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## NEWS Moving up

Sgt. Gina Cocchiara named head detective in Bethlehem.

Story on Page 3

## INDEX

Cops, courts and calls ..... 4  
Sports ..... 11-13  
Entertainment..... B1-B24  
Classifieds ..... B0-B0  
Opinion ..... 18  
Crossword ..... B8  
Legals ..... 15-17

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## Ground breaking

Five Rivers Environmental Education Center broke ground on their upcoming \$7 million visitor center last week.

Story on Page 10

## TOP STORY



Tracie Killar (far right), the director of South End Children's Café, alongside volunteers from the State University of New York at Albany students, cleaned and painted the café Saturday, Oct. 3.

Submitted photos

# Community soup

Bethlehem residents plant the seeds in neighboring urban food desert

By **TRICIA CREMO**  
cremot@spotlightnews.com

**ALBANY** — In the food desert that is Albany's South End, Nov. 2 will see the opening of a children's soup kitchen with after-school tutoring and educational programs, thanks in part to Traci Killar of Slingerlands and other Bethlehem residents.

The pantry will open behind Griffin's Elementary, at 33 Rensselaer St. within an Albany community-housing center.

Because there are no grocery stores, farmers markets or other sources of fresh fruits and vegetables within a mile of the area, the south end is considered a food desert, according to the U.S. Department of Agriculture (USDA).

The closest grocery store to the area is the Albany Price Chopper, which for the many residents of the area do not own cars, can only be reached by multiple



Continues on page 20

## ENTERTAINMENT



## Take a hike

100 "Walk Your City" smart signs unveiled at intersections around Albany.

Story on Page B1

## SPORTS



## Move aside

The Bethlehem football team ended the regular season with a win against Columbia last week. Read more about how they will seed in the upcoming playoffs.

Story on Page 11

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# Social Security and early retirement

By FRAN O'ROURKE,  
Senior Vice President,  
Key Private Bank

**A**re you considering early retirement? If so, you're not alone.

According to the Social Security Administration (SSA) 2014 Annual Statistical Supplement, nearly 75 percent of Americans elect to receive their Social Security benefits early.<sup>1</sup>

If you want to retire early, 62 is your magic number. It is the earliest age you can start receiving Social Security retirement benefits. However, there are major drawbacks to early retirement that you should consider. For example, if you start collecting benefits early, your monthly retirement benefit will be permanently reduced. So before you put down the tools of your trade and pick up your first Social Security check, you need to ask yourself some questions.

## What will my retirement benefit be?

Your Social Security retirement benefit is based on the number of years you have worked and the amount of money you have earned. It is calculated using a formula that takes into account your

35 highest earnings years. If you earned little or nothing in several of those years—or if you left the workforce to raise a family, for instance—it may be to your advantage to work as long as possible. This will afford you the opportunity to



Fran O'Rourke

replace a year of lower earnings with a higher one, which can help you achieve a higher retirement benefit.

If you were born between the years of 1943 to 1954, your full-benefit retirement age is 66. For those born after 1960 the full-benefit retirement age will be 67. The

impact of retiring at age 62 if your full retirement age is 66 would be a 25 percent reduction in your monthly benefit check. At age 63, the monthly benefit would be about 20 percent less; at age 64, 13.3 percent less; and at age 65 about 6.7 percent less. The exact amount of the reduction will depend on the year you were born.

Given these reductions, it's easy to question why anyone would choose to receive their Social Security benefits early. However, the reasoning lies in the length of time you receive benefits as opposed to the amount of your monthly benefit. For example, even though your monthly benefit will be

25 percent less if you choose to collect retirement benefits at age 62, you might receive the same or more total lifetime Social Security benefits as you would have if had you waited until full retirement age to start collecting benefits. That's because even though you'll receive less money per month, you might receive more benefit checks.

To estimate the amount of Social Security benefits you will be eligible to receive in the future under current law, based on your earnings record, you can use the SSA's Retirement Estimator. It's available at the SSA website at [www.socialsecurity.gov](http://www.socialsecurity.gov). You can also sign up to view your online Social Security Statement at the SSA website. Your statement contains a detailed record of your earnings, as well as estimates of retirement, survivors, disability benefits and other information about Social Security.

It is also worth noting that you can work past your full retirement age. If you do, you can receive a higher benefit payout due to government incentives that increase your payout every month that you delay retirement up to age 70.

## What is the impact of longevity?

Is it better to take reduced benefits at age 62 or full benefits later? The answer depends, in part, on how long

you live. If you live longer than your "break-even age," the overall value of your retirement benefits taken at full retirement age will begin to outweigh the value of reduced benefits taken at age 62.

In most cases your break-even age is about 12 years from your full retirement age. For example, if your full retirement age is 66 then you should reach your break-even age at 78. If you live past this age, you'll end up with higher total lifetime benefits by waiting until full retirement age to start collecting. However, unless you're able to invest your benefits rather than use them for living expenses, your break-even age is probably not the most important part of the equation. For many people, what really counts is how much they'll receive each month,

rather than how much they'll accumulate over many years.

## How much income will you need?

Another important thing to consider is how much retirement income you will need. This projection should be based largely on an estimate of your retirement expenses. If there is a large gap between your projected expenses and your anticipated income, waiting a few years to start collecting Social Security benefits may improve your financial outlook.

If you continue to work and wait until your full retirement age to start collecting benefits, your Social Security monthly benefit will be larger. What's more, the longer you stay in the workforce, the greater the amount of money you will earn

and have available to put into your overall retirement savings. Another plus is that Social Security's annual cost-of-living increases are calculated using your initial year's benefits as a base—the higher the base, the greater your annual increase.

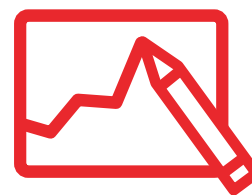
Social Security rules can be complex. For more information about Social Security benefits, visit the SSA website at [www.socialsecurity.gov](http://www.socialsecurity.gov) or call (800) 772-1213 to speak with a representative. You may also call or visit your local Social Security office or talk to your financial advisor.

**Fran O'Rourke is senior vice president and market manager, Key Private Bank, for Key's Capital Region. She may be reached at either 518-257-8733 or [frances\\_orourke@keybank.com](mailto:frances_orourke@keybank.com).**

<sup>1</sup>"Annual Statistical Supplement, 2014," Social Security Administration, April 2015.

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## Do you plan on working past retirement?

Retirement doesn't mean the end of work, so if you're nearing retirement age you need to determine whether or not you plan to continue working after you start collecting Social Security benefits—especially if you retire early. The reason: income you earn before full retirement age may reduce your Social Security retirement benefit. Specifically, if you are under full retirement age for the entire year, \$1 in benefits will be withheld for every \$2 you earn over the annual earnings limit. In 2015, this limit is set at \$15,270.

Here's an example. Suppose you start collecting Social Security benefits at age 62 but continue working. If you were to earn \$30,000 in 2015, your annual benefit would be reduced by \$7,140—\$30,000 minus \$15,270, divided by 2.

In the year you reach full retirement age, \$1 in benefits is deducted for every \$3 you earn above a different limit. In 2015, the limit on your earnings is \$41,880. However, only the earnings made before the month you reach your full retirement age are counted. Also, beginning in the month you reach full retirement age, your earnings will no longer reduce your benefits.

It is also important to note that if your monthly benefit is reduced in the short term due to your earnings, you'll receive a higher monthly benefit later. That's because the SSA recalculates your benefit

when you reach full retirement age and omits the months in which your benefit was reduced.

Other financial considerations may influence whether or not you choose to collect Social Security benefits at age 62. How do other sources of retirement income factor in? Have you considered how your income taxes will be affected? What about personal considerations? Do you plan on traveling, volunteering, going back to school, starting your own business, pursuing hobbies or moving to a new location? Do you have grandchildren or elderly parents you want to help take care of?

If you are considering early retirement, the following chart shows how much an estimated \$1,000 monthly benefit at full retirement age would be worth if you started taking a reduced benefit at age 62 and did not go back to work.

BIRTH YEAR	FULL RETIREMENT AGE	BENEFIT
1943-1954	66 years	\$750
1955	66 years, 2 months	\$741
1956	66 years, 4 months	\$733
1957	66 years, 6 months	\$725
1958	66 years, 8 months	\$716
1959	66 years, 10 months	\$708
1960 or later	67 years	\$700

Every person's situation is different. Talking with your financial advisor can help you make the decision that is most appropriate for your situation and goals.



## POLICE

# Town fills vacant detective position

Sgt. Gina Cocchiara named head detective to replace Adam Hornick

By **MARCY VELTE**  
veltem@spotlightnews.com

**BETHLEHEM** — A new head detective has been named by the Town Board following this summer's police command promotions.

Sgt. Gina Cocchiara, the police department's only female officer, was promoted to head detective last week, following a recommendation from Police Chief Louis Corsi. The measure was approved by the Town Board on Wednesday, Oct. 14.

"She is a highly qualified candidate and has been dedicated to the Bethlehem Police force for 17 years," said Supervisor John Clarkson. "She's well deserving."

Cocchiara began her law enforcement career in

1994 as a deputy sheriff with the Greene County Sheriff's Department and the Rensselaer County Sheriff's Department. She joined the Town of Bethlehem Police Department in 1998 as a patrol officer and was promoted to sergeant in 2008. She holds a Bachelor of Science in Criminal Justice Administration, and is a member of the New York Women in Law Enforcement Association, New York State Association of Chiefs of Police, and the International Association of Chiefs of Police.

"I am both humbled and honored to have been selected as the next Detective Sergeant within the Bethlehem Police Department," said Cocchiara. "Working within the Special Services Division has always been a long standing goal of mine. Although I will certainly miss working on the road side-by-side with the many fine patrol sergeants and patrol officers, I am now

looking forward to the next chapter of my career."

The new detective said she believes her training and years of experience will complement the already established team of "very dedicated, knowledgeable and professional detectives."

"As always, I will work to the best of my abilities to fulfill my commitment in serving the residents of the Town of Bethlehem," said Cocchiara.

In July, former Lt. Thomas Heffernan Jr. was promoted to the position of deputy police chief, which was left vacant by Timothy Beebe nearly two years ago. Former Det. Sgt. Adam Hornick was promoted into the newly created position of Police Commander.

Clarkson said interviews for Hornick's former position began in September, with four people interviewing from within the department. Police command staff, the town's Human Resources

Director Mary Trembly-Glassman and Clarkson were present for the interviews.

Bethlehem Police Supervisor's Association President Steve Kraz said Cocchiara is qualified for the position, but the timing of the promotion is "suspect" considering the recent lawsuit filed against the town.

Last month, the town was put on notice that former police officer Caitlin Dole intended to sue for sexual discrimination. Charges were filed through the U.S. Equal Employment Opportunity Commission.

"I'm grateful the position is replaced. But how long will it take to fill Gina's spot?" Asked Kraz. "The supervisor has a history of taking a significant period of time to replace people. This position plays a vital role in our agency and the fact it was vacant so long was bad. And we're still left with a hole at the bottom. I feel the town is doing a poor



Supervisor John Clarkson, Officer Michael Cozzy, Det. Sgt. Gina Cocchiara, Officer Michael Berben and Chief Lou Corsi at the swearing-in ceremony on Monday, Oct. 19.

*Submitted photo*

job to combat the overtime problem and we need more people."

Clarkson said he did not feel it took long to fill the position considering when interviews were done, and this was no different than other positions. He agreed the town does need to move forward in filling the vacant positions and in January the town will be looking to hire some new recruits.

"Recruitment will be a major activity in the coming months," said Clarkson. "We'll also be promoting qualified people from within and striving to have a diverse workforce is always important. There's no time in which it is not appropriate to do so."

Police Chief Louis Corsi could not be reached for comment.

***Bethlehem's finances are in great shape, with a budget lower than it was four years ago and a credit rating upgrade that saved roughly \$64,000 in the last financing. But what else is new?***



- **New Sidewalks** - Bethlehem's becoming more walkable through new sidewalks and repairs, bike paths, and pedestrian safety initiatives
- **Traffic Calming** - A new public information and monitoring program is helping slow traffic speeds on neighborhood streets, including use of new speed detection and warning signs (paid for with our efficiency award funds)
- **Solar Energy** - New 4.6 million kwh solar field is going in on town property (former clay mine) saving energy and an estimated \$5 to \$7 million for taxpayers over 20 years
- **New Grants** including \$250,000 for Elm Ave Park Playground, fitness trails, and a kayak launch, and \$200,000 for a new small business program
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## ■ COPS, COURTS, AND EMERGENCY CALLS

# Man charged with sexual misconduct

Bethlehem Police arrested Samuel R. White, 37, of 1139 Krumkill Road in Slingerlands, Monday, Sept. 28, around 11:35 p.m. and charged him with criminal sexual misconduct, a felony and misdemeanor endangering the welfare of a child. Police were reportedly patrolling the Town of Bethlehem Park at 564 Russell Road when they observed a vehicle parked near the entrance.

Police said White was allegedly lying down in the back of the vehicle, shirtless, with a blanket covering him and another undressed male. This passenger was identified as a 16-year-old missing person from the City of Albany, who identified as a “runaway” from the Equinox Shelter. White reportedly told police the minor told him he was 18. Police reportedly found lubricant and a used condom wrapper in the rear of the vehicle. The passenger was transported to his residence and returned to his mother, and City of Albany police were advised to cancel the missing person message. White was arraigned in Bethlehem Town Court, where a \$2,000 cash or bail bond was set. He is scheduled to return to court Friday, Oct. 2.

• Bethlehem Police arrested Morgan E. Smith, 36, of 104 Durzee Ct. in Delmar, Saturday, Sept. 26, around 9:34 p.m. and charged her with aggravated DWI and endangering the welfare of a child. The father of Smith's 22 month-old child allegedly called police to report Smith driving in an intoxicated manner with their child in the vehicle. Smith and the child arrived at the Bethlehem Police Department to report a domestic incident with the father. She allegedly told police she and the father had had a verbal argument and the father refused to let her leave the home or let her in from outside. Smith reportedly told police she drove to the

station to seek assistance, and reportedly denied any drinking alcohol. She submitted a positive presence of breath alcohol reading, according to police, and failed the walk and turn and one leg stand field sobriety tests. Smith had a BAC of 0.11 percent, according to police, and is scheduled to appear in Town of Bethlehem Court Tuesday, Nov. 17.

• Bethlehem Police arrested Matthew D. Norris, 23, of 1370 Acquetuck Road in Ravena, Saturday, Sept. 26 around 6:16 p.m. and charged him with DWI. Police were reportedly dispatched to 9W and Wemple Road in Selkirk for a vehicle traveling at a high rate of speed, and reportedly observed the vehicle to have improper window tinting. Norris had glassy, bloodshot eyes and a strong odor of alcoholic beverage emanating from his breath, according to police. He allegedly admitted to drinking "one pint" of beer at Oktoberfest earlier that day. Norris failed three field sobriety tests and refused to submit to a preliminary breath-screening test, according to police. He reportedly had a BAC of 0.15 percent, and is scheduled to appear in Bethlehem Town Court Tuesday, Oct. 20.

allegedly speeding on I-90 and reportedly found him to be intoxicated. Sheahan had a BAC of 0.08 percent, according to police, and had a prior aggravated DWI conviction from Dec. 2007. Sheahan is scheduled to return to Town of Guilderland Court on Oct. 22.

• State police in Guilderland arrested Vincent D. Ross Jr., 24 of Poughkeepsie around 10:58 p.m. Saturday, Oct. 10, and charged him with DWI and unlawful possession of marijuana. Police stopped Ross on I-90 at Exit 25 for an alleged traffic violation. According to police, Ross was found to be in possession of about 15 grams of marijuana. Ross reportedly had a BAC of 0.08 percent. He is scheduled to return to Town of Guilderland Court on Oct. 22.

• State police arrested Frank P. Randino IV, 35 of Guilderland, around 11:42 p.m., Saturday, Oct. 10, and charged him with DWI, multiple traffic violations and refusal to take a breath test. Police allegedly stopped a vehicle on I-90 at Exit 25 for multiple traffic violations and reportedly found the driver to be intoxicated. Randino was transported and processed at State Police in Albany, where he reportedly refused to submit to a breath test to determine the alcohol content in his system. He is scheduled to return to Town of Guilderland Court on Oct. 22.



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<b>Birdsnack</b> 40 Lbs. (102-05854)	<b>\$19.99</b>	
<b>Flyers' Choice</b> 40 Lbs. (102-02055)	<b>\$31.99</b>	
<b>Cardinals' Choice</b> 30 Lbs. (102-02065)	<b>\$28.99</b>	
<b>Hi-Energy Fruit 'N Nut</b> 16 Lbs. (102-11868)	<b>\$18.99</b>	
<b>Woodpecker</b> 20 Lbs. (102-02067)	<b>\$22.99</b>	
<b>Total Order:</b>		



Super Premium Mixes	Advanced Order Price	Quantity Ordered
<b>Wild Delight Fruit 'N Berry</b> 20 Lbs. (102-04984)	<b>\$27.99</b>	
<b>Wild Delight Nut 'N Berry</b> 20 Lbs. (102-04989)	<b>\$25.99</b>	
<b>Lyric Supreme</b> 40 Lbs. (102-01759)	<b>\$29.99</b>	
<b>Total Order:</b>		

Sunflower Products	Advanced Order Price	Quantity Ordered
<b>Black Oil</b> 40 Lbs. (102-05850)	<b>\$14.99</b>	
<b>Black Oil</b> 50 Lbs. (102-12521)	<b>\$18.99</b>	
<b>Sunflower Meaties</b> 30 Lbs. (102-06474)	<b>\$26.99</b>	
<b>Sunflower Hearts</b> 20 Lbs. (102-02057)	<b>\$25.99</b>	
<b>Sunflower Hearts</b> 40 Lbs. (102-02051)	<b>\$47.99</b>	
<b>Sunflower Kernels</b> 40 Lbs. (102-02112)	<b>\$47.99</b>	
<b>Thistle Seed</b> 20 Lbs. (102-11080)	<b>\$23.99</b>	
<b>Total Order:</b>		



Suet Cakes (12 per case)	Advanced Order Price	Quantity Ordered
<b>Suet Plus Hi-Energy</b> 11 Oz. (066-53675)	<b>\$9.50</b>	
<b>Feathered Friend Beef</b> 12 Oz. (066-03800)	<b>\$14.95</b>	
<b>Feathered Friend Peanut Butter</b> 12 Oz. (066-03799)	<b>\$17.95</b>	
<b>Suet Plus Hot Pepper</b> 11 Oz. (066-53684)	<b>\$16.95</b>	
<b>Suet Plus Nut 'N Berry</b> 11 Oz. (066-53677)	<b>\$15.95</b>	
<b>Total Order:</b>		



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## ■ ADVOCATE

# Walk for Justice

A father's mission to reform reporting on abuse of disabled

By **TRICIA CREMO**  
cremot@spotlightnews.com

**BETHLEHEM** — In what Michael Carey is calling a Walk for Justice Tour, he is pushing public officials to reform policies for reporting abuse of disabled individuals.

Carey will spend the next several weeks touring the state and speaking with officials to promote new legislation. He will also visit centers across the state where incidents of abuse to disabled individuals occurred.

Carey began his tour at the Justice Center at 161 Delaware Ave. in Delmar on Tuesday, Oct. 13. He will make stops in Rome, Utica, Syracuse, through Western New York, and then travel to Long Island and New York City.

Rather than having

reports of abuse reported directly to the New York State Justice Center for the Protection of People with Special Needs, Carey would have all calls made to 911.

Carey hopes the added initial response recording obtained from the call to first responders would add another layer of evidence. This would also ensure all reports are investigated by first responders, as Carey fears some cases of abuse have been under-reported and under-investigated.

Calls to the Justice Center are already directed via a voice recording, to call 911 in the event of an emergency. The center is considered a law enforcement agency, since it employs investigators to examine suspect cases. The agency is responsible for several state services for the disabled. It handles cases of guardianship and abuse of disabled individuals, and manages care centers in New York State.

"Every allegation

of abuse or neglect that is reported to the Justice Center is fully investigated," said Diane Ward, director of communications at the Justice Center. The center has "strict procedures in place to ensure the safety of the population it serves," and "those stating otherwise are misinformed," said Ward.

Designated mandatory reporters, like teachers and doctors are required by law to report instances abuse to authorities. As such, the New York State Justice Center for the Protection of People with Special Needs receives about 7,000 reports of abuse monthly, according to their public records.

Carey has made allegations that the Justice Center has been covering up most deaths of the disabled and takes offense at the fact that the agency is in charge of investigating cases of abuse in its own facilities. "Keeping local medical

and police personnel out of the picture ensures that in most cases are not properly investigated and documented," said Carey, of the policy.

