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## NEWS Pinned

Man with history of crime in Slingerlands pinned for burglaries.

Story on Page 2

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## Confronting the issue of drugs

BC student confronts the local drug epidemic.

Story on Page 2

## TOP STORY

# You will be missed

Bethlehem's first woman supervisor, dead at 71

By MICHAEL HALLISEY

halliseym@spotlightnews.com

**BETHLEHEM** — She was a rare gem in today's politics when she took office in 1993 as the first woman town supervisor in Bethlehem's long history. Sheila Fuller would continue to lead the town, with her office door wide open, until she decided not to run again in 2003.

"I'm most proud of being able to have people feel comfortable about meeting with the supervisor," Fuller told Spotlight News in 2003. "Everyone I met was most important to me. It's all about people, and that's what I love."

Fuller died Thursday, Nov. 19 after battling a long illness. She was 71.

Bethlehem Town Supervisor John Clarkson ordered the town's flag in front of Town Hall to half-mast on Thursday.

"Sheila Fuller is extremely well remembered in this town. As a Bethlehem Central school board member and [president], and as town supervisor for five terms, she gave Bethlehem her full devotion and established a legacy of service," said Clarkson. "She was a model public servant and will be very much missed by the community. All of us at Town Hall today want to express our deepest sympathy and condolences to her family and friends."

In addition to her 10 years as the town supervisor, Fuller previously served 13 years on the Bethlehem Central school board. She left her post on the school board when she was appointed to the town board in June 1991 to fill out the unexpired term of former Democratic Councilman Bob Burns. She would later earn a full, four-year term in the election that November.

Continues on page 15



## ENTERTAINMENT



## Painting a photo

Local artist is breathing new life into a Victorian Aged artform involving photography.

Story on Page B1

## SPORTS



## Hockey previews

Area schools start their hockey seasons this weekend. Inside we have a preview as to what you can expect.

Story on Page 9



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Alvin W. DuBois, already in state prison serving a sentence for a 2014 rape at knifepoint in Saratoga County, is connected to a series of burglaries in Slingerlands.

Bethlehem Police

## ■ COPS, COURTS AND EMERGENCY CALLS

# Convict pinned to burglaries

Alvin W. DuBois has history of crime in Slingerlands

**BETHLEHEM** — A year-long investigation lead to an arrest for a series of burglaries in Slingerlands

Bethlehem Police arrested Alvin W. DuBois, 59, on Monday, Nov. 16.

Bethlehem Police began their investigation after a series of burglaries occurred in Slingerlands in August 2014, which reportedly had commonalities with crimes in Colonie, Guilderland and Clifton Park.

Police reportedly

recovered over \$20,000 in stolen property from a series of burglaries DuBois committed in Selkirk, Guilderland, Saratoga and Clifton Park.

Multiple search warrants were executed which reportedly revealed proceeds from the burglaries in Saratoga County were sold at jewelry stores in Delmar.

DuBois was indicted on two felony counts of second-degree burglary one felony count third-degree criminal possession of stolen property. DuBois is currently serving a state prison sentence as a result of a knifepoint rape and burglary in Saratoga

County from 2014.

DuBois is also a level three registered sex offender as a result of a conviction for sodomy in reference to a 1987 crime that took place in the same Slingerlands neighborhood as the burglaries he is now charged for.

Investigations were led by Bethlehem Police in conjunction with Colonie Police, Guilderland Police, New York State Police and the Saratoga County Sheriff's Department.

DuBois was arraigned in Albany County Court on Nov. 16 and remanded back to the custody of the New York State Department of Corrections

and Community Supervision.

## Man arrested for skimming ATM

Bethlehem police arrested a Romanian man for unlawfully attaching a skimming device to a Trustco Bank ATM in Delmar. On Monday, October 19 Ili Sitariu, 36, of Romania allegedly attached a skimming device to the ATM.

Once attached, the skimming device was able to capture credit card information of patrons and multiple unauthorized

**Continue on 16**

## ■ COMMUNITY

# Student's TV program addresses drug crisis

BC student confronts drug epidemic

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

**BETHLEHEM** — In the aftermath of a shocking drug arrest on campus, the latest effort to combat substance abuse comes from one of Bethlehem Central's own students.

Maya Paolasso-Martinez, a senior at BCHS, is the host and producer of "Youth United: Working for a Better Future," a public access television program that explores issues faced by

teens today. Most recently, Paolasso-Martinez addressed the drug use issue with an interview with one of the area's experts.

Rather than coming from government officials or school administrators, her perspective on the drug climate in schools comes from the average student's. As a senior, Paolasso-Martinez has "seen it all touch." From friends to classmates dealing with the issue, these experiences are, "another reminder of the sad world you venture out there. It's devastating when a person throws away their life like that."

"I strongly believe

that youth today are overwhelmed with pressures of navigating a very complex world," stated Paolasso Martinez, the host and producer of the program. "These pressures have led many to start experimenting with drugs and alcohol at a very young age and is leading to the addiction problems you see today," she explained as the root of the drug abuse we see in teens.

Drug expert John Coppola, her most recent interviewee, was asked for his input on the drug atmosphere at Bethlehem High School. Coppola is the executive director of the New York Association for Alcohol and Substance

Abuse.

As Coppola has spent his entire career, 19 years, creating methadone clinics and Alcoholics Anonymous groups, leading prevention programs across the Capital Region to eventually become the local face for substance abuse counseling, he had much to say on the rates of drugs usage in teens, as a majority of the individuals who receive help from his programs started abusing drugs as teens.

In 30-minute interviews such as the one she held with Coppola, Paolasso-Martinez explores topics of interest to youths. She

has held the program for the past four years, since she was a freshman in high school.

Past topics include obesity and youth health, navigating career choices, and the need for youth to become more civically involved and assume leadership roles in the community.

The young student said she saw she saw the problems facing youth first-hand and knew resources existed to solve their problems, but, "most youth don't know where to find help in a confidential setting," said Paolasso-Martinez, of her inspiration behind the

program. Bringing experts to discuss problems facing youth in a TV setting was her solution.

For the topic of drug abuse, especially, many resources exist for those seeking help, and many are offered locally. "As our school district moves on many fronts to combat substance abuse, it is my hope that my community service will help bring solutions to bear," said Paolasso-Martinez. The "Youth United: Working for a Better Future" program airs once a month, Thursdays at 7:30 p.m.

Her recent exploration of the drug abuse issue

**Continue on 16**

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## COMMUNITY

# County Exec leads annual coat drive

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

**ALBANY COUNTY** — For the fourth year in a row, County Executive Dan McCoy aims to provide coats to homeless veterans.

There are currently more than 18,000 veterans in Albany County.

Since its start in 2012, Katie's Koats has collected over 8,000 coats for local homeless and veterans in need. Last year, the drive collected and distributed 3,600 coats, and expanded from donating solely to veterans to donating to all local homeless individuals. With winter weather fast approaching, the organization aims to break

last year's record to provide warm winter coats to even more people in need.

At a press conference held Monday, Nov. 16, McCoy announced new partnerships with Crossgates mall and the Albany Devils to provide more opportunities for Albany County residents to donate new and gently used coats. McCoy was

joined by Albany Devil's player Dan Kelly, and Kaitlyn Drobner, who started the program four years ago at the age of 20.

Donations can be made at a donation box at Crossgates mall and at the Albany Devils game on Dec. 6 at the Times Union Center. As well, the county offices at 112 State St., 175 Green St. and 162

Washington Ave, all 11 BEST Cleaner locations across the Capital District and PG's Café at 112 State St., where Kaitlyn Drobner works, will accept donations.

Coats can be donated now through Dec. 27. After a trip to New York City, where she saw many people homeless, a great number of them veterans,

left to freeze without winter coats, Drobner was inspired to make a change. Drobner's own relatives were served our country.

"I want to thank all those involved for reaching out to help others," said McCoy. "I'm proud our citizens recognize our homeless and veterans need help and answered the call."

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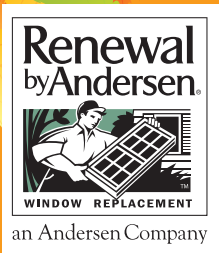


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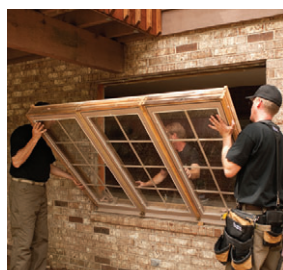
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## ■ NEIGHBORHOOD NEWS

### Holiday gift bazaar at nature center

**VOORHEESVILLE** — The annual Thacher Holiday Gift Bazaar takes place Saturday, Dec. 5, from 10 a.m. to 4 p.m., and Sunday, Dec. 6, from 10 a.m. to 2 p.m., at the Thacher Nature Center.

Among the items being sold by local artisans and artists are:

- Jewelry
- Jams, jellies and honey
- producers
- Homespun wool and knitted items
- Original artwork
- Wildlife and nature photography
- Pine needle and bark baskets
- Stained glass and painted glass works
- Hand-painted gourds
- Folk art items
- Carved wooden bowls
- Sweets and treats

There is also live music by Tunefolk, and a 50/50 raffle sponsored by Friends of Thacher Park. Fifty percent of the proceeds will be donated to local charities.

For more information, call 872-1237 or [www.nysparks.com](http://www.nysparks.com).

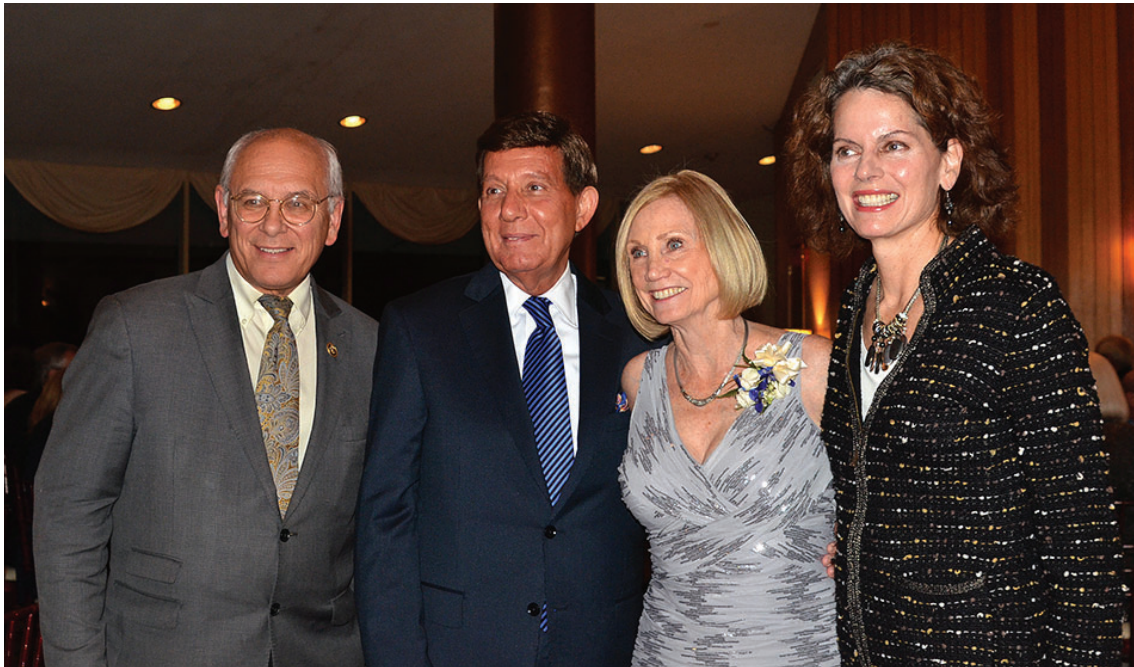
### 'Bells, Bells, Bells' at NSHA meeting

**NEW SCOTLAND** — P. Thomas Carroll presents "Bells, Bells, Bells: an Enduring Legacy from the Greater Troy area, 1808-1951" at the next New Scotland Historical Association meeting Tuesday, Dec. 1, at 7:30 p.m., at the Wyman Osterhout Community Center off Route 85 in New Salem.

The majority of bells in North America were made in Troy and Watervliet. One of the most significant bells made in the region was the replacement for the Liberty Bell, which has rung since 1876 without cracking.

Carroll is a senior scholar of the Hudson Mohawk Industrial Gateway. He will provide background about how bells are made and discuss the specific achievements made by these foundries.

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



### Caregivers celebrate

The 21st annual Community Caregivers Gala took place last week, and it was a great success, according to the event organizers. Among the guests were, from left, Congressman Paul Tonko, honoree James Barba, honoree Midge McGraw Bulgaro, and Assemblywoman Pat Fahey.

Submitted photo

### Run Off That Turkey Trot 5K Saturday

**ALTAMONT** — The annual Run Off That Turkey-Trot 5-kilometer race takes place Saturday, Nov. 28, at 10 a.m., at Altamont Elementary School on Grand Street.

Awards will be handed out to the top three overall male and female finishers and to the top three in each age group. Running gloves will be handed out to all that pre-register, and there will be door prizes and refreshments.

The registration fee is \$18 in advance, \$15 in advance for runners age 70 and older, and \$23 the day of the race. Proceeds benefit the Helderberg Running Club Junior Olympic Team. Runners are asked to bring an unexpired dry good item for the local food pantry.

Registration forms are available at [www.active.com](http://www.active.com).

### Wreath making workshop Saturday

**VOORHEESVILLE** — The Emma Treadwell Thacher Nature Center is holding its popular holiday balsam wreath making workshop Saturday, Nov. 28, at 10 a.m. In the event of inclement weather, the workshop will be held Sunday, Nov. 29.

Participants can create a 24-inch holiday wreath from freshly-cut balsam greenery, pine cones and ribbon. Participants should bring a pair of garden shears for cutting greenery. Limited pairs of garden shears are available, if needed.

The workshop is appropriate for ages 14 and older. The cost is \$18 per wreath. Pre-registration is required.

For more information, call 872-1237.

### Singers wanted for Christmas festival

**VOORHEESVILLE** — The annual Voorheesville Community Christmas Festival takes place Sunday, Dec. 20, at 7 p.m., at the First United Methodist Church of Voorheesville, 68 Maple Ave.

Singers are invited to join the Community Choir for this performance. Practice sessions are at the church on Thursdays at 7:30 p.m. on Dec. 3, 10 and 17.

For more information, call Ken George at 765-4442.

### Nature center hosts preschool program

**VOORHEESVILLE** — Thacher Nature Center offers "Winter's Coming," a preschool

program, on Wednesday, Dec. 2, at 10 a.m.

Animals are getting ready for the winter. Find out who stays and who skips town in this interactive program. Kids will read some books, play a fur-ID guessing game, watch birds at the center's feeders and make a craft to take home.

The program is appropriate for ages 3-5. To register, call 872-0800.

### Ellis presents 'The U.S. War in Laos'

**BETHLEHEM** — Bethlehem Neighbors for Peace welcomes Tom Ellis, who will discuss "The United States' War in Laos and Its Continuing Consequences" Thursday, Dec. 3, at 7 p.m., at Bethlehem Public Library, 451 Delaware Ave.

Ellis is a leader in several social justice groups including the Palestinian Rights Committee and Upper Hudson Peace Action, as well as playing a role in several successful environmental campaigns. He lives in Albany and works as a teacher.

The program is free and open to the public. For information, call 466-1192.

### Weekend hikes through the Pine Bush

**COLONIE** — The Albany Pine Bush Discovery Center at 195 New Karner Road is offering a pair of hikes this weekend.

Take a vigorous 2.6-mile walk through the Karner Barrens East region of the preserve on Saturday, Nov. 28, at 11 a.m. There will be breaks along the way for rest and water (if needed). If there is snow, it will be a 0.9-mile snowshoe hike, and snowshoes will be provided to participants. The program is appropriate for people age 8 and older.

