Org. filed with SSNY on 4/30/15. Office location: Albany County. SSNY designat ed as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. Ad#87366

LEGAL NOTICE

NOTICE OF FORMA-TION The name of the limited liability company is B & H AUTOMOTIVÉ SERVICE LLC. The Articles of Organization of LLC were filed with the New York Department of State on FEBRUARY 12 2015. The office of the LLC is in Schenectady county and the address to which the Secretary of State shall mail a copy of any process served is to STEVEN M SARGENT; 20 CHURCH ST; SCHENEC: TADY, NY 12305. The purpose of this LLC is to engage in any lawful activity to which the LLC may be organized under the LLCL of New York Ad#85884

LEGAL NOTICE

Notice of Formation of an LLC: Lever1, LLC. Art. of Org. filed with the SSNY on 6/23/2015. Of-

LEGALS

Albany County. fice SSNY has been designated as agent of the LLC upon whom process against it may be SSNY shall mail served. a copy of processes to: C/O Lever1, LLC 510 W 5th Street Kansas City, MO 64105. Purpose: Any Lawful Purpose. Ad#88926

LEGAL NOTICE

Notice of Formation of LIMOSO, LLC. Arts. of Org. filed with SSNY on 7/2/15. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. Ad#89359

LEGAL NOTICE

Notice of Formation of LOE BAR & GRILL LLC Arts. of Org. filed with SSNY on 4/9/15. Office location: Albany County. designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. the same address. Purpose: all lawful activ-Ad#89327

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY, NAME: Love It or Cut It. LLC. Articles Organization were filed with the Secretary of the State of New York (SSNY) on 5/21/15. Office Location: Albany County. SSNY has been designated as agent to the LLC upon whom process against it may be served. SSNY shall mail a copy of the process to the LLC, 821 Rt. Glenmont 12077. For any lawful purpose Ad#88607

LEGAL NOTICE

Notice of Formation of MAYA GAMES LLC. Arts. of Org. filed with SSNY on 4/29/15. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC. 54 State St., #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. the same address. Purpose: all lawful activ-Ad#87363

LEGAL NOTICE

Notice of Formation of MLBK, LLC. Arts. of Org. filed with SSNY on 5/11/15. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY 12207. The registered

LEGALS

agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. Ad#87354

LEGAL NOTICE

Notice of Formation of MOBILE CENTER USA LLC. Arts. of Org. filed with SSNY on 6/2/15 Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. Ad#89330

LEGAL NOTICE

NOTICE OF FORMA-

TION OF MOENCH SECURITY CONSULTING SERVICES. LLC On 6/22/2015. Articles of Organization of Moench Security Consulting Services, LLC were filed the Secretary of State of the State of New York. The office of the NY limited liability company is located in Albany County. The SSSNY is designated as the agent of the limited liability company upon whom process against it may be served and the post office address within New York State to which the SSSNY shall mail a copy of any process against it served upon him or her is Moench Security Consulting Services, LLC, 32 Door-stone Dr. S, Latham, NY 12110. The purpose of the limited liability company is for any lawful business purpose or purposes Ad#86728

LEGAL NOTICE

Notice of Formation of MY COFFEE CUP, LLC Arts. of Org. filed with SSNY on 4/24/15. Office location: Albany County. designated SSNY agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY 12207. registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activ-

Ad#87438

LEGAL NOTICE

Notice of Formation of a Limited Liability Compa nv(LLC):Name:N7396W LLC,Articles of Organiza tion filed with the Secretary of State of New (SSNY)on 6/26/2015.Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to: C/O N7396W, LLC, 34 Axbridge Ln, Delmar, 12054. Purpose: Any 12054. Purpose: Any Lawful Purpose. Latest Date upon which LLC is to dissolve:No specific Ad#88324

To place your Legal Notice: Call 439-4949

LEGALS

LEGAL NOTICE

Notice of Formation of NOVEL SWIM LLC. Arts. of Org. filed with SSNY on 4/30/15. Office loca-Albany County designated as SSNY agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activ-Ad#87365

LEGAL NOTICE

Notice of Formation of PHJ, LLC. Arts. of Org. filed with the Sect□y of State of NY (SSNY) on 06.15.04. Office location, County of Albany. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: LLC, 1 Noble Path, Albany, NY 12205. Purpose: any lawful act. Ad#88593

LEGAL NOTICE

Notice of Formation of PI HOUSE LLC. Arts. of Org. filed with SSNY on 6/29/15. Office location: Albany County. SSNY designated as agent of whom process against may be served. SSNY shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. Ad#89336

