



NEWS

It's official

Jody Monroe takes her place
as BC Superintendent

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Hey, can you hear us now?

Verizon employees continue
to strike

Story on Page 3



TOP STORY

Schools give thanks

▲ A "thank you" note is displayed in front of Guilderland's
Farnsworth Middle School last week. Photo by Michael Hallisey/Spotlight

Voters across the Capital District gave their collective
approval on local public school budgets last week

By **TRICIA CREMO**
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ALBANY COUNTY — Voters across the county passed local
school budgets with sweeping majorities.

Largely due to increased state funds returned to districts after
nearly six years without, school districts in Guilderland, Bethlehem,
Voorheesville and Ravena-Coeymans-Selkirk, all passed budgets that
include large additions with little effect on local taxes.

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ENTERTAINMENT

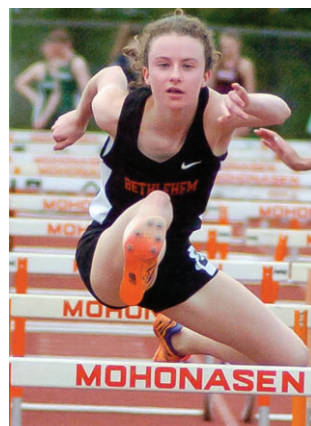


Belle of the brawl

Albany's and Troy's
respective clubs go
head-to-head on Saturday,
June 4

Story on Page B1

SPORTS



Suburban Councils

A BC athlete stood out in post-
season competition last week

Story on Page 7

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■ COPS, COURTS AND EMERGENCY CALLS



This silver minivan sustained significant front end damage after it was struck by an oncoming sedan while turning from Becker Terrace on to Delaware Avenue on Thursday, May 19.

Tricia Cremo/Spotlight

Two vehicles damaged in Delaware Avenue crash

Reduced visibility due to street-side parking likely cause

BETHLEHEM — A two-vehicle crash occurred around 11:30 a.m. on Thursday, May 19, at the intersection of Delaware Avenue and Becker Terrace in Delmar, directly in front of the *Spotlight News* offices.

A silver minivan was pulling out of Becker Terrace, onto Delaware Avenue, when a handicap-permitted Honda Accord traveling on the street, heading in the direction of Delmar's Four Corners, hit it. The Honda experienced damage to its front end and windshield, primarily on its right side, while the mini van experienced extensive damage to its front end, with the front bumper almost entirely broken off.

No injuries appear to have occurred, however, the driver's side air bag in the Honda did deploy. Two women occupied the mini van while one man

was operating the Honda.

Bethlehem Police reported to the scene shortly after the crash.

A number of cars were parked on Delaware Avenue to the left of Becker Terrace, in front of Joe's Barbershop at 337 Delaware Ave., likely diminishing the mini van driver's view of oncoming traffic.

The current Delaware Avenue Enhancement Project includes plans to better define street-side parking on Delaware Avenue, partly in an effort to reduce accidents such as this one. Accidents occur frequently on Delaware Avenue and side street intersections, as vehicles parked on Delaware Avenue significantly block the view of on-coming traffic to motorists looking to turn from side streets on to the main thoroughfare.

New York State Police arrests:

• Joseph M. Connors, 53, of Altamont, was arrested and charged with DWI on Wednesday, May 18, in Latham. Around 1:50 a.m., troopers reportedly approached a vehicle and saw Connors sleeping in the driver's seat. Police reportedly detected an odor of alcoholic beverage on Connors' breath. He reportedly refused to perform field sobriety tests and was subsequently arrested. Connors also reportedly refused to provide a breath sample and was also charged with DWI refusal, along with several traffic and vehicle infractions. According to police, he further refused to be fingerprinted or photographed and was also charged with obstructing governmental administration. Connors was arraigned in Albany Criminal Court. He is scheduled to reappear on June 10.

• Darryl D. Stephenson, 26, of Cohoes, was arrested Saturday, May 14, around 12:20 a.m. and charged with third-degree criminal possession of marijuana, a felony. State police stopped Stephenson on I-90 at Exit 25 in Guilderland for an alleged cell phone violation. Police reportedly found Stephenson in possession of more than eight ounces of marijuana. He was transported to State Police in Albany, where he was charged and released on an appearance ticket. He was scheduled to appear in Guilderland Town Court on May 19.