Discover the Pine Bush on Sunday, Nov. 29, at 1 p.m. Center experts will lead the way on a 0.9-mile hike over rolling sand dunes, where people will discover the Pine Bush's natural history, seasonal surprises and transformations.

The cost for both programs is \$3 per person or \$5 per family. Children under five are free. Registration is required.

For more information, call 456-0655 or visit [www.AlbanyPineBush.org](http://www.AlbanyPineBush.org).

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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.

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## COMMUNITY

# Family donates 3Doodler

Joe Storch and his infant son, Ethan, were frequent visitors to Bethlehem Public Library during Joe's six-week paternity leave last year. The trips to the library were a fun way to break up the day, especially once the cooler weather made spending time outside less desirable.

During one of those visits, Joe signed up for an orientation on the library's MakerBot 3D printer, and he and Ethan were seen many afternoons thereafter in the library tech room working on projects to pass the time.

As his paternity leave drew to a close, Joe saw a Kickstarter promotion for 3D pens that used plastic filament to "draw" three-dimensional objects. He and his wife, Naomi, thought the pens would be a cool addition to the library's tech offerings and wanted to make a donation.

"We reached out to Geoff (Kirkpatrick, library director) and asked if that



was something the library would be interested in," said Joe.

Kirkpatrick told the couple it would be a great fit for the library and a fun way to introduce new users to 3D technology.

"One of the neat things about these 3Doodlers is that they are easy to learn how to use — it doesn't take long to get from instruction to production," Kirkpatrick said.

He said the pens also align with the library's goal to support the STEM (science, technology, engineering and mathematics) curriculum in schools.

"This is a great hook to get kids thinking further about the STEM ideas they are learning about in the classroom," said Kirkpatrick.

Joe and Naomi said they were thrilled to make that

kind of contribution to the library and the community, and they set about ordering the 3Doodler pens and education pack through Kickstarter. The pens, a dozen in total, arrived earlier this fall and are available for the public to use. There are also plans to feature them in upcoming programs and the library's frequent "Pop-Up MakerSpace" days, where patrons have access to the library's myriad creative tools, from sewing machines to button makers, all in one spot.

"For us, this is a great thing to do," said Joe, adding that libraries have always played an important role in his family's life.

Naomi said she hopes the addition of the 3Doodlers will give people one more reason to drop by the library.

"Bethlehem Public Library really promotes a sense of community. You see all types of families there using the space in different ways," she said.



Naomi, Joe and Ethan Storch join Bethlehem Public Library Director Geoff Kirkpatrick to show off one of the 3Doodler pens the Storch family donated to the library.

Library staff

"It is more than just a place that houses books."

Both praised the universal appeal of the 3Doodlers and said they can't wait to see how they are used by people of all ages.

"The cool thing about this is that you don't need to be hooked up to a computer, and it doesn't come with a set of instructions," said Joe, referring to the device's easy-to-use, universal appeal. "We really hope it takes off."

### Holiday hours

The library will close at 5 p.m. Wednesday, Nov. 25, and remain closed Thursday, Nov. 26, for the Thanksgiving holiday. The library will be open 9 a.m. to 5 p.m. on Friday, Nov. 27.

### Coming up

The library will open at 1 p.m. Dec. 4, for a staff development session in the morning. Our bookdrops will be open, but there will be no telephone service in the morning.

### Upcoming events

#### Friday, Nov. 27

##### Thanksgiving Cinema

Watch a family-friendly movie (PG, 94 minutes). Bring a blanket and get comfy! For kids and families. 2:30 p.m.

#### Saturday, Nov. 28

##### Time Out for Tales

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

— Kristen Roberts

# Burn off that turkey

Imagine you have a workout session with your personal trainer, and he or she advises you to do some traveling, sit for a long time, watch football and eat a huge meal. And don't forget the pie.

Perhaps you might say "best personal training advice ever!" But, probably not.

For those trying to lead a healthier lifestyle, Thanksgiving is a real challenge. Fortunately, the Bethlehem YMCA is here to help. The Y will be open on Thanksgiving morning from 8 a.m. to 1 p.m. to both whet your appetite and lessen your guilt for the big meal to come.

Another opportunity for fun and exercise on Thanksgiving morning is the Our Towne Bethlehem Turkey Trot at 9 a.m., starting at the Bethlehem Middle School. Did you know that the very first Turkey Trot ever held in the United States was sponsored by the YMCA? It was held in Buffalo on Thanksgiving morning in 1896, making it the oldest continually held foot race in



America — even longer than the Boston Marathon, which began the next year.

The Buffalo Turkey Trot of 1896 was sponsored by the Buffalo YMCA. Fifteen people registered. Six showed up for the five-mile race. One runner dropped out after two miles, and another stopped after, as he put it, "my late breakfast refused to keep in its proper place." The winner was Henry Allison, who finished the race in 31 minutes and 12 seconds. The Buffalo-Niagara YMCA Turkey Trot is now one of the largest in the nation, with entrants capped at 14,000.

Not-so-fun fact: The average Thanksgiving dinner is about 4,500 calories. To burn that off, a person would have to run for approximately 6.5 hours or 33 miles. Where would you run to? Well, you can run from the Bethlehem Middle School all the way to Shenendehowa High School in Clifton Park,

about 33 miles away. Of course you would need a ride home and you may be too tired to eat.

Runners, don't miss the Bethlehem YMCA's Winter Wonderland 5K on Saturday, Dec. 12, starting with an 8 a.m. registration at Hamagrael Elementary School. This chip-timed race runs flat through the neighborhoods of Delmar and also features a 1-mile kids fun run. You can register online at finishright.com.

Black Friday Drop and Shop — For those of you planning a shopping expedition on Black Friday, the Bethlehem Y will entertain your kids during a "drop and shop" from 8 a.m. to noon. The cost is \$15 for one child for members, \$20 for non-members and \$10 for each additional child. They will enjoy swimming, skating and games.

To all our dedicated Bethlehem YMCA members and to everyone in our community, here's wishing you a happy and blessed Thanksgiving.

— Mark Hansen



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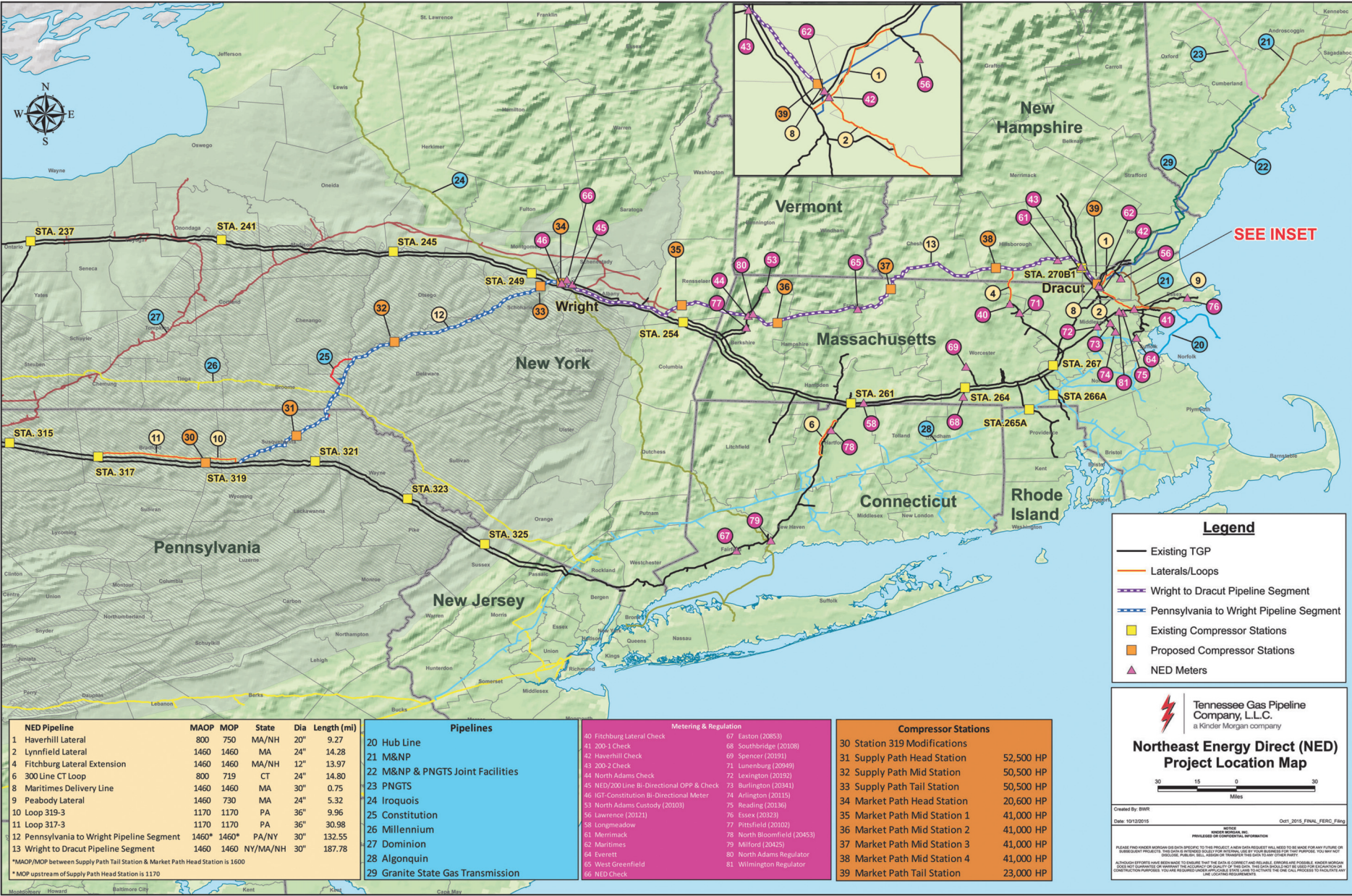
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**PICK OF THE WEEK**



**Bringing the funk**

George Clinton & Parliament Funkadelic twist soul music into funk with elements from the psychedelic rock of the late '60s and brings it to the Upstate Concert Hall stage, Saturday, Nov. 28 at 7 p.m.

**INSIDE**



**Arts calendar**

Pages B6-B9

**ONLINE**

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



**ENTERTAINMENT**



**Painting a photo**

Local artist is breathing new life into a Victorian Aged artform involving photography

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



Before color film was more accessible to the general public, artists took to adding color to black and white photos by means of oils, dyes and paints. Above is a modern approach from artist Corlis Carroll.

Submitted photos

There is something about Monhegan, ME that draws local artist Corlis Carroll to the artists' island community. It may be how the low rising sun casts long shadows across its rolling hills, it could be the rich history of housing America's first impressionist artists, but

for nearly two decades she has called it home.

For four days, Carroll will open the doors to her two-story bungalow at 1855 Western Ave. in Guilderland, to showcase a gallery of work depicting the lost art of painted pictures.

**Continues on page B16**

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### Hustle and Bustle

Another talented local photographer captured the hustle and bustle of downtown Albany with a play with the shutter speed. Many of us are set to travel this week, and whether you're in the city, the airport or in your car on the highway, this should be a familiar scene once you're done.

Photos by 97lit/Instagram

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## ■ EVENTS

### Disney on Ice back at Times Union

ALBANY — Disney on Ice is returning to the Times Union Center, Thursday, Dec. 17. to Dec. 20.

Produced by Feld Entertainment, families are invited to turn an ordinary day into an extraordinary one at its new ice extravaganza.

Disney On Ice presents "Let's Celebrate!" presented by Stonyfield YoKids Organic Yogurt and featuring more than 50 classic and contemporary Disney characters in a captivating compilation of favorite holidays and celebrations from around the world.

Audiences will experience the ultimate celebration of celebrations as they join Mickey Mouse and friends on a delightful tour of festivities jam-packed with fun surprises,

spectacular skating and vibrant costumes. The production's original storyline transports audiences to exciting events with their favorite Disney characters, including a Valentine's Day Royal Ball with Princess Tiana; a Very Merry UnBirthday Party with Alice and the Mad Hatter; Jack Skellington's frightfully festive Halloween party with the Disney Villains; and a Hawaiian luau with Lilo and Stitch.

Tickets are on sale now through Ticketmaster.com or by calling the Times Union Center box office at 396-5707.

## Got news?

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

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

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

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



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## BUSINESS



Photo by Michael Hallisey/Spotlight

# Target to carry more Beekman 1802 products

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

**SCHENECTADY** — The founders of Beekman 1802, a local company that has taken off nationally, were on hand at Niskayuna's Target location Tuesday, Nov. 17, to celebrate their new partnership with the retail chain — which is helping make a huge change in local farming.

It was recently announced Target stores across the country will include 48 new Beekman 1802 products made with ingredients grown on small American farms. A percentage of the profits will be given to small farms.

"Target approached us and asked for 48 more products, and we said, 'Sure,'" said Josh Kilmer-Purcell, who along with Brent Ridge co-founded Beekman 1802. "Full disclosure: we had no freakin' idea how we were

going to pull this one off. We had seven months to crack a problem that giant food manufacturers and global retailers have been struggling to figure out for decades: how to get small farms represented on national grocery shelves."

Casa Visco, a sauce manufacturer headquartered in Schenectady, played a pivotal role in securing the latest partnership. The owner of Casa Visco, Adine Viscusi, forged a relationship with Beekman 1802 and produced a sauce coined "Mortgage Lifter" Heirloom Tomato Pasta Sauce. The sauce hit Target shelves last year and has since been well received.

Casa Visco was approached by Beekman1802 to create a sauce for their line of artisanal products. The sauce has gained national distribution in 1500 Target stores.

Viscusi was present for the announcement ceremony held inside the Balltown Road store.

She expressed her admiration for Beekman 1802's mission to give back to the local farming community, and said she was happy to be a part of it.

The Schenectady-based manufacturer had also celebrated its 70th anniversary this past June.

Ridge and Kilmer-Purcell operate a mercantile, have a bestselling cookbook and memoir, host a popular website and provide a tourism destination from their Sharon Springs farm.

Viscusi said the partnership has involved hard work for everyone at Casa Visco, including herself.

"From 4 a.m. to 11 a.m. I was hand picking basil leaves off from the steam," Viscusi said. A self-described fan of the popular herb, she said her labors later turned her evening plans sour. "That Friday night my husband and I went out for drinks. When I put my drink up to my face, all I could smell was the basil oil."

# BlueShield moves in

**LATHAM** — BlueShield of Northeastern New York, one of the region's longest-standing health plans, and eight-time Best Places to Work, recently re-located its 200 employees to a new state of the art headquarters at 40 Century Hill Drive in Latham.

The new location was celebrated yesterday evening with a formal ribbon cutting ceremony hosted by BlueShield Regional Executive and local physician, Kirk Panneton, MD, who was joined by BlueShield President and CEO Dave Anderson, First Columbia President and CEO Kevin Bette, BlueShield customers, and other regional guests.

By re-locating and signing a long-term lease on the new commercial building owned by regional developer, First Columbia LLC, the health plan will continue to service BlueShield members and maintain an important presence in the Capital District.

Since announcing the move in early August, BlueShield and First Columbia have been working to ensure the move from BlueShield's previous headquarters (30 Century Hill Drive Latham, NY 12110), was made without interruption in service to BlueShield's members or and provider partners.

"We are delighted that BlueShield has collaborated with First Columbia to expand into 40 Century Hill, one of the areas most advanced office properties, said Deborah Mikhitarian-Russell, Partner at First Columbia, LLC. "Energy Efficiency, Building Resilience, and Security are all critically important aspects of this project that will help protect one of the area's leading Healthcare Companies in delivering quality services."