LEGAL NOTICE Notice of Formation of

pvb Employee Benefits Consulting, LLC. Arts of Org. filed with New York Sec of State (SSNY) on 06/23/15. Office location: Albany County. SSNY is 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: 8 Upper Ball Court, Albany, NY 12204, attn.: Ad#87448

LEGAL NOTICE

Notice of Formation of

RWK LLC. Arts. of Org. filed with SSNY on 5/28/15. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. Ad#87343

LEGAL NOTICE Notice of Formation of SAMSON'S TIES, LLC. PROPER-Arts. of Org. filed on 07/01/15 with the Secy. Of State of NY (SSNY). Office Location: Albany County, SSNY designated as agent of LLC upon whom against it may be served. SSNY shall mail process to Jerusalem_Management, LLC, PO Box 6632, Albany, NY, 12206. Purpose: Any lawful activity. Ad#88323

LEGALS

LEGAL NOTICE

Schmidt Financial Group, LLC LLC was filed with the SSNY on June 9, 2015. Office: Albany County. SSNY designated as agent of whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: Sanford Schmidt, Schmidt Financial Group, LLC, 2100 Sanders Road, #120. Northbrook, IL Purpose: Any 60062. lawful purpose. Ad#86107

LEGAL NOTICE

Notice of Formation of SLOTH BEAR USA LLC. Arts. of Org. filed with SSNY on 5/5/15. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC. 54 State St., #103, Albany, NY 12207. registered agent is: USA Corporate Services Inc. the same address. Purpose: all lawful activ-

Ad#87439

LEGAL NOTICE

Notice of Formation of SOMDS, LLC. Arts. of Org. filed with SSNY on 5/21/15. Office location: Albany County. SSNY designated as agent of whom process against may be served. SSNY shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. same address. Purpose: all lawful activities. Ad#87345

LEGAL NOTICE

Notice of Formation of STEVEN L. BROUN-ATTORNEY LAW PLLC. Arts. of Org. filed with SSNY on 5/29/15. Office location: Albany County. SSNY designated as agent of whom LLC process against may be served. SSNY shall mail process to: c/o The LLC. 54 State #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: To engage in the practice of law.

Ad#87297 LEGAL NOTICE

Notice of Qualification of

THE AFRICA AMERICA

COFFEE TRADING CO. LLC. Authority filed with SSNY on 4/24/15. Office location: Albany County. LLC formed in DE on 3/15/13. SSNY designated as agent of LLC upon whom process against may be served. SSNY shall mail process to: c/o The LLC, 54 State #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. same address. DE address of LLC: c/o Allstate Corporate Services Corp., 1679 S. DuPont Hwy. #100, Dover, DE 19901. Arts. Of Org. filed with the DE Secy. Of State, 401 Federal St., Ste 4, Dover, DE 19901. Purpose: any lawful activity. Ad#87331

LEGALS

LEGAL NOTICE

Notice of Formation of Professional Service Limited Liability Company Pursuant to Section 1203 of the New York Limited Liability Law a. The name of the professional service limited

liability company is THE PFEIFFER LAW FIRM PLLC. b. The Articles of Organization were filed with

the Secretary of State on April 30, 2015. c. The office of the pro-

fessional service limited liability company will be located in Albany Coun-

The Secretary of State is designated as agent of the professional service limited liability company upon whom process against it may be served. The address which the Secretary of State shall mail a copy of any process against the professional service limited liability company served upon him or her is:

PFEIFFER FIRM PLLC 20 Corporate Woods Blvd Albany, New York 12211

e. The professional service limited liability company is formed to practice the profession of

Ad#86708

LEGAL NOTICE

Notice of Qualification of TSZ WB LLC. Authority filed with SSNY on 5/1/15. Office location: Albany County. LLC formed in IN on 4/11/13. SSNY designated as agent of LLC upon whom process against may be served. SSNY shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. IN address of LLC: c/o Incorp Services, Inc., 120 E. Market St. #808, Indianapolis , IN 46204. Arts. Of Org. filed with the IN Secy. Of State, 200 W. Washington St. #201, Indianapolis, IN 46204. Purpose: lawful activity. Ad#87442