"We're allowing the state to regulate itself. All reports are funneled to state agencies, and of course they would not want to investigate cases of their own wrongdoing," said Carey. He also alleges that the agency has not investigated all of the reported deaths it should have, pointing to the large number of deaths that occur in the disabled

Joining him on the tour is Bill Liblick, brother of Paula Liblick, who had profound disabilities, and was raped by aides at her state-run facility.

"The state does not care about people with disabilities. They have demonstrated that over and over again," said Liblick.

Michael Carey's son Jonathan, who had autism, died in 2004 due to what



Michael Carey before he left on his Walk for Justice on Tuesday, Oct. 13.

Photo by Tricia Cremo/Spotlight

was ruled as manslaughter in 2007. Aides at the now closed state institution O.D. Heck Capital District Developmental Center in Schenectady were criminally charged for improperly restrained Jonathan, resulting in his strangulation.

Michael and Lisa Carey sued caregivers Edwin Tirado and Nadeem Mall, and received \$5 million in a settlement.

The Careys' have since created the Jonathan Carey Foundation to advocate for the disabled. Carey

succeeded in passing Jonathan's Law in 2007, requiring guardians of the legally disabled to be notified in the event of an incident involving their loved one. Since then, Michael Carey and his Jonathan Carey Foundation have led multiple efforts advocating for reform in legislation relating to reform in dealing with cases of abuse to the disabled.

For more information on the Walk for Justice tour, visit [disabilityrightsproject.org](http://disabilityrightsproject.org).

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Albany County Executive Daniel P. McCoy and a host of supporting partners will showcase local Capital Region businesses that are living "green" and working hard to reduce, reuse and recycle.

**Saturday, October 24, 2015**  
**8:00 am to 2:00 pm**  
**Farnsworth Middle School**  
**6072 State Farm Rd., Guilderland**

This jointly-hosted event will celebrate Guilderland Central School District's 10th community recycling and re-use extravaganza! Since its inception in April of 2011, Guilderland Schools have collected (on average) over 70,000 pounds of recyclable and re-usable goods at each event.

This is a tremendous reduction in the carbon-footprint of the community. This **FREE** to the public event will highlight many unique and special environmentally friendly businesses, offer educational presentations and host a recycling event in conjunction with the Guilderland Central School District.

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## ■ NEIGHBORHOOD NEWS

### Huyck Preserve night hike

**RENSSELAERVILLE** — The Huyck Preserve, 5052 Delaware Turnpike, is hosting a night hike Friday, Oct. 23, at 7:30 p.m. Reservations are required and can be made at [huyckpreserve.org](http://huyckpreserve.org).

Trails are open from dawn until dusk daily.

### Church hosts annual fall supper

**BETHLEHEM** — The Presbyterian Church in New Scotland is holding its annual fall supper on Saturday, Oct. 24, from 4 to 7 p.m., in the church's Fellowship Hall at 21010 New Scotland Road.

The menu includes roast turkey, mashed potatoes, gravy, stuffing, cranberry relish, squash, green bean salad, rolls and butter, and homemade pies for dessert.

The cost is \$11 for adults, \$5 for children and free for children under 5 years old. Seating is first-come, first-served; no reservations are taken. Take-out meals are available.

For more information, call the church office at 439-6454.

### Disc golf basics at Thacher Park

**VOORHEESVILLE** — Thacher Park and the Thacher Nature Center are hosting a course on disc golf basics Saturday, Oct. 24, at 1 p.m.

Disc golf — also called Frisbee golf — is a sport where a specialized Frisbee is thrown at an elevated metal basket a few hundred yards away. A player “tees off” and progresses down the course, making consecutive throws trying to avoid trees, shrubs and other obstacles along the way.

We will go over the different types of discs and throwing techniques. Discs will be available to borrow or purchase.

Participants should meet at the Pear Orchard parking area. To register, call 872-0800.

### Final deer and tick forum at Town Hall

**BETHLEHEM** — The Bethlehem Committee on Deer and Ticks is holding the



### Senator Breslin meets the Job Corps

Glenmont Job Corps Center Student Government Association members (from left) Jorge Davilia, Sahr Joe, Queen Azhane Byrd and Larisa Bryan visited with Senator Neil Breslin in his office at the New York State Building in Albany. Senator Breslin welcomed the students into his office and discussed the law-making process and about their future employment goals. After the meeting, the students were given a tour by Senate staff.

Submitted photo

final forum in its fall series on Thursday, Oct. 27, at 7 p.m., at Bethlehem Town Hall on Delaware Avenue.

The final forum is “Living with Deer in Bethlehem.” Topics include gardening with deer, traffic safety and hunting options.

### Wilcox speaks at Book House

**GUILDERLAND** — Poet Dan Wilcox will read from his new work and sign copies of his book, “Gloucester Notes,” Friday, Oct. 30, at 7 p.m., at the Book House of Stuyvesant Plaza, 1475 Western Ave.

“Gloucester Notes” is a 24-page book of poems about Wilcox’s visits to the coastal Massachusetts town and to Cape Ann.

For more information, contact Dan Wilcox at 482-0262 or email [dwlcx@earthlink.net](mailto:dwlcx@earthlink.net).

### Creepy trail mystery at nature center

**VOORHEESVILLE** — The Thacher Nature Center is hosting a walk along “Nature’s Creepy Mystery Trail” on Saturday, Oct. 31, from 11 a.m. to 1 p.m.

Discover cool and creepy

natural objects and oddities along the way. Use the clues to complete the challenge and win a prize. Wear your Halloween costumes if you like, make crafts and enjoy warm cider and donuts.

This program is appropriate for all ages. To register, call 872-0800.

### Battle of the Normanskill

**NEW SCOTLAND** — Aaron Mair presents “The Battle of the Normanskill through African-American Eyes” at the New Scotland Historical Society Sunday, Nov. 1, from 2 to 4 p.m., at the Wyman Osterhout Community Center just off Route 85 in New Salem.

This Revolutionary War battle was the only one fought in Albany County. There is a marker along Route 146 in Guilderland commemorating the battle, which featured a group of Schenectady militia and 40 Rhode Island Regiment troops. Part of the Rhode Island regiment was composed of African-Americans.

Mair lives in Guilderland and is an analyst for the New York State Department of Health.

He is also an environmentalist and the current president of the Sierra Club. He was a founder of Arbor Hill Environmental Justice in 1995.

The program is free and open to the public. For more information, call 765-4212.

### Bethlehem Grange turkey dinner

**BETHLEHEM** — The Bethlehem Grange No. 137 hosts its annual turkey dinner Saturday, Nov. 7, from 4 to 7 p.m., at the Grange hall, 24 Bridge St., Selkirk.

The menu includes turkey with all of the fixings, potatoes, vegetable, salad, roll and butter, cranberry sauce, homemade desserts and beverages.

The cost is \$12 for adults, \$6 for children ages 5-12 and free for children under 5.

### Card and game fundraiser

**BETHLEHEM** — On Saturday, Nov. 14, from noon to 4 p.m., at Normanside Country Club, the public is invited to a card and game party hosted by the Delmar Progress Club.

Lunch will be served, and there will be games and cards to play. Raffles and door prizes will be handed out, there will be a silent auction and a homemade bake sale.

Proceeds from the event will go to the Delmar Progress Club’s scholarship fund for local graduating high school seniors.

### New BAA exhibit at Town Hall

**BETHLEHEM** — “Bethlehem Scenes” is the theme of an exhibition of artwork by Bethlehem Art Association members currently on display at Bethlehem Town Hall on Delaware Avenue.

The pictures include one of the oldest houses in Bethlehem, the Bethlehem Historical Museum, the Town Clock, Five Rivers and many more familiar scenes.

The show runs through November and includes 23 pictures of the area done in a variety of mediums by local artists.

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

### CCE annual meeting takes place Nov. 19

**VOORHEESVILLE** — Cornell Cooperative Extension Albany County holds its annual meeting Thursday, Nov. 19, at 12:30 p.m., at the William F. Rice Extension Center, 24 Martin Road.

The meeting is open to the public.

### ■ POST YOUR EVENT ONLINE

To submit an event to run in our online calendar, simply go to [www.spotlightnews.com/events/](http://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.

\* News briefs for our community page must be sent via email to [news@spotlightnews.com](mailto:news@spotlightnews.com) and may not appear online.

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## ■ COMMUNITY

# Online registration available

We've made it even easier to fill your calendar with exciting library events. Beginning with the November/December edition of Footnotes out right now, Bethlehem Public Library is offering the ability to sign up online for library programs that require registration.

To get started, simply click on the "events" tab on the library's home page at [www.bethlehempubliclibrary.org](http://www.bethlehempubliclibrary.org). Browse the calendar and locate the event you would like to attend. Programs that require registration will be underlined. Once you click on the program name, you will be asked to fill out some basic information. When registration is complete, a screen will pop up letting you know your information has been received. If the program is full, you may be added to a waiting list at this time.

Online registration makes it easier for you to sign up for programs at your convenience. However, we will still accept registration by phone or in person at the Information Desk or the Children's Place desk. Give us a call at 439-9314 if you have any questions.

### Bus trip to NYC

Seats are still available for the library Friends' trip to New York City on Saturday, Dec. 5. Enjoy a day in the city doing some seasonal shopping, shows or sight-seeing and support the Friends at the same time.

The bus will leave CDTA's Delaware Avenue park-and-ride lot next to Mercato's Restaurant at 7 a.m. It will depart New York City promptly at 6 p.m. Bryant Park is the



arrival and departure point in New York.

The cost is \$43 for members and \$48 for nonmembers. Find the purchase form in the most recent edition of Footnotes and online at [www.bethlehempubliclibrary.org](http://www.bethlehempubliclibrary.org). For more information, call Polly Hartman at 439-3291.

### Try Atomic Training today

Access in-depth online tech and career tutorials from trusted sources using the library's Atomic Training database. Training tutorials on more than 150 software applications are quick, concise and easy to understand. Novices can work their way through the tutorials from the beginning, while those with some proficiency can skip ahead to troubleshoot a particular area. To watch videos at the library or remotely from home with a Bethlehem Public Library card, visit [www.bethlehempubliclibrary.org](http://www.bethlehempubliclibrary.org) and click on "databases" in the quick link options. Or visit the Information Desk for help getting started.

### Halloween parade planned

Don't forget – the Halloween Parade through the library for children up to age 6 and their families is just around the corner. Scheduled for Thursday, Oct. 29, this is the social event of the year for our pint-sized patrons. The

parade is so popular, in fact, that we have scheduled two of them – at 10 a.m. AND 1 p.m. Festivities will kick off with some seasonal movie shorts and a craft before trick-or-treaters make their way through the library. Remember to bring your camera! Costumes are optional.

### Upcoming events

#### Saturday, Oct. 24

##### Time Out for Tales

Stories and fun for children up to age 6 and families. 11 a.m.

#### Sunday, Oct. 25

##### Knit One, Purl One

If you're an experienced knitter, bring your current project. If you're a beginner, bring size 8 knitting needles; we'll provide yarn and get you started. For ages 9 and up. 2-3 p.m.

#### Monday, Oct. 26

##### Tiny Tots

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

#### Tuesday, Oct. 27

##### Tiny Tots

Stories, songs and fingerplays for children up to age 35 months with caregiver. 9:30 a.m. and 10:30 a.m.

##### Preserving Family Treasures

Learn how to protect and preserve your collected archives so that they may be shared and enjoyed in the years to come. The focus of the program will be on books and paper, as well as



Bethlehem Public Library celebrated Star Wars Reads day on Friday, Oct. 9, with a life-size version of Star Wars Angry Birds. *Kristen Roberts*

traditional photographic materials. 7 p.m.

#### Wednesday, Oct. 28

##### Family Storytime

Stories, songs and activities for children up to age 6 with family. 9:30 a.m.

##### Family Playtime

Free play and socialization with toys, blocks, balls and more. Up to age 6 with family. 10 a.m.

##### Make a Great Pumpkin

You bring the pumpkin; we'll provide the decoupage supplies. Then

watch the Charles Schulz classic, "It's the Great Pumpkin, Charlie Brown." For age 3 and up with family. 4 p.m.

— *Kristen Roberts*

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## ■ COMMUNITY

# It's scary good fun

Come to GPL and get ghoulishly spooked out on Sunday, Oct. 25, at 1 p.m., when you see all the scary good entries for the first-ever Guilderland Ghoulish Pumpkin Decorating Contest.

The library's been a bit spooky what with all these creatively creepy pumpkins sprinkled about the building. Some are funny, many are classic pumpkin faces, others a bit odd, and one or two are ... well, you have to come in and see.

Prizes are being awarded to winners in four groups: pre-K to second grade; third grade to sixth grade; seventh grade to 12th grade; and adults. Come on in and share

GUILDERLAND PUBLIC LIBRARY  
www.guilpl.org

the gleefully ghastly and ghoulish gourds each group has gouged. It's sure to be a lot of fun.

By the way: what do you get if you divide the circumference of a pumpkin by its diameter? Pumpkin pi, of course.

## Sensory Storytime for families

GPL invites families with children with special needs to come to Sensory Storytime on Tuesday, Oct. 27, at 7 p.m.

Sensory Storytime is an interactive program

that can be enjoyed by all children, but is especially designed for families with children who have sensory integration challenges or other developmental delays. We will share stories and songs, dance, play and explore. This is a welcoming environment, and we hope you'll join us.

## How did het get those amazing baseball photos?

Join lifelong baseball fan and photographer Dan Carubia at GPL on Monday, Oct. 26, at 6:30 p.m. for an entertaining evening with

his photographs of major, minor and collegiate league baseball.

Dan has always loved baseball, is a people-person and has an uncanny ability to get access to places where, frankly, he shouldn't be. Come hear how Dan got to sit in the dugout during the 1986 World Series, the 1982 All-Star Game, the final game at Shea Stadium and about the time he jumped on the field at Ebbets Field to have his photo taken with Jackie Robinson.

## Tangram Tales at GPL Sprouts

Kids ages 4 to 7 are encouraged to come to GPL on Tuesday, Oct. 27, at 3:30 p.m. for a fun-filled STEM (Science, Technology, Engineering & Math) program.

We'll explore the world around us through literature, experiments, activities and crafts. Lots of hands-on learning for everyone. Parents are

kindly requested to remain in the program or in the children's department for this first session. Please call 456-2400, ext. 4 to register.

## Tween and Teen Lego Club

Do you love Legos? So do we. That's why we're holding the Tween & Teen Lego Club on Monday, Nov. 26, at 6:30 p.m.

This is a great place for tweens and teens to show off creations from home, or to work on a great project with friends and fellow Lego fans.

## Fun Halloween flicks for all

From old movies that chilled the bones of our grandparents to movies for the youngest among us, GPL has a line-up of Halloween-themed entertainment that's fun for all:

Classic Film: "Nosferatu." Thursday, Oct. 29, 6:30 p.m.: Come see

this 1922 horror flick that is a variant on the story of Dracula. Vampire Count Orlok expresses interest in a new residence and a real estate agent's wife. Creepy but fun. This is a silent movie; 81 minutes long.

Halloween Movie for Little Kids: "Toy Story of Terror." Saturday, Oct. 31, 10:30 a.m.: In this short feature, Woody and the gang are held up at a roadside motel where members of the group start to disappear. Woody and what's left of his crew set about getting to the bottom of the mystery. Rated TV-G; 22 minutes long.

Halloween Family Films: "Hotel Transylvania." Saturday, Oct. 31, 1 p.m.: Dracula operates a high-end resort away from the human world and goes into overprotective mode when a boy discovers the resort and falls for his teenaged daughter. Parental angst in overly dramatic capes. Some howlers. Rated PG; 91 minutes.

— Mark Curiale

# Spotlightnews.com

## The BCMS Awake for a Cure Fundraiser was a huge success thanks to overwhelming community support!

AWAKE  
FOR A CURE



FOP

Together, over 600 participating students and numerous local businesses raised over \$32,000 to go toward research into finding a cure for FOP (fibrodysplasia ossificans progressiva).

### THANK YOU to all who volunteered their time and donated goods and services:

- More than 100 BCMS students who organized volunteers, baked, made props, and helped run the activities throughout the night
- Teachers and parents, totaling more than 100, who gave their time as chaperones, donated baked goods, snacks, and gift cards and helped plan and run activities
- The dedicated staff, faculty and administrators at BCMS, many of whom gave long hours of their free time toward this event.

### And a BIG THANK YOU to our sponsors, who helped make the event a success:

Delmar Pediatrics, PLLC  
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Albany Art Room  
Bethlehem Area  
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For more about FOP, please see <http://www.ifopa.org> and <http://fopashleyscore.org>

# Seed exchange program

The library is starting a GMO-free seed library.

As part of the kickoff for the seed program, the library will host a presentation and discussion

## Got a gripe?

Email news@  
spotlightnews.com

Voorheesville  
Public Library

about how to properly save seeds on Nov. 1 at 2 p.m. Voorheesville Seed Savers and members of Cornell Cooperative Extension Service's Master Gardener program will discuss how to save seeds and answer any questions the public may have. Residents will be able to go to a seed catalog in the library and borrow

seeds without charge. In exchange, the library will ask borrowing patrons to save some seeds from their harvest and donate them back to the library.

To help kick-start the collection, everyone attending is encouraged to bring vegetable and/or flower seeds with them for donation. Light refreshments will be served.

— Lynn Kohler

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■ COMMUNITY

# The answer is clear

Okay, let's play a little game. Here's the question: The Bethlehem YMCA is: A) a non-profit, charitable organization; B) The premier youth outreach organization in the Capital District; C) The leading organization devoted to personal health and fitness; or D) All of the above.

Yes, you are correct. It is D — all of the above. I'm giving you the benefit of the doubt because if you are a regular reader of this column, you are aware of the many programs the Bethlehem YMCA has to reach out to people in our community.

Answer A: The Bethlehem Y is a non-profit charitable organization that relies on the generosity of our members and the community to raise funds through our Annual Campaign. Through this



campaign, the Y is able to ensure that our programs and services are available to the children and families in Bethlehem that need our help — and there are far more families in our community that need help than many people realize. The Bethlehem YMCA provides nurturing programs that bring families together.

The Annual Campaign also funds the Y's Circle of Champs program that provides vital support and respite for young children fighting life-threatening diseases, as well as for their families.

The Togetherhood program is another example of how the

Y works together with members of the community to meet the needs of others. Last year, our Togetherhood members cleaned senior services vehicles, cleared hiking trails and collected infant clothing and goods for young mothers.

Answer B: The YMCA is the largest provider of day care services in the Capital District. Youth development is a primary mission of the Bethlehem YMCA. We have programs to nurture the potential in every child and teen, including from day care to summer camp, from swim lessons to team sports, from Youth in Government to the Black and Latino Achievers program.

Let's go to answer C: This may be the answer you are most familiar with; the Bethlehem YMCA is truly devoted to health, wellness and fitness — not

only for our members that come to exercise, but for people in the community who participate in specific programs such as Livestrong and Pedaling for Parkinsons. The YMCA empowers adults and children to improve their courage and confidence to lead healthy, vibrant lives.

Remember, the Y stands for Young. The Y is a charity dedicated to youth development,

healthy living, and social responsibility. We succeed in achieving these goals when young people realize their potential to become active, engaged, thriving members of the community because of our work with child care, education and leadership programs and sports, camp and recreation programs.

The Y succeeds when our health and well-being initiatives help people

live well, reduce their risk for chronic disease, and reclaim their health when they've been affected by illness.

Our members are a key part of everything we do. We count on your support to help us achieve our mission to build a stronger community. Working together we can succeed in making Bethlehem a better place to live for all of us.

— Mark Hansen

# Museum tour

Join us for a self-guided tour of the Albany Institute of History and Art, one of the oldest museums in the United States and a major repository of our region's heritage. We will tour the museum on Thursday, Oct. 28 from 5 to 6:30 p.m. and then have dinner at Salsa Latina, which offers authentic Latin American cuisine. The museum tour is free, and dinner is on your own. Suggested van donation: \$5. Call 439-4955, ext. 1176 to make a reservation.

Albany Law School is holding a free event for seniors and their caregivers on Saturday, Oct. 24, from 9 a.m. to 4 p.m. at the Law School. Senior Citizen's Law Day will include workshops on health care decision-making, estate planning, Medicare and Medicaid, charitable giving, and other topics. For information, visit albanylaw.edu/



seniorlawday or call 445-2304.

The Caregiver's Support Group will meet on Wednesday, Oct. 28, from 10:30 a.m. to noon, at the Bethlehem Town Hall. Join others who are caring for a loved one who has been diagnosed with Alzheimer's or another dementia. Call Jane Sanders at 439-4955, ext. 1174.

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

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.

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 Projects, Inc.'s website is bethlehemsenioproject.org.