The new two story building provides BlueShield associates and visitors a state of the art workspace that incorporates meeting and training rooms, optimum workplace configurations, new office furnishings and workstations, significant use of natural light, a fitness center, and common space for employee meals and breaks.

A recently granted variance allowed a six foot Shield to be showcased at the top of the building and visible from the Northway.

While the company is reducing its overall footprint from 65,000 to 30,000 square feet, the move does not involve any reduction in the BlueShield workforce, in fact it will improve operational efficiency and eliminate wasted space.

— BlueShield

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## FASHION

# Keep your sanity with mini-rituals

Take a moment out of the hustle and bustle to take care of yourself

By **DENISE BENNETT**  
news@spotlightnews.com

The holidays are here. Whether we like it or not, somewhere, someplace, someone is going to turn your everyday hectic life into overdrive and your normal buzzing around will be a fevered scurry around town gathering ingredients and presents. So how do you stay sane? With these little mini rituals to keep you grounded, help you carve out time for yourself and to remind you to take in all the joy the holidays have to offer.

One of my favorite daily rituals is my morning routine. I developed this routine shortly after my daughter was born when my maternity leave ended.

I needed to carve out "me" time in a 24-hour day of taking care of everyone else. I get up, shower, and prepare myself with lotions, hair, makeup, etc., but all the while; I am drinking some bottled water, watching home shopping on my phone and just preparing myself in the quiet of my own thoughts. I have dabbled with the thought of getting up a couple of minutes earlier to brew some hot tea, but getting some extra sleep always persuades me more. Take your morning routine and really make it your own this holiday season. Watch a show on your device; drink a tea or coffee over a magazine or book, or just pamper yourself and slow down. This is a good time to mentally get yourself prepared for

the day. If you're like me and want to multi-task, watching home shopping may be able to spark some gift ideas or remind you of stragglers on your list.

My second suggestion is taking a time out and getting out of the house or daily routine by stopping by a coffee house or eatery. Take a couple of moments for yourself and get a latte and sit in a chair. Do some people watching; there will be no shortage of entertainment, I'm sure. There is something indulgent about a peppermint mocha latte, a comfortable chair and disconnecting from your phone and to-do list. Don't think of it as wasting time either. Think of it as a battery recharge so you can tackle your next task with increased and renewed



Coffee? Make-up? Yes, please. Five minutes here, and five minutes there, to take care of the No. 1 person your life — that's you — can make a world of difference. One side effects can lead to being a more pleasant person to everyone else around you.

vigor.

Finally, how you unwind from your over-scheduled life can be critical to a restful night's sleep. I read an article how the blue background light on phones, tablets, and TVs can keep your mind going at full speed. So turn them off. Unwind with a magazine, a good old fashioned book with a light or your journal. If you journal, write down three

things you are thankful for from the day. They can be super simple like, the new shampoo you purchased it working well. Perhaps, you're thankful you got your cards done and in the mail. Anything and everything you're grateful for. This will force you to slow down and smile. It will also set you peacefully into sleep knowing you are enjoying the holidays.

As I have gotten older

and started my family, I have realized while I let the children take in the holidays at full strength, sometimes I am detached. I am planning on being an active participant this year and hope these little tricks can help me and you enjoy Thanksgiving through New Year's.

*Denise Bennett maintains a fashion and lifestyle blog on Perfect20.co.*



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CULINARY ARTS

# Low carb bread? Wha?

Craving bread while on a low carbohydrate diet, here's what you need

By **STACEY MORRIS**  
[news@spotlightnews.com](mailto:news@spotlightnews.com)

Some days, I simply *pine* for bread! It's not that I never eat it, but part of maintaining a 180-pound weight-loss has meant managing my impulses. Whereas I once used to live by them, I now recognize fleeting, but powerful, impulses as valuable carriers of information. Many of my impulses to dive, Cookie Monster-style, into warm buttered bread, ice cream or a bag of potato chips often signal boredom, irritation, agitation, dissatisfaction...you get the picture.

For those occasions when I legitimately crave bread, I'll enjoy a gluten-free bagel or baguette, because there's nothing quite like the real thing. And on days when the urge for bread is based on stress or an emotional need, I bake a clean, viable alternative: my version of focaccia, which calls for chick peas instead of flour.

Because it's root vegetable season, I recently gave it a twist and added mashed rutabaga to the recipe, which made it moist and a little tangy....and a lot more fiberous. This may seem a little extreme, but let's face it, if bread metabolized in our bodies the same way broccoli did, I wouldn't be writing this article. It has served me very well to get creative with my carb cravings. It's a practice that will stabilize your blood-sugar and your waistline.

And no, you certainly don't have to eat this dry...I never do. Fresh out of the oven, it's perfect with a little unsalted butter or a drizzle of good olive oil. Enjoy!

## Low-Carb High-Fiber Focaccia

- Ingredients:**
- 2 cans of chick peas, drained
  - 4 eggs
  - 1 cup mashed rutabaga or turnip
  - ½ teaspoon salt
  - 1 teaspoon onion powder
  - ¼ cup olive or grapeseed oil

- Instructions:**
- Preheat oven to 350.
  - Place all ingredients in a large food processor and pulse for several minutes until smooth. Scrape sides as necessary. Spray a 9 x 12 lasagna style baking pan with cooking spray and scrape batter (it should be thick) into the pan, spreading evenly with a spatula. Bake for 25 minutes then turn heat off and leave pan in the oven for another 10 minutes. Serve warm. May be refrigerated for up to a week and frozen for several weeks.

*Stacey Morris is a Loudonville based writer, cookbook author, and heath coach. Her website is [www.staceymorris.com](http://www.staceymorris.com).*



Photo by Stacey Morris

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ARTS CALENDAR

THEATER

Rudolph the Red-Nosed Reindeer

Come see all of your favorite characters from the animated special come to life in a holiday adventure that speaks to the misfit in all of us. Nov. 29, 1 and 4 p.m., Proctors, 432 State St., Schenectady. \$20-\$65. Information: 346-6204 or proctors.org.

Charley's Aunt

In this beloved farce by Brandon Thomas, two Oxford undergrads persuade a classmate to impersonate a millionaire aunt to act as chaperone for their visiting girlfriends, instigating a comically confusing series of events in which not even they know who is really who. Presented by Curtain Call Theatre, 210 Old Loudon Rd., Latham. Shows: Nov. 20 through Dec. 19; Thursdays at 7:30 p.m., Fridays and Saturdays at 8 p.m., Sundays at 3 p.m.; Saturday matinee performance on Nov. 28 at 3 p.m. Tickets: \$24. Information: 877-7529.

A Christmas Story: The Musical

A holiday tradition ... with a twist. The leg lamp, the



'Charley's Aunt' visits Curtain Call Theatre

The popular Brandon Thomas farce "Charley's Aunt" continues its month-long run at Curtain Call Theatre in Latham through Dec. 19. For information, call 877-7529.

Sara Alonge/submitted photo

Chinese food, the Red Ryder B gun—it's all there in this TONY-nominated musical, but so are songs like "Counting Down to Christmas," Ralphie to the Rescue" and "Before the Old Man Comes Home." Preview performances: Nov. 27, 8 p.m.; Nov. 28, 3 p.m. &

8 p.m. Opening Night: Dec. 1, 7:30 p.m., includes live music in the café at 6:30 p.m. and post-show champagne and dessert. Regular performances through Dec. 27, Tuesday-Thursday, 7:30 p.m.; Friday & Saturday, 3 p.m. & 8 p.m.; Sunday, 2 p.m. Capital Repertory Theatre, 111

N. Pearl St., Albany. \$20 - \$50. Information: 445-7469 or capitalrep.org.

Snow White: House of Dwarves

The classic fairy tale with some zany touches. Written by

The Pantaloons and directed by Cathy Lee-Visscher. Nov. 27 - Dec. 13; Fridays and Saturdays, 8 p.m.; Sundays, 2 p.m. The Ghent Playhouse, 6 Town Hall Place, Ghent. \$10-\$20. Information: 800-838-3006 or ghentplayhouse.org

MUSIC

Hamilton Street Jazz Company

Jazz. Nov. 25 and 26, 6:30 p.m., Grappa '72, 818 Central Ave., Albany. Information: 482-7200.

Dr. Jah and the Love Prophets

Nov. 25, 8 p.m., Rustic Barn Pub, 150 Speigletown Rd., Troy. Information: 235-5858.

Joe Gitto and Dan Wancyk

Jazz. Nov. 25, 6:30 p.m., Mouzon House, 1 York St., Saratoga Springs. Information: 226-0014.

Friday Night is Killing Me

Guns n' Roses and The Replacements bassist Tommy Stinson's new project. Nov. 25,

MORE ONLINE

To submit an event to run in our online calendar, simply go to [www.spotlightnews.com/events/submit/](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 moderation and may take up to 24 hours to be approved.

Bloomers

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ACROSS

- 1 Horne and Olin  
6 Muscovite, e.g.  
10 The M in MVP  
14 Heads-up  
15 Saroyan's *My Name Is* \_\_\_\_  
16 Proficient  
17 *The Golden Girls* locale  
18 Soprano Te Kanawa  
19 Thug  
20 Anita Bryant hit  
22 Congressman Gingrich  
23 Dr. of rap  
24 "Happy motoring" company  
26 Part of NATO  
29 Theater employee  
32 Oro y \_\_\_\_  
36 Gene Autry's horse  
38 Dive  
39 Singer Thomas  
40 Block  
42 Mrs. Shakespeare  
43 Sweetheart  
45 End of an eclipse  
47 Small finch  
48 "Et tu, \_\_\_\_"  
49 Memorable time

- 50 Sprinter Devers  
52 Ambulance letters  
54 Baum dog  
57 Van Gogh painting  
63 Saxophonist Bostic  
64 #55 of the Chargers  
65 Recipient  
66 Two-by-four  
67 Fmr. Warsaw Pact country  
68 Newsman Pyle  
69 Misses  
70 Latin abbreviation  
71 Clues

DOWN

- 1 Reading aid  
2 Kazan, of Hollywood  
3 Type of tide  
4 Wanted-poster word  
5 Saddle part  
6 Shark  
7 Tennessee's state flower  
8 Life's work  
9 Off the mark  
10 "Steel" flowers  
11 *Peter and the Wolf* duck  
12 Adagio: mus.  
13 Omar's output

- 21 Dwell  
25 Belgian resort  
26 Ascorbic and boric, e.g.  
27 Dale Earnhardt's number  
28 Texas school  
30 Millet's *Man with the* \_\_\_\_  
31 Computer command  
33 *Tomorrow* musical  
34 Peter Pears, e.g.  
35 Palaestra  
37 "Man-in-the-Moon" flowers  
38 Grimm heroine  
41 Big bird  
44 Actress Balin  
46 Overhaul  
48 Most azure  
51 Edition  
53 Promised  
54 Miss D'Urberville  
55 Pledge  
56 Partner of tried  
58 Houston agcy.  
59 Roll up  
60 Castrogiovanni, today  
61 Tim, of *WKRP in Cincinnati*  
62 Observes



## ARTS CALENDAR (cont.)

8 p.m., Club Helsinki, 405 Columbia St., Hudson. Information: 828-4800 or helsinkihudson.com.

### Half Step and High Peaks Band

Thanksgiving Eve party with Grateful Dead covers and jam band tunes. Nov. 25, 9:30 p.m., Putnam Den, 63a Putnam St., Saratoga Springs. \$5. Information: 584-8066.

### Mark Kleinhaut

Jazz. Nov. 25, 8 p.m., Speakeasy 518, 42 Howard St., Albany. Information: 449-2332.

### Calamity, Winter's Burden, Wandering Oak

Black Friday Brutality party. Nov. 27, 7 p.m., Pauly's Hotel, 337 Central Ave., Albany. \$10. Information: paulyshotel.com.

### Luke Pascarella

Acoustic guitar act featuring music from a range of genres—from pop hit to blues and jazz, including original material. Nov. 26, 6 p.m., Stockade Inn, 1 North Church St., Schenectady. Information: 346-3400 or www.stockadeinn.com.

### Hot Club of Saratoga Trio

Jazz. Nov. 26, 7 p.m., Mouzon House, 1 York St., Saratoga Springs. Information: 226-0014.

### Jeanne O'Conner

Jazz. Nov. 27, 7 p.m., Athos, 1814 Western Ave., Albany. Information: 608-6400.

### Brian Kane

Nov. 27, 8 p.m., Rustic Barn Pub, 150 Speigletown Rd., Troy. Information: 235-5858.

### Jeff Nania Quartet

Jazz. Nov. 27, 7 p.m., Blu Stone Bistro, 661 Albany Shaker Rd., Colonie. Information: 869-9976.

### Rick Sacchetti and the Anonymous Figg Leafs

Original folk/country. Nov. 27, 7 p.m., Emack & Bolio's, 366 Delaware Ave. Free. Information: 512-5100.

### Rhett Tyler's Early Warning

Blues. Nov. 27, 8:30 p.m., Madison Theater, 1036 Madison Ave., Albany. \$15. Information: 438-2094.

### Darren Lyons Trio

Jazz. Nov. 27, 9 p.m., 9 Maple Avenue, 9 Maple Ave., Saratoga Springs. \$2. Information: www.9mapleave.com.

### Fresh

Jazz. Nov. 27, 7 p.m., Crown Grill, 390 Broadway, Saratoga

Springs. Information: 583-1105.

### Wayne Hawkins

Jazz. Nov. 27, 8 p.m., Ginger Man, 234 Western Ave., Albany. Information: 427-5963.

### Black Friday Music Fest

Original upstate heavy metal. Brian Michael, Glass Lounge, Lock 9 and Beyond Driven. Nov. 27, 7 p.m., Hudson River Music Hall, 10 Maple St., Hudson Falls. \$5. Information: 832-3484.

### Pete Sweeney Trio

Jazz. Nov. 27, 6:30 p.m., Grappa '72, 818 Central Ave., Albany. Information: 482-7200.

### Shiri Zorn

Jazz. Nov. 27, 9 p.m., Speakeasy 518, 42 Howard St., Albany. Information: 449-2332.

### Hamilton Street Jazz Duo

Jazz. Nov. 27, 6:30 p.m., Yono's, 25 Chapel St., Albany. Information: 436-7747.

### Annie and the Hedonists

CD Release of "Tonal Indulgence," a compilation of female blues, jazz and country hits from the '20s through the '60s. Nov. 27 & 28, 8

p.m., Caffè Lena, 47 Phila St., Saratoga Springs. \$10 - \$22. Information: 225-0882.

### Don Byron and Friends

Jazz legend Don Byron brings his group of musician friends to perform the music of Walker, Ray Charles, and other soul, funk and jazz artists. Nov. 28, 9 p.m., Club Helsinki, 405 Columbia St., Hudson. \$25. Information: 828-4800 or helsinkihudson.com.

### Completely Different

Blues to bebop, rock to reggae and everything in between with unique musical and visual twists. Nov. 28, 7 p.m., Stockade Inn, 1 North Church St., Schenectady. Information: 346-3400 or www.stockadeinn.com.

### John Savage Quartet

Jazz. Nov. 28, 9 p.m., 9 Maple Avenue, 9 Maple Ave., Saratoga Springs. \$2. Information: www.9mapleave.com.

### Blame Arthur Guinness

Irish folk music. Nov. 28, 7 p.m., Emack & Bolio's, 366 Delaware Ave. Free. Information: 512-5100.

### Phyllis Chapel and Siora

Jazz. Nov. 28, 8 p.m., Madison Theater, 1036 Madison Ave., Albany. \$12 advance, \$15 at door. Information: 438-2094.