LEGAL NOTICE

Articles of Organization for TUS-ALB. LLC was filed with the New York Secretary of State on Jun 15, 2015. The Principal Office of the Company is located in Albany County. The Secretary of State has been has been designated as agent upon whom process may be served and a copy of process shall be mailed to Tim Doherty, 488 Elk St., Albany, NY 12206. Purpose: Any lawful purpose. The latest date upon which the Company is required to be dissolved is 1/1/2099. Ad#87937

LEGAL NOTICE

Notice of Qualification of TZF WB LLC. Authority filed with SSNY on 5/4/15. Office location: Albany County. LLC formed in IN on 4/11/13. SSNY designated as agent of LLC upon whom process against may be served. SSNY shall mail process to:

www.spotlightnews.com

July 29, 2015 | THE SPOTLIGHT 13

COMMUNITY

Hitting the road to explore good reads

New York Library Association president takes roadtrip with son

By TRICIA CREMO

cremot@spotlightnews.com

BETHLEHEM —

Fifty libraries in ten days. That is the feat father and son Jeremy and Jack Johannesen have set themselves this summer.

In an old green 1978 Voswagen camper van that Johannesen has had since he was 20, the pair left from their hometown library in Bethlehem on a sunny Monday morning.

Their trip will take them all across the state. The only rule, said Jack, is to stop at every library they pass. "Every library has its own magic," he said.

Though the old van Johannesen is driving has gone through considerable repairs throughout the years, he's sure it will be able to make the trip. The van has been with the family for decades, providing the postwedding getaway vehicle for Johannesen's parents' wedding.

Jeremy Johannesen is the executive director of the New York Library Association (NYLA). Jack, an avid reader himself, was happy to tag along with his dad on the trip, which left July 20. Jeremy said he came up with the idea for the trip to raise awareness of the different work that NYLA does across the state.

He hoped their trip will raise awareness of the different libraries that exist throughout the state, and help get funding donations for New York State libraries.

The group cites that New York State Library funding is currently below 1997 levels. The organization is working to raise those funds for individual libraries.

The goal of the trip is to visit 50 libraries, but the Johannesens are trying to visit as many libraries as possible.

"There are so many smaller libraries across the state and I thought it was time to stop and see what they're doing that's "There are so many smaller libraries throughout the state, and I thought it was time to stop and see what they're doing."

JeremyJohannesen

new and exciting," said Jeremy.

He described one such location where a town's high school library stays open all year – even in summer - because the town does not have its own public library.

Jack said he was particularly excited to see some 3D printers.

Some of the sites the plan to see are a library in Round Lake built from

a former house. At the Crandell Library, there is a large machine that automatically sorts books, and at the Tupper Lake Library, there is a stuffed fox on a shelf, watching readers from above.

In all of the libraries they hope to come across, Jack and Jeremy Johannesen think they will find communities of people who love their local libraries, however small or large it may be. Each is unique and each typically well-loved.

The pair planned to return Wednesday, July 29, but you can see all of their strange and magical librarial finds documented on the NYLA's twitter. NYLA advocates are also encouraged to contact their local elected officials to increase their library's funding.





Top: Jack Johannesen, sn of New York Library Association President Jeremy Johannesen, in the families camper van. Left: Bethehem Public Library staff wish them a safe journey on their roadtrip.

Tricia Cremo/Spotlight





LEGALS

c/o The LLC, 54 State St., #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. IN address of LLC: c/o Incorp Services, Inc., 120 E. Market St. #808, Indianapolis, IN 46204. Arts. Of Org. filed with the IN Secy. Of State, 200 W. Washington St. #201, Indianapolis, IN 46204. Purpose: any lawful activity. Ad#87441

LEGAL NOTICE

Notice of Foreign LLC. Name: Venture Property Services, LLC. Certificate of Authority issued 06/15/2015. Articles of Organization filed with the Secretary of State of Georgia on 10/22/2012. Office location: Albany County. SSNY as agent

LEGALS

of Foreign LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 1971 Western Ave #1122, Albany, NY, New York 12203. Purpose: All legal purposes. Ad#87579

LEGAL NOTICE

NOTICE OF FORMA-TION OF VF BOX, LLC On 6/17/2015, Articles of Organization of VF Box, LLC were filed with the Secretary of State of the State of New York. The office of the NY limited liability company is located in Albany County. The SSSNY is designated as the agent of the limited liability company upon whom process against it may be served and the post office address within New York

LEGALS

State to which the SSS-NY shall mail a copy of any process against it served upon him or her is VF Box, LLC, 1529 Western Avenue, Albany, NY 12203. The purpose of the limited liability company is for any lawful business purpose or purposes. Ad#86204