• Shabee J. Beatty, 23, of Menands, and his passenger, Tavasha L. Gaddy, 26, of Albany, were arrested Friday, May 6, around 5:34 p.m. for possession of heroin and cocaine. State police stopped a vehicle on I-87 for multiple alleged traffic violations and reportedly found Beatty and Gaddy to be in possession of more than three ounces of

heroin and approximately seven grams of cocaine. Both Beatty and Gaddy were charged with felony criminal possession of a controlled substance. Beatty was also charged with felony criminal possession of a controlled substance with intent to sell. Beatty and Gaddy were arraigned in Bethlehem Town Court and remanded to Albany County Jail in lieu of \$20,000, and \$15,000 bail, respectively.

• Yvonne Carr, 52, of Altamont, was arrested Friday, May 13, and charged with DWI. State troopers stopped Carr for an alleged traffic infraction on state Route 146 in Guilderland and reportedly detected an odor of alcohol emanating from her. Carr failed field sobriety tests, and had a BAC of 0.08 percent. She is scheduled to appear in Guilderland Town Court at a later date.

• Jesenia L. Espinoza, 39, of Schenectady, was arrested Wednesday, May 4, and charged with felony DWI and cocaine possession. Police stopped Espinoza at approximately 10 p.m. on I-90 at Exit 25 in Guilderland for an alleged traffic violation, and found her to be intoxicated and in possession of cocaine. Espinoza had a BAC of 0.14 percent, according to police, and was charged with felony DWI due to a previous conviction within the past 10 years. She was additionally charged with felony criminal possession of a controlled substance, felony aggravated DWI, misdemeanor operating a motor vehicle with no ignition interlock device and multiple vehicle and traffic violations. Espinoza was arraigned in Guilderland Town Court and remanded to Albany County Jail in lieu of \$10,000 cash bail or bond.

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■ BUSINESS

Hey Verizon: Can you hear us now?

Union employees on strike discuss concerns about future job security, making ends meet

By SARAH HALL & MICHAEL HALLISEY

news@spotlightnews.com

Both sides of a near two-month long labor dispute are expected to return to the negotiating table this week, despite one side already presenting its final proposal.

Nationwide, Verizon employees donning red union t-shirts are picketing outside their respective call centers. The three-year contract between the communications company and its employees expired last summer. One union representative said the employees just want to retain what was agreed upon under the previous contract.

"We worked without a contract for over nine months," said CWA 1118 Treasurer Mike Tanzarino, as he walked the line outside of the Verizon call center in Colonie. "And they, at the end, wouldn't budge."

That is when Tanzarino and thousands of Verizon employees chose to strike.

Inside a union family

Stephanie and Ed Piston have been through four strikes with Verizon. But they've never seen one stretch out this long.

"Really, since it went to Verizon from Bell Atlantic, I think there's only one time we haven't been on strike," said Ed Piston, an outside field technician who started with the company 26 years ago. "This is the longest one we've had since we've been with the company."

"And we've been with the company since it was New York Telephone — NYNEX, Bell Atlantic and now Verizon," said Stephanie, a construction coordinator who has been with



A group of Verizon union employees on strike picket outside the Verizon wireless store at Village Plaza on Central Avenue in the Village of Colonie.

Michael Hallisey/Spotlight

Verizon for 24 years.

This strike has another dubious distinction for the Pistons, who live in North Syracuse.

"This is the first time we've actually lost all of our benefits," Ed said. "The way they say it, they always pay them the first of the month, and it goes through the whole month. We've been on strike before for three days or two weeks. They've never taken them away. This time, right on May 1, gone — life insurance, medical benefits, the whole nine yards."

The Pistons are among 110,000 Verizon employees and family members to lose benefits effective April 30, when the company cancelled them for all strikers. The longer the strike goes on, the longer strikers and their families bear the burden of going without pay, without health benefits and without the certainty and comfort

of a secure job.

"I'm scared," Stephanie admitted. "I'm scared of what's going to happen the longer this goes on."

Outsourcing, benefits sticking points for union

The strike began at 6 a.m. April 13, as members of the Communications Workers of America (CWA) and the International Brotherhood of Electrical Workers (IBEW) working for Verizon's wireline operations failed to come to an agreement on a new contract with the communications giant after 10 months of negotiations. Nearly 40,000 installers, customer service employees, repairmen and other

service workers in Connecticut, Delaware, New York, New Jersey, Massachusetts, Pennsylvania, Rhode Island, Maryland, Virginia and Washington, D.C. have been picketing Verizon offices and wireless stores ever since.