### The Irish Rovers

Traditional Irish music. Nov. 28, 7:30 p.m., The Egg, Empire State Plaza, Albany. \$34. Information: 473-1845 or www.theegg.org.

### Scott Bassinson

Jazz. Nov. 28, 6 p.m., One Caroline Street, 1 Caroline St., Saratoga Springs. Information: 587-2026.

### Colleen Pratt and Peg Delaney

Jazz. Nov. 28, 7 p.m., Provence, Stuyvesant Plaza, 1475 Western Ave., Albany. Information: 689-7777.

### The Road Kings

Nov. 28, 8 p.m., Rustic Barn Pub, 150 Speigletown Rd., Troy. Information: 235-5858.

### Let's Be Leonard

Jam Band. Nov. 28, 9:30 p.m., Putnam Den, 63a Putnam St., Saratoga Springs. Information: 584-8066.

### Tony Berman Trio

Jazz. Nov. 28, 9 p.m., Speakeasy 518, 42 Howard St., Albany. Information: 449-2332.

### Frank Mastan Jazz Duo

Jazz. Nov. 28, 6:30 p.m., Yono's, 25 Chapel St., Albany. Information: 436-7747.

### The Singing Anchors

Annual holiday cabaret show featuring Benita Zahn, Jessica Layton and Jerry Gretzinger as The Singing Anchors. Featuring favorite and unique arrangements of holiday classics, this year will include a humorous Hannukah solo performed by Ms. Zahn. Reservations required. Nov. 29, 2 p.m., Fort Salem Theater, 11 E. Broadway, Salem. Tickets: \$25. Information: 854-9200.

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## ■ ARTS CALENDAR (cont.)

### Joe Sorrentino Trio

Jazz brunch. Nov. 29, 10 a.m., Prime at Saratoga National, 458 Union Ave., Saratoga Springs. Information: 583-4653.

### Scott Bassinson

Jazz. Nov. 29, 6 p.m., One Caroline Street, 1 Caroline St., Saratoga Springs. Information: 587-2026.

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### Blue Monday Blues Jam

Hosted by a different local blues musician every week. Nov. 30, 8 p.m., Pauly's Hotel, 337 Central Ave., Albany. Free. Information: paulyshotel.com.

### Michael Mizrahi

Acclaimed concert pianist will perform a mixture of classics and contemporary selections on a Bösendorfer Imperial grand piano. Dec. 1, 8 p.m., Chapin Hall at

Williams College, 54 Chapin Hall Drive, Williamstown, MA. Free. Information: 413-597-3146.

### Joe Finn

Jazz. Nov. 30, 8 p.m., Speakeasy 518, 42 Howard St., Albany. Information: 449-2332.

### Keith Pray's Big Soul Ensemble

Jazz. Dec. 1, 8 p.m., The Van Dyck, 237 Union St., Schenectady. Information: 348-7999.

### Saint Rose Madrigal Ensemble and Men's Glee Club

Dec. 1, 7:30 p.m., Kathleen McManus Recital Hall, Massry Center for the Arts, 1002 Madison Ave., Albany. Free. Information: 454-5178.

### Music Company Orchestra

60-piece all volunteer community orchestra, conducted by Dr. Gerald Lanoue, will present popular holiday music, including a sing-along. Dec. 1, 7:30 p.m., Burnt Hills-Ballston Lake High School, 88 Lakehill Rd., Burnt Hills. Free. Information: www.mcomusic.org.

### Saint Rose Symphony Orchestra

Dec. 2, 7 p.m., Kathleen McManus Recital Hall, Massry Center for the Arts, 1002 Madison Ave., Albany. Free. Information: 454-5178.

### Chinese Music Ensemble

Traditional and contemporary pieces focused on the Chinese sizhu genre of chamber music, featuring such instruments as the zheng, erhu, yangqin and zhongruan. Dec. 2, 7 p.m., Brooks-Rogers Recital Hall at Williams College, 54 Chapin Hall Dr., Williamstown, MA. Free. Information: 413-597-2736.

### Leftover Salmon

Originators of Polyethnic Cajun Slamgrass, a blend of bluegrass, rock, country, and Zydeco. Dec. 2, 7:30 p.m., The Egg, Empire State Plaza, Albany. Tickets: \$34.50. Information: 473-1845 or www.theegg.org.

### COMEDY

#### MopCo

"Electric City Improv," an evening of improvised comedy featuring "Am I Right," all-female improv,

and "Alf Pacino," Nov. 27, 8 p.m. Underground at Proctors, 432 State St., Schenectady. Information: 346-6204 or proctors.org. Improv Jam, Nov. 21, 8 p.m. Underground at Proctors, 432 State St., Schenectady. Information: 346-6204 or proctors.org.

### DANCE

#### Brian Zapel Dance

Last Sunday of every month. Nov. 29, Shenendehowa Adult Community Center, 6 Clifton Commons Court, Clifton Park. \$5, open to public.

#### Single Squares of Albany

Modern Western square dancing. Dec. 2, 7:30 p.m., Colonie Elks Club, 11 Elks Lane, Latham. \$7. Information: 674-2076.

### FILM

#### Best in Show

Free screening of Christopher Guest's quirky comedy. Nov. 27, 10:30 a.m., Clifton Park-Halfmoon Public Library, 475 Moe Rd., Clifton Park. Information: 371-8622.

#### Ivory Tower

Documentary about the growing crisis in higher education, where cutbacks in funding and the adoption of a business model by campus administrators have sent tuition rates and student debt soaring. Nov. 28, 7:30 p.m., First Unitarian Universalist Society, 405 Washington Ave., Albany. Free. Information: 462-6005.

#### Goodfellas

Part of the Kinderhook Bank Movie Series: everything from the classics to modern favorites, concert films, family favorites and more – all on the Palace Theatre's Big Screen with vintage trailers, cartoons and surprises! Nov. 30, 7 p.m., Palace Theatre, 19 Clinton Ave., Albany. \$5. Information: 465-3335 ext. 111 or sallen@palacealbany.com.

### EMPAC series: On Screen/Sound #8

London-based artist Cally Spooner presents an evening exploring the specificities of transforming the musical from theater to screen. Spooner's EMPAC-produced musical "And You Were Wonderful, On Stage" is a picture that appropriates the choreography of different performance genres, such as the Broadway musical, the television commercial, and the political speech. The iconic Oscar-nominated Busby Berkeley-choreographed musical "Gold Diggers of 1933" was based on the play by Avery Hopwood and translated to screen by director Mervyn Le Roy. Including expansive overhead shots that follow classic Berkeley set-pieces, the musical is set to songs by Harry Warren and Al Dubin. Dec. 2, 7 p.m., EMPAC, 110 8th St., Troy. \$6. Information: www.empac.rpi.edu.

### (T)ERROR

A counterterrorism informant takes on what he swears is his last job for the FBI and invites filmmaker to follow his covert efforts to befriend a suspected jihadist—without informing his superiors. "(T)ERROR" explores how far we are going to prevent terror and exactly what liberties we are sacrificing to get there. Filmmakers Lyric Cabral and Felix Sutcliffe will be on hand to discuss their award-winning documentary. Dec. 3, 7 p.m., Sanctuary for Independent Media, 3361 6th Ave., Troy. \$10 suggested donation. Information: 272-2390 or www.MediaSanctuary.org.

### LITERARY

#### Starving Artist Thursdays

Poetry Open Mic. Nov. 26, 8 p.m., Hudson River Coffee House, 227 Quail St., Albany. Information: 449-2174.

#### Open Door Bookstore

Marty Podskotch, local author and Adirondack explorer, will sign copies of "Adirondack 102 Club:

## The Albany County Historical Association's HOLIDAY HOUSE 2015 AT TEN BROECK MANSION "A CHILDREN'S WINTER WONDERLAND"

### The Holiday Shop

Local crafts & goods for sale

Gift Certificates to the shop are available for purchase as well.

#### First Look: Thursday, December 3rd, 6:00 pm

Join us for a preview of the Mansion's gracious rooms and halls beautifully decorated for the holidays by community volunteers. Enjoy light hors d'oeuvres, a holiday gift shop, and a visit from Sinterklaas. \$10/\$5 for ACHA members. Reservations encouraged.

#### Holiday Teas: Friday December 4th & Saturday December 5th, 1:00 pm

Enjoy a festive Holiday Tea served in the formal dining room. Sit with friends in one of the lovely parlors and then stroll through the beautifully decorated rooms and hallways. Stop in the Holiday Gift Shop for early gift shopping. \$25/\$20 ACHA members. Pre-paid reservations required.

#### Scrooge Lecture: Wednesday December 9th, 1:00 pm

Carl Devito will give a talk on his book, "Inventing Scrooged." Light refreshments served. \$5/Free for ACHA members. Reservations encouraged.

#### Musicians of Malwyk: Friday, December 11th, 6:00 pm

Enjoy refreshments while listening to this talented duo play a variety of Christmas tunes of different nationalities and early music. \$25/\$20 for ACHA members. Reservations encouraged.

#### Open House: Saturday, December 12th, 12:00 pm-3:00 pm

Begin the Albany holiday season with a visit to Holiday House at Ten Broeck Mansion's Open House. Let the children enjoy holiday crafts and a visit from Sinterklaas (12 to 2pm). \$5 per adult \$1 for children under 12.

#### Jazz up the Holidays with Aria: Sunday, December 13th, 2:00 pm

Back by popular demand! Enjoy delectable desserts while listening to this festive group present classical, jazz, and contemporary music in our beautifully decorated parlors. \$25/\$20 for ACHA members. Reservations encouraged.

#### Candlelit Tour: Thursday & Friday, December 17th & 18th, 7:00pm-8:00pm

Take a candlelit tour through the beautiful Ten Broeck and journey through the history of American Christmas. \$15/\$10 for members. Reservations encouraged

#### Children's Story Hour: Saturday, December 19th, 10:30am-12:00pm

Bring your children to hear Holiday stories read by Sinterklaas, take photos with Sinterklaas, and decorate cookies. (Recommended ages 3 to 10). Free admission.

#### Madrigals: Saturday, December 19th, 2pm-4pm

Enjoy afternoon coffee & desserts and holiday songs performed by the full ensemble of the Helderberg Madrigal Singers. Stroll through the beautifully decorated Mansion rooms and hallways. \$25/\$20 for ACHA members. Reservations encouraged.

Tickets may be purchased on our website at [www.tenbroeckmansion.org](http://www.tenbroeckmansion.org) or by calling 436-9826

AMPLE STREET PARKING AT THE MANSION

**The Mansion Holiday Gift Shop is open during all scheduled events.**

All funds raised go to benefit the educational programming of the Albany County Historical Association and towards the preservation of the historic Ten Broeck Mansion.

For more information or to arrange your holiday party at the Mansion

Albany County Historical Association, Ten Broeck Mansion ~ 9 Ten Broeck Place, Albany ~ Phone 436-9826 ~ [www.tenbroeckmansion.org](http://www.tenbroeckmansion.org)



## ■ ARTS CALENDAR (cont.)

Your Passport and Guide to the North Country." Nov. 28, 1 p.m., 128 Jay St., Schenectady. Information: 346-2719.

### 'Day of Poet' Poetry Contest and Open Mic

The contest will consist of two rounds of poetry (no more than four minutes) from each contestant. A Top Prize (\$200) and honorable mention awards will be presented at the conclusion of the event. Admission and entry are free; contestants may register the morning of the event or in advance at [www.briandorn.com](http://www.briandorn.com), 316-1387 or [poetbriandorn@gmail.com](mailto:poetbriandorn@gmail.com). Nov. 28, 10 a.m. to 4 p.m., William K. Sanford Town Library, 629 Albany Shaker Rd., Loudonville. Information: 810-0134.

### Poets Speak Loud

Featuring J.L. Weeks. Nov. 30, 7 p.m., McGeary's, 4 Clinton Square, Albany. Information: [albanypoets.com/events](http://albanypoets.com/events).

## EVENTS/MISC.

### Color Between Wines

Every Wednesday. Art materials supplied, bring your own wine. Nov. 25, 5 p.m., Brunswick Community Library, 4118 Route 2, Troy. Information: 279-4023.

### Basilica Farm and Flea Kick-Off

Support the local economy and avoid the typical Black Friday shopping experience at the only market of its kind in the region. Handmade and vintage goods, locally produced foods, educational workshops and informative lectures, followed by a "Black Friday Soirée" with cocktails. (The market will remain open on Saturday and Sunday, from 10 a.m. – 6 p.m.) Nov. 27, 2 p.m., Basilica Hudson, 110 Front St., Hudson. General admission for weekend, \$5; free for children under 12. Information: 822-1050.

### From Paris to Albany: An International Day of Climate Action

Meet to review climate decisions made at the United Nations Climate Change Conference in Paris, discuss local action to address climate change and consider future steps. Nov. 28, 3 p.m., Westminster Presbyterian Church, 85 Chestnut St., Albany. Information: 860-3725.

### Waddle Walk

Work off those holiday calories with a 2.5-mile hike through the Karner Barrens East region of the Albany Pine Bush. In the event of snow, snowshoes will be provided. Nov. 28, 11 a.m., Albany Pine

Bush Discovery Center, 195 New Karner Rd., Albany. \$3 per person, \$5 per family. Registration required. Information: 456-0655 or [www.AlbanyPineBush.org](http://www.AlbanyPineBush.org).

### Weitsman Stoneware Collection Lecture and Book Signing

Senior historian emeritus John Scherer will discuss his recently published book, "Art for the People: Decorated Stoneware from the Weitsman Collection," featuring the museum's extensive stoneware collection. Nov. 29, 1 to 2:30 p.m., New York State Museum, 222 Madison Ave., Albany. Free. Information: 474-5877 or [www.nysm.nysed.gov](http://www.nysm.nysed.gov).

### Discover the Pine Bush

Expert-guided 1.9-mile hike through the world's best remaining example of an inland pine barrens. Nov. 29, 1 p.m., Albany Pine Bush Discovery

Center, 195 New Karner Rd., Albany. \$3 per person, \$5 per family. Registration required. Information: 456-0655 or [www.AlbanyPineBush.org](http://www.AlbanyPineBush.org).

### Art and Music in History

A study of how the arts have influenced and been influenced by historical developments. Part four of four; presented by John Karl, retired history teacher and president of Friends of Schenectady County Public Library. Open to public; sack lunches encouraged. Nov. 30, Noon, Schenectady Central Library, 99 Clinton St., Schenectady. Information: 377-5643.

### Trunk Sale

Featuring the unique jewelry of Patty Tobin, proceeds to benefit Albany Institute of History and Art. Dec. 1, 5:30 p.m., Albany Institute of History and Art, 125 Washington Ave., Albany. Free, reservations requested at 463-4478 ext. 412 or [membership@albanyinstitute.org](mailto:membership@albanyinstitute.org).

### Catholic Daughters of the Americas

Monthly meeting. Dec. 1, 6 p.m., Knights of Columbus Hall, 50 Pine Rd., Saratoga Springs. New members welcome. Information: 583-2905.

### Full Moon Hike

Hour-long hike under a full moon. Adults only. Dec. 2, 6:30 p.m., Albany Pine Bush Discovery Center, 195 New Karner Rd., Albany. \$3 per person, \$5 per family. Registration required. Information: 456-0655 or [www.AlbanyPineBush.org](http://www.AlbanyPineBush.org).

### Cookie Exchange

Bake two dozen, take two dozen. Dec. 2, 4 p.m., Brunswick Community Library, 4118 Route 2, Troy. Information: 279-4023.