— Wilma DeLucco

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TWIN EA. PC.	\$1740	\$1019	\$1006		TWIN SET	\$4380	\$2549	\$2499		TWIN SET	\$4380	\$2549	\$2499		
FULL EA. PC.	\$2110	\$1239	\$1214		FULL SET	\$5320	\$3099	\$3024		FULL SET	\$5320	\$3099	\$3024		
QUEEN SET	\$4600	\$2699	\$2624		QUEEN SET	\$6250	\$3649	\$3549		QUEEN SET	\$6250	\$3649	\$3549		
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## ■ EDUCATION

# New visitor center for Five Rivers

Ground breaking takes place for new \$7M visitor center

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

**BETHLEHEM** — Last week local dignitaries broke ground on what will be a \$7 million state-of-the-art visitor center at Five Rivers Environmental Education Center in Delmar.

The new visitor center will offer hands-on exhibits and displays that are appropriate to persons with a variety of special needs, and Braille, large print and audio format guides for each trail will continue to be available. The Five Rivers Center will continue to offer programs and activities as construction allows, and is expected to be completed in December 2016. The building will feature wood harvested from onsite trees, a solar photovoltaic system, operable window and roof vents, low flow toilets, LED lighting and motion detection capabilities, rain water collection and grey water system, which a means water from sinks is collected and used to flush toilets.

The new building will replace the existing visitor center, which was originally a cafeteria at the Albany State Office Building Campus before it was moved in 1972. Raymond Perry, director at Five Rivers, said it the price tag for the new center

is more “cost-effective” compared to the cost of rehabilitating the existing structure.

“It’s exciting times for us,” said Perry. “We’ll be able to do a better job of introducing people to the environment. We’ll be able to get more people to come visit ... get people outdoors.”

Envision Architects in Albany designed both the new center and the adjacent Wendy Repass Suozzo Guided School Program building, which was dedicated in June 2012. Staff from the State Department of Environmental Conservation built the Guided School Program building with partial fiscal support from the Repass family in collaboration with The Friends of Five Rivers and the Natural Heritage Trust.

Once the new visitor center is completed, both buildings will be LEED certifiable.

“For decades Five Rivers has served as a living museum, offering people of all ages a rich variety of guided and self-guided opportunities to experience nature directly,” said Incoming Acting DEC Commissioner Basil Seggos. “We applaud Governor Cuomo for his continued efforts to offer New Yorkers and visitors new ways to experience the state’s vast natural resources.”

The Office of General Services awarded \$7 million in contracts to build the new center to:

AOW Associates, Inc. of Albany for construction; Lacorte Companies, Inc. of Troy for electrical work; DiGesare Mechanical, Inc. for plumbing; and Family Danz Mechanical LLC of Albany for heating, ventilation and air conditioning installation. The contract for fabricating exhibits will be awarded in the near future.

Upwards of 70,000 visitors annually come to Five Rivers Center for school and youth programs, public programs, and programs and services for adults. The state-of-the-art center will draw not only new visitors to Five Rivers, but also repeat visitors as the exhibits and seasons change.

“Five Rivers has been a regional treasure for my family and thousands of families in the Capital Region, offering a chance to learn about and experience nature at its very best,” said Assemblywoman Pay Fahy, D-District 109. “I applaud the Governor for his commitment to preserving and improving what is truly a gem. Current and future generations of New Yorkers will appreciate this investment for decades to come.”

The new center will be open 9 a.m. to 4:30 p.m. Monday through Saturday. Saturday programs include guided hikes, watching wildlife, snowshoeing and camping that inspire people to get outdoors. Thursdays offer family fun after-school programs for students in k-5 that focus on outdoor exploration,



A rendering of the new Five Rivers Visitor's Center, which broke ground on Thursday, Oct. 15. The new \$7 million building and recreation area is made possible through state funds.

Submitted photo

with each week looking at different topics like birds, insects, trees and ponds.

On-site lessons for school classes are taught in partnership with the Friends of Five Rivers through the Guided School Program. Lessons taught by Friends docents focus on natural history topics by getting students into streams, fields and forests to witness environmental concepts first hand. Supported by Friends of Five Rivers scholarships, nearly fifty percent of schools participating in the Guided School Programs are from urban school districts of Albany, Schenectady and Troy.

“Thousands of school children participate in the Guided School Program each year, and many of them are excited to bring

their families back to Five Rivers to experience the joy of discovering nature together,” said Robert Gordon, president of the Friends of Five Rivers. “The new visitor center will inspire visitors from both near and far to get outdoors and enjoy this very special place.”

In 2016, Five Rivers will also host Excelsior Conservation Corps members to work on a history trail throughout the center’s grounds. Governor Cuomo recently announced the launch of the Excelsior Conservation Corps, a new residential AmeriCorps environmental education and stewardship program for 18 to 25 year olds. Corps members will research and document the rich history of wildlife management and the important role of the

Civilian Conservation Corps as part of the Five Rivers story. They will build kiosks with interpretive displays highlighting the history of area and create a trail guide to provide additional information on each topic.

“Not only is the new learning center itself a model for environmental sustainability, the numerous programs that will be offered at the center will only further deepen our understanding of and need for environmental stewardship,” said New York State Sen. Neil Breslin, D-District 44. “I applaud Governor Cuomo, and Commissioners Destito and Seggos for their continued efforts to make sure New Yorkers have numerous ways to enjoy our state’s natural resources.”

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October 21, 2015

# Spotlight on Sports

www.spotlightnews.com PAGE 11

Go to  
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## ■ PLAYER OF THE WEEK



### BRADY HUGHES

Ravena-Coeymans-Selkirk  
quarterback Brady Hughes is  
the MarGas Spotlight Player  
of the Week for the period  
ending Sunday, Oct. 18.  
Hughes threw for 216 yards  
and three touchdowns to  
lead the Indians to a 33-28  
victory over Schalmont  
Friday, Oct. 16. The victory  
clinched the Reinfurt  
Division title and a No. 1  
seed for the Section 2 Class  
B playoffs.

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## ■ INSIDE



### Blackbirds roll

Sean Nolan scored  
two goals to lead the  
Voorheesville boys soccer  
team to a 3-0 victory over  
Lansingburgh Oct. 15.

Page 12

## ■ BETHLEHEM



▲ Bethlehem's  
Ben Tietjen  
plows through  
a couple of  
Columbia tacklers  
during the third  
quarter of the  
Eagles' final  
regular season  
game Friday, Oct.  
16. Tietjen rushed  
for 129 yards and  
a touchdown in  
Bethlehem's 14-7  
win.

Bethlehem's  
Jake Smith  
carries the ball.

Rob Jonas/Spotlight



# Stuck with No. 4 seed

Bethlehem beats Columbia to forge tie,  
but loses out on tiebreakers

By **ROB JONAS**

[jonasr@spotlightnews.com](mailto:jonasr@spotlightnews.com)

**BETHLEHEM** — The only way the Bethlehem  
football team could avoid finishing in fourth place in  
the Liberty Division was to beat Columbia to forge a  
three-way tie for second place.

The Eagles (3-2 division, 4-3 overall) accomplished

**Continues on page 13**



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## ■ VOORHEESVILLE

# Blackbirds roll along

Boys soccer team raises record to 12-3-0 with win

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

**VOORHEESVILLE** — The Voorheesville boys soccer team improved its Colonial Council record to 12-3-0 with a 3-0 victory over Lansingburgh Thursday, Oct. 15.

Sean Nolan scored two goals, and Braden Racey added another to help the Blackbirds beat the Knights for the second time this season.

Voorheesville began the week with a 7-2 victory over Ravena-Coeymans-Selkirk Tuesday, Oct. 13. Nolan and John Moreau each had hat tricks for the Blackbirds. Jacob Jimenez and Donovan Varney tallied for Ravena.

Voorheesville concluded its regular season Monday, Oct. 19, against Cohoes.

## Girls soccer

The Voorheesville girls soccer team continued its

impressive end-of-season run with a 5-0 Colonial Council victory over Lansingburgh Thursday, Oct. 15.

Veda Hensel recorded a hat trick and added an assist for the Blackbirds (14-1-0), who entered last week ranked fifth in New York state among Class B schools. Julia Voss chipped in with a goal and three assists, and Rebecca Clair added a goal and an assist.

Voorheesville shut out Ravena 7-0 Tuesday, Oct. 13. Clair tallied four times, and Hensel contributed two goals and three assists for the Blackbirds.

## Football

The Voorheesville football team received the No. 8 seed in the Section 2 Class C playoffs after finishing the regular season with a 3-4 record. The Blackbirds travel to top-seeded Greenwich Friday, Oct. 23, for the quarterfinal round.



Voorheesville's Sean Nolan heads the ball during a Colonial Council game against Lansingburgh Thursday, Oct. 15. Nolan scored twice in the 3-0 win. Rob Jonas/Spotlight

Voorheesville ended the regular season with a 34-0 victory over Schoburg/Berne-Knox-Westerlo Saturday, Oct. 17. Dalton Esposito and Eddie Schultz each had touchdown runs

in the second quarter to help break open the game. Esposito and Schultz finished with two touchdown runs apiece, and quarterback Ryan Daly added a scoring strike to Michael McGuinness.

## ■ RAVENA

# Indians claim division title

Last-minute touchdown pass propels Ravena past Schalmont in Reinfurt finale

**RAVENA** — The Ravena-Coeymans-Selkirk football team earned the Reinfurt Division title by edging Schalmont 33-28 in the regular season finale Friday, Oct. 16.

Quarterback Brady Hughes connected with receiver Logan Frangella on a 30-yard touchdown pass late in the fourth quarter to propel the Indians (7-0) to the victory over previously-unbeaten Schalmont (6-1).

The win also locked up a No. 1 seed for Ravena in the Section 2 Class B playoffs. The Indians host Johnstown — the No. 4 seed from the West Division — Friday, Oct. 23, in the quarterfinals.

The game was a back-and-forth affair, with Schalmont building a 14-13 halftime lead on

quarterback Jake Defayette's 1-yard touchdown run and extra-point kick late in the second quarter. Defayette then threw a 21-yard scoring strike to Zac O'Dell in the third quarter to make the score 20-13.

Ravena rallied to take the lead in the fourth quarter. Hughes threw a 38-yard touchdown pass to Frangella, and Matt Ferreiro rushed 37 yards for another score. Hughes added a 2-point conversion pass to Frangella after Ferreiro's touchdown to put the Indians ahead 27-20.

Schalmont regained the lead on Dan Clifford's 14-yard touchdown run and Defayette's 2-point conversion before Hughes and Frangella teamed up for Ravena's winning touchdown.

— Rob Jonas

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A Public Service Announcement brought to you by **Spotlight Newspapers** and your fellow drivers.



## From page 11 ... Stuck with No. 4 seed

that much by holding on for a 14-7 victory over the Blue Devils Friday, Oct. 16. Unfortunately for Bethlehem, it didn't do anything to prevent it from receiving the No. 4 seed and a road trip to Empire Division champion Saratoga Springs for the Section 2 Class AA quarterfinals.

With Bethlehem's win and LaSalle's 15-6 victory over Schenectady, the Eagles tied with the Cadets (3-2, 3-4) and Columbia (3-2, 3-4) for second, forcing the tie to be decided by quarter points. Columbia had the most, giving it the No. 2 seed and a home game in the quarterfinals against Shenendehowa (3-2, 3-4). The No. 3 seed was determined by the head-to-head match-up between Bethlehem and LaSalle,

which the Cadets won 34-27 Sept. 18.

Now, Bethlehem must find a way to beat Saratoga (5-0, 7-0) – a team it lost to 42-0 in its season opener Sept. 4 in Saratoga. The Blue Streaks have scored 40 or more points in six of their seven games this season and have won by an average margin of slightly more than 30 points per game. The lone exception to both of those statistics was a come-from-behind 25-24 victory against Christian Brothers Academy Oct. 9.

Bethlehem's defense was in fine form against Columbia Oct. 16. The Eagles forced a couple of key turnovers in the second half to preserve their seven-point lead, including an interception by Chris Harvey late in the fourth quarter.

Tailback Ben Tietjen led the Bethlehem offense with 129 yards and a second-quarter touchdown. Quarterback Ryan Starr scored the first six points of the game on a 3-yard touchdown run in the first quarter.

### Boys soccer

The Bethlehem boys soccer team concluded the Suburban Council regular season with a 12-3-0 record following a 6-1 victory over Columbia Thursday, Oct. 15.

Noah Weinstock got the Eagles on the board in the 22nd minute off a feed from Trevor de las Alas, and Kevin Piccolino struck twice within a five-minute span to help Bethlehem carry a 3-0 lead into halftime. Piccolino scored again in the second half for a hat trick, with Aidan Lynch and David Bell adding goals for the Eagles.

The victory gives

Bethlehem the No. 3 seed for the Section 2 Class AA playoffs. Ballston Spa (14-0-0) earned the No. 1 seed with its 14 victories entering Monday's game against Schenectady, while Shaker (12-2-1) grabbed the No. 2 seed by one standings point over the Eagles.

### Cross country

The Bethlehem girls cross country team placed sixth in the Division III standings at the Burnt Hills Invitational Saturday, Oct. 17, at Saratoga Spa State Park.

The Lady Eagles finished tied with North Shore in points, but North Shore's No. 6 runner finished ahead of Bethlehem's No. 6 runner to receive the tiebreaker. Sachem East claimed the division title with 68 points.

Holly Machabee led Bethlehem with a 10th-place finish in a time of 18:25.30. Rachel Hodge was 17th with a time of 18:48.70, and Ruby Pan finished 23rd with a time of 19:03.93.

Bethlehem was seventh in the boys Division III team standings with 218 points. Dawson Homer finished fifth overall with a time of 15:27.31.

## ■ ANNOUNCEMENTS



### Pepper and Powers

Kate Marie Powers, the daughter of Christine Katherine Bubriski of Pittsfield, MA, and Richard John Powers of Pittsfield, MA and Ocala, FL, was married on Sunday, October 18, 2015 to Joshua Benjamin Pepper, a son of Barbara Benjamin Pepper of Stratton Mountain, VT, and the late Attorney Allan Michael Pepper. Rabbi David Markus is to perform the ceremony at the Country Club of Pittsfield.

Powers is keeping her name. She is a Senior Policy Advisor and the Director of Legislative Affairs for Attorney General Eric T. Schneiderman in Albany, NY. She graduated, summa cum laude from Assumption College where she received the Psychology Department Award for Outstanding Academic Achievement. Powers also graduated, summa cum laude,

with a law degree and a Master's in Public Administration from Syracuse University. She also holds a Master's degree in Social Work from the University of Vermont and a Certificate in Global Affairs from New York University. Powers is a Planning Board Member in the Town of Bethlehem.

Pepper is the Deputy Commissioner and General Counsel to the Office of Mental Health in Albany, NY. Pepper graduated from Columbia University, where he also received a Master's in Economics. He also received a law degree, cum laude, from New York University. Mr. Pepper is a member of the Delmar Community Orchestra and Guildenland Town Band and is a former member of the Cornerstone Chorale in Washington Heights.

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## LETTERS TO THE EDITOR

# Cotrofeld provides experience, results

Editor, *The Spotlight*;

I think we can all agree that in Albany County, over the past several years, we have seen a steady improvement in services and financial management. That progress results from the hard work of our County Legislators and the leadership provided by our incumbent representative (in the 34<sup>th</sup> legislative district) Tom Cotrofeld.

As Chairman of the Legislature's Audit and Finance Committee, Tom Cotrofeld has crafted consecutive budgets that result in NO PROPERTY TAX increases for Albany County residents. And who among us does not appreciate Tom Cotrofeld's ongoing work on, and the recent opening of, the long awaited "Rail Trail". At the same time Mr. Cotrofeld has been instrumental in advancing the interest of county

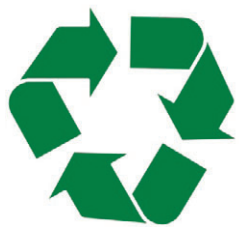
residents on a number of social issues. In just the past year, Chairman Cotrofeld sponsored the Drinking Water Protection Law, which helps to protect the water table in Albany County, and adopted policies that led to the financial turnaround of the Albany County Nursing Home. During his tenure, Mr. Cotrofeld succeeded in providing tax breaks for our Veterans and our Volunteer First Responders; he worked to approve sorely needed capital improvements for the TU Center, and sponsored the effort to solarize county facilities, which will save taxpayers \$40 million over the next 25 years.

It has been said that "Elections are about the Future." As I think about our future here in Delmar and in Albany County, I hope that we will have

elected representatives in government who work to make the American dream a reality for everyone, regardless of race, creed, or orientation. Tom Cotrofeld has demonstrated his commitment to these values and deserves our support.

On November 3, please vote for Row F of your ballot to re-elect Tom Cotrofeld.

Scott Anson  
Delmar



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this paper**

# Dems team have what we seek

Editor, *The Spotlight*;

In 2015, the Bethlehem voter's choices are obvious! Voters should choose a dedicated, effective and proven team that has consistently produced results that have restored fiscal security and efficiently delivered the services valued by our residents. The Democratic team has engaged in Town government as elected officials, employees and volunteers on committees and in many Town initiatives. The team of Democrats has been involved and productive.

In contrast, this year's challengers lack pertinent experience and have little record of productive contributions to Town government. Most have not been participants or volunteers in governance at any level in our Town.

Choices are clear: John

Clarkson's leadership has been intelligent, transparent and his fiscal responsibility and forward thinking has put our Town in the best financial shape ever, while at the same time putting us on a path to timely and sensible capital improvements and adoption of award-winning efficiencies. Joyce Becker and David VanLuven have been long-standing participants in Town government and will bring very relevant experience to the Town Board that is especially important to our seniors, environmental, land planning and conservation interests.

Brent Meredith has brought the Highway Department into the 21st century with numerous innovations and efficiencies; Nanci Moquin and Alicia Roney

have collaborated to give us model efficiency and modernization in the Clerk's and Tax office.

Bill Reinhardt, Joanne Cunningham, Charlie Dawson and Matt Miller are poised to be Bethlehem's hard-working and effective representatives in the Albany County legislature.

We support ... good leadership, sound fiscal practices, innovation in government efficiencies and we know this Democratic team will continue to deliver stellar results for our Town. The 2015 Democratic slate, with its wide-ranging and relevant experience, will continue Bethlehem's excellent services and responsible management.

John Smolinsky  
Ellie Prakken  
Delmar

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*A reminder from:*





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**TUESDAY, NOVEMBER 3, 2015**  
**HOURS: 6:00 A.M. TO 9:00 P.M.**  
**PUBLIC OFFICES TO BE VOTED FOR**  
**WITHIN ALBANY COUNTY**

**FEDERAL**  
None

**STATE**  
3rd Judicial District Supreme Court Judge - 14 year term

**COUNTY**  
County Executive - 4 year term  
County Comptroller - 4 year term  
County Sheriff - 4 year term  
County Coroner (2) - 4 year term  
County Legislator (39) - 4 year term

County of Albany Proposition

**CITIES**

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**ALBANY CITY SCHOOLS**  
Member, City School District of Albany Board of Education (3)  
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Albany City Board of Education Proposition

**COHOES**  
City Mayor - 4 year term  
Council Member (6) - 4 year term

**WATERVLIET**  
Mayor - 4 year term

**TOWNS**

**BERNE**  
Assessor (2) - 4 year term  
Board Member (2) - 4 year term

**BETHLEHEM**  
Town Supervisor - 2 year term  
Town Clerk - 2 year term  
Town Councilperson (2) - 4 year term  
Receiver of Taxes - 4 year term  
Superintendent of Highways - 2 year term

**COEYMANS**  
Town Supervisor - 2 year term  
Town Councilman (2) - 4 year term

**COLONIE**  
Town Supervisor - 2 year term  
Town Clerk - 2 year term  
Town Councilman (3) - 4 year term  
Town Justice - 4 year term

**GREEN ISLAND**  
Town Supervisor - 2 year term  
Town Clerk - 2 year term  
Town Councilperson (2) - 4 year term  
Town Councilperson (1) - 2 year term (to fill a vacancy)  
Town Justice - 4 year term

**VILLAGE OF GREEN ISLAND**  
Village Mayor - 2 year term  
Village Trustee (3) - 2 year term  
Village Trustee - 1 year term (To fill vacancy)

**GUILDERLAND**  
Town Supervisor - 2 year term  
Town Clerk - 2 year term  
Town Council Member (2) - 4 year term  
Town Justice - 4 year term  
Superintendent of Highways - 4 year term

**KNOX**  
Town Supervisor - 2 year term  
Town Clerk - 2 year term  
Town Council (2) - 4 year term  
Town Justice - 4 year term  
Tax Collector - 2 year term  
Superintendent of Highways - 2 year term

**NEW SCOTLAND**  
Town Supervisor - 2 year term  
Town Clerk - 2 year term  
Town Board (2) - 4 year term  
Town Board (1) - 2 year term (to fill a vacancy)  
Town Justice (2) - 4 year term  
Highway Superintendent - 2 year term

**RENSSELAERVILLE**  
Town Councilperson (2) - 4 year term  
Town Justice - 4 year term  
Town Assessor - 4 year term

**WESTERLO**  
Town Supervisor - 4 year term  
Town Clerk/Tax Collector - 4 year term  
Town Councilman (2) - 4 year term

**LEGALS**

Town Justice - 4 year term  
Highway Superintendent - 4 year term

**City of Albany Board of Education**  
**Proposition Number One**

Shall the bond resolution adopted by Board of Education authorizing construction of additions to and reconstruction of Albany High School, including site work, and the acquisition of original furnishings, equipment, machinery or apparatus required for the purpose for which such building is to be used, to be undertaken in two distinct phases over an approximately nine year period, at a maximum aggregate cost of \$196,000,000, and providing that such sum (and the interest thereon) be raised by a tax levy to be collected in annual installments, with District obligations to be issued in anticipation thereof, be approved?