Verizon execs presented what they called their "last, best and final offer" to the unions April 28. Though the contract promises to continue the company's 401(K) match program and offers a 7.5 percent raise over the next three years, it also calls for employees to pay more for their health insurance, reduces retiree benefits and caps pension benefits at 30 years. In addition, the contract does not include any guarantees that Verizon wouldn't send more jobs overseas.

"It's not about raises. It's not about the money," said Chris Ryan, president of CWA Local 1123,

which represents communications workers in the Syracuse area. "It's about us trying to preserve middle class jobs and keep those jobs in the United States of America."

According to the union, Verizon has already outsourced more than 5,000 jobs — mostly call center work, like that done at the facility on Thompson Road in DeWitt — to Mexico, the Philippines, the Dominican Republic and other locations. The new contract proposal would make it easier for the company to continue to do so — though Ryan said it's a cost-cutting measure Verizon doesn't need to make.

"When you have a company that makes \$1.5 billion a month in pure profit, you shouldn't have to talk to someone in India," he said.

What's even more upsetting, employees say, is that the company itself doesn't seem to know where the jobs are.

"When [CEO Lowell] McAdam was at Thompson Road, I was there. He has no idea that FiOS calls already go overseas," said Brian Borchik, a storekeeper with five years on the job. "He said, 'No, they don't.' There were people there that handle this, and they said, 'Yeah, they do, they absolutely do.' And his comment was something to the effect of, 'Well, with 40,000 employees, I might miss something here and there.' That's not a minor something. That's why we're on strike."

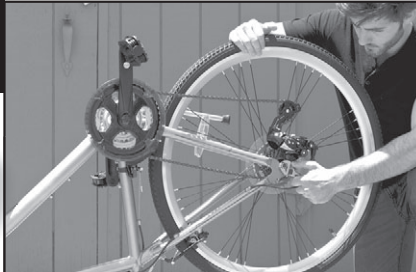
McAdam's ignorance on the matter was particularly upsetting to Ryan.

"When your CEO makes \$18 million, and he doesn't know that work is going overseas, that's pathetic," said Ryan, of Geddes. "How ignorant. You're showing America that he's not only the greediest CEO in America, but

Continues on Page 13

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EDUCATION

Monroe sworn-in as superintendent

Bethlehem Central School District Board of Education members vote unanimously to approve appointment

By TRICIA CREMO
cremot@spotlightnews.com

BETHLEHEM — Jody Monroe has been officially appointed as Bethlehem Central School District’s superintendent.

Members of the district’s Board of Education voted unanimously to approve Monroe’s appointment and conducted a swearing-in ceremony during its meeting on May 18.

Monroe’s annual salary will be \$175,000 as part of an initial three-year contract.

After an extensive year-long search conducted by Capital Region BOCES, the former assistant superintendent emerged as a clear choice among the candidates, according to School Board President Matt Downey.

Prior to becoming the interim superintendent at Bethlehem Central last

“You have demonstrated the judgment, skill and personal sensitivity that characterizes the best of leaders,”

— Les Loomis
former Bethlehem Central Superintendent



Bethlehem Central School District Superintendent Jody Monroe shakes hands with Board of Education President Matt Downey after being officially sworn in as the district’s new leader during the board’s meeting on Wednesday, May 18.

Tricia Cremo/Spotlight

summer, Monroe had served the district for a decade—three years as its middle school principal and seven years as its assistant superintendent for educational programs.

“One of the most important roles we can play in life is to create a vision for an organization and work to explore the possibilities of achieving that dream,” said former Superintendent Dr. Michael Tebbano. “You, more than anyone else I have ever known, have displayed that outstanding quality.”