## FAMILY

### Children's Story Time

Thursdays at 10:30 a.m. and Saturdays at 11 a.m., Brunswick Community

Library, 4118 Route 2, Troy. Information: 279-4023.

### A Day in the Life of Shakers

Children and families can get a glimpse into what life was like for Shaker children in this special Shaker Kids Space program. Nov. 28, 1-4 p.m., New York State Museum, 222 Madison Ave., Albany. Free. Information: 474-5877 or [www.nysm.nysed.gov](http://www.nysm.nysed.gov).

### Animal Spotlight

Discover Operation W.I.L.D. and participate in activities to learn about the museum's nearly 100 animal species. Nov. 29, 1 p.m., CSNE Children's Museum of Science and Technology, 250 Jordan Rd., Troy. Free with museum admission. Information: 235-2120 or [www.CMOST.org](http://www.CMOST.org).

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 John Mdyntyre Spotlight News Publisher Last Week 7-6 Season 90-69					

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EVENTS

Troy running on Thursday



**TROY** — More than 7,000 participants from up to 36 states are expected for the 68th Troy Turkey Trot.

Troy's annual run is the world's 64th oldest road race and the 12th oldest in the nation, includes a 5K and 10K featuring "out and back" course configurations, a Grade School Mile and Turkey Walk.

A costume contest for individuals and groups with prizes awarded for "Best Thanksgiving Day Costume" and "Best Non-Thanksgiving Costume" is also slated.

The day gets underway at 8 a.m. with the Capital Region's only Thanksgiving 10K, an event that also doubles as the USATF Adirondack's Men's and Women's Championship and is the final event to determine the 2015 Grand Prix Series. Race officials will close the 10K course by 9:30 a.m. Those unable to complete the 10K in the allotted time period are asked to enter the shorter 5K distance, which kicks off at 10 a.m. Families are invited to show their support and cheer on their loved ones.

Following the 10K will be the Grade School Mile, which is open to children up to eighth grade and the Turkey Walk, a one-mile fitness walk for those who prefer to burn off their pre-meal calories at a slower pace. The Turkey Walk and Grade School Mile are both timed events. Participants for both events, which get underway at 9:30 a.m. and 9:35 a.m. respectively, will receive a dry-blend commemorative t-shirt, finisher's item, as well as post-event refreshments.

Registration for all events is currently open at [TroyTurkeyTrot.com](http://TroyTurkeyTrot.com). Online registration closes Monday, Nov. 23 at 11:59 p.m. Last chance (in-person) registration will be held at the Troy Atrium (4 3rd St.) Wednesday, Nov. 25 from 11 a.m. to 6 p.m. There is no day-of-event registration.

While registering online, all participants are encouraged to make a donation to the Regional Food Bank of Northeastern New York, this year's regional charity, or Joseph's House & Shelter, a Troy-based not-for-profit whose mission is to prevent and alleviate homelessness, which is this year's

local charity. Last year, \$12,000 was raised for the same two charities though online registration donations.

Organizers have slated two bib and t-shirt pickup sessions at the Troy Atrium. They are Sunday, Nov. 22 from 11 a.m. to 6 p.m. and Wednesday, Nov. 25 from 11 a.m. to 6 p.m. All spectators and participants are also encouraged to bring a non-perishable food item to the Troy Atrium during bib/t-shirt pickup to donate to the Regional Food Bank of NENY.

Ample free event parking is available on race day at a number of Front and River Street parking lots. A comprehensive map of Troy parking lots can be found at: <http://troyny.gov/Departments/Parking.aspx>.

Post-race refreshments and entertainment will be offered in the finish line area in Monument Square. Complete race results will be featured after the event online at [TroyTurkeyTrot.com](http://TroyTurkeyTrot.com).

For more information or to register, visit [TroyTurkeyTrot.com](http://TroyTurkeyTrot.com).

— Troy Turkey Trot

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## EVENTS

# New tradition at Stuyvesant Plaza

Plaza celebrates first-ever lighting ceremony

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

**GUILDERLAND** — Stuyvesant Plaza ushered in the most wonderful time of the year with their first-ever Holiday Lighting Ceremony on Wednesday, Nov. 18.

Representatives from Stuyvesant Plaza were joined by Albany County Executive Dan McCoy and local officials to light a 14-foot holiday tree along with decorative holiday lights, which added to the outdoor shopping center's already-standing decorative lights on the entrance trees, bordering shop signs and light-up display deer.

"For over 50 years, gift seekers have made Stuyvesant Plaza part of their holiday season by shopping amongst the beautiful display of decorative lights and store

windows throughout the center. The new Holiday Lighting Ceremony marks the official beginning to this festive time of the year," said Stuyvesant Plaza President Ed Swyer. "We hope this new event will become a treasured holiday tradition in the Capital Region for years to come."

Parents and kids were treated to carols from Park Playhouse singers, hot chocolate from Bountiful Bread and treats from other stores for what Swyer said would be a tradition for the 56 year-old plaza from this year onward.

The Holiday Lighting Ceremony also marked the beginning of the first Window Decorating Contest at Stuyvesant Plaza, which features storefront windows designed in holiday themes.

The public is invited to vote for their favorite display by posting a comment with the store's name on Stuyvesant Plaza's Facebook page. The contest will end on December 6, and one randomly-selected voter will win a \$50 gift card to a Stuyvesant Plaza store of their choice.

"You've invested so much to the community from the offices, to the businesses and it really is part of the community of Guilderland," said County Executive Dan McCoy.

The Park Playhouse singers are currently preparing for a production of "A Charlie Brown Christmas," which will premiere at the Palace Theatre in Albany on Saturday, December 19 at 2 p.m. and 7 p.m. Their second and final show will take place on Sunday, December 20 at 2 p.m.



Families watch on as the Christmas tree at the entrance of Stuyvesant Plaza, next to Creo restaurant, is lit for the first time this season on Wednesday Nov. 18 at 5:30 p.m.

Photo by Marcy Velte/Spotlight

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### Post your events to our online calendar

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

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\* 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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## EVENTS



Submitted photo

# Capital Holiday Lights in the Park

**ALBANY** — The 19th annual Price Chopper Capital Holiday Lights kicked off a new season Thursday, Nov. 19 when Albany Mayor Kathy Sheehan flipped the switch on the 125 illuminated displays and scenes.

The lighting ceremony marks the start of the holiday season for many Capital District residents. The event was accompanied by refreshments, carriage, trolley rides and certain visitors from the North Pole.

The Holiday Lights in the Park, in Albany's Washington Park, has been a local tradition for many

Capital District families since 1997. A break from recent tradition, however, is the start date. Last year Price Chopper and the Albany Police Athletic League, Inc. switched from the long-standing Black Friday launch date to this week in November. This year, they're doing the same.

The Holiday Lights feature more than 125 illuminated displays and scenes throughout almost 2 miles of Washington Park. Last year organizers changed many of the displays to utilize energy efficient bulbs, cutting down costs and allowing

more of the proceeds to go towards the youth programs the event benefits. Proceeds benefit approximately 2,800 children through juvenile crime-prevention programs of Albany PAL.

The hours for Capital Holiday Lights are Sundays through Thursdays from 6 to 9 p.m. and Fridays and Saturdays from 6 to 10 p.m. For more information and the most up-to-date-schedule, visit [www.albanycapitalholidaylights.com](http://www.albanycapitalholidaylights.com) or call Albany PAL at (518) 435-0392.

— Albany Police Athletic League

## Jerry's coming to Palace Theatre

**ALBANY** — Jerry Seinfeld, the man who can joke about nothing, will be performing his signature stand-up routine at the Palace Theatre, Thursday, March 3, at 7 p.m.

Seinfeld has been hailed for his uncanny ability to joke about the little things in life that relate to audiences everywhere. Seinfeld now sets his sights on performing both nationally and internationally in 2016.

Tickets are on sale now through Ticketmaster or by calling the Palace Theatre at 465-3334.

The Palace Theatre has been Albany's iconic downtown landmark for the last eight decades — bringing the biggest names in entertainment to the Capital Region. This grand cultural and entertainment facility first opened its doors in October 1931. Built during the Depression, the 2,800-seat Palace was the largest theatre in the region noted for a number of opulent movie houses. Today, the Palace remains the sole survivor of this period of entertainment. Its storied stage has seen more than

5,000 stars such as Bob Hope, The Who, Bruce Springsteen, Jerry Seinfeld and great Broadway hits like "Jesus Christ Superstar," and "Hairspray." Arguably the most notable concert event took place at the Palace Theatre in April of 1965 when the now legendary Rolling Stones appeared here on their first tour of the United States. The venue is managed by The Palace Performing Arts Center, Inc.

— Albany Palace Theatre



Submitted photo

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## From page B1 ... Painting a photo

"The art world is quite fickle. Sometimes we invest in art, and sometimes we don't. And, it's never clear as when and why, or how it goes. I think art is a really good investment. I think art from Monhegan Island is a very good investment because it's a historical place. People have been practicing there for over a hundred years. All the greats have painted. All the great Impressionists since the American Impressionists started making noise."

Carroll is a self-described "late bloomer." Prior to earning a Bachelor's degree in art from the University at Albany, she had picked up the camera. For eight years, uninstructed, she would capture scenes, telling stories along the way. Once she graduated, she took a housekeeping job in Monhegan.

Monhegan, or Monhegan Island, is a community of 69 residents, still captured by the Victorian Age. No cars

are allowed on the island. Those who visit do so by mail boat. There's a one-room school house to teach the handful of children between kindergarten and eighth grade. It also serves as the village's social hall. Carroll's home has no electricity. Gas powers the lights, the heat and the refrigerator. She now has a small generator to power her computer and cell phone.

While on the island, she took to painting, learning composition, lighting, shadows and colors. She felt empowered as strangers would approach, asking if one of her paintings was "spoken for." But, as her paintings sold, she said she needed to get back to photography. Upon taking a few courses in photography, she was introduced to photography painting.

Color photography was still in its infancy in the early 1900s. The process of reproducing color onto a photograph was more familiar in



Corlis Carroll takes her skills as a photographer and painter, and melds the two mediums together in an art form most popular in the early 20th century.

Photo submitted

science laboratories than within the common man's home. There are, however, photographers like Wallace Nutting who applied oils, dyes and watercolor paints onto black and white photos.

"If you got married between 1901 and 1941, chances are someone gave you a Wallace Nutting as a Wedding Day gift," said Carroll. "It was in every middle class American home. It was affordable."

In the pictures Carroll currently has on display, there are discernible differences in technique. While some photographs closely resemble color film photography, others appear similar to the color pull technique, where the entire composition appears black and white, except the subject may be washed in red, for example. Such is the case with one of Nutting's pieces depicting early Colonial life. It, too,

appears black and white except for a faint brown color coming from the floor boards.

Carroll said between 1901 and 1941, Nutting had sold more than 10 million pieces of his work.

"In my estimation Nutting and the other guys - Fred Thompson, David Davidson and Charles Sawyer - who will all be represented here, these guys are the guys who

made it possible for art to be accessible to the middle classes."

The opening of The Corlis Gallery of American Art, 1855 Western Ave., is scheduled for Sunday, Dec. 6, at 3 p.m. A seminar on the brief history of the painted photograph, its significance to the arts and crafts movement and its place in the study of the history of American Art will be conducted by Carroll at 5 p.m.

## ■ FITNESS

### Fitness programs with Full Circle Fitness

**COLONIE** — Full Circle Fitness-NY hosts a number of different fitness programs for participants of all experience levels.

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In honor of one of our members, Full Circle Fitness-NY is hosting a Zumbathon to support the Pancreatic Cancer Action Network. Come help raise funds for a great cause while at the same time having some laughs and getting in a great workout. No prior Zumba or Dance experience required. Cost: \$20 with 100% of the proceeds going to the

charity.

Saturday Dec. 5, 11 a.m. to 2 p.m.

#### Senior Fitness 101: Getting Started

Are you over the age of 50 and feeling overwhelmed by the thought of exercising or don't really know where to start? Don't despair! Amanda, a certified personal trainer and senior fitness specialist, will be leading a lecture and discussion on why being active is so important and how adding in even gentle exercise to your day can greatly improve your quality of life. This event is FREE and open to non-members as well--spread the word and bring a friend

or loved one!

Monday, Dec. 14, 11:00 a.m.

#### Nutrition 101: When Sugar Isn't So Sweet

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Tuesday, Dec. 15, 7:00 p.m.

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### Thanksgiving week EARLY Deadlines

**Issue of 12/2/15**

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The Spotlight News office will be CLOSED on Thanksgiving Day, Thurs., Nov. 26, 2015.

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# ARTS

## Classical duo at Troy Music Hall

**TROY**—The Troy Savings Bank Music Hall's Music at Noon concert series continues with Duo Davvero Violin and Piano, Tuesday, Dec. 8.

Duo Davvero consists of violinist Hyan Jung Kim and pianist Claire-Chung Lim, accomplished

musicians who have toured together as a group since last year.

Kim is winner of the sixth Moscow International Competition and second Yokohama International Competition.

Lim won the Korea-Germany Brahms Piano

Competition and the Japan Chopin Piano Competition.

In the United States, the two performed as a pair in this year's American Prize, placing third.

The complete schedule of Music at Noon performances for the

2015-2016 Season are as follows:

Dec. 8, Duo Davvero, Violin and Piano

Jan. 12, Brittany Zellman, Solo Viola

Feb. 9, Riverstone, Classical Quartet

Mar. 8, Blecker 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 or visit their website at [www.troymusichall.org](http://www.troymusichall.org).

—Troy Savings Bank Music Hall



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# RECYCLE





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Snow is yet to be forecast for the Capital District, but should be here soon. With that will be a repeat of the above scene. The Capital Holiday Lights in Albany's Washington Park has become a family tradition for many since it first kicked off nearly two decades ago. The lights are on now, so don't think it too early to attend.

Submitted photo

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

### Super Crossword Answers

L	E	N	A	S		M	I	C	A		M	O	S	T
A	L	E	R	T		A	R	A	M		A	B	L	E
M	I	A	M	I		K	I	R	I		G	O	O	N
P	A	P	E	R		R	O	S	E	S		N	E	W
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## ■ ARTS

# Breakfast Club revisited

**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) are on sale now at the box office at Proctors, by phone at 346-6204 or online at 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 Ringwald.

Ringwald’s diverse career has included movies (“Pretty in Pink,” “Sixteen Candles”),

Broadway (“Enchanted April,” “Cabaret”), music (jazz recording, “Except Sometimes”) and 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” in 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 and much more.

— Proctors Theatre



# Loren coming to Proctors

**SCHENECTADY** — Proctors recently announced it will host an onstage conversation, and Q&A session with Academy Award-winning actress Sophia Loren Sunday, March 13.

Billed as a once in a lifetime event, “A Sunday with Sophia Loren,” will provide audience-goers with an intimate access to one the most iconic film actresses of all time.

Loren became known for her striking beauty and dramatic roles with famed costars Cary Grant, Frank Sinatra, Marlon Brando, Gregory Peck, Jack Lemmon and Paul Newman.

The luminous Italian movie star has earned a remarkable array of notable accolades, including the first Academy Award presented for a foreign-language role with *Two Women*. She has earned a record six David Di Donatello Awards for Best Actress, a GRAMMY Award and five special Golden Globe Awards, as well as the Honorary Academy Award in 1991 in acknowledgement of her indelible contributions to world cinema. In 1995, she received the Cecil B. DeMille Award for lifetime achievement.

Tickets, priced \$45-\$125, are available at the Box Office at Proctors, 432 State St., Schenectady; by phone at 346-6204, or by visiting proctors.org. A limited number of VIP/meet and greet tickets are available at \$250.

A Sunday with Sophia Loren at Proctors is co-sponsored by Hill, Gosdeck & McGraw, LLC and Mazzone Hospitality.