LEGAL NOTICE

NOTICE OF APPLICATION OF AUTHORITY FOR FOREIGN LIMITED LIABILITY COMPANY (LLC) Name: WEST-MINSTER SIHP LLC. Articles of Organization filed with the Delaware Secretary of State, February 23, 2015. Application for Authority filed with NYS Secretary of State, June 11, 2015. Purpose of LLC - to engage in any lawful act or

LEGALS

activity. Office: to be located in Albany County. Secretary of State shall mail copy of process against LLC to 20 Corporate Woods Blvd., Albany, NY 12211. Ad#86713

LEGAL NOTICE

Notice of Formation of WESTSIDE DONUT 35TH STREET VENTURES LLC. Arts. of Org. filed with SSNY on 7/7/15. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.

LEGALS

LEGAL NOTICE

Notice of Formation of WESTSIDE DONUT GLEN COVE VENTURES LLC. Arts. of Org. filed with SSNY on 6/11/15. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. Ad#89347

LEGAL NOTICE

Notice of Formation of WESTSIDE DONUT GLEN HEAD VENTURES LLC. Arts. of Org. filed with SSNY on 6/11/15. Office location: Albany

LEGALS

County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. Ad#89352

LEGAL NOTICE

Notice of Formation of WESTSIDE DONUT SEA CLIFF VENTURES LLC. Arts. of Org. filed with SSNY on 6/11/15. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY 12207. The registered agent is: USA

LEGALS

Corporate Services Inc. at the same address. Purpose: all lawful activities. Ad#89349

LEGAL NOTICE

WICKED GOAT ENTER-PRISES LLC NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY Articles of Organization filed with Secretary of State of New York (SSNY) on June 25, 2015. Office location: Albany County. SSNY is designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC to Keith J. Roland, Herzog Law Firm P.C., 7 Southwoods

LEGALS

Blvd., Albany, New York 12211. No registered agent. Purpose: for all legal purposes. Ad#87456

LEGAL NOTICE

Notice of Formation of WRIGHT RISK MANAGE-MENT CONSULTING, LLC. Arts. of Org. filed with SSNY on 3/16/15. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 54 State St., #103, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.



REPORTERS: Tricia Cremo @tcremospotlight, Marcy Velte @Velte_spotlight and Emily Drew @Emily_Spotlight

EDITORS: Rob Jonas @jonas_spotlight, Michael Hallisey@mh Spotlight

July 29, 2015



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FROM THE EDITOR'S DESK

No end to income inequality

ast week's recommendation to raise the state's minimum wage for fast food workers to \$15 an hour may do more harm than good.

For openers, the recommendation by Gov. Andrew Cuomo's Fast Food Wage Board doesn't take full effect until 2018 in New York City and 2021 in the rest of the state. By that point, \$15 an hour may only be good enough to be considered a low-income wage, given the rate of inflation.

More importantly, who's to say the fast food industry won't choose to eliminate jobs and close stores as a result of this wage hike? Mega corporations such as McDonald's and Yum (which owns Kentucky Fried Chicken, Taco Bell and Pizza Hut) might replace people with machines to do the work. They certainly don't need to have cashiers, given the advances in computer technology that would allow people to punch in their order and pay with their debit or credit cards.

Of course, supporters of the \$15 an hour minimum wage say this increase will lead to across-the-board wage hikes for all

lower and middle class Americans. We'd like to think so, too, but the fact remains that the average worker in our country has seen their spending power reduced since the market crash of 2008. We see it in the ripple effect of lagging economic growth, as fewer Americans feel they can afford to make big purchases such as cars, homes and long-distance trips. Even going out to eat requires us to check our bank accounts to make certain we can afford to do so.

Ironically, fast food restaurants are also feeling a financial pinch, as more Americans are opting not to eat their food. It's not because they can't afford it; it's because more Americans are health conscious when it comes to what they eat. Why have a Big Mac and fries when it's healthier to eat a salad topped with grilled chicken? And why do you think McDonald's and Wendy's have both made a major marketing push by advertising some of their healthier menu items? They know they need to draw more customers in, and they're not going to do that by promoting slabs of greasy meat placed between two halves of a hamburger bun.

Yes, fast food workers deserve a raise, but so do people working at department stores, nursing homes, schools, ambulance companies and many other professions. We all need to make a wage that allows us to pay all of our bills on time, purchase gas and food, and still have money left over to get out and enjoy life. After all, that is the "American dream" — the one being lived by executives, professional athletes and entertainers.