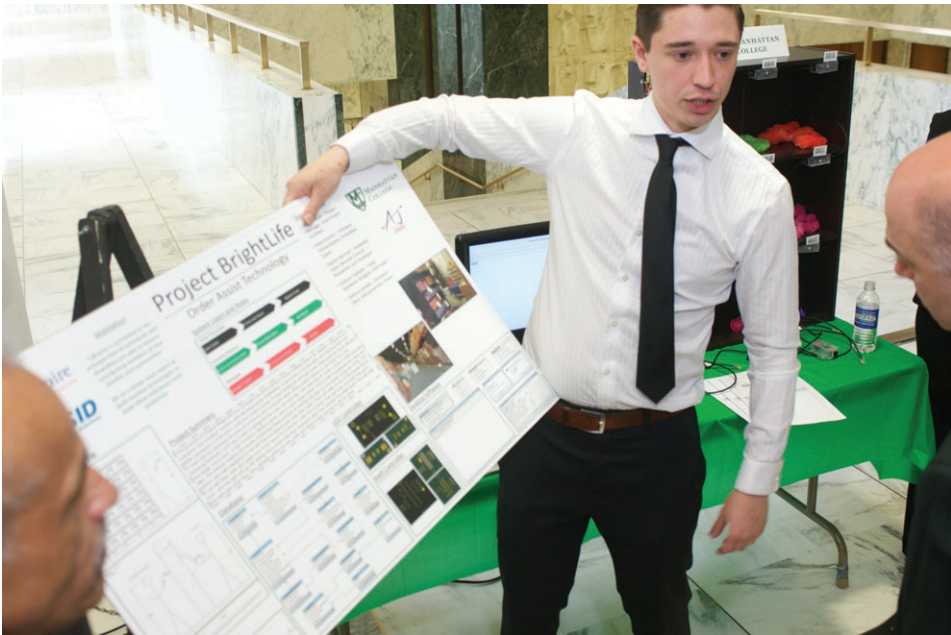
Les Loomis, who was superintendent for 25 years and hired Monroe to become principal of the middle school in 2005, also praised her.

“You have demonstrated the judgment, skill and personal sensitivity that characterizes the best of leaders,” said Loomis. “In a district as accomplished

as BC, it is not easy to take the quality of student learning and achievement to a higher level, but that is what Jody has done as a top instructional leader. Now, Bethlehem will have the rare combination in its superintendent of steady and wise direction, coupled with the drive and urgency to make BC students even more successful.

“Congratulations to you, Jody, and to all of BC. It’s a win-win all around.”

MORE INSIDE



Submitted photo

Practical know-how pays off

College students from across the region recently showcased the fruits of their applied knowledge, working closely with local businesses to construct practical tools to be used in the workforce. New York State Industries for the Disabled, Inc. (NYSID) recently hosted its second CREATE Symposium to showcase prototypes of technology inventions designed to increase productivity and improve the livelihoods of New Yorkers with disabilities.

Story on Page B15

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From page 1 ... Schools give thanks

The budgets replace many cuts to programs and staff made in difficult financial years, during which state aid was less favorable.

Bethlehem Central

The \$96.5 million Bethlehem Central School District Budget for 2016-17 passed by a margin of 2,119 to 483, or approximately 81.4 percent in favor to 18.6 percent opposed.

After Special Education and Student Services (SESS) Director Kathleen Johnston made a heartfelt plea for increased resources to her department, several full-time and part-time teacher and aide positions have been added across the district, alongside increased BOCES funds for special education programs to account for increased student needs.

Highlights of budgetary additions also include the creation of four modified running teams: girls cross-country (fall), boys cross-country (fall), girls track and field (fall) and boys track and field (spring).

Two candidates were elected to serve on the Bethlehem Central Board of Education in an uncontested election: Michael Cooper, who will serve his third term on the board, and Jonathan S. Fishbein, who has been elected to his first term. They will each serve full, three-year terms beginning July 1, 2016.

In addition, a proposition to replace ten large buses and five small buses at a cost of \$1,413,000 passed by a vote of 1,858 to 727, or 71.9 percent to 28.1 percent.

Bethlehem Public Library

Voters passed the library's 2016-17 budget by a vote of 2,127 to 457. Newcomer Paula Rice was elected to the open seat on the board of trustees.

The library's 2016-17 budget proposal comes in at just over \$4 million. The levy portion of that is about \$3.75 million, an increase of 0.75 percent over last year and within the state-mandated spending cap. It includes funds for HVAC replacement and repair, replacing worn-out furniture, library van maintenance and webinars and conferences.

Guilderland Central

Guilderland Central School District residents approved a \$96,590,045 budget for the 2016-17 school year by a vote of 1489 to 582. This budget represents a 3.10 percent increase in spending over the current year's budget and will result in a 1.35 percent tax levy increase. Tax rates are estimated to increase by less than that amount at 0.74 percent for residents of the Town of Guilderland.

Budgetary additions include five teaching assistants at the elementary level, a special education teacher at Altamont Elementary School and two at the high school, added clerical support across the district and two counselors.