**County of Albany**  
**Proposition Number One**

Local Law No. "E" for 2014

Shall there be approved in the County of Albany, Local Law No. "E" for 2014, entitled "A LOCAL LAW OF THE COUNTY OF ALBANY, NEW YORK, REPEALING LOCAL LAW NO. 8 FOR 1993 AS AMENDED, ENTITLED A LOCAL LAW IN RELATION TO THE ADOPTION OF A COUNTY CHARTER FOR THE COUNTY OF ALBANY, AND ENACTING IN PLACE THEREOF A REVISED ALBANY COUNTY CHARTER"?

**ATTENTION VOTERS**

**For your convenience, a facsimile ballot will be available for your review on Election Day at all polling places. A sample ballot may also be obtained by calling (518) 487-5060, or at the office of the Albany County Board of Elections. For up-to-the-minute unofficial election night results, visit our web site at: [www.albanycounty.com/electionresults](http://www.albanycounty.com/electionresults).**

Rachel L. Bledi  
Commissioner of Elections

Matthew J. Clyne  
Commissioner of Elections

**A copy of each proposal may be obtained at Albany County Board of Elections, 32 North Russell Rd., Albany, NY 12206.**

10/02/2015  
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**LEGAL NOTICE**

203 N WALNUT LLC.  
Arts. Of Org. Filed w/SSNY on 8/27/15. Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St., #103, Albany, NY 12207. Reg. Agent: USA Corporate Services Inc. @ same address. Purpose: all lawful.  
Ad#95982

**LEGAL NOTICE**

Notice of Formation of 2Helix LLC. Articles of Organization filed with the Secretary of State of New York (SSNY) on 8/06/2015. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 90 State Street Suite 700 Box, Albany, NY 12207. Purpose: Any lawful purpose.  
Ad#96389

**LEGAL NOTICE**

3405 CHURCH AVENUE REALTY LLC Articles of Org. filed NY Sec. of State (SSNY) 10/6/2015. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 338 Orange St., Albany, NY 12206. Purpose: Any lawful purpose.  
Ad#97793

**LEGALS**

ny is located in Albany County.

4. The Secretary of State is designated as agent of the Limited Liability Company upon whom process against it may be served.  
5. The Secretary of State shall mail a copy of process served to the Limited Liability Company to 7 Fairfield Drive, Voorheesville, NY 12186.  
6. the latest date to dissolve is indefinite.  
7. The purpose of the Limited Liability Company is to conduct all lawful activity.  
Ad#97378

**LEGAL NOTICE**

49TH ST. RE LLC. Arts. Of Org. Filed w/SSNY on 9/14/15. Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St., #103, Albany, NY 12207. Reg. Agent: USA Corporate Services Inc. @ same address. Purpose: all lawful.  
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**LEGAL NOTICE**

546 LAFAYETTE AVENUE MANAGEMENT, LLC. Arts. Of Org. Filed w/SSNY on 9/9/15. Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St., #103, Albany, NY 12207. Reg. Agent: USA Corporate Services Inc. @ same address. Purpose: all lawful.  
Ad#95972

**LEGAL NOTICE**

61-59 70TH STREET LLC. Arts. Of Org. Filed w/SSNY on 9/8/15. Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St., #103, Albany, NY 12207. Reg. Agent: USA Corporate Services Inc. @ same address. Purpose: all lawful.  
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ACCELER8 AUTOS, LLC. Arts. Of Org. Filed w/SSNY on 9/2/15. Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St., #103, Albany, NY 12207. Reg. Agent: USA Corporate Services Inc. @ same address. Purpose: all lawful.  
Ad#95980

**LEGAL NOTICE**

ACCESS DISABILITY ADVOCATES, LLC Articles of Organization filed: Office of the Company located in Albany County Access Disability Advocates, LLC has designated the Secretary of State as its agent upon whom process against it may be served. The Secretary of State shall mail a copy of any process served against the company to: Access Disability Advocates, LLC 159 Delaware Avenue #218 Delmar, NY 12054 The Limited Liability Company has no registered agent. The duration of the Limited Liability Company is perpetual. The character of the business in which the

ACCESS DISABILITY ADVOCATES, LLC Articles of Organization filed: Office of the Company located in Albany County Access Disability Advocates, LLC has designated the Secretary of State as its agent upon whom process against it may be served. SSNY shall mail a copy of any process served against the company to: C/O Attic Eye Home Inspections LLC, 40 Exchange St, Albany, 12205. Purpose: Any Lawful Purpose. Latest date upon which LLC is to dissolve: No specific date.  
Ad#94686

**LEGAL NOTICE**

Blue Flower Thai Restaurant LLC, Arts. of Org. filed with SSNY on 09/21/15. Off. Loc.: Albany County, SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy

**LEGALS**

of process to: The LLC, 144 Washington Ave, Albany, NY 12210. Purpose: to engage in any lawful act.  
Ad#97570

**LEGAL NOTICE**

NOTICE OF PUBLIC HEARING ON THE BUDGET  
NOTICE IS HEREBY GIVEN that the Proposed Budget of the Slingerlands Fire District located in the Towns of Bethlehem and New Scotland, Albany County, State of New York, will be presented to the Board of Fire Commissioners of the Slingerlands Fire District, for its consideration. A PUBLIC HEARING will be held at 7:00 p.m. at the Slingerlands Fire District firehouse located at 1520 New Scotland Road, Slingerlands, New York 12159, for the Towns of Bethlehem and New Scotland, Albany County, State of New York on the 20th day of October 2015. Pursuant to Town Law Section 105, the Board of Fire Commissioners must hold a public hearing on the budget, make a proposed budget available to the public prior to the public hearing, allow the public to comment on the budget at the public hearing. This public hearing must be held to allow maximum public participation in the hearing. The purpose of the public hearing is to allow any person to be heard in favor of or against the proposed budget as it is submitted, or for or against any item or items contained in the proposed budget, and hearing all persons interested in the subject concerning same. That a copy of the proposed budget is available at the Office of the Town Clerk's Office for the Town of Bethlehem at 445 Delaware Avenue, Delmar, New York and the Town of New Scotland at 2029 New Scotland Road, Slingerlands, New York.  
Ad#96428

**LEGAL NOTICE**

ARTICLES OF ORGANIZATION OF ATEN LLC  
First: The name of the limited liability company is ATEN LLC  
Second: The county, within this state, in which the office of the limited liability company is to be located is Albany  
Third: 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 against the limited liability company served upon hme or her is: ATEN LLC 305 Old Loudon Road, Latham, NY 12110. Purpose any lawful activity.  
Ad# 94684

Call Sheila! Your Personal Concierge, LLC Articles of Organization of this Limited Liability Company (LLC) were filed with the Secretary of State of New York (SSNY) on September 17, 2015. The LLC maintains its office in Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of any process served to the LLC, to 61 Kenosha St. Albany, New York 12209. Purpose: for any lawful activity for which Limited Liability Companies may be formed under the law.  
Ad#96521

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: CHONTONG THAI RESTAURANT, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 8/31/2015. 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 the LLC, 311 Washington Avenue, Albany, NY 12206. Purpose: For operating a restaurant.  
Ad#94690

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name: DEDHAM POST EQUITY LLC. Articles of Organization filed with NY Secretary of State, September 9, 2015. Purpose: to engage in any lawful act or activity. Office: Albany County. Secretary of State is agent for process against LLC and shall mail copy to 101 Dedham Post Road, Schenectady, New York 12303.  
Ad#95662

**LEGAL NOTICE**

PUBLICATION NOTICE OF LIMITED LIABILITY COMPANY  
1. The name of the limited liability company is E&S Sofia LLC (the "Company").  
2. The Articles of Organization of the Company were filed on September 9, 2015.  
3. The County within New York State in which the office of the Company is to be located is Albany.  
4. The Secretary of State has been designated as agent upon whom process against the Compa-

of money not to exceed \$300,000.00 from its Capital Reserve Fund to its Operating Fund for the purpose of acquiring a new piece of apparatus to be used in the prevention and suppression of fire within the area protected by the Slingerlands Fire District. Said Resolution being adopted subject to a Permissive Referendum pursuant to Section 6-g of the General Municipal Law.

Ad#98526

**LEGAL NOTICE**

NOTICE OF FORMATION OF CEAS PROPERTY MANAGEMENT, LLC a domestic Limited Liability Company organized under the laws of New York whose Articles of Organization were filed on September 30, 2015 with the New York Secretary of State. The Secretary of State has been designated as agent upon whom process may be served and shall mail a copy of any process served on him or her to 11 Marshall Street, Albany, NY 12209. New York Office Location: Albany County. Purpose: All lawful activities.  
Ad#97291

**LEGAL NOTICE**

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: CHONTONG THAI RESTAURANT, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 8/31/2015. 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 the LLC, 311 Washington Avenue, Albany, NY 12206. Purpose: For operating a restaurant.  
Ad#94690

**LEGAL NOTICE**

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name: DEDHAM POST EQUITY LLC. Articles of Organization filed with NY Secretary of State, September 9, 2015. Purpose: to engage in any lawful act or activity. Office: Albany County. Secretary of State is agent for process against LLC and shall mail copy to 101 Dedham Post Road, Schenectady, New York 12303.  
Ad#95662

**LEGAL NOTICE**

PUBLICATION NOTICE OF LIMITED LIABILITY COMPANY  
1. The name of the limited liability company is E&S Sofia LLC (the "Company").  
2. The Articles of Organization of the Company were filed on September 9, 2015.  
3. The County within New York State in which the office of the Company is to be located is Albany.  
4. The Secretary of State has been designated as agent upon whom process against the Compa-



## LEGALS

ny may be served. The post office address to which the Secretary of State shall mail a copy of any process against the Company is E&S Sofia LLC, P.O. Box 11327, Albany, NY 12211.

5. The purpose of the business of the Company is to engage in any lawful act or activity for which limited liability companies may be organized under the Limited Liability Company Law of the State of New York.

Ad#97283

### LEGAL NOTICE

#### PUBLICATION NOTICE OF LIMITED LIABILITY COMPANY

1. The name of the limited liability company is Enzo Construction LLC (the "Company").

2. The Articles of Organization of the Company were filed on June 30, 2014.

3. The County within New York State in which the office of the Company is to be located is Albany.

4. The Secretary of State has been designated as agent upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail a copy of any process against the Company is Nia C. Cholakis, Esq., 1202 Troy-Schenectady Road, Bldg. #3, Latham, New York 12110.

5. The purpose of the business of the Company is to engage in any lawful act or activity for which limited liability companies may be organized under the Limited Liability Company Law of the State of New York.

Ad#97279

### LEGAL NOTICE

FAB Property Remodeling, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 09/17/15. Off. loc.: Albany Co. SSNY des. as agent of LLC upon whom process may be served. SSNY shall mail process to the LLC, 11 Danton Lane, Locust Valley, NY 11560. The registered agent of the LLC is Frank Berritto of the same address. Purpose: General.

Ad#97831

### LEGAL NOTICE

#### NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC).

Name: FINEGAN'S ALE HOUSE, LLC. Articles of Organization filed with NY Secretary of State, October 5, 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 Kevin Efaw, 1 Gregg Road, Altamont, NY 12009.

Ad#97806

### LEGAL NOTICE

NOTICE OF FILING OF ARTICLES OF ORGANIZATION IN NEW YORK BY A LIMITED LIABILITY COMPANY

Name: Food Bank Ven-

## LEGALS

Organization filed with sec. of state of NY(SOS) on 9/30/15. Office location: Albany County. SOS is designated as agent of LLC for service of process. SOS shall mail copy of process to Regional Foodbank of Northeastern New York, Inc., 965 Albany-Shaker Rd, Latham, NY 12110. Purpose: Any lawful act or activity.

Ad#97258

### LEGAL NOTICE

Notice of Formation of Glenside Property Management, LLC. Arts. of Org. filed with Secy of State of New York (SSNY) on 05/26/2015. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to 9 Woodlawn Ave. Albany, NY 12208. Purpose: Any lawful activity.

Ad#95713

### LEGAL NOTICE

GPT 81 MERCER, LLC Articles of Org. filed NY Sec. of State (SSNY) 9/14/15. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to c/o Pep Real Estate, 25 Howard St., 2nd Fl, NY, NY 10013. Purpose: Any lawful purpose.

Ad#95327

### LEGAL NOTICE

Notice of formation of Halal Watch World, LLC. Articles of organization filed with the Secretary of State of New York (SSNY) on September 2, 2015. Office located within the 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 Islah Umar, 520 Feura Bush Road, Glenmont, NY 12211. Purpose: Any lawful act.

Ad#96782

### LEGAL NOTICE

INKERI LLC. Arts. Of Org. Filed w/SSNY on 8/31/15. Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St., #103, Albany, NY 12207. Reg. Agent: USA Corporate Services Inc. @ same address. Purpose: all lawful.

Ad#95985

### LEGAL NOTICE

JP 81 MERCER, LLC Articles of Org. filed NY Sec. of State (SSNY) 9/14/15. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to c/o Pep Real Estate, 25 Howard St., 2nd Fl, NY, NY 10013. Purpose: Any lawful purpose.

Ad#95333

### LEGAL NOTICE

JPT 81 MERCER, LLC Articles of Org. filed NY Sec. of State (SSNY) 9/14/15. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to c/o Pep Real

## LEGALS

Estate, 25 Howard St., 2nd Fl, NY, NY 10013. Purpose: Any lawful purpose.

Ad#95334

### LEGAL NOTICE

Notice of Formation of Limited Liability Company Name: L-VISION LLC. Articles of organization were filed with the Secretary of New York (SSNY) on 9/9/2015. 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 the process to the LLC to: 90 State Street, STE 700 Office 40 Albany, New York 12207. Purpose: For any lawful purpose.

Ad#94916

### LEGAL NOTICE

NOTICE TO BIDDERS NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Uniforms for the Bethlehem Police, Telecommunicators and Animal Control Departments. Bids will be received up to 3:00 p.m. on the 6th day of November 2015 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, N.Y. Bids shall be addressed to Ms. Nanci Moquin, Town of Bethlehem, 445 Delaware Avenue, Delmar, NY 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE (1) COPY of each bid shall be submitted. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at [www.townof-bethlehem.org](http://www.townof-bethlehem.org) Purchasing Division.

The Town Board reserves the right to waive any informalities on or to reject any or all bids. BY ORDER OF THE TOWN BOARD TOWN OF BETHLEHEM Nanci Moquin TOWN CLERK Dated: October 15, 2015

Ad#98557

### LEGAL NOTICE

Notice of Formation of an LLC: Lever2, LLC. Art. of Org. filed with the SSNY on 7/3/2015. Office: 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 processes to: C/O Lever1, LLC 510 W 5th Street Kansas City, MO 64105. Purpose: Any Lawful Purpose.

Ad#95319

### LEGAL NOTICE

Levine Gipp Realty Associates, LLC Notice of formation of Levine Gipp Realty Associates, LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 8/11/15. Office location:

## LEGALS

Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. The SSNY shall mail a copy of any process to the LLC, 298 Albany Shaker Road, Albany, New York 12211. Purposes: any lawful activity.

Ad#97822

### LEGAL NOTICE

LH NUTRITION, LLC. Arts. Of Org. Filed w/SSNY on 9/2/15. Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St., #103, Albany, NY 12207. Reg. Agent: USA Corporate Services Inc. @ same address. Purpose: all lawful.

Ad#95977

### LEGAL NOTICE

Notice of formation of LLC: Lily's Place, LLC has filed an Articles of Organization with the Secretary of State of New York on 7/1/2015. Its office is located in Albany County. The Secretary of State has been designated as agent upon whom process may be served. A copy of any process shall be mailed to 376 Northern Blvd, Albany, NY 12204. Its business is to engage in any lawful activity for which limited liability companies may be organized under Section 203 of the New York Limited Liability Company Act.

Ad#94571

### LEGAL NOTICE

Notice of formation of Lisa Mariconti, Sign Language Interpreter, LLC. Articles of Organization were filed with the Secretary of State of NY (SSNY) on 9/22/2015. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process served to: The LLC at 42 Brookman Ave Delmar, NY 12054 Purpose: any lawful act.

EV WE INSERT 6 DATES HERE

Ad#98552

### LEGAL NOTICE

Lola 504 Realty, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 09/28/15. Off. loc.: Albany Co. SSNY des. as agent of LLC upon whom process may be served. SSNY shall mail process to the LLC, 115 Cove Neck Road, Cove Neck, NY 11771. Purpose: General.

Ad#97828

### LEGAL NOTICE

Notice of formation of Luminous Networks, LLC. Articles of organization filed with the Secretary of State of New York (SSNY) on September 2, 2015. Office located within the 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

## LEGALS

Paul Centanni, 25 Patroon Place, Albany, NY 12211. Purpose: Any lawful act.

Ad#95966

### LEGAL NOTICE

LUXURY TRADE BROKERS OF NEW YORK LLC. Arts. Of Org. Filed w/SSNY on 8/28/15. Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St., #103, Albany, NY 12207. Reg. Agent: USA Corporate Services Inc. @ same address. Purpose: all lawful.

Ad#95987

### LEGAL NOTICE

MATTERHORN RE LLC. Arts. Of Org. Filed w/SSNY on 8/28/15. Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St., #103, Albany, NY 12207. Reg. Agent: USA Corporate Services Inc. @ same address. Purpose: all lawful.

Ad#95973

### LEGAL NOTICE

Notice of Formation of a Limited Liability Company (LLC): Name: McGuiness Home Solutions LLC, Articles of Organization filed with the Secretary of State of New York (SSNY) on 08/21/2015. 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 McGuiness Home Solutions LLC, 19 Marlborough Court, Albany, 12209. Purpose: Any Lawful Purpose. Latest date upon which LLC is to dissolve: No specific date.

Ad#94700

### LEGAL NOTICE

#### NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC).

Name: NAT REAL PROPERTY GROUP, LLC. Articles of Organization filed with NY Secretary of State, October 1, 2015. Purpose: to engage in any lawful act or activity. Office: Albany County. Secretary of State is agent for process against LLC and shall mail copy to Nicholas Thomas, 261 Troy Schenectady Road, Latham, NY 12110.

Ad#97089

### LEGAL NOTICE

NEW YORK BUSINESS GROUP LLC. Auth. Filed w/SSNY on 9/3/15. Fictitious name: NEW YORK BUSINESS GROUP INTERNATIONAL LLC. Office: Albany Co. Formed in DE on 10/2/14. SSNY designated as agent for process & shall mail to: 54 State St., #103, Albany, NY 12207. Reg. Agent: USA Corporate Services Inc. @ same address. DE address: c/o The Corp. Trust Ctr., Wilmington, DE 19801. Filed with DE Sec. of State: 401 Federal St. #4, Dover, DE 19901. Purpose: all lawful.

Ad#95988

## LEGALS

### LEGAL NOTICE

Post Street Remodeling, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 10/06/15. Off. loc.: Albany Co. SSNY des. as agent of LLC upon whom process may be served. SSNY shall mail process to the LLC, 11 Danton Lane, Lattingtown, NY 11560. Purpose: General.

Ad#97837

### LEGAL NOTICE

NOTICE OF PUBLIC HEARING UPON PRELIMINARY BUDGET NOTICE IS HEREBY GIVEN that the Preliminary Budget for the fiscal year beginning January 1, 2016 has been completed and filed in the Office of the Town Clerk at the Town Hall, 445 Delaware Avenue, Delmar, NY where it is available for inspection by any interested person during office hours.

NOTICE IS FURTHER GIVEN that the Town Board of the Town of Bethlehem will meet and review said Preliminary Budget and hold a public hearing thereon, at the Town Hall, Delmar, NY at 6:00 p.m. on the 28th day of October 2015 and that at such hearing any person may be heard in favor of or against any item or items therein contained.

BE IT FURTHER RESOLVED, that pursuant to Section 108 of the Town Law, the proposed salaries of the following officers, subject to final approval of the 2016 Town Budget, are hereby specified as follows:

Supervisor \$ 113,433  
Town Board Members (each) \$ 14,967  
Town Clerk \$ 74,015\*  
Superintendent of Highways \$ 99,957  
Town Justice (each) \$ 49,468  
Receiver of Taxes \$ 53,442

\*This amount includes a stipend for serving as Registrar of Vital Statistics as well as a longevity payment which cannot be paid to newly elected officials but also cannot be removed from elected officials serving as of November 26, 2013 (by resolution Al-2013-163).

and BE IT FURTHER RESOLVED, that such Notice shall be published once in the following newspapers: THE SPOTLIGHT, the official newspaper of the Town on October 21, 2015 and the TIMES UNION, an Albany newspaper, on October 21, 2015.