Will raising the minimum wage to \$15 an hour for fast food workers achieve that goal? We don't see it happening, unless the government steps in like it is now. And even if it happens, other corporations may find ways to get around the wage hike by laying off workers and automating processes. After all, we're talking about profit margin — the corporations' sacred cow. As soon as the profit margin is compromised, all bets are off.

Raising the minimum wage for fast food workers might seem like a first step towards ending income inequality, but it's only a tiny step at best.

Of course, supporters of the \$15 an hour minimum wage say this increase will lead to across-the-board wage hikes for all lower and middle class Americans. We'd like to think so, too. but the fact remains that the average worker in our country has seen their spending power reduced since the market crash of 2008. We see it in the ripple effect of lagging economic growth, as fewer Americans feel they can afford to make big purchases such as cars, homes and long-distance trips. Even going out to eat requires us to check our bank accounts to make certain we can afford to do so.

GET TO KNOW ...



Pat Stever Andriano's Pizza, Owner

Residence: Delmar Hometown: Fort Collins, CO

What are you listening to?

I listen to old-style country and rock.

What are you reading?

I don't have time to read, but I read magazines. I read men's journals and the men's health magazine.

What was the last movie you saw?

The last movie I saw was "Varsity Blues."

One person living or dead you would like to meet and why?

Peyton Manning. He's a great leader, great football player, great family man, plays for the Denver Broncos.

Describe your dream vacation.

Out West. I love Colorado, California and the Rocky Mountains. I would go there with my family.

What is your favorite hobby?

I love to golf.

Describe what your last meal would be.

It would be probably be steak and lobster.

What is your favorite local memory?

My favorite local memory is watching my kids grow up.

What three things would you bring with you to a desert island?

A keg of Coors Light, my family and my friends.

"Get to Know" is a weekly feature where community members are asked questions that aren't necessarily related to their jobs. If you know of someone you think should be highlighted, e-mail news@spotlightnews.com.



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LETTER TO THE EDITOR

Careful planning for tone zoning

Editor, The Spotlight; The Town of New Scotland and the Capital District Transportation Committee (CDTC) are currently sponsoring development of zoning guidelines for the hamlet area surrounding the Route 85/85A intersection.

As described in Tricia Cremo's June 25 article, an engineering/planning consultant, AECOM, was retained to complete the zoning work, and a Study Advisory Committee was formed to assist the consultant. This study is the culmination of planning for the area and will create mixed-use zoning to reflect recommendations made by residents and the Hamlet Master Plan. Specific zoning code language and design guidelines will be written, which can be adopted by the town.

It will be important for the new zoning district to balance its significance as the town's largest commercial zone with community wishes for scaled development. Much of the study area is currently zoned commercial and was previously zoned industrial. As spelled out in the recent planning documents, mixed-use zoning incorporating commercial, residential, open space, and maybe even agriculture will be appropriate use of the land.

The Study Advisory Committee meets periodically to be updated on the consultant's progress. Our third meeting is at Town Hall July 30 at 7 p.m. While the committee meetings are mostly informational and not formatted for extensive public interaction, two workshops will be held for detailed public input. The first is tentatively scheduled for Sept. 24. So, please consider attending the meetings, especially the public workshops.

For updates, please check the CDTC website at newscotlandzoning. blogspot.com or our new town website at www. townofnewscotland.com.

> Bill Hennessy Councilman Town of New Scotland

From page 1 ...

Dueling chefs

and potatoes. Both chefs had professional restaurant experience and seemed ready for the task at-hand.

"You can tell that they're experts in the kitchen," said Atria Resident and competition judge June Sano.

County Executive Dan McČoy, Bethlehem Police Chief Lou Corsi, and retired Colonie Police Chief Steve Heider also served as judges for the competition held Thursday of last week, July 23.

Acting as Ted Allen for the chopped throw-down was Executive Director Berry Straub: there to narrate each slice and dice for the residents in attendance.

Both Young and Margiotta chose a traditional grilling method for their pork tenderloins and vegetables, but it Margiotta's Āsian barbecue sauce that eventually won out to Young's teriyaki-pineapple sauce and carefully-carved vegetable flowers.

The two received what totaled to be equal ratings on taste, presentation and creativity. At one moment it seemed that the competition would

remain a stalemate, but since organizers of the competition had different first place and runner-up, a winner had to be chosen.