— Proctors Theatre

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November 25, 2015

# Spotlight on Sports

www.spotlightnews.com PAGE 9

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## ■ PLAYER OF THE WEEK



### EMILY BINI

Guilderland's Emily Bini is the MarGas Spotlight Player of the Week for the period ending Sunday, Nov. 22. Bini placed sixth at the New York State Federation Cross Country Championships Saturday, Nov. 21, at Bowdoin State Park. The eighth grader finished with a time of 18:21.3.

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## ■ UPCOMING



### Hoops preview

Coming soon: previews for Bethlehem, Voorheesville and Guilderland boys and girls basketball teams.

## ■ HOCKEY



# Drop the puck

Hockey season begins Friday for Bethlehem and Guilderland/Mohonasen/Scotia

By **ROB JONAS**

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

**ALBANY COUNTY** — The Section 2 hockey season begins this weekend with a handful of games featuring Bethlehem and Guilderland/Mohonasen/Scotia-Glenville.

Bethlehem participates in the Shaker/Colonie Thanksgiving Tournament at the Albany County Hockey Facility. The Eagles face off against Mamaroneck Friday, Nov. 27, and Cortland/Homer Saturday, Nov. 28. Meanwhile, G/M/S hosts Byram Hills in a non-league

**Continues on page 10**



The Bethlehem and Guilderland/Mohonasen/Scotia-Glenville hockey teams begin their seasons with non-league games this weekend. The Eagles play in the Shaker/Colonie Thanksgiving Tournament Nov. 27 and 28, while the Storm host Byram Hills Friday, Nov. 27.

Spotlight file photos



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## ■ CROSS COUNTRY

# Dutch place third at Fed meet

Carey, Bini lead Guilderland runners with top 10 finishes

**ALBANY COUNTY** — The Guilderland boys cross country team took third place at the New York State Federation Championships Saturday, Nov. 21, at Bowdoin State Park.

The Dutchmen navigated the narrow, hilly course to finish with 218 points, tops among Section 2 teams in the field. St. Anthony's finished first with 89 points, and Xavier placed second with 91 points.

Noah Carey led Guilderland with a fourth-place finish in a time of 15:45.5. Saratoga Springs' Aidan Tooker won the individual title with a time of 15:42.8.

Bethlehem's Dawson Homer (39th place, 16:43.1) and Guilderland's Noah

Tindale (44th, 16:46.6) placed in the top 50 of the race, which featured 255 runners from the New York State Public High School Athletic Association, New York City's Public School Athletic League and the Catholic High School Athletic Association.

Guilderland's girls team placed fifth at the Federation meet with 217 points. Saratoga claimed the team title with 77 points, and North Rockland was second with 115 points.

Emily Bini was one of two Section 2 runners who finished in the top 10. The eighth-grader was sixth with a time of 18:21.3, while Saratoga's Kelsey Chmiel placed third with a time of 18:06.1.

— Rob Jonas



## Cheer team needs community's help

The Bethlehem Pop Warner Junior Pee Wee division cheer team won the Eastern Region championship Nov. 13-15 in Trenton, N.J., to qualify for the national championships Dec. 7-9 in Orlando. Bethlehem Pop Warner is providing some funding, but the team needs the community's help to get to the Walt Disney World Sports Complex to compete. The team is holding a spaghetti dinner Wednesday, Dec. 2, from 5 to 8 p.m., at the Nathaniel Adams Blanchard American Legion Post, 16 West Poplar Drive. The fundraising event includes a silent auction, drawings for prizes, family fun activities and a visit from Santa Claus. For more information, visit [www.bethlehempopwarner.com](http://www.bethlehempopwarner.com).

Submitted photo

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## From page 9 ... Drop the puck

game Friday, Nov. 27, at the Schenectady County Recreational Facility in Glenville.

Here is a closer look at Bethlehem and G/M/S.

### Bethlehem Eagles

2014/15 record: 10-10-1 — lost in Section 2 Division 1 semifinals to Saratoga Springs

Key returning players: Hayes Meredith (forward), Thomas Liebold (forward), Zachary Nunez (forward), Ned Engelbride (defense), Tyler Hull (defense), Andrew Yanowsky (defense)

Meredith was a key component in Bethlehem's offense last year, as he scored 15 goals and added six assists. Liebold contributed seven goals and eight assists, and Michael Lemieux added five goals and seven assists. Nunez is coming off an injury-marred 2014/15

season, in which he only played eight games.

Engelbride and Hull made significant contributions to the offense from the blue line last year. Engelbride had five goals and nine assists, while Hull added three goals and three assists. Yanowsky was named team captain for the 2015/16 season.

Goaltender Alex Breiner also returns to the fold this season. Breiner played in only four games for the Eagles in 2014/15, posting an 0-3-1 record with a 4.09 goals against average.

Newcomers: Michael Bievenue (forward), Connor Carroll (forward), Pat Engelbride (forward), Devon Halliday (defense), Alex Goldberg (goaltender)

### G/M/S Storm

2014/15 record: 1-11-0 as an independent team

Key returning players: Kyle Bennett (forward), Dustin Kent (forward), Arthur Stott (forward), Noah Carey (defense), Brendan Dunleavy (defense),

Eddie Harasiemowicz (defense), Daniel Cooper (goaltender)

With little in the way of returning offense — Bennett is the top scorer among the veterans with one goal and four assists last year — the onus will be on the defense and goaltending to step up once again as the Storm re-enters the Capital District High School Hockey League following one season as an independent team.

Carey, Dunleavy and Harasiemowicz anchor the blue line group, while Cooper looks to improve on last year's statistics, in which he posted a .864 save percentage in his 10 starts.

Newcomers: Evan Carey (forward), Zach Eichlin (forward), Joseph Foley (forward), Rich Holton (forward), Collin Lagios (forward), Jacob Little (forward), Anthony Sericolo (forward), Asher John (defense), Joshua Mastromarchi (defense), Steven Schott (defense)

The Storm welcome six freshmen, a sophomore and an eighth grader to their roster this season, which bolsters their roster to a total of 19 players. Juniors Foley and Holton are also new to the team.



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# Understanding and preparing for the financial impact of Alzheimer's disease

By RUTH MAHONEY,  
President,  
Capital Region, KeyBank

**W**hen we talk about Alzheimer's disease, we often talk about the emotional toll it takes on families and those it afflicts. And we should. It's a cruel disease that takes that which we cherish most—the record of our past and a connection to those we love.

We also talk about finding a cure, or at the very least a treatment. Anything to slow down the progression of the disease and give us cause for hope.

What we haven't talked a lot about until recently is the financial cost of Alzheimer's. At an estimated \$214 billion for 2014 alone, Alzheimer's disease is the most expensive condition in America. It is a burden to Medicaid. It is a burden to Medicare. And it is a burden to families who, according to the Alzheimer's Association, pay estimated out-of-pocket expenses of \$36 billion a year to care for family members with Alzheimer's.

## Expanding the conversation about Alzheimer's disease

Organizations like the Alzheimer's Association

and creative initiatives like "Iremember..." (i-remember. fr), do a great job raising awareness of Alzheimer's disease and its societal impact. Through their efforts, we know the disease touches



Ruth Mahoney

nearly 15 percent of people older than age 65, that one in three seniors will die with Alzheimer's or another dementia and that nearly two-thirds of Americans with Alzheimer's disease are women.

We are also learning that senior Americans are losing \$2.9 billion per year to predators through deceit, threats and emotional manipulation. This statistic is relevant because we now know that one of the early signs of Alzheimer's and other dementia is a growing inability to handle financial matters. Financial warning signs of Alzheimer's include:

- Excessive use of ATM cards, credit cards.
- Abrupt changes to wills and other financial documents.
- Unpaid bills.
- Unexplained disappearance of valuables.
- Unexplained transfer of assets or money to a family member or someone outside of the family.
- Discovery of family members' signatures on forged or blank checks,

financial documents or titles in their possession.

This is why it is so important to expand the conversation about Alzheimer's to include its cost, because the cost is staggering, and the financial destruction it can bring to a family can be as devastating as the disease itself.

## Preparing to live with Alzheimer's disease

There is neither a cure nor a treatment for Alzheimer's disease. It is a disease that ravages. However, while the mind can't be preserved, the financial well-being of you and those you love can be. So the best way to prepare to live with Alzheimer's is to proactively plan to survive the cost of it. Here are five steps to take before diagnosis.

- Draw up an advance health-care directive and designate a financial power of attorney for you and your spouse.
- Work with a financial advisor and attorney to develop a long-term strategy to pay for care and protect family assets.
- Designate money managers to monitor financial management and keep an eye out for financial negligence and/or abuse.
- Keep a folder with all of your current financial account information, insurance policies, income sources (employer, social security, pension, IRA withdrawals, etc.), prescriptions, service provider (physician, lawyer,

accountant, financial planner, etc.) contacts, tax returns and will.

• Talk with your family. It's not an easy conversation, and a third party may help facilitate a better conversation, but it's extremely important to talk about the possible onset of Alzheimer's. Whether it is ensuring that seniors' wishes for care are understood and met or working as a family to develop a plan, these are serious issues that need to be addressed openly, with sincerity and fairness to all involved.

## Financially dealing with the diagnosis

British writer Terry Pratchett, who was diagnosed with Alzheimer's in 2007, said, "It occurred to me

that at one point it was like I had two diseases—one was Alzheimer's, and the other was knowing I had Alzheimer's."

The diagnosis of Alzheimer's is obviously difficult, but as Pratchett suggests, you know you have it. You can still act. So as soon after diagnosis as possible, discuss finances and future care wishes with your family. Organize and review your financial and legal documents. Estimate all of the possible costs for the entire disease process and work with your attorney and financial team to develop a plan to make ends meet. In addition, try to define a budget, explore potential tax breaks and financial assistance you or your loved

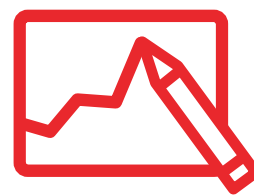
one may qualify for and look to take advantage of low-cost and free community services.

Unquestionably, the talk of preparing for Alzheimer's is bleak, but the risk of at least one spouse being diagnosed with the disease is significant, and the costs to families are huge. Proper planning certainly can't minimize the disease, but it can reduce the financial devastation so often associated with it, which makes "the what-if" conversation a hard but difference-making one worth having.

Ruth Mahoney is president of KeyBank's Capital Region. She can be reached at either 518-257-8619 or [ruth\\_mahoney@keybank.com](mailto:ruth_mahoney@keybank.com).

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## What you need to know about paying for Alzheimer's care

**A**ccording to a MetLife Mature Market Institute survey, the average cost of care in an American assisted living facility is \$3,477 per month, or \$41,724 per year. Other common care costs include ongoing medical treatment, treatment of conditions, safety-related expenses, prescription drugs and personal care supplies.

It's important to keep in mind that Alzheimer's is a progressive disease, so the type and level of care required will increase as the disease advances. Also, the cost of care will vary depending upon where in the country you live. These are things you should consider when planning for future care.

The following are four ways you can pay for your care:

- Insurance – Long term care insurance is a policy you can purchase that pays out a pre-determined amount, usually a daily benefit, that can be applied to your care. Generally, benefits become payable when the insured person is no longer able to perform "activities of daily living." Life insurance policies can be a source of cash. Many insurers allow the insured to borrow from the cash value of the policy. Also, some life insurance policies include

an accelerated death benefit and a waiver of premium. The death benefit allows for some of the benefits to be paid before death if a person has a terminal illness. The waiver of premium means that, if disabled, the insured can continue coverage without paying premiums. Disability insurance is also an option, but only until a person reaches the age of 65.

- Personal Savings – Most people will need to tap into their cash and personal savings to help pay for care. This includes the sale of personal property (cars, homes) and other assets, using retirement savings (pensions, 401K, IRAs, etc.) or taking out a reverse mortgage on a home.
- Medicare – Medicare is the primary source of health-care coverage for most individuals 65 or older. It will pay 100 percent of the cost of nursing home care if it is medically necessary for the first 20 days, and then 80 percent of the cost for an additional 80 days. It does not pay for personal care at home or in an assisted-living facility.
- Medicaid – Medicaid provides long-term care for people who have used up most of their own money, under most circumstances. People must meet financial eligibility requirements to qualify.



**LEGALS****LEGAL NOTICE**

**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY.** NAME: 102 GRAND STREET LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 10/27/2015. 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, 65 Columbia Street, Apt 2, Albany, New York 12210. Purpose: For holding real estate. Ad#101115

**LEGAL NOTICE**

**NOTICE OF FILING OF ARTICLES OF ORGANIZATION IN NEW YORK BY A LIMITED LIABILITY COMPANY** Name: 1229 Western Ave LLC. Articles of Organization filed with sec. of state of NY(SOS) on 11/4/15. Office location: Albany County. SOS is designated as agent of LLC for service of process. SOS shall mail copy of process to 1258 Central Avenue, Albany, NY 12205. Purpose: Any lawful act or activity. Ad#100472

**LEGAL NOTICE**

136 ALLEN BLVD, LLC. Arts. Of Org. Filed w/SSNY on 10/9/15. 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#99264

**LEGAL NOTICE**

155 Washington Ave., LLC, a domestic LLC, filed with the SSNY on 9/11/15. Office location: Albany County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to Towne, Ryan & Partners, P.C., 450 New Karner Rd., PO Box 15072, Albany, NY 12212. General purpose. Ad#101144

**LEGAL NOTICE**

2071 EAST 57TH STREET LLC. Arts. Of Org. Filed w/SSNY on 9/22/15. 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#99261

**LEGAL NOTICE**

**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY** NAME: 24 ANCHORAGE ROAD HOLDINGS LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on November 18, 2015. Office location: C/O Capital Intermediary LLC, 50 Chapel Street, City of Albany, County of Albany, New York. SSNY has been designated as agent of the LLC upon whom process against it may

**LEGALS**

be served. SSNY shall mail a copy of process to the LLC, C/O Capital Intermediary LLC, 50 Chapel Street, Albany, New York 12207. For any lawful purpose. Ad#102142

**LEGAL NOTICE**

278 Halsted LLC, a domestic LLC, filed with the SSNY on 10/27/15. Office location: Albany County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to The LLC, 313 Butler St., Brooklyn, NY 11217. General purpose. Ad#100141

**LEGAL NOTICE**

**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY** NAME: FC 466 RIVER STREET, LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on November 18, 2015. Office location: 22 Century Hill Drive, Suite 301, Town of Latham, County of Albany, New York. 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, 22 Century Hill Drive, Suite 301 Latham, New York 12110. For any lawful purpose. Ad#102309

**LEGAL NOTICE**

632 LLC. Arts. Of Org. Filed w/SSNY on 10/20/15. 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#99743

**LEGAL NOTICE**

725 E. BROADWAY LLC. Arts. Of Org. Filed w/SSNY on 10/26/15. 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#100005

**LEGAL NOTICE**

97-15 64TH RD LLC. Arts. Of Org. Filed w/SSNY on 10/14/15. 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. Ad#99263

**LEGAL NOTICE**

97-24 63RD DR LLC. Arts. Of Org. Filed w/SSNY on 10/14/15. 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. Ad#99262