BY ORDER OF THE TOWN BOARD TOWN OF BETHLEHEM Nanci Moquin, TOWN CLERK

Ad#98554

### LEGAL NOTICE

The Slingerlands Fire District will hold a Public Informational Meeting on November 5th, 2015 at 7:00 p.m. to discuss the purchase of a new piece of apparatus that

## LEGALS

will be used in the prevention and suppression of fire within the Slingerlands Fire District

Ad#98527

### LEGAL NOTICE

RP 81 MERCER, LLC Articles of Org. filed NY Sec. of State (SSNY) 9/14/15. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to c/o Pep Real Estate, 25 Howard St., 2nd Fl, NY, NY 10013. Purpose: Any lawful purpose.

Ad#95335

### LEGAL NOTICE

Rutherford Law Group, PLLC Articles of Organization filed: Office of the Company located in Albany County Rutherford Law Group, PLLC has designated the Secretary of State as its agent upon whom process against it may be served. The Secretary of State shall mail a copy of any process served against the company to: Justin M. Rutherford, Esq. Post Office Box 844 Albany, New York 12207 The Limited Liability Company has no registered agent. The duration of the Limited Liability Company is perpetual. The character of the business in which the Rutherford Law Group, PLLC will engage is Legal Services.

Ad#98222

### LEGAL NOTICE

#### PUBLICATION NOTICE OF LIMITED LIABILITY COMPANY

1. The name of the limited liability company is Shaker Ridge LLC (the "Company").

2. The Articles of Organization of the Company were filed on September 4, 2015.

3. The County within New York State in which the office of the Company is to be located is Albany.

4. The Secretary of State has been designated as agent upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail a copy of any process against the Company is E&S Sofia LLC, P.O. Box 11327, Albany, NY 12211.

5. The purpose of the business of the Company is to engage in any lawful act or activity for which limited liability companies may be organized under the Limited Liability Company Law of the State of New York.

Ad#97286

### LEGAL NOTICE

Notice of formation of LLC-SIAL BROTHERS LLC has filed an Articles of Organization with the Secretary of State of New York on 9/15/15. Its office is located in Albany County. The Secretary of State has been designated as agent upon whom process may be served. A copy of any process shall be mailed to 309 Central Ave., Albany, NY 12206. Its business is to engage in any lawful activity for

## LEGALS

which limited liability companies may be organized under Section 203 of the New York Limited Liability Company Act.

Ad#96263

### LEGAL NOTICE

NOTICE OF FILING OF ARTICLES OF ORGANIZATION IN NEW YORK BY A LIMITED LIABILITY COMPANY

Name: Spa City Opportunities Fund, LLC. Articles of Organization filed with sec. of state of NY (SOS) on 9/24/15. Office location: Albany County. SOS is designated as agent of LLC for service of process. SOS shall mail copy of process to One Mustang Drive, Cohoes, NY 12047. Purpose: Any lawful act or activity.

Ad#96400

### LEGAL NOTICE

#### VOORHEESVILLE CENTRAL SCHOOL DISTRICT NOTICE OF SPECIAL DISTRICT MEETING VOTE

NOTICE IS HEREBY GIVEN that a special meeting of the qualified voters of the Voorheesville Central School District, County of Albany, State of New York will be held on Tuesday, November 17, 2015 in the Voorheesville Middle School Foyer. The polls will open at 2:00 p.m. Eastern Daylight Saving Time and voting will proceed until 9:00 p.m. during which times the qualified voters of the School District will be asked to vote on the proposition described below:

#### PROPOSITION

Shall the following resolution be adopted, to wit: RESOLVED, that the Board of Education of the Voorheesville Central School District, is hereby authorized to undertake certain capital improvements consisting of reconstruction and replacement of the pool filtration system and related components of the swimming pool at the Voorheesville Middle School/High School building, along with the acquisition of certain original furnishings, equipment, and apparatus and other incidental improvements required in connection therewith for such construction and school use, all at an estimated maximum aggregate cost of \$75,000, and appropriate, encumber, and expend existing and unexpended funds and/or funds from the Capital Reserve Fund there for.

AND NOTICE IS HEREBY FURTHER GIVEN that the text of the foresaid proposition may appear on the ballot labels in the following abbreviated form:

#### PROPOSITION

Shall the proposition set forth in the legal notice of this special district meeting, authorizing a capital construction project consisting of capital improvements consisting of reconstruction and replacement of the pool filtration system and related components of the swimming pool at the Voorheesville Middle School/High School building at an estimated cost of \$75,000 to be



## LETTERS TO THE EDITOR

# Local cyclist hit, why no ticket?

Editor, *The Spotlight*;

As a 37-year-old family man with three boys, a career in civil engineering and a volunteer coach for many youth sports, I've learned that time is at a premium.

In order to keep myself healthy to do all of those things, I needed to take time for myself to stay in shape. One of the ways I accomplished this was to set goals to stay motivated in my training. As an experienced cyclist, some of those goals came in the form of cycling events.

On Thursday, June 25, I set out for one final training ride on my bicycle in preparation for a scheduled 60-mile race that coming Sunday. A 40-mile jaunt at a pedestrian pace was what was on tap for the afternoon. Helmets on with bright, safety colored jerseys, myself and two others were all geared up and ready to ride with our itinerary taking us from Glenmont to Cossackie and back via 144/River Road. At around mile five, our ride was cut short when I was rear-ended by a car that sent my hapless body into the windshield of the car and then airborne, eventually landing on the

edge of the roadway about 30 feet in front of the car. Bruised, broken and cut up from the series of impacts, I was the victim of a driver doing something other than paying attention to the road and what was in front of them.

Unfortunately, this wasn't the only time I was victimized on that day. The second time came when the Town of Bethlehem Police Department failed to issue a single ticket to the driver of the vehicle that struck me.

Apparently, there are no consequences for striking someone on a bike with your car. I wonder, if I was driving a car or a motorcycle and was rear-ended in the same fashion, would the driver have been ticketed then? Did the officers on the scene not know the law? Did they not know that a person on a bicycle is treated like any motor vehicle traveling on the road? And if they didn't know the law, shouldn't they look up what the law is so they could fill out their report accurately? And if they didn't take the time to look up the law and someone else provided that for them in a letter (1129-following too closely,

1122a-bicycle safe passing law, and 1146-vulnerable road user law), shouldn't they amend their report to reflect their new findings?

I am thankful there were people on the scene taking photos, but it frustrates me to no end that when I show them to others and I hear the same thing over and over when they say in disbelief, "The driver didn't get a ticket?!"

Moving forward, I challenge the people of the community and this paper to ask police Chief (Louis) Corsi and Commander (Adam) Hornick next time you see them, "Do you think it's lawful for drivers to rear end cyclists?"

Travis Smigel  
Rensselaerville

**Just married  
or engaged?  
Call 439-4949  
for an  
announcement  
form.**

# Excuse traffic woes at library

Editor, *The Spotlight*;

This summer and into the fall, visitors to Bethlehem Public Library have found themselves navigating a construction zone obstacle course on their way into and out of the library. As members of the library Board of Trustees, we understand that the town's construction project along Borthwick Avenue, although much-needed, has had a significant impact on how people have been able to access the library.

We'd like to thank library staffers for the enormous amount of patience and effort they have dedicated to fielding questions and concerns about the delays, detours and program cancellations that have resulted from this roadwork.

Library patrons have also shown amazing resilience in the face of these difficulties, and for that, we are grateful. It says something wonderful about this community that its members value the library enough to make their way through the doors despite the many roadblocks.

Please know that staffers will continue to do their best to communicate the disruptions caused by the roadwork in a timely manner despite a shared uncertainty about the project's progress. Information on the latest developments is frequently received with very little lead time and can change from day to day. We encourage you to check the library's Facebook page or Twitter feed for updates. That information also appears on the website at [www.bethlehempubliclibrary.org](http://www.bethlehempubliclibrary.org). Questions and concerns directly related to the work along Borthwick Avenue, however, would be best addressed by Town of Bethlehem officials.

Once again, we would like to thank our community members for the support and understanding they have shown as the library has adjusted to the consequences of the town's major construction project.

Joyce Becker, Mark Kissinger  
Harmeet Narang, Mary Redmond  
Lisa Scoons, Brian Sweeney  
Tamra Wright

Bethlehem Public Library Board of Trustees



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

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

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

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

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

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

### LEGALS

appropriated, encumbered, and expended from unexpended funds and/or the Capital Reserve fund, all as more fully described in said notice, be approved?

#### SEORA STATUS OF PROJECT:

The School District, acting as lead agency to the extent necessary for this purpose under SEORA, has completed its environmental review and, on September 3, 2015, has duly determined and found the purpose to be a Type II action which will not have a significant impact on the environment and is not subject to any further environmental review under SEORA.

**AND NOTICE IS ALSO GIVEN** that letters requesting application for absentee ballots may be received by the District Clerk not earlier than the thirtieth (30th) day nor later than the seventh (7th) day before the election. Requests should be addressed to: District Clerk, Voorheesville Cen-

### LEGALS

tral School District, P.O. Box 498, Voorheesville, New York 12186.

Dated: September 22, 2015  
Jessica Tabakain  
District Clerk  
Ad#95993

#### LEGAL NOTICE

#### SPECIAL ELECTION OF THE SLINGERLANDS FIRE DISTRICT NOVEMBER 17TH, 2015

NOTICE IS HEREBY GIVEN, that the Board of Fire Commissioners of the Slingerlands Fire District, located in the Town of Bethlehem, Albany County, State of New York are hereby holding a Special Election on November 17th, 2015 between the hours of 6:00 p.m. and 9:00 p.m. at the Slingerlands Fire District firehouse located at 1520 New Scotland Road, Slingerlands, New York 12159 for the purpose of voting on a resolution passed by the Board of Fire Commissioners on October 13th,

### LEGALS

2015, to issue serial bond(s), statutory installment bond(s) and/or bond anticipation notes (s) at the prevailing rate of interest in an amount of \$275,000.00 toward the purchase of new apparatus; and to spend from its capital reserve fund the sum of \$300,000.00 to be applied toward the purchase of the aforementioned apparatus. All voters registered with the Albany County Board of Elections on or before October 25th, 2015, who are residents of the fire district for thirty (30) days preceding the election, shall be eligible to vote. Ad#98365

LEGAL NOTICE  
Steadfast Risk Advisors LLC Articles of Organization filed: 9.2.2014  
Office of the Company located in Albany County Steadfast Risk Advisors, LLC has designated the Secretary of State as its agent upon whom process

#### LEGAL NOTICE

Steadfast Risk Advisors LLC Articles of Organization filed: 9.2.2014  
Office of the Company located in Albany County Steadfast Risk Advisors, LLC has designated the Secretary of State as its agent upon whom process

### LEGALS

cess against it may be served. The Secretary of State shall mail a copy of any process served against the company to: Steadfast Risk Advisors, LLC 8 South Woods Blvd., Suite 200 Albany, NY 12211 The Limited Liability Company has no registered agent. The duration of the Limited Liability Company is perpetual. The character of the business in which the Steadfast Risk Advisors, LLC will engage is Financial Planning. Ad#98510

#### LEGAL NOTICE

Notice of formation [domestic]/qualification [foreign] of \_\_STYLEM BOUTIQUE  
Articles of Org. filed with NY Secretary of State (NS) on 06/03/2015, office location: Albany County, NS is designated as agent upon whom process may be served, NS shall mail service of process (SOP) to Veil

### LEGALS

Corporate, LLC @ 911 Central Ave # 188 Albany, NY 12206. Veil Corporate, LLC is designated as agent for SOP at 911 Central Ave # 188, purpose is any lawful purpose. Ad#97587

#### LEGAL NOTICE

ARTICLES OF ORGANIZATION OF TECH VALLEY TILE LLC  
The name of the limited liability company is Tech Valley Tile LLC. The Articles of Organization were filed with the New York State Department of State on July 30, 2015.

Office location of the LLC is Albany County. The Secretary of State is designated as agent of the LLC upon whom process against it may be served and the Secretary of State shall mail a copy of any process against the LLC to the

**To place your Legal Notice: Call 439-4949**

### LEGALS

LLC at 81 James Street, Green Island, NY 12183. Purpose: for any lawful activities Ad#97617

#### LEGAL NOTICE

THE HULDISCH GROUP LLC. Arts. Of Org. Filed w/SSNY on 4/30/13. Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St., #103, Albany, NY 12207. Reg. Agent: USA Corporate Services Inc. @ same address. Purpose: all lawful. Ad#95986

#### LEGAL NOTICE

UPPER WEST SIDE ENTERPRISES LLC. Arts. Of Org. Filed w/SSNY on 8/19/15. Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St., #103, Albany, NY 12207. Reg. Agent: USA Corporate Services Inc. @ same address. Purpose: all lawful. Ad#95981

### LEGALS

#### LEGAL NOTICE

Notice of Formation of a Limited Liability Company (LLC): Name: Volant, LLC, Articles of Organization filed with the Secretary of State of New York (SSNY) on 9/4/15. 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 Volant, LLC, 34 Axbridge Ln, Delmar, 12054 for Any Lawful Purpose. Latest Date which LLC is to dissolve: Not specified. Ad#94598

#### LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC)  
The name of the LLC is WHOLESOLE SOLAR STORE LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on September 16, 2015.

### LEGALS

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. The 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 20 Walker Way, Colonie, New York 12205. Ad#95671

#### LEGAL NOTICE

Yankulin Enterprises, LLC. Arts. of Org. filed with the Secretary of State of NY (SSNY) on 10/05/15. Off. loc.: Albany Co. SSNY des. as agent of LLC upon whom process may be served. SSNY shall mail process to the LLC, 72 Font Grove Rd, Slingerlands, NY 12159. Purpose: Any lawful purpose. Ad#98116





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Michael Hallisey @mh\_Spotlight

**October 21, 2015**

# Spotlight on **Opinion**

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**PAGE 18**

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## ■ FROM THE EDITOR'S DESK

# Diamond in the ruff gets a shine

**F**ive Rivers Environmental Education Center has been a diamond in the ruff for local residents, but one has to wonder whether or not people outside of town appreciate its benefits.

The longtime education facility reached a new milestone in its near 50 years of history last week. A ground breaking ceremony was the first in many steps to build a new, \$7 million visitor center. A bright, state-of-the-art building will replace the exhausted structure that has served as the visiting center since 1972. A conversation with Director Raymond Perry revealed it would cost more to rehabilitate what was once a cafeteria at the Herriman State Campus, than it would to outright replace it.

It is almost a shame that the old visitor center will ultimately be torn down. A walk through its doors presents you with instant opportunities to learn about the environment. From copies of magazines, to tutorials on the walls. There are hands-

on exhibits and coloring books to cater to small children, all under the watchful eye of one of the handful of animal residents who live there full-time. The countless people who have worked and volunteered over the years have done a lot with little, but it has seamlessly translated to the cause of recycling and conservation. Let's not also forget the efforts of the Friend of Five Rivers, too. Admittedly, the rustic decor of the building and learning material will likely be familiar to those who visited 30 years ago, but there in lies part of the charm as well.

Perry said some of those exhibits will make it to the new facility, creating a melding of old tech with new. Classrooms, office space and restrooms designed with the environment in mind. LED lighting, water reclamation and solar energy, all part of a design to keep the new center's carbon footprint down to a minimum.

Local residents welcome the opportunity to see the old Delmar Zoo get the attention it deserves from state

and local government. That money will go a long way to improve the experience for those who visit. More importantly, it should serve well as a beacon to those who have yet to visit. Coupled with the Guided School Program building that was dedicated a few years ago, Five Rivers' facade is going to reflect the hardwork, passion and dedication of those who work there.

Good job.

### TALK BACK

*The Spotlight* welcomes feedback on this editorial or any other hot topics in the news. Email us at [news@spotlightnews.com](mailto:news@spotlightnews.com).

*It is almost a shame that the old visitor center will ultimately be torn down. A walk through its doors presents you with instant opportunities to learn about the environment. ... The countless people who have worked and volunteered over the years have done a lot with little, but it has seamlessly translated to the cause of recycling and conservation. Let's not also forget the efforts of the Friend of Five Rivers, too. Admittedly, the rustic decor of the building and learning material will likely be familiar to those who visited 30 years ago, but there in lies part of the charm as well.*

## ■ GET TO KNOW ...



**Michelle Kavanaugh-Anastasi**  
**Owner, Organize Senior Moves, M&T Helping Hands**

*Hometown: Colonie  
Residence: Bethlehem*

### What type of music do you listen to?

I like jazz. Every song is different. I don't like consistency.

### What TV shows do you watch?

"Castle" and "CSI." I like mysteries.

### What books have you been reading?

I haven't been reading lately, but I usually read Danielle Steel novels.

### What was the last movie that you saw?

I have not been to a movie theater in five years. I've been too busy working. The last movie I saw was "G.I. Jane" on TV.

### Describe your dream vacation.

Barbados. It's beautiful, the water is clear and it's relaxing, but not too relaxing. There's always something to do there.

### What are some of your hobbies?

I enjoy doing yard work and gardening.

### Name one person, dead or alive, you would want to meet and why.

My mother. She was gone too soon. No question about that one.

### What three things would you bring to a deserted island?

My family ... and that's it. Nothing else matters.

### What would your last meal be?

Prime rib. I just want a nice piece of meat.

### What is a surprising fact about you?

I'm pretty simple. I don't need very much. I'm also pretty easy going.

*"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](mailto:news@spotlightnews.com).*

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## LETTERS TO THE EDITOR

# Clarkson: Strong, compassionate, kind

Editor, *The Spotlight*,  
When I read the Supervisor's message in the Town of Bethlehem e-newsletter, I thought -- what a record -- the budget for 2016 is actually lower by \$167,000 or -0.4% than it was in 2012! And it was achieved without layoffs or service eliminations. I served on the nonpartisan Transition Committee that helped identify a broad agenda when Supervisor Clarkson took office, and I have carefully followed his creative efforts to hold down government costs without taking away services important to citizens as they go about their daily lives.

Bethlehem has become a leader in shared services, modernization and public-

private ventures, with more than \$2 million in documented efficiency savings. All this was done without hurting employees, and the town is now back to being able to pay regular cost of living increases. John has acted on just about every area covered in the 2012 Transition Report, such as establishing a comprehensive Ethics Code, reviewing town land use regulation and taking steps to facilitate public engagement on major town issues. The 2012 Transition Committee was only the first citizens group he convened; there have been ten since then.

Thirty-five years ago when I was working as an Assistant Chief Budget Examiner in the

NYS Budget Division, I recommended John for his first position in state government. While he was still completing graduate school, he very quickly became one of our most productive employees. Given the characteristics I saw in John in the early 1980's, I was not surprised to see the strong, steady leadership that he has exhibited as Town Supervisor. His energy, dedication, and the seasoning acquired over a 30-year career in state government serve the Town of Bethlehem well. I've watched John Clarkson as Supervisor show both resolve and civility even in the face of harsh attacks, and persistence, as in his successful efforts to rein

in excess governmental overtime. As Bethlehem Supervisor, John has been able to implement restructuring initiatives that successfully save money and enjoy broad community support. Progress is being made in so many areas. John Clarkson is not only a strong leader; he is also compassionate and kind.

If you are as impressed as I am, I encourage you to vote to re-elect Supervisor Clarkson on November 3rd.

*Lois Wilson,  
Bethlehem*

# Town forums coming up

**CAPITAL DISTRICT** — Candidates running for contested positions in this year's town elections have been invited to speak in a political forum in their respective communities of Bethlehem, Colonie and Guilderland.

*Spotlight News* — in conjunction with The League of Women Voters, The Bethlehem Chamber, The Colonie Chamber, Capital Area Council of Churches and The *Altamont Enterprise* — is co-sponsoring the events. Each forum will enable voters to listen to each candidate in a fair and moderated environment.

Thursday, Oct. 22, at 6:30 p.m. at Bethlehem Town Hall.

Tuesday, Oct. 27, at 7 p.m. at Radisson Hotel Albany

Thursday, Oct. 29, at 7 p.m. at Guilderland High School

Each forum is in a structured time format allowing candidates the opportunity for opening statements, followed by questions from the audience. The two-hour event includes a one-hour session for Town Board candidates, followed by a second hour dedicated to Town Supervisor candidates.

Campaign signs, tee shirts or any other form of demonstration for party affiliation or candidates will be forbidden. Candidates will be allowed to distribute campaign literature after closing statements have concluded.

Members of the press are welcomed to attend. Photography or any other form of recording will remain exclusive to credited members of the press only.