Voters also approved a \$1,156,000 bus and equipment proposition to purchase seven large buses, three smaller buses, two wheelchair-accessible buses, and a tractor by a vote of 1438 and 621 and elected three members to the Board of Education in an uncontested election: Barbara Fraterrigo, Teresa Gitto and Gloria Towle-Hilt.

Guilderland Public Library

GPL's proposed \$3,66,832 budget passed with 1,429 votes in favor to 639 votes opposed. The budget includes increased funds for capital improvements, specifically repair of an unsafe loading dock and roof replacement, funds for both of which will be offset by a state grant. Incumbent Library Board of Trustees member Bryan Best was reelected, while a second open seat on the board remains to be filled. Decision on the appointment will be made by write-in vote.



Local public libraries, such as the Bethlehem Public Library, held elections for positions on their respective boards.

Spotlight file photo

Ravena-Coeymans-Selkirk

Residents of Ravena-Coeymans-Selkirk voted 655 in favor and 317 opposed, to approve the \$44,500,531 budget for the 2016-17 school year. The budget calls for an increase in total spending of 2.92 percent, or \$1,263,801, from the 2015-16 school year and a tax levy increase of 1.63 percent, which equals the district's limit based on the state's tax levy cap calculation. The budget maintains all current student programs at RCS.

The approval of the bus proposition allows the district to purchase seven new buses and two new passenger vans as part of the district maintenance and replacement plan. The state will reimburse the district for 61 percent of the purchase cost.

Residents also voted to fill three Board of Education seats, re-electing school board candidates Jason Hyslop with 731 votes, James Latter, II with 737 votes, and electing new board member Kristen Rexford with 729 votes.

RCS Community Library

The RCS Community Library vote passed with 750 in favor and 221 opposed. The library also had a proposition on the ballot, which was approved by voters, allowing the library to purchase the existing library facility located at 95 Main Street in the Village of Ravena. Residents also re-elected four candidates to the library board of trustees: Megan Aurelia with 716 votes, Joseph Boehlke with 745 votes, Antonio Booth with 719 votes and Marie Sturges with 748 votes.

Voorheesville Central School District

Voters approved the district's proposed \$23.8 million budget with 775 votes in favor and 199 votes opposed. Tax rate will remain unchanged for the third year in a row at \$1.26 per \$1,000 assessed valuation. The budget includes an addition of two teaching positions, increases teacher salaries by 2.5 percent, along with several other part-time staff additions. Funds were also increased for curriculum supplies and facility repairs.

As well, the proposed bus purchase, pool improvements and bridge/window work were approved.

Elected to school board are incumbent Diana Straut with 573 votes and newcomer Jeannie McDonnell with 449 votes. Four candidates ran for the two School Board positions.

Voorheesville Public Library

Voters approved the \$74,000 2016-17 Voorheesville Public Library budget, which represents a decrease in expenditures over last year's budget by \$500. Tax rates will remain the same at \$1.29 per \$1,000 assessed home value for New Scotland residents and \$1.46 per \$1,000 assessed home value for Guilderland residents. The budget includes fund additions for expanded library hours, with the library now open earlier on weekdays and summer weekend hours now extended. Also included are increased teen and adult programs, increased Internet access and lease of a new printer.

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COMMUNITY

Voters pass budget

The library would like to thank voters for approving the \$3.75 million budget levy for 2016-17 on Tuesday, May 17, by a vote of 2,127 to 457. Your continued widespread support has allowed us to remain a vibrant and dynamic institution, able to offer the innovative services and materials that enrich the lives of those in our community.

Voters on Tuesday also elected newcomer Paula Rice to a five-year term on the board of trustees. We welcome her to the board, and would like to remind everyone that our board meetings, which typically take place on the second Monday of the month, are always open to the public.

Holiday hours

Bethlehem Public Library will be closed



Memorial Day weekend Saturday to Monday, May 28-30. Access the library catalog and other library services online anytime at www.bethlehempubliclibrary.org.

The library at your doorstep

Books to People is a free library delivery service available to residents of the Bethlehem Central School District who are unable to visit the library because of a permanent or temporary medical condition.

The library van will deliver requests every two weeks, and pick up returns. You can request books, circulating magazines, DVDs, music CDs and audiobooks. You can ask

for your favorite authors, large print or specific genres, such as mystery, thrillers or romance.

To ask for this delivery service, contact the library information desk at 439-9314, press 2.