**LEGALS****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 will engage is Consulting Services. Ad#98513

**LEGAL NOTICE**

**NOTICE OF ANNUAL ELECTION SLINGERLANDS FIRE DISTRICT PLEASE TAKE NOTICE,** that the Annual Election of the Slingerlands Fire District will take place on December 8, 2015, between the hours of 6:00 p.m. and 9:00 p.m. at the firehouse located at 1520 New Scotland Road, Slingerlands, New York for the purpose of Electing one Commissioner for a 5-year term commencing on January 1, 2016 and ending on December 31, 2020 and one Commissioner for a 1-year term commencing on January 1, 2016 and ending on December 31, 2016. All duly registered residents of the Slingerlands Fire District shall be eligible to vote. All individuals who wish to be candidates must file a petition with the Fire District Secretary at 628 Kenwood Avenue, Delmar, New York, with 25 signatures of resident electors of the district by November 25th, 2015. Gayle A. Griffiths Fire District Secretary Slingerlands Fire District Ad#101480

**LEGAL NOTICE**

**PUBLIC ELECTION NOTICE** Notice is hereby given that the Selkirk Board of Fire Commissioners of the Town of Bethlehem, Albany County, State of New York, will hold the Annual Public Election for the position of one (1) Commissioner for the term of: one five (5) year term expiring on December 31, 2020. The term commences on January 1, 2016. The election will be held on Tuesday, December 8, 2015 from 6:00 p.m. to 9:00 p.m. at the following locations: Fire Station No. 1, 126 Maple Avenue, Selkirk Fire Station No. 2, 301 Glenmont Road, Glenmont Fire Station No. 3, 480 Bridge Street, South Bethlehem The last day to file petitions for candidates of office is November 18, 2015. Petitions must be obtained from, and filed with the District Secretary. Note, as with public commissioner meetings, reasonable accommoda-

tions and access are available. Stephanie L. Krause District Secretary, Selkirk Fire District Board of Fire Commissioners Ad#101870

**LEGAL NOTICE**

**NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY**

**LEGALS**

tions and access are available. Stephanie L. Krause District Secretary, Selkirk Fire District Board of Fire Commissioners Ad#101870

**LEGAL NOTICE**

**BDIRECT USA LLC.** Arts. Of Org. Filed w/SSNY on 10/21/15. 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#100006

**LEGAL NOTICE**

**BENNETT CONTRACTING II, LLC** Articles of Organization were filed on the 9<sup>th</sup> day of November, 2015. The office is to be located in the County of Albany with a street address of 693 South Pearl Street, Albany, New York 12202. The Secretary of State has been designated as agent for service of process and shall mail such process to Bennett Contracting II, LLC, c/o Couch Dale Marshall, 1187 Troy Schenectady Road, Latham, New York 12110. This LLC is formed for every legal purpose. Ad#101866

**LEGAL NOTICE**

**CAVAGNARO CONTRACTING LLC.** Arts. Of Org. Filed w/SSNY on 10/2/15. 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#99265

**LEGAL NOTICE**

Notice of Formation of Limited Liability Company: City-Nation LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on 11/9/2015. Office Location: 127 9th Street, Troy, NY 12180 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, 127 9th Street, Troy, NY 12180. For any lawful purpose. Ad#100943

**LEGAL NOTICE**

Collabrix, LLC Notice of Qualification - LLC was filed with the SSNY on 10/22/2015. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: Dominic Cursio, Collabrix, LLC, 19520 W. Catawba Avenue, #200, Cornelius, NC 28031. Purpose: Any lawful purpose. Ad#100135

**LEGAL NOTICE**

**NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY**

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

**LEGALS**

(LLC). Name: DAT-ALYZE, LLC. Articles of Organization filed with NY Secretary of State, August 21, 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 58 Egmont Court, Delmar, NY 12054. Ad#102334

**LEGAL NOTICE**

**DFL INTERIORS GROUP, LLC.** Arts. Of Org. Filed w/SSNY on 10/14/15. 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. Ad#99746

**LEGAL NOTICE**

**DISHI 6 EQUITIES LLC.** Arts. Of Org. Filed w/SSNY on 10/21/15. 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#99744

**LEGAL NOTICE**

**EC AND HH, LLC.** Arts. Of Org. Filed w/SSNY on 12/9/04. 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#99268

**LEGAL NOTICE**

Notice of Formation of Limited Liability Co. Name: Empire Dynamics Machinery LLC filed with the New York State Department of State on October 8th, 2015. Office location: Albany County. New York Secretary of State (SSNY) designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Jeff Moss, 7 Maryland Ave., Albany, NY, 12205. Purpose of LLC: any lawful activity. Ad#100136

**LEGAL NOTICE**

**FAMA CONSULTANCY LLC.** Arts. Of Org. Filed w/SSNY on 9/30/15. 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#99267

**LEGAL NOTICE**

**NOTICE OF FORMATION OF FREDDY COMPANIES OF NY, LLC** On 10/21/2015, Articles of Organization of Freddy Companies of NY, LLC were filed with the Secretary of State of the State of New York. The office of the NY limited liability company is located in Albany County.

**LEGALS**

The SSSNY is designated as the agent of the limited liability company upon whom process against it may be served and the post office address within New York State to which the SSS-NY shall mail a copy of any process against it served upon him or her is Freddy Companies of NY, LLC, 112 Christopher Ln, Altamont, NY 12009. The purpose of the limited liability company is for any lawful business purpose or purposes. Ad#99271

**LEGAL NOTICE**

**NOTICE OF FORMATION OF HELPING HANDS @ HOME, LLC** On 10/15/2015, Articles of Organization of Helping Hands @ Home, LLC were filed with the Secretary of State of the State of New York. The office of the NY limited liability company is located in Albany County. The SSSNY is designated as the agent of the limited liability company upon whom process against it may be served and the post office address within New York State to which the SSS-NY shall mail a copy of any process against it served upon him or her is Helping Hands @ Home, LLC, 21B Delaware Avenue, Delmar, NY 12054. The purpose of the limited liability company is for any lawful business purpose or purposes. Ad#99272

**LEGAL NOTICE**

Notice of Formation of an LLC: Highlander Properties LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on 09/24/15. Office Location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Highlander Properties LLC c/o Robert Nowak, 19 Highland Ave., Albany, NY 12203. Purpose: Any lawful purpose. Ad#100700

**LEGAL NOTICE**

Isenlance, LLC, a domestic LLC, filed with the SSNY on 10/16/15. Office location: Albany County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to Carrie Ann Isensee, 36 Providence St., Albany, NY 12203. General purpose. Ad#101143

**LEGAL NOTICE**

**MM Scarla Enterprises LLC** has been filed with the New York Department of State on September 14, 2015 with principal office located in Albany County at 21 Moore Street, Albany, NY 12202. The Secretary of State has been designated as agent of the limited liability company upon whom process against it may be served and the post office address to which the secretary of state shall mail a copy of any process against it served upon him or her

**LEGAL NOTICE**

**KIWIVINE, 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#99749

**LEGAL NOTICE**

**LIBERTY 647 LLC.** Arts. Of Org. Filed w/SSNY on 10/15/15. Office: Albany Co. SSNY designated as

**LEGALS**

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#99748

**LEGAL NOTICE**

**LIBERTY 651 LLC.** Arts. Of Org. Filed w/SSNY on 10/15/15. 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#99747

**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**

**NOTICE OF CONVERSION TO A DOMESTIC LIMITED LIABILITY COMPANY (LLC)** MALM REALY, a NY partnership converted to MALM GLENMONT LLC, a NY LLC. Certificate of Conversion filed with NY Secretary of State November 12, 2015. Purpose: to engage in any lawful act or activity. LLC managed by one or more members. Office: in Albany County. SOS agent for service of process and shall mail copy to 41 Hamilton Lane, Glenmont, NY 12077. Ad#101879

**LEGAL NOTICE**

**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY.** NAME: MICHAEL JAMES RUANE LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 10/27/2015. 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, 65 Columbia Street, Apt 2, Albany, New York 12210. Purpose: For holding real estate. Ad#101117

**LEGAL NOTICE**

MM Scarla Enterprises LLC has been filed with the New York Department of State on September 14, 2015 with principal office located in Albany County at 21 Moore Street, Albany, NY 12202. The Secretary of State has been designated as agent of the limited liability company upon whom process against it may be served and the post office address to which the secretary of state shall mail a copy of any process against it served upon him or her

**LEGALS**

is 21 Moore Street, Albany, NY 12202. The purpose of the LLC is to conduct any and all lawful business. Ad#97569

**LEGAL NOTICE**

Notice of formation of OHD-CONGDON HALL LLC. Arts. of Org. filed with NY Secy. of State (SSNY) on 11/10/2015. Office location: Albany County. SSNY is designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: C/O: I. David Swawite, 40 Beaver St., Albany NY 12207. Purpose: For any lawful purpose. Ad#101881

**LEGAL NOTICE**

**REPAIR MY OWN CREDIT, LLC.** Arts. of Org. filed w/SSNY on 9/25/15. Office: Albany Co. SSNY designated as agent for process & shall mail to: c/o THE LLC, 11 Computer Dr. W. #111, Albany, NY 12205. Purpose: all lawful. Ad#99259

**LEGAL NOTICE**

RiskPoint Insurance Advisors, LLC filed its Application of Authority with the Secretary of State of New York (SSNY) on May 20, 2015. Office location: Albany county. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to In-corp Services, INC. One Commerce Plaza, 99 Washington Ave., Ste. 805-A, Albany, NY 12210-2822. Purpose: General. Ad#100473

**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**

**NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC).** Name: SO MANY ROADS BOUTIQUE LLC. Articles of Organization filed with NY Secretary of State, October 29, 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 7 Chestnut Hill North, Loudonville, NY 12211. Ad#102375



## ■ COMMUNITY

# Senior citizens holiday luncheon

The annual Town of Guilderland Senior Citizens Holiday Luncheon takes place Tuesday, Dec. 10, at noon, at the Cider House Restaurant, 6700 Dunnsville Road, Altamont.

The menu features the entrée choice of pan-seared salmon over butter leeks or grilled chicken and roasted vegetable stack. Soup, a roll, dessert and coffee or tea are included.

The cost is \$22 per person. Tickets are available from Nov. 9 through Dec. 2. Please make checks payable to Town of Guilderland. Transportation service is available for Guilderland Seniors.

### HEAP program

Cold months

### Town of Guilderland SENIOR CALENDAR

approach. Heating costs increase. People with monthly incomes under \$2,244 for one person, or \$2,935 for two people, etc., are eligible for the Heating Assistance Program called HEAP. This grant can be received each heating season and goes directly to the heating company. The amount of the payment to each person is determined by income, living expenses and type of fuel used. Applications to the program should be available Nov. 16 in the Senior Office, and if you need assistance, please call to set up an appointment.

### Needlecraft, quilting and painting groups

Everyone is welcome to join these informal, social groups. There is no cost, and you would be free to attend as your schedule permits. Participants bring in their own materials and supplies. To join any one of the groups, please contact the Senior Office.

Needlecraft meets Wednesdays at 1 p.m. Most of the participants in this group crochet or knit. They share patterns and offer help to each other. Others take donated yarn and make blankets, mittens, hats and scarves for those in need.

Quilting meets on Fridays at 1 p.m.

Participants work on individual projects, share patterns and offer assistance to one another.

Painting meets on Fridays at 10 a.m. The artists work on individual projects in various mediums, including oils, watercolors, and chalks. This class has an instructor who offers individual assistance as requested. Each year, there is an art show in June at the Guilderland Public Library for those who wish to exhibit their work.

### Donations accepted

We accept donations of wheelchairs and walkers for the purpose of lending them out to those in need of them on a temporary basis. The walkers we give

away to those who need them. The needlecraft group accepts donations of yarn and keeps busy making blankets, hats, mittens and baby items for donations to Christ Child, Bellevue Hospital and shelters.

### Trip suggestions

We did not fill-up on all our summer trips, and one trip was cancelled due to lack of participation. We would love to hear from you your day trip suggestions. We will be planning them in February.

# Take in a holiday musical

Get in the holiday spirit at Capital Repertory's "A Christmas Story, The Musical" on Tuesday, Dec. 1, at 10:30 a.m. The show is set in the 1940's and is a classic. The cost is \$13. We'll have lunch after the show at Panera's, cost on your own. Call 439-4955, ext. 1176, to make a reservation.

Visit the Little Red Schoolhouse in Selkirk for the Bethlehem Historical

### Senior Action Town of Bethlehem

Association Silver Tea on Monday, Dec. 7, and enjoy this year's holiday theme, "Christmas in the Town of Bethlehem." We'll also have lunch at Panera's, cost on your own. Call 439-4955, ext. 1176, to make a reservation.

Medicare open enrollment is available now through Dec. 7. Call 439-4955, ext. 1176, to schedule a counseling appointment with a Senior Services Outreach Worker.

Need something to read? Senior transportation will be available to take you to the Bethlehem Public Library on Dec. 11 at 12:30 p.m. Call 439-5770 to make arrangements. Books can be delivered to you if you are permanently

or temporarily unable to visit the library. Call the library at 439-9314 and ask about the Books to People delivery service.

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.

— Wilma DeLucco

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— Thomas H. Abele, DMD



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97860\_4

### LEGALS

#### 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 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

### LEGALS

#### LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC). Name: THV, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 11/18/2015. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: 792 Watervliet Shaker Road, Latham, New York 12110. Purpose: to engage in any lawful act or activity for which a limited liability company may be formed under section 201 of the Limited Liability Company Law.  
Ad#102333

LEGAL NOTICE  
TRIA CONSTRUCTION LLC. Arts. Of Org. Filed w/SSNY on 9/2/15. Of-

### LEGALS

#### LEGAL NOTICE

file: 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#99269

#### LEGAL NOTICE

Notice of Organization of uptown downtown properties, llc  
On October 21, 2015, UPTOWN DOWNTOWN PROPERTIES, LLC (the "LLC") filed Articles of Organization with the New York State Department of State. The principal business location of the LLC is 268 Manning Blvd., Albany County, Albany, New York 12206. The New York Secretary of State is designated as the agent upon whom process against the LLC may be

### LEGALS

#### LEGAL NOTICE

served. The post office address to which the Secretary of State shall mail a copy of any process against the LLC served upon him or her to the LLC, is c/o John Slattery 268 Manning Blvd., Albany NY, 12206. The LLC is organized for the purpose of any and all lawful business.  
Ad#99202

#### LEGAL NOTICE

VA COMMODITIES LLC. Arts. Of Org. Filed w/SSNY on 10/14/15. 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.  
Ad#99745

### LEGALS

#### LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY  
NAME: WHITNEY ROAD ASSOCIATES LLC  
Articles of Organization were filed with the Secretary of State of New York (SSNY) on November 10, 2015. Office location: C/O Platform Realty, 14 Corporate Woods Blvd, City of Albany, County of Albany, New York.  
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, C/O Platform Realty, 14 Corporate Woods Blvd, Albany, New York 12211. For any lawful purpose.  
Ad#102125

### LEGALS

#### LEGAL NOTICE

WINSTON DENTAL, LLC. Arts. Of Org. Filed w/SSNY on 10/15/15. 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: Dentistry.  
Ad#99742

#### LEGAL NOTICE

Wolfe House Movers, LLC. App. for Auth. filed with the SSNY on 04/24/15. Originally filed with Pennsylvania Secretary of State on 01/01/2006. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the

### LEGALS

#### LEGAL NOTICE

LLC, 10 Birch Lane, Bernville, PA 19506. Purpose: Any lawful purpose.  
Ad#101887

#### LEGAL NOTICE

WORK + SEA, LLC. Arts. Of Org. Filed w/SSNY on 10/10/15. 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#99266

#### 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

### LEGALS

#### LEGAL NOTICE

Font Grove Rd, Slingerlands, NY 12159. Purpose: Any lawful purpose.  
Ad#98116

#### LEGAL NOTICE

Notice of formation of MY REF, LLC. Articles of Org. filed with Secretary of State of NY (SSNY) on 09/23/2015. Office location: Albany County, SSNY is designated as agent upon whom process may be served, SSNY shall mail service of process (SOP) to Veil 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#99317

To place your Legal Notice: Call 439-4949

To place your Legal Notice: Call 439-4949





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**November 25, 2015**

# Spotlight on Opinion

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**PAGE 14**

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### ■ FROM THE EDITOR'S DESK

# Thursday is for family, not shopping

**T**hanksgiving Day is upon us, and so is the manic, holiday rush that immediately follows.

Well, the true starting point of this consumer-fueled retail holiday known as Black Friday has spread into our Thursdays. And, how did we let that happen?