For more information, call *Spotlight News* at 439-4949.

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## Bethlehem VOTERS

An Informed Electorate Creates Better Government!

Attend, Ask and Learn at our

### Candidate Forum

**Thursday Oct. 22 - 6:30 p.m.**

at Bethlehem Town Hall  
Delaware Ave, Delmar

Candidates for Town Supervisor and Board will be answering YOUR questions, while candidates for Highway Superintendent and Clerk will be presenting statements. This forum is sponsored by The League of Women Voters, The Bethlehem Chamber, Capital Area Council of Churches and The Spotlight. Candidates for those positions who will be on the ballot Nov. 3 have been invited.

Highway Superintendent and Clerk statements will begin at 6:30 p.m. The Town Board Candidate session will begin at 7 and Town Supervisor session at 8.

**>>>> REMEMBER TO VOTE ON NOV. 3 <<<<**



## Guilderland VOTERS

An Informed Electorate Creates Better Government!

Attend, Ask and Learn at our

### Candidate Forum

**Thursday, Oct. 29 - 7 p.m.**

at Guilderland High School

Candidates for Town Supervisor and Board will be answering YOUR questions. This forum is sponsored by The League of Women Voters, The Guilderland Chamber, Capital Area Council of Churches, The Altamont Enterprise and The Spotlight. Candidates for those positions who will be on the ballot Nov. 3 have been invited.

Town Board Candidate session will begin at 7 and Town Supervisor session at 8.

**>>>> REMEMBER TO VOTE ON NOV. 3 <<<<**





## From page 1 ... Community soup

bus trips with children and groceries in tow, or by expensive taxis.

Healthy dinners will be served daily, exclusively to children from ages 6 to 11, accompanied by daily kids classes in activities like dance and theater. Tutors will also be on stand-by for homework help. The café will be open from the end of school until the end of dinner service at 6:30 p.m., and will be open during school breaks.

Approximately 30 children will be served each day.

Killar hopes that with the meal and homework help, the café will become a cultural center for the community, and give busy parents a little less to worry about. "Sometimes it's just that one extra thing that puts you over edge, like making dinner after a long day of work," said Killar.

As a mother of six children, two of whom - Jude, 19 and Lilly, 17- live with her, she knows all too well the added stress of parenting. Killar's husband Robert is the co-founder of

the café, while Lilly took a semester off Bennington University to help her mother with the legwork of starting this operation.

An exemplar menu from Kilar included a choice of either a toss salad or fruit, pasta with chicken or vegetables, and a dessert of strawberries with whipped cream or a baked apple.

Two nutritionists and a chef participated in the advisory committee and helped with the menu. The advisory committee has been meeting since March and includes many Bethlehem residents.

In exchange for the three-course meal, "members" are asked to contribute five hours of community service per month, either serving, cooking or cleaning. Community volunteers are each assigned a child to work with while both volunteer, so that the experience becomes a more personal one.

Children must be enrolled in the program, and must have their

parents' permission to join, but Killar says she won't turn away a child, and will call the child's parents if they try to walk in for dinner. All this week, Monday, Oct. 19 to Saturday, Oct. 24, Killar will be holding enrollment sessions at the café.

Adults cannot utilize the café, but will be referred to other services offered in Albany. Older children can participate in Club Zoe, a partnering program run by Pastor Evaline through the Reigning Life Church. Both programs utilize the Reigning Life kitchen.

Middle school and high school students eat their meals at 6:30 p.m., once the younger children have left.

As the focus of meals is on healthiness, food drive requirements were specific, such as requiring whole-wheat rather than white-flour-based pastas. Right now the café is operating on minimal funding, with a majority of goods coming from food drives, said Killar. She is hoping to receive more funding in grants, and donations are still being accepted at local elementary schools.

A fundraiser was also

held at the Chipotle in Stuyvesant Plaza Tuesday, Oct. 20.

After growing up in Albany's South End, and starting a free after-school art program there several years ago, the New Day Art School which operated there between 2000 and 2006, Killar is well-versed in the south end community. Her husband as well worked in the south end for many years.

Marquis Hodge Humpreys, 20, is a former student of the New Day Art School and one of the advisory committee members. "I'm hoping it's everything we want it to be. Keeps 'em fed and gives them dignity," said Hodge Humpreys.

The South End Childrens Café began after Traci Killar turned 50, and began thinking about ways to give back to the community. She left her job as a communications director at an advertising agency to start the café.

She was inspired by Jon Bon Jovi's JBJ Soul Kitchen, which follows a similar model. The Soul Kitchen operates as a restaurant, with meals matching in taste in appearance to established



Ali Lucey, a Bethlehem Central High School Student painting a café wall Saturday, Oct. 3.

Submitted photo


eateries. Meals have no fixed price, and customers pay what they can or are rewarded for volunteering with meal passes. Full cost of a meal for customers would be \$10.

Volunteers interested in cooking, cleaning, serving, homework help tutors, mentoring or offering special programs for children are still needed. Students interested in receiving community service hours

for participation in government classes, lab school or internships are welcome.

Groups and organizations can also volunteer for one-time volunteering.

For more information, visit southendchildrenscafe.com or contact Killar at tracie@southendchildrenscafe.com.



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 Mike Mackey for County Legislator

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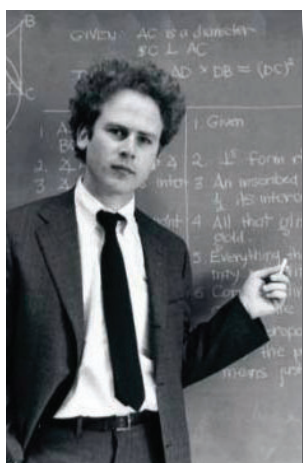
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Spotlight NEWS



## PICK OF THE WEEK



### Art Garfunkel

Singing the songs that made him one of the most famous pop-folk artists of all time. The Egg hosts An Intimate Evening with Art Garfunkel Saturday, Oct. 24, at 8 p.m.

Pages B9

## INSIDE



### Arts calendar

Pages B8-B11

## ONLINE

Check out our expanded calendar of events at [www.spotlightnews.com/events](http://www.spotlightnews.com/events).

## POP CULTURE



# Take a hike

100 "Walk Your City" smart signs unveiled at intersections around Albany

By **MICHAEL HALLISEY**  
[halliseym@spotlightnews.com](mailto:halliseym@spotlightnews.com)

**ALBANY** — Colleen Ryan knew she was on to something when she asked everyone in the room to each raise their left hand.

While Ryan was pitching the idea for "Walk Your City" to fellow members of the Heritage Tourism Working Group, she asked them all to raise their hands. "They all had FitBits on," she said. Drawing attention to the fact people are more health conscience today and love to track how many steps they take, she said "Everyone is tracking their steps. People want something interesting to do, they just don't want to trudge through."

Last week, the City of Albany unveiled 100 new "smart" signs across 16 intersections throughout downtown, directing pedestrians to 50 different points of interest.

**Continues on page B21**



Smart signs, like the one posted above, are expected to help make walking the sidewalks of downtown Albany fun for those who live, work and visit the Capital City.

Photos by Michael Hallisey/  
Spotlight





## ■ SOCIAL MEDIA

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### Can you hear me?

Looks like a hundred eyes looking upon you at once. A Guilderland family recently stopped to see an exhibit on Markus Remec at Massachusetts Museum of Contemporary Art in North Adams, Mass. This particular piece entitled "Can't Hear You," is a monolith covered with several mirrored half balls. From this vantage point, it looks like a close-up view of an insect.

Photos by sally989/Instagram

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

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Submissions can be emailed to [news@spotlightnews.com](mailto: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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Released in 1984, Micro League Baseball contained enough baseball statistics for 625 baseball players, provided critically acclaimed graphics and realistic game results, yet at 48 KB, it is dwarfed in size by today's e-mails and pictures.

## POP CULTURE

# Talking baseball and bytes

Interview with programmer Mark "Adam" Baum

By MICHAEL HALLISEY  
halliseym@spotlightnews.com

When "Micro League Baseball" was released in 1984 it was catering to a personal computer market representing less than 10 percent of American households. Computer gaming was still regulated to game consoles like Atari, ColecoVision and Mattel Electronic's Intellivision, but 1984 proved to be a watershed moment for an industry that boomed with "Pac-Man Fever" just a few years before: Mattel laid off the last of its programming staff at the start of the year, followed by Atari canceling plans for its next gaming console. Coleco would call it quits all together a year later.

"I think I remember that game," said Robert Remillard, principle of White Wolk Computer, LLC in Delmar. "We all played games on these old systems — the Commodore 64, Nintendo, Tandy. When you look at those games, sure they look archaic now, but when you think about what they had to deal with [hardware limitations], it's really amazing."

As a baseball simulator, one of the first of its kind, "Micro League" fell into a category that differed from the crowd trying to emulate the flashing pixels and blasting sound effects of the disappearing arcades. Programmed strictly for computers, this 48K-byte sized paper boat rode the waves on the raging riptides spurred on by the tumultuous competition between Apple and IBM. Yuppies who looked to get a leg up on the competition in the office looked for a home computer. Baby

Boomers in the midst of their 30s and 40s missed their sandlot heroes and could now afford more expensive toys and hobbies. The mid-80s also marked the beginning of fantasy baseball and the card-collecting craze.

For approximately \$40 a gamer could pick the game off the shelves and play as one of 25 teams from baseball history. In addition to being one of the first baseball simulators, it holds the distinction of being among the first games to carry both a Major League Baseball and MLB Players Association license, allowing the use of both team and player names.

Choosing from teams that stretched across different eras helped satisfy fans' questions over who was the better player or team. The list included Babe Ruth's 1927 New York Yankees, Jackie Robinson's 1955 Brooklyn Dodgers, Tom Seaver's 1969 New York Mets, the Kansas City Royals and Philadelphia Phillies of the 1980 World Series and more. Ultimately, the game would garner the attention of home computer consumers and fanatics of traditional board games like Strat-o-matic Baseball.

Liverpool native Mark "Adam" Baum was an undergraduate at the University of Delaware when he was first approached about the game.

"I first learned of Micro League through another computer nerd acquaintance, John Graybill," said Baum. "John and I had known each other since our freshman year at the University of Delaware some years earlier. ... John convinced me to interview for a job with Barry [Morstain], where his needs and my skills proved a good fit."

Morstain was a

*"I watched a total stranger walk into the store, browse the Apple II games area, pull out Micro League Baseball, walk up to the register, pay for it, and leave with a big grin on his face. He had no idea that a tiny piece of me went with him in that little shrink-wrapped box."*

— Mark Baum,  
Programmer of  
Micro League  
Baseball

professor in Delaware's College of Education teaching statistics and research methods, and as Baum recalls, "an enormously avid baseball fan." "Micro League Baseball" was Morstain's brainchild. He produced the concept. Designed the statistical algorithms. The professor even attempted to design software on a computer at the university, before he realized he needed to hire real programmers to see it all through.

Graybill was already programming the game for the Apple II with Morstain. Baum had just finished a project involving graphics and assembly language for the Atari 400/800, "which wanted desperately to rival the Apple II, but never approached its market share," said Baum. The Apple II was the first machine. The hardware company led by a young Steve Jobs became a household name after throwing a hammer in the face of IBM in what is now an iconic Super Bowl commercial. The game would also be released on

**Continue on B22**



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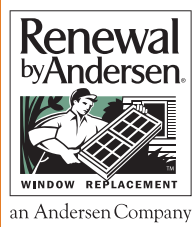
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FITNESS

# Row, row, row the weight down

Hard work provides great benefits on the rowing machine

By DAN ROMAND  
news@spotlightnews.com

The Rowing Machine: that oft neglected piece of equipment covered in dust sitting in the back of the gym is finally getting it's due. People are finding

that it is hands down the best piece of cardio equipment in the gym, yet many still avoid it like the plague.

Why? Two primary reasons. First, they don't really know how to use it properly. Second, it's hard.

And, that second reason

is exactly why you should be using it.

You see, unlike ellipticals treadmills or bikes primarily only work the lower body. The rower, or erg, is a full body workout engaging more than 70 percent of your muscles in each stroke. It

works the arms, legs and core in one fell swoop, helping you to tone those areas and still gives you a great cardio workout.

In fact, regular rowers have been found to have one of the highest carbon dioxide max capacities of all athletes. In layman's terms, it means they are aerobically fitter than most athletes.

Another nice benefit is the rowing machine is easy on the joints, unlike a treadmill. It is both low-impact and non-weight bearing, which means less wear and tear on the body. For those who suffer from arthritis or other maladies it's a terrific alternative.

But, like any exercise, it can cause injuries if done incorrectly. Having a good stroke not only keeps you safe but maximizes your benefits.

There are four main components to the rowing stroke: the Catch, the Drive, the Finish and the Recovery.

The Catch – After securing your feet, lean forward to an 11 o'clock position. Bend your knees so that your shins are vertical or as close to vertical as is comfortable

for you. Extend your arms to grasp the handle.

The Drive - Next while keeping your back straight, arms extended and core engaged press down through your heels and stretch out your legs. As the legs are extending begin swinging your back to a one o'clock position. As the back passes through a vertical position begin engaging the arms to pull in the handle into your chest.

The Finish – Your upper body should be leaning back slightly (one o'clock position) with core engaged. Your legs should be fully extended with the handle held lightly below the chest. Your shoulders should be low and wrists should be flat.

The Recovery – Release the arms out fully and then start leaning forward from the hips. Once your hands have cleared your knees begin bending the knees and slide the seat forward.

When my clients first start out I have the focus on two items which help them begin to develop a good stroke. The first is to keep the handle level and pull in to about the height of the bottom of their bra.

The second is to mentally work through the stroke with the mantra legs, back, arms, arms, back, legs.

By following those two things, they can get the basics down fairly easily.

A couple of other notes. Don't sacrifice form for speed. Start slow until you have the basic motion down and then gradually build up your pace as it becomes more comfortable. Also, we haven't mentioned the damper or resistance setting, you want to start out at three or four, not 10, as so many people do. This is especially true for those just starting out as those high damper settings usually lead to bad form.

While it may seem complicated at first by taking your time and focusing on form, you can get the basics down fairly easily. Try incorporating the erg into your workouts. You'll get a full body workout without stressing your joints and who knows, you may have a little fun doing it.

Dan Romand is co-owner and operator of Full Circle Fitness-NY in Colonie, where he is also a certified personal trainer. Romand is a regular contributor to Spotlight News Living.



Rowing in the gym helps give you a complete workout. It brings up the heart rate, and works both halves of the body.



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## ■ CULINARY ARTS

# Food & Vino

## Butternut Squash and Shallot Soup

By **ANN LINDA CIOTOLI**  
news@spotlightnews.com

The next best to a hot cup of cocoa on a cold winter snap is a nice bowl of soup. This next recipe offers enough food for eight.

### Ingredients:

Five cups peeled and cubed butternut squash (1 1/2 to 2 cups)

1 Tbs. olive oil

1/4 tsp. salt

4 large shallots peeled and halved

1 1/2 pieces of fresh ginger thinly sliced

1 - 32 ounce container of organic chicken broth or vegetable broth (vegetarian)

2 Tbs. of sliced fresh chives

Fresh ground black pepper

### Instructions:

Preheat oven to 375 and

add the first five ingredients in a roasting pan or cookie sheet. Toss and roast for 50 minutes or until the vegetables are tender. Once done, cool for ten minutes. Place half of the squash mixture and half the broth in a large bowl. Blend well with an immersion blender, then pour into a large saucepan. Repeat the procedure with the last half of the mixture. Follow by cooking the mixture on low heat for 20 minutes. When finished, serve in bowls, and top each with a few sliced chives, and a little black pepper.

### Pairing:

It may seem unusual to pair wine with soup, especially when the soup is the main event, or served on its own, as a light meal. Most soups are delicate in flavor, but if you choose to have a glass of wine, it should support the soup.

Wines that pair best with soup should be crisp dry whites, with some intensity.

**Bolla Soave - Italian White Wine** made of Garganega grapes grown around the village of Soave in Northern Italy.

It has flavors of melon and orange zest. This wine improves with age.

**Sancerre Les Collines Blanches - French White Wine** - produced in the eastern part of the Loire Valley of France.

A highly aromatic wine, with intense flavors of apple and grapefruit and hints of

*Ann Linda Ciotoli owns a catering business called Good Enough to Eat. For questions and information, e-mail Ciotoli at sodeliciousale@yahoo.com.*



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ARTS CALENDAR

THEATER

**A Chorus Line**  
Famous Broadway musical about people auditioning for eight chorus parts in a musical. Presented by Home Made Theater, Spa Little Theater, Saratoga Spa State Park, Oct. 9-25. Shows: Fridays and Saturdays 8 p.m., Sundays 2 p.m. Tickets: \$26-\$29. Information: 587-4427 or www.homemadetheater.org.

**Dracula**  
New adaptation of famous story, presented by Schenectady Civic Players, Schenectady Civic Playhouse, 12 South Church St., Schenectady, Oct. 16-25. Shows: Wednesday and Thursday 7:30 p.m., Friday and Saturday 8 p.m., Sunday 2:30 p.m. Tickets: \$17. Information: 382-2081, 346-6204 or www.civicplayers.org.

**Pippi Longstocking**  
Classic children's book characters featured in stage musical, presented by Steamer No. 10 Theatre, 500 Western Ave., Albany, Oct. 23 through Nov. 8, with a special two-show matinee Nov. 11. Show times: Friday 7 p.m., Saturday and Sunday 3 p.m., 10 a.m. and 1 p.m. Nov. 11. Tickets: \$15.



**Beloved children's character comes to the stage**  
Steamer No. 10 Theatre presents "Pippi Longstocking," a musical based on the classic literary character, Oct. 23 through Nov. 11. For more information, call 438-5503. Submitted photo

Information: 438-5503 or www.steamer10theatre.org.

**The Book of Mormon**  
Raucously-funny Broadway musical from the people behind "South Park," through Oct. 25, Proctors, 432 State St., Schenectady. Information: 346-6204 or www.proctors.org.

**The Night Alive**  
Conor McPherson's drama about a debt-ridden man trying to help a young woman in worse financial shape, presented by Curtain Call Theatre, 210 Old Loudon Road, Latham, Oct. 16 through Nov. 7. Shows: Thursdays 7:30 p.m., Fridays and Saturdays 8 p.m. and

Sundays 3 p.m. Tickets: \$24. Information: 877-7529 or www.curtaincalltheatre.com.

**CS Lewis' The Screwtape Letters**  
Theatrical adaptation of the Lewis novel about spiritual warfare from a demon's point of view. Oct. 29, 8 p.m., Proctors Mainstage,

432 State St., Schenectady. Tickets: \$20-\$55. Information: 346-6204 or www.proctors.org.

**Next Act! New Play Summit**  
A joint venture between Proctors and Capital Repertory Theatre, featuring six new plays performed over four days. Oct. 30 and Nov. 2, Capital Repertory Theatre, 111 North Pearl St., Albany; Oct. 31 and Nov. 1, GE Theatre at Proctors, 432 State St., Schenectady. Call for times and tickets. Information: 346-6204 or www.proctors.org.

**Menopause The Musical: The Survivor Tour**  
Featuring a cast of breast cancer survivors and co-survivors in a benefit for Susan G. Komen. Oct. 30, 8 p.m., Proctors, 432 State St., Schenectady. Tickets: \$19-\$79. Information: 346-6204 or www.proctors.org.

**Polter-Heist**  
A dinner theater whodunit, with proceeds benefitting Schenectady Civic Players' Centennial/Elevator Fund Project. Oct. 30, 6 p.m., Waters Edge Lighthouse Restaurant, 2 Freemans Bridge Road, Glenville. Tickets: \$55 includes show and dinner. Reservations due by Oct. 26. Information: 382-2081.

MORE ONLINE

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.