A final tie-breaker overall satisfaction score was conducted. Though it was a close call yet again, Chef Margiotta eventually won by a nose, taking home the trophy, a Visa gift card and the glory.

His savory Worcestershire sauce-, soy sauce-, and garlic powderinfused barbecue sauce was "a little too spicy" for judge/resident June Sano, but all of the judges agreed that his pork was cooked perfectly.

Detective Young, however, took his loss in stride, even given small versions of what remained of his dish to the Atria residents in attendance.

Magiotta said that he was happy to have the win, but thought the competition should have remained a tie. Detective Young, said the chef "deserved to win." Margiotta is ready to defend his title, should the chance come up.

Both say they had a lot of fun living out this Food Network fantasy.

Young's peers at the Bethlehem Police Department chose him as the best chef among them because they knew of his history cooking at a restaurant in Hoosick Falls prior to joining the police department. On his wife's own admission Young "does all of the cooking at home."

Margiotta's past chef experiences include owning, alongside his family, his own Italian restaurant in New York City for a number of years prior to beginning work at The Atria two years ago.

Residents were happy to see their happygo-lucky chef, who is known as much for his enthusiasm as he is for his loud voice, win the competition. One resident in attendance even wondered if he might go on to compete in more cook-offs now that he's had a taste of victory at this one.

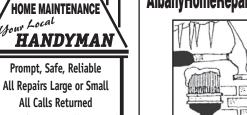
Directors at The Atria said that they now plan to hold the event every year and hope to partner with the Bethlehem Fire Department next year. They said this competition is similar to others held at the over 170 Atrias across the country, but each has its own twist and its own theme.

Overall, the cooking competition was a lesson in fast, nutritious, creative cooking and friendly competition that residents and Atria staff were happy to learn.



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COPS, COURTS AND EMEGENCY CALLS

- State Police in Guilderland arrested Jonathan Urena, 31, of Stony Point, Friday, July 17, around 10 p.m., and charged him with DWI. Police stopped Urena's vehicle on Î-90 for multiple traffic violations. He had a BAC of .11 percent, according to police, and is scheduled to appear in Town of Guilderland Court on Thursday, Aug. 6.
- State Police in Guilderland arrested Yara Tirado, 34, of Schenectady Saturday, July 18, around 4 a.m., and charged her
- with DWI and aggravated unlicensed operation of a motor vehicle. Police stopped Tirado for a traffic violation on I-90. She reportedly refused to take a breath test and was scheduled to appear in Town of Guilderland Court on Thursday, July 23.
- State Police arrested Jordan Mantello, 19, of Troy, Friday, June 19, and charged him with DWI and unlawful possession of marijuana. Police stopped Mantello on Western Avenue in Guilderland for a traffic infraction. Police
- reportedly detected an odor of alcohol emanating from his breath and an odor of marijuana emanating from his vehicle. He had a BAC of 0.12 percent and was found to be in possession of a small amount of marijuana, according to police. He is scheduled to appear in Guilderland Town Court on Thursday, July 30.
- State Police in Guilderland arrested Marvin Franz, of Rome, Saturday, July 25, around 3:30 a.m., and charged him with criminal possession
- of a controlled substance and criminal possession of a controlled substance with intent to sell, both felonies, and aggravated unlicensed operation of a motor vehicle, a misdemeanor. Police stopped Franz for a traffic violation on Route 20 and reportedly observed a quantity of cocaine packaged for distribution in plain view by the driver side seat. Franz had a suspended license at the time and is a convicted felon. He was scheduled to appear in Town of Guilderland Court on Thursday, July 30.
- State Police in Guilderland arrested Susan Connors, 49, of Glenville, Friday, July 24, and charged her with DWI. Connors was stopped during a road check on I-90 at Exit 25. She allegedly had a BAC of 0.09 percent and is scheduled to appear in Town of Guilderland Court of Thursday, July 30.
- State Police in Guilderland arrested Daniel Sokil, 45, of East Greenbush, Friday, July 24, and charged him with DWI. Sokil was stopped during a road check on I-90
- at Exit 25. He allegedly had a BAC of 0.08 percent and is scheduled to appear in Town of Guilderland Court on Thursday, Aug.
- State Police in Guilderland arrested Jeffrey Candee, 51, of Ballston Lake, Friday, July 24, and charged him with DWI. Candee was stopped during a road check on I-90 at Exit 25. He had a BAC of 0.17 percent and is scheduled to appear in Town of Guilderland Court on Thursday, Aug. 6.

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