It wasn't too long ago that we all looked forward to Thanksgiving Day to take a much needed day off of work, spend time with family and friends we've missed throughout the year and to follow through with the traditions passed down by our grandparents.

Times have changed.

A few months back, we did a feature on Arthur Fudge, a 28-year-old retailer at Crossgates Mall, who was at the helm of a grassroots effort to persuade the mall to close its doors Thursday.

Did it work? No. Crossgates Mall opens its doors at 8 p.m. Thursday and remains open until 1 a.m.

In danger of invoking Norman

Rockwell yet again, it would be curious to see how the artist would depict the holiday if he were alive today. Perhaps he would still paint the dinner table scene as he had, but with half the table dressed in retail store polo shirts, each anxiously looking at his and her cellphone for the time or texting.

Fudge's efforts to go up against the Almighty Dollar was commendable, and many were optimistic to see him succeed. More than 1,000 people signed his online petition. Each virtual signature sent an email directly to the top brass of Pyramid Management Group. All 1,000 of them. But, it's unlikely you would find someone who would believe Fudge's "People Before Profits" campaign would work.

This corporate business model has been followed for a handful of years now, and it's disgusting.

It's shameful.

It's wrong.

How dare you encroach on our family time. It would be an assumption, but

one safe to make, that the recipients of those 1,000 emails will not be working this Thursday. The shop owner struggling to make ends meet, the college kid who could be spending a few more hours with grandparents, and the grandparents desperately wanting to spend more time with family will suffer over five more hours.

And, those shop owners outside the mall now feel the pressure to open their doors, too, over the panic of potentially losing sales.

Apologies are owed to you, the reader, as this is an argument not based on data. You won't find numbers supporting how the dollars received through purchases are ironically eclipsed by operation expenses. You won't see how the profits earned in five hours translates to a small drop in the bucket for shop owners. No figures were gathered. This is just an opinion. An opinion based on Thanksgiving days passed. Memories of family. Smiling faces. A warm kitchen. Maybe a little football.

Wish you won, Arthur.

*It wasn't too long ago that we all looked forward to Thanksgiving Day to take a much needed day off of work, spend time with family and friends we've missed throughout the year and to follow through with the traditions passed down by our grandparents.*

*Times have changed.*

*A few months back, we did a feature on Arthur Fudge, a 28-year-old retailer at Crossgates Mall, who was at the helm of a grassroots effort to persuade the mall to close its doors Thursday.*

*Did it work? No. Crossgates Mall opens its doors at 8 p.m. Thursday and remains open until 1 a.m.*

### ■ GET TO KNOW ...



**Bob Dorrance**  
**Section 2 Football**  
**Chairman**

*Hometown: Ravena*

*Residence: Coeymans Hollow*

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

I listen to all kinds of music, but primarily I'm a country music kind of guy. I grew up on country music in my house, so I still listen to it today.

#### What are some of your TV shows?

We tape a lot of our shows. I like "NCIS," "Criminal Minds," the "Law and Order" series, "Chicago PD" and "Chicago Fire" — a lot of criminal shows.

#### What type of books do you read?

I love reading autobiographies of people who have been successful — a lot of coaches: Tom Landry, Bobby Bowden and Lou Holtz. I like to read about what they did to become successful coaches.

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

Probably "Jurassic World" and "Inside Out." We took our kids to see them.

#### What are some of your favorite hobbies?

I like to golf, I like to ski in the winter. I like to be outside in the fresh air.

#### What is your dream vacation spot?

I've been to Hawaii, but I'd like to see some of the other islands of Hawaii. I haven't seen the Grand Canyon out in the western states.

#### Who is one person, dead or alive, you would like to meet, and why?

I guess I would say Tom Landry. I was a big Cowboy fan growing up, and I still

am. I'd like to meet him and ask him the secrets to his success.

#### What is your favorite local memory?

I guess my favorite local memory was back in 1996 when we beat Brewster at Dietz Stadium to get to the Carrier Dome (RCS football)

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

My wife and my kids would be No. 1. If I could be with just my wife and my kids, that would keep me happy.

#### What would your last meal be?

It would definitely be steak and potatoes.

**THE**  
**Spotlight**

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## From page 1 ...

### You will be missed

When then-Bethlehem Supervisor Ken Ringer announced he was choosing to concentrate on business matters instead of seeking a third two-year term, Fuller sought to become the town's first woman supervisor.

Not unlike 2015, where the supervisor race between Democratic incumbent Clarkson and Republican challenger Jim Foster was recently decided by absentee ballots, a close battle between Fuller, a Republican, and Democrat Matt Clyne was decided by mailed-in votes.

Former town councilwoman Doris Davis took her seat on the board the same time Fuller was sworn in as supervisor.

"How my heart just goes out to Sheila's family, and I know it's been difficult for everyone," said Davis. "I will always remember her positively. ... She had a great work ethic. Her door was always open, and that was important to her. Her faith was very important to her, and that is something I respected of her. ... She had a great laugh and great sense of humor that often came out in our meetings."

Davis recalled working closely with Fuller on the town's pedestrian safety committee. The committee started in response to a rash of pedestrian-automobile accidents. In 1997, Bethlehem was able to boast to having more miles of sidewalk than the neighboring town of Guilderland.

In the 10 years Fuller presided over Bethlehem, she faced similar issues to those making headlines today, including water contracts with the City of Albany and a debilitating landslide in 2000. The Elsmere Landslide along the banks of the Normans Kill had swallowed a small grocery store along Delaware Avenue and threatened to washout the busy thoroughfare completely. It ultimately shut down Delaware Avenue as state engineers assessed the land, causing a strain on local businesses dependent on Albany

traffic, including Delaware Plaza.

"I know that was hard for her, as for the townspeople, with their businesses and homes," said Davis. "It was a very difficult time for the town. She lost a lot of sleep over it. I know she did."

Both former town councilman George Lenhardt and his wife, Lynne — current Bethlehem Central school board trustee and president of the New York State School Boards Association — were impacted by their relationship with Fuller.

"Our hearts go out to her family at this time," said George, who served as the town's deputy supervisor during the majority of Fuller's tenure. "She was a classy lady who always had concern for the residents of the community — either through the school district or as town supervisor all those years. Her absence in the community will surely be missed."

"Before my husband, George, served with Sheila Fuller on the town board, I served on the school board with her," stated Lynne through e-mail with Spotlight News. "When I was first elected in 1988, Sheila was president of the school board and was a mentor to me. She always focused on what was best for the students and the community, something I keep in mind to this day. Her death is a major loss to the community."

Democratic New York State Senator Neil Breslin said he and Fuller had established a friendship in high school, long before party affiliations set them apart. However, Breslin said party lines never played a roll between the two.

"She was an enormously skilled leader who got along with both Democrats and Republicans, alike, said Breslin. "... We would talk frequently about issues, when she thought I could assist the town she would call me, and I would call her to see what issues the town was facing. ... She was always open and welcoming."

Breslin recalled a Memorial Day parade in which he walked the day before having his hip replaced. "She noticed that it was becoming difficult for me and put me in the Grand Marshall's vehicle, so we could complete the parade."

"It is a tremendous loss for the town," he said.

Born Sheila J. Hanrahan in Albany, Fuller was the daughter of the late James and Helen (Donlon) Hanrahan. She graduated from Vincentian Institute and attended St. Peter's Hospital School of Nursing. Fuller worked for the Hartford Insurance Company where she met her husband, Jim.

While raising her children, she devoted her life to public service. She was a member of the PTA, School board member and President of the Bethlehem Central school district. She was a member of the Town Board and was the Town of Bethlehem Supervisor for 10 years.

Fuller was a longtime member of the Normanside Country Club, where she enjoyed playing golf with her husband and friends. She was also a Communicant of St. Thomas the Apostle Church.

Fuller is survived by her husband of 50 years, James Fuller; children Kimberly (late Peter) Kubisch of Nantucket, MA, Daniel (Maura) Fuller of Alexandria, VA, Timothy (Melinda) Fuller, Susan (William) Gray, and Michael (Jessica) Fuller all of Delmar; her brother Barron Hanrahan of New Paltz; her cherished nine grandchildren, Katherine, Bridget, Emma, Jack, Lily, Liam, Emmet, Maeve and Maxwell; also survived by nieces and nephews, She was predeceased by her brother, James Hanrahan.

A Mass of Christian Burial was Monday, Nov. 23, at St. Thomas the Apostle Church. Interment followed the Mass in St. Agnes Cemetery, in Menands.

Those who wish may send donations to St. Jude Children's Research Hospital, P.O. Box 1000, Dept. 142, Memphis, TN 38101-9908.

Spotlight News reporter Tricia Cremo assisted with this story.

## COMMUNITY

# Star Wars trade show

Celebrate the release of "Star Wars: The Force Awakens" at GPL on Saturday, Dec. 5, from 10 a.m. to 5 p.m., when we'll have our biggest and most exciting popular culture event to date.

We are hosting a full day of comics, graphic novels, food, toys, and games. Special guests include Ron Marz, the writer of many popular graphic novels in the Star Wars series; costumed members of the 501st Legion (a volunteer organization of enthusiasts who create and wear quality Star Wars costumes); and a life-size R2D2. There will be something for all ages. No registration required.

Join us at the Star Wars Cantina for a free pizza lunch — you have to register, though — that will start at 12:30 p.m. Register early, as the limit is 30 people; each member of your party must be registered separately for a guaranteed seat at the Cantina. Call 456-2400,

GUILDERLAND PUBLIC LIBRARY  
www.guilpl.org

ext. 2 to reserve your seat, or go to [www.guilpl.org](http://www.guilpl.org).

## Afghan Women and Education

A local university student from Afghanistan will be at GPL on Thursday, Dec. 3, at 7 p.m., to give a presentation on the current state of education for women and girls in her native country. No registration required.

## Let's Visit Russia

Children and their caregivers are invited to join in a fun evening of books, and activities on Thursday, Dec. 3, at 4 p.m., when we "visit" Russia.

This is part of the Globetrotters Family Program, an ongoing series in which you'll visit a new country/culture each month, learn how to say "hello" and "goodbye" in a new language, and lots more. This program is most

appropriate for children in elementary school and their families, and is aligned to third grade social studies curriculum. No registration required.

## Inside Out

"Inside Out" is the First Friday Family Film that's showing in GPL's Helderberg Room on Dec. 4 at 7 p.m.

This highly entertaining — for young and young-at-heart — animated movie follows young Riley, who has just been uprooted from her Midwest life and moved to San Francisco. Her emotions — Joy, Fear, Anger, Disgust and Sadness — conflict on how best to navigate a new city, house, and school. As the movie's promo says, "Meet the little voices inside your head." Released 2015, Rated PG, 94-minutes long, and full of laughs.

— Mark Curiale

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## From page 2 ... Cops, Courts and Calls

withdrawals were reportedly made.

Sitariu was charged with two felony counts of scheme to defraud in the first degree and one misdemeanor count of unlawful possession of a skimming device.

Bethlehem police investigations led to Sitariu's arrest after State Police arrested him in Columbia County later that month for a similar incident.

This case was investigated jointly by

the Bethlehem Police Department, New York State Police, the Federal Bureau of Investigation in Albany and Trustco Bank personnel.

Anyone who used this ATM between Oct. 18 and 19, and believes their credit card was compromised should contact their financial institution and their local police agency

### Sentence in bathtub arson

Jeremy McGowan,

39, of Slingerlands, was sentenced to one year in local jail announced District Attorney David Soares on Friday, Nov. 20.

On Sept. 24, McGowan was found guilty after trial of one count of arson in the fourth degree, a felony.

On Oct. 19, around 3 a.m. in the Town of Guilderland, McGowan became involved in a domestic dispute with a female victim. During the dispute, McGowan opened one of the victim's drawers, removed her lingerie, placed the lingerie in a bathtub and lit the items on fire.

The fire grew substantially in minutes,

causing damage to the bathtub and surrounding areas in the bathroom. No injuries were reported as a result of the flames.

Members of the Guilderland Police Department, Westmere Fire Department, fort Hunter Fire Department and McKnownville Fire Department responded to the call for a structure fire.

A request for an order of protection in favor of the victim was requested at the time of sentencing, but the request was denied by the court.

### Other arrests

• Bethlehem police arrested Brett Joseph Belleville, 25, of 2678 New Scotland Road on

Ross, 32, of 68 Elm Ave. in Delmar, on Sunday Nov. 15, around 1 a.m. and charged her with DWI and multiple vehicle infractions. Police stopped Ross on Delaware Avenue for allegedly failing to dim her headlamps and having a non-working low beam headlamps. She had an odor of alcoholic beverage and bloodshot, glassy eyes, according to police, and reportedly failed field sobriety tests. Police said she had a BAC of 0.10 percent. She is scheduled to appear in Bethlehem Town Court on Dec. 15.

• Bethlehem police arrested Brett Joseph Belleville, 25, of 2678 New Scotland Road on

Saturday, Nov. 14, around 1:30 a.m. and charged him with DWI, speeding and vehicle infractions. Police stopped Belleville on Delaware Avenue for allegedly travelling 44 m.p.h. in a 30 m.p.h. zone. Belleville reportedly had an odor of alcohol on his breath and bloodshot and glassy eyes. Police said he failed field sobriety tests and had a BAC of 0.11 percent. Belleville is scheduled to appear in Bethlehem Town Court on Dec. 1.

Spotlight Newspapers  
Not just local  
**Really local**

## From page 2 ... Drug crisis

comes in the wake of a program held at the Bethlehem Central High School on Thursday, Nov. 12. "Talking With Your Teen: An Open Conversation About Substance Use" was attended by over 200 students and parents. It was held by Bethlehem Opportunities Unlimited (BOU), a volunteer

organization that promotes healthy and safe activities for youth.

Presentations were given by the Bethlehem Police Department and Bryan from Young People in Recovery. Bryan is a former heroin user who now speaks to youth on the dangers of the slippery slope that leads to addiction. Around

17 booths from various organization provided further information.

The goal of the program was to provide a setting for parents and teens to openly discuss what can be a difficult topic to bring up. Discussions, some for students and some for parents, highlighted the dangers of drugs and what teens and parents can do to prevent substance use.

"The idea is keeping kids busy, make them less likely to engage in substance abuse," said

Jayne Dean-White, BOU board president.

Though she was clear to say that the program was not a direct response to the recent drug arrest, as the event is held every year and has been in planning since the summer, the arrest "underscores how important it is that we as a community work together to help parents and teens navigate the challenges of dealing with substance abuse."

This is the fourth year that the event has

been held, each year with growing momentum and planning, with this year seeing the largest outreach efforts ever pre-event, and the largest participation ever.

For the first time, this year's talking to your teen event invited students as well as parents, a marked change from previous year where only parents were invited. Door prizes and an Amazon gift card enticed student involvement, and many middle school and elementary school students

attended.

Parent Teacher Organizations from the middle school and high school and all elementary schools donated door prizes, Blue Shield was the presenting sponsor and provided a significant donation and Berkshire Hathaway was another sponsor.

To view Paolass-Martinez' past interviews, visit YouthUnitedNY.weebly.com.



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