Directional

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51						52	53				54	55	56	
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62						63				64				

CREATORS NEWS SERVICE

By Charles Preston

ACROSS

- 1 On \_\_\_\_: endless  
6 Scheme  
10 Humorist Irvin S.  
14 Author of *The Cloister and the Hearth*  
15 Standard of judgment  
16 Geometric shape  
17 Thieves' milieu  
19 Sacred Hindu book  
20 Fortune-teller's tool  
21 Goddess of agriculture  
22 *Time* founder  
23 Occupant  
24 Hawaiian victorfish  
27 Carol  
29 Scottish seaport  
30 Musteline  
32 Australia  
36 Persian of yore  
37 \_\_\_\_ to you!  
38 Large book  
39 Runs into the ground  
41 Drainage pit  
42 Some deer  
43 "\_\_\_\_ Long Way to Tipperary"

- 46 Strike lightly  
47 Prepared  
49 Custom  
51 Howled  
52 South African policy, formerly  
57 Exemplar of neatness  
58 Beyond the quota  
59 Without: L.  
60 Greenness: obs.  
61 Muse with a lyre  
62 Of Chang's twin  
63 Unchanged  
64 Rocky hills

DOWN

- 1 Career path?  
2 Hawaiian goose  
3 Baby word  
4 Children's author Scott  
5 Father of the water nymphs  
6 Fodder  
7 Attract  
8 \_\_\_\_ *Well That Ends Well*  
9 Little Edward  
10 Legal agreements  
11 CBer's sign-off

- 12 German spa locale  
13 Kind of furnace  
18 Site of Baylor U.  
21 Philippine island  
23 Heaps  
24 Military need, shortly  
25 City on the Dnieper  
26 Fundamental  
28 Russian author  
31 Lamp oils  
33 49ers' headings  
34 Flaubert heroine  
35 Ribbed fabric  
37 Entertainer  
40 Gardener's woe  
44 Kind  
45 "The Star-Spangled Banner," for example  
47 Degrade  
48 Rabbit  
50 Thither  
52 Class of vertebrates  
53 Persian elf  
54 Greek letters  
55 Very small amount  
56 Distributing post offices: abbr.  
58 Eggs

Answers on Pg. B21



## ■ ARTS CALENDAR (cont.)

### The Waiting Room

Staged reading of Lisa Loomer's play, presented by Schenectady Civic Players, 12 South Church St., Schenectady, Nov. 1, 2:30 p.m. Free. Information: 382-2081.

## MUSIC

### Mother Falcon and Ben Sollee

Indie orchestra teams up with composer and cellist Sollee for an evening of music. Oct. 22, 8 p.m., Troy Savings Bank Music Hall, 30 Second St., Troy. Tickets: \$24 and \$29. Information: 273-0038 or troymusichall.org.

### Joe Gorman

Singer-songwriter. Oct. 23, 7 p.m., Emack and Bolio's, 366 Delaware Ave., Albany. Information: 512-5100 or www.ebalbany.com.

### Chuck Prophet and Sarah Borges

Two rock singer-songwriters in one show. Oct. 23, 9 p.m., Club Helsinki, 405 Columbia St., Hudson. Information: 828-4800 or helsinkihudson.com.

### Warren Sieme

James Taylor covers and more. Oct. 24, 7 p.m., Emack and Bolio's, 366 Delaware Ave., Albany. Information: 512-5100 or www.ebalbany.com.

### An Intimate Evening with Art Garfunkel

Singing the songs that made him one of the

most famous pop-folk artists of all time. Oct. 24, 8 p.m., The Egg, Empire State Plaza, Albany. Tickets: \$49.50-\$79.50. Information: 473-1845 or www.theegg.org.

### 'A Masters Tapestry'

Albany Pro Musica presents an evening of classical music featuring works by Mozart, Brahms, Bach, Handel, Haydn and more. Oct. 24, 8 p.m., Troy Savings Bank Music Hall, 30 Second St., Troy. Tickets: \$35 and \$50. Information: 273-0038 or troymusichall.org.

### Sparky & Rhonda Rucker

American folk musicians, singers and storytellers, Oct. 24, 8 p.m., Old Songs Community Arts Center, 37 South Main St., Voorheesville. Tickets: adults \$20, children 12 and under \$5. Information: 765-2815 or oldsongs.org.

### Brubeck Brothers Quartet

Jazz group featuring two sons of famed artist Dave Brubeck. Oct. 25, 8 p.m., Club Helsinki, 405 Columbia St., Hudson. Information: 828-4800 or helsinkihudson.com.

### Dave Davies

Former member of The Kinks performs with his own band. Oct. 26, 8 p.m., The Egg, Empire State Plaza, Albany. Tickets: \$59.50. Information: 473-1845 or www.theegg.org.

### Holly Bowling

Classically-trained pianist tackles the music of jam band Phish, Oct.

28, 7:30 p.m., Kathleen McManus Picotte Recital Hall, Massry Center for the Arts, 1002 Madison Ave., Albany. Tickets: general admission \$20, students \$10. Information: 337-4871 or concerts@strose.edu.

### Felice Brothers

Howling roots rock from the Catskills. Oct. 29, 8 p.m., Club Helsinki, 405 Columbia St., Hudson. Information: 828-4800 or helsinkihudson.com.

### Empire State Youth Orchestra

Presenting "Mystic Universe: A Musical Journey," featuring works by Haydn, Debussy, John Williams and more. Nov. 1, 3 p.m., Troy Savings Bank Music Hall, 30 Second St., Troy. Tickets: \$20. Information: 273-0038 or troymusichall.org.

### Paul Anka

Internationally-famous singer-songwriter. Nov. 3, 7:30 p.m., Proctors Mainstage, 432 State St., Schenectady. Tickets: \$25-\$100. Information: 346-6204 or www.proctors.org.

### Munich Symphony Orchestra

Performing a repertoire of Spanish and French music with special guest Pepe Romero and the Romeros Quartet. Nov. 4, 7:30 p.m., Troy Savings Bank Music Hall, 30 Second St., Troy. Tickets: \$45 and \$55. Information: 273-0038 or troymusichall.org.

### The Revivalists

New Orleans rock group, Nov. 5, 8 p.m., The



## Tales to tell

Singers and storytellers Sparky and Rhonda Rucker perform Saturday, Oct. 24, at 8 p.m., at Old Songs Community Arts Center, 37 South Main St., Voorheesville. For more information, call 765-2815 or visit oldsongs.org.

Submitted photo

Hollow, North Pearl Street, Albany.

### The Indigo Girls

Female folk-rock duo, with special guest A Fragile Tomorrow. Nov. 6, 8 p.m., Troy Savings Bank Music Hall, 30 Second St., Troy. Tickets: \$32-\$49. Information: 273-0038 or troymusichall.org.

### An Intimate Evening with Joshua Radin

Singer-songwriter performs as part of the American Roots & Branches series. Nov. 6, 8 p.m., The Egg, Empire State Plaza, Albany. Tickets: \$35. Information: 473-1845 or www.theegg.org.

Continues on B10

## SUDOKU

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5			6			8		
		7		9				

Level: Intermediate

#### 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. B21

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## ■ ARTS CALENDAR (cont.)

### Solid Soul

Gospel/blues legend Mavis Staples teams up with folk-rock singer-songwriter Joan Osborne for a night of soul music. Nov. 6, 8 p.m., Proctors, 432 State St., Schenectady. Tickets: \$20-\$70. Information: 346-6204 or www.proctors.org.

### Mulebone

The roots music duo of John Ragusa and Hugh Pool celebrate the release of their new CD, "Keep On Movin'," Nov. 7, 7:30 p.m., Eighth Step at Proctors, 432 State St., Schenectady. Tickets: advance \$26, day of show \$28, Gold Circle \$35. Information: 346-6204, 434-

1703 or www.8thstep.org.

### Dave Rawlings Machine

Featuring Rawlings, Gillian Welch and an all-star backing ensemble. Nov. 7, 8 p.m., The Egg, Empire State Plaza, Albany. Tickets: \$35. Information: 473-1845 or www.theegg.org.

## COMEDY

### Comedy Works Albany

Jim Norton headlines, Oct.

23 and 24. Shows: 7:30 and 9:30 p.m. Advance tickets: dinner and show \$49.95, admission only \$25. Day of show: dinner and show \$54.95, admission only \$30. Information: 275-6897 or thecomedyworks.com.

### Comedy Works Saratoga

Jessica Kirson headlines, Oct. 23 and 24, 388 Broadway, Saratoga Springs. Shows: Friday 7:30 p.m., Saturday 8 and 10 p.m. Advance tickets: dinner and show \$39.95, admission only \$15. Day of show: dinner and

show \$44.95, admission only \$20. Information: 275-6897 or thecomedyworks.com.

### MopCo

"Theatresports," a night of improvised comedy and music, Oct. 23, 8 p.m., Underground at Proctors, 432 State St., Schenectady. Tickets: \$6-\$14. Information: 346-6204 or www.proctors.org.

### truTV Impractical Jokers Tour

The Tenderloins Comedy Troupe of Sal Vulcano, Joe Gatto, James "Murr" Murray and Brian

"Q" Quinn perform their routine and show never-before-seen clips from their TV show. Nov. 5, 7 p.m., Proctors, 432 State St., Schenectady. Tickets: \$53.50-\$204. Information: 346-6204 or www.proctors.org.

### Sandra Bernhard

Comedian and actress performs her blend of stand-up comedy and rock in a benefit for the Pride Center of the Capital Region. Nov. 21, 8 p.m., Troy Savings Bank Music Hall, 30 Second St., Troy. Tickets: \$28-\$48. Information: 273-0038 or troymusichall.org.



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## ■ ARTS CALENDAR (cont.)

### DANCE

#### Spellbound Contemporary Ballet

Innovative contemporary dance ensemble from Italy. Oct. 23, 8 p.m., The Egg, Empire State Plaza, Albany. Tickets: \$28. Information: 473-1845 or www.theegg.org.

#### Albany Dance-Sport Club

Monthly dance features group lesson and a mid-event showcase featuring Albany Dance-Sport Club members. Oct. 25, 6:15 p.m., Polish Community Center, 225 Washington Ave. Extension, Albany. Tickets: adults \$10, students \$5. Information: 456-3995.

#### Nacre Dance

Presenting "So You Think You Can Choreograph," a contest where audience members pick which up-and-coming choreographer will be the company's guest choreographer after seeing selections performed by the troupe. Nov. 6, 7:30 p.m., Proctors, 432 State St., Schenectady. Tickets: \$20. Information: 346-6204 or www.proctors.org.

#### Paco Pena Flamenco Dance

Award-winning guitarist performs with a hand-picked company of dancers, guitarists and singers. Nov. 14, 8 p.m., The Egg, Empire State Plaza, Albany. Tickets: \$28. Information: 473-1845 or www.theegg.org.

#### USA Dance

Monthly ballroom dance featuring dance lesson and DJ Ron Tritto. Nov. 15, 6:15 p.m., Polish Community Center, 225 Washington Ave. Extension, Albany. Tickets: USA Dance members \$10, non members \$13, students \$5, children 18 and under free. Information: Jim DeForge 233-0957 or jdefo51814@aol.com.

### LITERARY

#### Word Plays: Coming Home

Fran Berger, Janet Carter, Eileen Egan Mack, Mary Murphy, Claire Nolan and Nancy Marie Payne are the featured storytellers for this edition of the Story Circle at Proctors. Oct. 25, 2 p.m., Fenimore Gallery, Proctors, 432 State St., Schenectady. Tickets: \$12. Information: 346-6204 or www.proctors.org.

#### Selected Shorts

NPR's popular show comes to the stage with the theme "Uncharted Territories," featuring storytellers Sam Underwood, Patricia Kalember

and Boyd Gaines. Nov. 13, 8 p.m., Troy Savings Bank Music Hall, 30 Second St., Troy. Tickets: \$27 and \$34. Information: 273-0038 or troymusichall.org.

### EXHIBITS

#### Albany Center Gallery

"Telling," featuring works by Jane McCambley, Theresa McTague, Josette Pastore and Alana Sparrow, Oct. 13 through Nov. 13, 39 Columbia St., Albany. Information: 462-4775 or albanycentergallery.org.

#### Albany Institute of History and Art

"The Capital Region in 50 Objects," through April 3; "Seeing Double: the Anaglyphs of Eric Egas," through Oct. 25; plus "Ancient Egyptian Galleries" and "The Hudson River School and the Nineteenth-Century Landscape." 125 Washington Ave., Albany. Information: 463-4478 or albanyinstitute.org.

#### Esther Massry Gallery

"Zero Eyes," a collection of works by Canadian artist Janet Werner, Oct. 11 through Dec. 6, 1002 Madison Ave., Albany. Information: www.saintrose.edu.

#### Mabee Farm Historic Site

"Local Eats! What Does Your Food Say About You?" Featuring original artwork, artifacts and documents from the Schenectady County Historical Society, as well as pieces from the Iroquois Indian Museum, the USS Slater, Hanford Mills Museum, miSci and the City Mission, through April 8. 1100 Main St., Rotterdam Junction. Information: 887-5073 or schenectadyhistorical.org.

#### miSci

"Earth Exposed: Discover Our Planet's Hidden Secrets." Nott Terrace Heights, Schenectady. Information: 382-7890 or www.miSci.org.

#### National Museum of Dance

"125 Years of Tango — A Walk through the History of the Dance," featuring costumes, music, artifacts, rare film footage and historical materials of the origins of this famous dance. Through March 2016. 99 South Broadway, Saratoga Springs. Information: 584-2225 or www.dancemuseum.org.

#### New York State Museum

"Empire State Plaza at 50," a look back at the history of downtown Albany's most recognizable feature, through Jan. 17; plus "Binghamton University Paleobotany Collection" and "The Passenger Pigeon: From

Billions to Zero." Empire State Plaza, 222 Madison Ave., Albany. Information: 474-5877 or www.nysm.nysed.gov.

#### Opalka Gallery at Sage College

"From Concept to Console: Art and Aesthetics in Video Game Design," through Dec. 13. 140 New Scotland Ave., Albany. Information: 292-7742 or www.sage.edu/opalka.

#### Saratoga Springs History Museum

"Mapping A City: Saratoga Springs as Seen Through 250 Years of Maps," through Dec. 31. Canfield Casino, Congress Park, Saratoga Springs. Information: 584-6920 or www.saratogahistory.org.

#### Sorelle Gallery

"Couleur," featuring paintings by Jane Schmidt. Oct. 16 through Nov. 6. Stuyvesant Plaza, 1475 Western Ave., Albany. Information: 482-2000 or www.sorellegallery.com.

#### Teaching Gallery at HVCC

"With Which," featuring paintings and works on paper by Tom Nicol. Sept. 17 through Oct. 24. Hudson Valley Community College, Route 4, Troy. Information: www.hvcc.edu/teachinggallery.

#### University Art Museum

"Bordering Utopia: Sculptures by Brian Tolle" and "Oded Hirsch: Three Videos," Oct. 6 through Dec. 12. University at Albany uptown campus, 1400 Washington Ave., Albany. Information: www.albany.edu.

#### Waterford Historical Museum

"The Best of the Waterford Museum," a recap of exhibits from the past 10 years. 2 Museum Lane, Waterford. Information: 238-0809 or www.waterfordmuseum.com.

### CALL FOR ARTISTS

#### Schenectady Civic Players

Holding open auditions for Neil Benjamin's play, "The Explorer's Club," roles for eight men and one woman. Nov. 10 and 12, 7:30 p.m., Schenectady Civic Playhouse, 12 South Church St., Schenectady. Information: 382-2081 or www.civicplayers.org.

#### Capital Community Voices

A non-audition choral group seeks singers in all voice parts for its December concert, "Heaven and Nature Sing." Rehearsals: Tuesday, 7 p.m., in East Greenbush. Information: 370-5434.



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<b>Marty Brix</b> Lexington Vacuum	8-5	Season 59-31	
<b>Robert Remillard</b> White Wolf Computer, LLC	7-6	Season 60-30	
<b>Rob Jonas</b> Spotlight News Sports Editor	8-5	Season 54-36	
<b>Paul Vandenberg</b> Talk 1300 AM - The Capital District's Talk Radio	12-1	Season 57-33	
<b>Sean Nava</b> Precision Motors	7-6	Season 59-31	
<b>Dave Endy</b> Steiner's Ski-Bike-Kayak	8-5	Season 59-31	
<b>Billy Deorazio</b> Bellevue Builders Supply	8-5	Season 57-33	
<b>Dan Dymes</b> Altamont Country Values Agway	7-6	Season 58-32	
<b>Evan Ulsch</b> Lexington LP Services	7-6	Season 56-34	
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## BUSINESS

# UAlbany awarded \$1.4M for training

**ALBANY** — The Substance Abuse and Mental Health Services Administration (SAMHSA) Center for Substance Abuse Treatment within the U.S. Department of Health and Human Services has awarded the University at Albany \$944,982 to develop a program to train substance abuse practitioners in Screening, Brief Intervention, and Referral to Treatment (SBIRT).

SBIRT is an approach to delivering early intervention and treatment to people with, or at-risk of developing alcohol and drug abuse disorders. The award addresses the increasing need for professional psychologists and mental health counselors working across

a wide range of service delivery settings to be trained in SBIRT.

M. Dolores Cimini, Ph.D., the assistant director for prevention and program evaluation in the University's Counseling and Psychological Services (CAPS) and Jessica L. Martin, Ph.D., assistant professor of educational and counseling psychology, will partner to develop a SBIRT Training Collaborative in Professional Psychology. The program will implement and evaluate a comprehensive SBIRT training program across the UAlbany's five nationally-accredited doctoral and master's-level training programs in professional psychology.

These programs include a doctoral program

in clinical psychology, doctoral and master's programs in counseling psychology, and doctoral and master's programs in school psychology.

Beyond the provision of SBIRT instruction within the consortium, CAPS leadership will develop an advanced practicum in SBIRT as well as doctoral internship and postdoctoral fellowship specialty training programs within its agency in the application of SBIRT for high-risk target populations.

"The focus on screening and brief intervention that the grant from SAMHSA offers is consistent with the student services mission of CAPS," said Estela M. Rivero, Ph.D., CAPS director. "CAPS works

within a public health framework, in which we offer evidence-based programs for students that support health, identify at-risk students early, and provide these students with timely and responsive mental health services. The grant will allow CAPS to continue its tradition of providing our students with vital access to cutting-edge psychological services and assist us in our mission of training our future psychologists to offer these best practices."

In addition, Cimini was awarded \$452,000 by the National Institute on Drug Abuse (NIDA) to research prescription stimulant medication (PSM) misuse among college students, a serious public health concern associated with a wide range of negative

consequences.

The goal is to develop web-based personalized feedback interventions (PFI) that can be delivered to at-risk students in person by trained professionals or via the web. PFI's have shown efficacy in reducing problematic alcohol and marijuana use in the college age population. No research to date has evaluated PFI approaches to PSM misuse among college students.

The multi-institutional, multi-investigator grant project is led by the University of Washington, with support by UAlbany's CAPS and the University of Maryland College Park.

About Counseling and Psychological Services

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promotes the intellectual, emotional, and physical development of all students. Through the creation, coordination, and delivery of broadly based psychological services, health promotion initiatives, and prevention programs, we enhance the academic productivity and personal wellbeing of University at Albany students.

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## Proctors, CapRep hire Rutski to sales

**SCHENECTADY** — Proctors and Capital Repertory Theatre welcome Heather Rutski to its marketing team as Group Sales Representative. Rutski joined the company in September, with the goal of using her sales experience and longstanding business connections to build new platforms for group sales at the region's premier performing arts center.

Rutski, an Averill Park

High School alumna, is enthused to combine her sales background with her family's "love of the arts and love of the theater."

Prior to joining the team at Proctors, Rutski (who holds a degree in Mortuary Science from Gupton-Jones College of Funeral Services in Decatur, Georgia) worked extensively in the funeral trade; and her husband, Jay, remains funeral director at Applebee Funeral Home, in Delmar, where the family resides.

In addition to serving as funeral director at Tebbutt & Frederick Memorial Home in Albany, Rutski also worked in pre-need sales for Service Corporation International, the largest owner of funeral homes in the United States.

Rutski also has extensive sales experience in the automotive and beauty worlds. She was internet Sales Manager for Keeler Motor Car, where she also did leasing and sales for Honda products.

— Proctors Theatre

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## ■ ARTS

# Food writer to discuss book at UAlbany

New York Times journalist on food, diet, health and politics

**ALBANY** — Mark Bittman, food writer and former *New York Times* columnist, will discuss his new book, “A Bone to Pick: The good and bad news about food, with wisdom and advice on diets, food safety, GMOs, farming, and more,” Thursday, Oct. 22, at 7:30 p.m. in Page Hall, 135 Western Avenue, on the University at Albany’s downtown campus.

Earlier that same day at 4:15 p.m., the author will offer an informal seminar in the Recital Hall of the Performing Arts Center on the University at Albany’s uptown campus.

Free and open to the public, the events are sponsored by the New York

State Writers Institute, and cosponsored by the *Albany Times Union* and the University at Albany’s School of Public Health.

Bittman is one of America’s best-known food writers. He is the author of the 1998 bestseller “How to Cook Everything,” which launched a series of bestselling sequels, and was a long-time writer and columnist for the *New York Times*.

Bittman has written or co-written 16 books and cookbooks, including “VB6: Eat Vegan Before 6:00 to Lose Weight and Restore Your Health for Good,” “Food Matters: A Guide to Conscious Eating with More Than 75 Recipes,” and “Kitchen Matrix.” For 13 years, he authored the widely-read *New York Times* food column, “The Minimalist.” He is a regular guest on NBC’s “The Today Show” and

NPR’s All “Things Considered” and has appeared as a guest judge on the Food Network cooking competition series “Chopped.”

“A Bone to Pick” compiles Bittman’s most memorable and entertaining *New York Times* columns into a single volume for the first time. Bittman’s columns help readers decipher arcane policy, unpack scientific studies, and scrutinize corporate greed when it comes to defining what “eating well” truly means. A Bone to Pick is an essential resource for every reader eager to understand both the complexities of the American food system and the many opportunities that exist to improve it.

Lindsay Abrams, writing for *Salon*, calls Bittman, “a leading voice in what you might call our current food movement, helping a generation

of eaters and writers understand the at-times wonky, at-times inscrutable state of American food. If ‘How to Cook Everything’ is the go-to source for the intrepid home chef, then ‘A Bone to Pick’ is destined to become a staple for those who want to consider, more deeply, what’s on their plate.” Likewise, Kirkus Reviews called “A Bone to Pick,” “an intelligent rallying cry for anyone seeking a safe and healthy food supply, and all that entails.”

*Publishers Weekly* said, “[Bittman’s] complaints about what he calls a

“broken” food system are consistently balanced with viable solutions; his resounding message (“eat real food”) is simple enough, and supports his overall goal of human health and agricultural sustainability. Bittman’s compelling essays are a call to action and a reminder to readers that the future of food – and of the planet – is in their own hands.”

In addition to his work as a writer, cookbook author, and journalist, Bittman has hosted four TV series, including Showtime’s Emmy Award-winning climate change documentary, “Years of

Living Dangerously.” In 2005, he hosted the Public Television series, “Bittman Takes on America’s Chefs,” which won the James Beard Award for best cooking show.

Bittman recently announced that he will be leaving the *New York Times* to take a central role in a year-old food company in California to put the philosophy he has been writing about into action.

For additional information, contact the Writers Institute at 442-5620.

— New York State Writers Institute

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**Restaurant Week Special 3-Course Menu**  
Pick one item from each section

**FIRST COURSE:**

**SOUPS:** Bull & Barrel Chowder • Cajun Gumbo  
**SALADS:** House Salad • Caesar Salad

**MAIN COURSE:**

Sliced Smoked Bacon Brisket Sandwich • Down Home Chicken BLT  
Smoked Prime Rib Sandwich • IPA Burger • Black Bean Veggie Burger  
BBQ Pork Sandwich • Sliced Brisket Platter  
BBQ Smoked Half Chicken • Smoke House Sampler

**DESSERT:** Warm Brownie Sundae • Apple Pie A La Mode

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DESSERT  
Chef's Specialty

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**Special Restaurant Week 3-Course Menu**  
Pick one item from each section

**FIRST COURSE**

**SOUPS:** Butternut Squash & Granny Smith Apple  
French Onion  
**SALADS:** Fall Salad  
Caesar Salad

**MAIN COURSE**  
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**DESSERT**  
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Colonie Restaurant Week is a week-long event highlighting the delicious and unique eateries in and around Colonie, N.Y. The week begins on Monday, October 19th and runs in participating restaurants until Sunday, October 25th. Each participating restaurant prepares a special 3-course meal for only \$20.15





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## ARTS

# Alton Brown coming to Proctors

Star television chef is coming to Electric City

**SCHENECTADY**—Television personality, author and Food Network star Alton Brown, who created a new form of live entertainment with his first live culinary variety show—recently announced details for the all new “Alton Brown Live: Eat Your Science” tour.

Beginning in April 2016, the new live show will visit 40 U.S. cities including Proctors in Schenectady, 8 p.m. Saturday, April 30. Brown’s first North American tour, “Edible Inevitable,” was a huge success over two years and 100 cities with more than 150,000 fans in attendance. With “Eat Your Science,” fans can expect more comedy, talk show antics, multimedia presentations and music (yes, he sings) but Brown is adding a slew of fresh ingredients including new

puppets, songs, bigger and potentially more dangerous experiments and what every cook needs in his kitchen: FIRE.

Tickets, \$20-\$125, are on sale now and available at the box office at Proctors in Schenectady; by phone at 346-6204; and online at [proctors.org](http://proctors.org).

Critics and fans have raved about the interactive component where Brown invites audience members on stage to serve as his assistant. “There will be plenty of new therapy inducing opportunities during our audience participation segments. I don’t want to give too much away, but we’re also going to play a little game with the audience,” says Brown.

Brown has a knack for mixing together a perfect base of science, music and food into two hours of pure entertainment.

Brown, author of the James Beard award winning “I’m Just Here for the Food” and New York Times bestselling sequence “Good Eats,” is releasing the first of two new cookbooks through Ballantine Books (an imprint of Random House) in the Fall of 2016.

“Alton Brown Every Day Cook,” or “EDC” as Brown calls it, is a collection of more than 100 personal recipes as well as a pinch of science and history. He has hosted numerous series including “Cutthroat Kitchen,”

“Camp Cutthroat” and “Iron Chef America” and created, produced and hosted the Peabody award winning series “Good Eats” for 13 years on Food Network; Good Eats can still be seen on the Cooking Channel and Netflix.

Information about Alton Brown or the Eat Your Science tour can be found on Facebook: [/altonbrown](https://www.facebook.com/altonbrown); Twitter: [@altonbrown](https://twitter.com/altonbrown); Instagram: [@altonbrown](https://www.instagram.com/altonbrown); or use the tour hashtag [#AltonBrownLive](https://twitter.com/AltonBrownLive).

Those with an appetite for more Alton Brown can find additional show

and ticketing information at [www.altonbrownlive.com](http://www.altonbrownlive.com).

Although Brown spent plenty of time in his mom’s kitchen growing up, his real interest in food sparked in college when he discovered that girls who said “no” to dates sometimes said “yes” if he offered to cook for them. His social life may have not ignited, but the food spark did, and after spending a decade behind the camera in the commercial industry, he headed to culinary school in hopes of one day creating a new kind of cooking show.

“Good Eats,” the show that Brown would go on to write, produce, and host ran for 13 straight years on Food Network before making the jump to Cooking Channel where it airs today. Combining food science, pop culture, skit humor, innovative cooking, and the occasional belching puppet, “Good Eats” has millions of fans and garnered a coveted Peabody award for broadcast excellence.

— Proctors Theatre

## Serve detention with Molly

**SCHENECTADY**—Proctors Theatre recently announced it will host a special 30th Anniversary viewing of “The Breakfast Club,” followed by an interactive Q&A session with Molly Ringwald, Saturday, Feb. 6.

Tickets (\$20-\$150 plus applicable service fees) go on sale at 10 a.m. Monday, Nov. 2, at the box office at Proctors, by phone at 346-6204, or online at [proctors.org](http://proctors.org). A limited number of VIP tickets will be available that include a meet and greet with Ringwald.

Whether you’re a brain, athlete, basket case, criminal or princess, longtime fans and new audiences alike can celebrate the return of

this iconic film to the big screen. Detention has never been more fun, especially when one is getting the inside scoop from Molly Ringwald!

Molly Ringwald’s diverse career has included movies (Pretty in Pink, Sixteen Candles), Broadway (Enchanted April, Cabaret), music (jazz recording Except Sometimes), & writing (When It Happens To You, Getting The Pretty Back). The Breakfast Club is known as the “quintessential 1980s film” and is considered as one of the best films of the decade. The film was ranked #1 on Entertainment Weekly’s list of the 50 Best High School Movies (2010). Molly Ringwald was ranked #1 on VH-1’s 100 Greatest Teen Stars (2011).

Molly Ringwald Revisits the Club is presented by FanFair which celebrates the passion we have for cinema, bringing audiences together in-person with some of their favorite stars to celebrate and re-discover classic films in a whole new way. Moderated discussions; stories from the filming; meet-and-greets; & much more, FanFair brings the backlots of Hollywood to your city.

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## ARTS

# Troy Music Hall hosts Music at Noon

**TROY** — A false fire alarm interrupted the Troy Savings Bank Music Hall's Music at Noon concert series last week, but the impromptu event presented an opportunity for the Skip Parsons Dixieland jazz band to improvise.

The scene was captured on the hall's Instagram social media account. As patrons of the afternoon concert series stood outside the hall, they were treated by an outdoor performance as the Skip Parsons band walked down the sidewalk.

Skip Parsons has been a fixture of the Capital District's jazz scene for

years, carrying the tradition of playing Dixieland jazz since 1956.

The hall's concert series will continue with Ramblin Jug Stompers, Tuesday, Nov. 10.

The complete schedule of Music at Noon performances for the 2015-2016 Season are as follows:

Nov. 10, Ramblin Jug Stompers, Americana String Band

Dec. 8, Duo Davvero, Violin and Piano

Jan. 12, Brittany Zellman, Solo Viola

Feb. 9, Riverstone, Classical Quartet

Mar. 8, Bleecker Consort, Medieval and Renaissance Music

Apr. 12, Auriel Camerata, Choral Music

The series closes on May 10, with the lively piano performance of Findlay Cockrell, that traditionally closes the Music at Noon season.

Music at Noon concerts are free and open to the public. For more information on Music at Noon, contact the Troy Savings Bank Music Hall box office at 273-0038.

— Michael Hallisey



## Take us home

It was a chilly afternoon last Sunday, but the pumpkin patch outside of the McKownville United Methodist Church was still present for people to pick up their future Jack o' Lantern for Halloween.

Photo by Michael Hallisey/Spotlight

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# From page B1 ... Take a hike

Each sign, mounted at eye level, shows that it's just a short walk to some of the city's premier destinations, such as: "It is a 13-minute walk to Albany's skyline-defining Egg," or "It is a 15 minute walk to a revolutionary hero's home." Signs also point to other ways of getting around, including Capital CarShare locations and the Greyhound/Trailways bus terminal. The signs are color-coded — green for open space, for example, and orange for arts and culture — and the roll-out this fall is considered a pilot project that could lead to more signs down the road.

"We couldn't possibly include every interesting thing in Albany, but we hope that this will inspire people to walk our city — whether they've lived

here for years or just have an hour between meetings," said Ryan, who is also Chair of the City's Historic Resources Commission. "The signs point to the Stephen and Harriet Myers Residence in Arbor Hill, provide directions to the closest post office, and invite people to take in dinner and a show downtown. They highlight the wide variety of interesting things to see and do — only a short walk away."

In all, the signs fall within a mile radius, or an estimated 25-minute walk. According to Walk Score.com, some Albany neighborhoods are ranked in the 80s and 90s, making them among the most pedestrian-friendly neighborhoods in the country.

Ryan said she gleaned

the idea from a similar project in Raleigh, N.C. that was published in *The Atlantic*. Albany Mayor Kathy Sheehan had challenged the group to devise something exciting, but cost effective for the city. Ryan later shared the article with Mayor Sheehan, and the dye was cast.

Each of the corrugated cardboard signs has a limited lifespan. Fixed on existing roadside poles with plastic zip-ties, Ryan estimates it will be about a year before they fall away. "There is a bigger effort under way," she said. "This is a pilot program. I hate to say it's just a pilot program. But, this is a way to get out of the gate and to generate a little bit of a buzz."

The signs have directional arrows and include QR (Quick Response) codes that can be scanned with a smart phone to load a live Google map, turn-by-turn directions to

the destination, and information about the attraction including street address, a link to a website, hours of operation, and admission prices. Ryan said the QR codes also enable the city to keep track of the queries, to gauge popular interests, which signs are scanned more often and at what times; information that can be helpful towards tourism and marketing efforts.

The signs could also help with incoming residents.

There has been a push for more residential development in downtown Albany. A recent study commission by the Albany Business Improvement District declared the demand for residential property increased 83 percent since 2006. Similar signage would benefit new residents as they move in. It's with that in mind that, within the information shared through the QR codes there are the

locations to find one of the five of community car shares, for those who are without access to an automobile.

Users can also provide feedback on the Walk Albany effort when they scan the QR codes on signs or visit the Walk Albany page. The Mayor's office will also post photos on its Facebook page of people in front of some of their favorite walking destinations in the City. Just take a selfie on your smart phone, tell us what you liked about your walk or what you learned, and email them to [skampf@albany.com](mailto:skampf@albany.com). To view a map of the locations of Walk Albany signs and see the destinations featured, visit <https://walkyourcity.org/campaigns/1573>.

"This project was a grassroots effort by a creative group of volunteers who are devoted to Albany, and on behalf of all those who love to walk our City, I thank the Heritage

"We couldn't possibly include every interesting thing in Albany, but we hope that this will inspire people to walk our city — whether they've lived here for years or just have an hour between meetings."

— Colleen Ryan  
Heritage Tourism Working Group

Tourism Working Group for these fun new signs on Albany street corners," said Albany Mayor Kathy Sheehan. "The signs and the smart phone connections wake us all up to the rich destinations that make Albany a great walkable city."

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

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T	E	A	L	E	A	V	E	S	C	E	R	E
		L	U	C	E		T	E	N	A	N	T
A	K	U		S	O	N	G		O	B	A	N
M	I	N	K			D	O	W	N	U	N	D
M	E	D	E		H	E	R	E	S		T	O
O	V	E	R	W	O	R	K	S		S	U	M
		R	O	E	S		I	T	S	A		T
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B	A	Y	E	D		A	P	A	R	T	H	E
A	P	I	N		O	V	E	R	T	H	E	T
S	I	N	E		V	E	R	D		E	R	A
E	N	G	S		A	S	I	S		M	E	S



## From page B4 ... Talking baseball and bytes

IBM, Commodore and Atari computers.

"John continued to implement the core of the game, including all of its statistical machinery to compute probabilities and outcomes, while I implemented everything relating to the audio and visual portions of the game, including the menus, music and all ballpark graphics," said Baum.

The veteran programmer spent nearly a year creating the game. Unlike the fans who would soon buy the game and marvel over the graphics, the strategy, the home runs and the strikeouts, he fascinated over the raw statistics, memory maps, hardware registers, bits and bytes. "I'm primarily a computer nerd," said Baum. "I played some Little League baseball as a kid, but never pursued it in high school or beyond. I watch some baseball games on TV occasionally, but I'm not an avid fan and would be hard pressed to name many current players, even in my own current hometown team.

I follow computer graphics more than sports."

The end product was revealed to a host of investors in the

historic Union League of Philadelphia. The setting could not be more contrasting in style. Built in 1865, the brick and brownstone hall is home to Philadelphia's societal elite. The location was used a few years before to portray the posh surroundings of Mortimer and Randolph in the Eddie Murphy movie "Trading Spaces." Baum recalled what was initially an awkward meeting between college kids and "some rich, old men." The elder, financial backers looked upon the former with suspicion, while the young kids looked and wondered if the later could differentiate a computer from an abacus.

"We were all justifiably proud of our final game," said Baum. "But, I never really saw the little pixel dudes as real-life people until that day at the Union League ... watching [the investors] get lost in our game and immediately, passionately start talking and arguing about the personalities of each of the ballplayers. To me, the little pixel dudes were hand-drawn masks and bitmaps, named from strings in a database and animated into action by some statistical algorithms.

But, to the fat cats, they were 'alive.' It was very cool to see."

Reviewers of the day praised the authenticity of the simulation and the "wonderfully intricate animation" of the graphics, as described by Arnie Katz in Ahoy! Magazine in July 1985. "This is a rock-solid state game dressed up in visuals which would do any action baseball program proud," he stated.

Flash forward to 2015, grown men who grew up playing Micro League Baseball still marvel at the magic admired by those investors in Philadelphia. The Internet hosts emulators – programs that replicate the operating systems of the past, like the Commodore 64 – for download. The games in which those computers played are also available. The 48K-bytes that stretched the capacity of computer hardware in 1984 is miniscule to the data handled by today's machines. Even cell phones. "Crossy Road," a popular free game for smartphones, weighs in at nearly 36 MB – or 700 times the size of Apple II's capacity. (The Microsoft Word format of this article alone is 49KB.) The public group Micro League Baseball Fan Club boasts more than 100 members. Every so often, someone will stumble across the



Today's video games may have 100 people associated with designing and programming the end product of an award-winning game. In 1984, the opening credits to Micro League Baseball included five individuals.

Screen capture

online community and ask for help on how to load the game onto their present-day computer.

"Micro League was my first digital game after playing dice games for years," said club member Marc Weiss of Staten Island. "We didn't have the state compiler [disk – which was available separate from the game], so we took a program from a Mets game and had one of our parents Xerox the scorecard, 100 to 200 copies. We must have played for hours on end and eventually killed those

5 1/4 inch floppies."

In the 30 years that have passed, Baum has transitioned from the gaming industry, to lending his programming skills towards the worlds of education, corporate, and even aviation. Some jobs were fun, while others just paid the bills. "The 8-bit days were a bit wild-west, and I sometimes miss them," he said. When he Googles his own name, he said he's amused that a little game he worked on decades ago is still the top hit. "I've heard actors talk about how strange it

can be for fans who love watching old reruns to know every detail of a guest performance they had once given on an old TV show decades earlier. I know exactly how they feel."

Baum now lives in Minneapolis, MN, where he is a software engineer for National CineMedia. He said he's as proud of his work on Micro League Baseball as he was when he, Graybill and Stephen Cox wrote the programming at the University of Delaware.

"One of the strangest and unexpected, yet sudden and exciting, thrills of my life came a few months after I had moved on from Micro League," said Baum. "I was at a software store, looking at book titles near the checkout counter. I watched a total stranger walk into the store, browse the Apple II games area, pull out Micro League Baseball, walk up to the register, pay for it, and leave with a big grin on his face. He had no idea that a tiny piece of me went with him in that little shrink-wrapped box."

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## POINT OF VIEW

# A look back at Apple II, gaming

By MARK BAUM

news@spotlightnews.com

Some technical details for you fellow computer nerds out there. The Apple II was originally sold [in 1984] with only 4KB of RAM, but most owners quickly upgraded them. The most amount of RAM that you could install on an Apple II motherboard was 48KB, and this was becoming common practice by that time.

There were optional add-in boards available that could allow additional 16K segments to be bank-switched over the upper ROM address space, but as they were not widely in use we did not require them.

The original version of Micro League Baseball was designed to load and run on an Apple II with 48KB of RAM. The 40 x 24-character text screen occupied an unmovable 1KB of that 48KB address

space.

The 280x192 bit "high-res" graphics screen occupied another unmovable 8KB of that 48KB address space. That left the remaining 39KB for us to use for the entire game, including all the software to load and run the game, all of the statistical data for the two teams that had to be held in memory during the game, and all the text and graphics to appear on the playing field during the game.

Many other games of the era used an available second high-res screen which could be drawn onto in memory and then visibly swapped to eliminate visual flickering. We couldn't afford to spend the additional 8KB of RAM to do this. We tried to insure that the little ballplayers lower on the screen would always appear "in front" of the little ballplayers higher on the screen, but with no

graphic buffering there were inevitably times when two or more ballplayers would become temporarily tangled, although they always sorted themselves out. We did our best with the limited resources available on the machine.

Many other hardware platforms of the day (Atari, Coleco, Commodore, Mattel, Vic) had special audio and visual hardware capabilities such as sound/color registers, graphic spites/overlays, and programmatic ways to synchronize the software and visual display. The Apple II had none of these things. It's also important to note that the Apple II had no hardware for generating true random numbers. ... the hardware registers were completely inadequate for providing randomness of a sufficient quality to meet the statistical requirements of our game.

No casino would allow

poorly-shuffled cards or weighted dice, and they take great pains to insure the quality of the randomness in their games to keep them fair. We similarly took great pains to make sure that our math was of the highest quality, and passed every statistical test in our benchmark standard, [Donald] Knuth's Seminumerical Algorithms.

Here's a fun anecdote. At the time, many computer hardware vendors were offering third-party ad-in hardware boards with various capabilities, complex joysticks and other peripherals, sophisticated audio boards, etc. We evaluated several speech synthesizer boards. It's a huge shame that the different vendors all insisted on different and proprietary interfaces to their hardware. We didn't have the space in RAM for the interface software to support them all, and

we didn't want to pick one vendor over all the others that were available at the time. But it would've been fun. My favorite was the "Software Automatic Mouth" or Sam. In the office, it was extremely entertaining to hear Sam "announce" the play-by-play text that scrolled on the billboard. Ah well.

As our initial game version neared completion, we techies (John and I, and another computer nerd acquaintance of ours, Steve Cox) started working closely with the company that would mass-produce our floppy disks. "Copy protection" was common for games of the day, using a variety of tricks. Our method of choice was to create our floppies using a non-standard format, right down to the level at which sectors of data are written to and read from the floppy disk media itself.

Our format had no file system whatsoever,

nonstandard spacing of sectors, and even nonstandard sector separators, all of which contributed to making our disks very difficult to casually copy with then-common disk-copy tools. One advantage of all of this work was that it allowed us to fine-tune the order in which sectors are loaded from the floppy disk at bootup time. ... The whole 48K game would load in about two seconds, and the only disk access required after that would be to load the selected teams. We were pretty proud of that. One big downside of our disk format was that even the floppy-disk manufacturers initially couldn't copy our master disks!

*Mark "Adam" Baum was one of three programmers who created Micro League Baseball, an innovative and popular baseball simulator from 1984. Baum is a native of Liverpool and currently lives in Minneapolis, MN.*

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