Be a summer volunteer

We're looking for volunteers who will be in grades 6-12 in September to help with our summer reading program. Our teens staff the summer reading desk, assist with online submissions, read to children, review books, and help with programs and activities. Applications are available online at www.bplteens.org and in the library. They will be accepted until 9 p.m. June 6 or until all positions are filled. Volunteers must attend an orientation session.



Bethlehem library hosted a Preschool Prom on Thursday, May 19, to celebrate the end of spring storytimes. Young patrons dressed their best and danced the morning away, ending with a promenade around the library.

Kristen Roberts

Study hall at the library

Group-study space for exam prep will be available in June at the library.

Study space will be set aside in the community room or the board room; check the schedule online at www.bplteens.org or in the library for details. New this year, there will

be scheduled breaks for relaxation and fun! De-stress with snacks or a visit with a therapy dog. See schedule for times and activities.

— Kristen Roberts

Chess lesson for kids

The library will be closed Saturday, May 28, through Monday, May 30, in observation of Memorial Day. Regular hours will resume Tuesday, May 31, at 10 a.m.

Chess for kids

Chess players of all abilities (including beginners) are invited to get some practice with other players on Wednesday, June 1, at 4 p.m. Kids will have a chance to play a game and perhaps learn a new chess move. Our teen helper, Chris, will be on hand to provide guidance and instruction. Ages 8 and up; no need to register.

Annual book sale

The Ravena Villagewide Yard Sale will be on Saturday,

RCS COMMUNITY LIBRARY

June 4. Stop by the library's book sale from 9 a.m. to 1 p.m. We are accepting donations Wednesday, June 1, through Friday, June 3, and are seeking volunteers for Friday and Saturday. If you can lend a hand, send us an email or call us at 756-2053.

Make a gift for Dad

Kids, Father's Day is around the corner. Are you ready? We've got you covered with some cool things to make for Dad on Wednesday, June 8, at 4 p.m. after school. No need to register.

— Carol Melewski

NEIGHBORHOOD NEWS

Guided walks at Thatcher Park

VOORHEESVILLE — Thatcher Park and the Emma Treadwell Thatcher Nature Center are offering two guided walks Saturday, May 28.

At 8:30 a.m., join expert birder Denise Hackert-Stoner on a walk through field, forest and lakeshore habitats on a guided bird walk at the nature center. Bring binoculars or borrow a pair from the center to see the migrant bird species as they return to the region.

At 2 p.m., join a guided walk along Thatcher Park's Indian Ladder Trail. Descend the cliff, and learn about the geologic and cultural history of the Helderbergs. See underground streams, look for fossils and step inside the crevice cave.

The trail is moderately rugged with stair climbing and a couple of steep slopes. Participants are asked to wear sturdy shoes.

For more information or to register, call 872-0800.

Support figure skating by buying fro-yo

GLENMONT — The Albany Figure Skating Club is holding a Fro-Yo FUNdraiser Wednesday, June 1, from 5 to 8 p.m. at 16 Handles, 380 Route 9W.

A portion of all purchases at the store will go to the Albany Figure Skating Club to support its programs and activities.

For more information, email Mary Amodeo at albanyfsc@gmail.com or visit the club's website at www.albanyfsc.org.

Neighbors for Peace screens 'The Aogiri'

ALBANY — Bethlehem Neighbors for Peace, Upper Hudson Peace Action and Women Against War are co-sponsoring a screening of "The AOGIRI—Phoenix" Wednesday, June 1, at 6 p.m. at the Albany Public Library's Delaware Avenue Branch.

The movie is based on the

true-life story of Susuko Numata, a victim of the Hiroshima bombing in 1945. The film reveals details about her life following the atomic bomb, including how she told stories of her life to children under an Aogiri tree.

Film producer Satomi Nakamura will be on hand to participate in a brief discussion after the screening, as well as perform two of the songs that appear in the film.

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

Four students named national merit scholars

GUILDERLAND — Guilderland High School seniors Jeremy Collison, William Dong, William Wang and Michael Zhu were named National Merit Scholarship recipients last week.

Each of the merit scholars receive \$2,500 scholarships from their respective colleges, supported by the National Merit Scholarship Corporation's own funds.

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Spotlight on Sports

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■ PLAYER OF THE WEEK



SAM DIPACE

Guilderland's Sam DiPace is The Spotlight Player of the Week for the period ending Sunday, May 22. DiPace came up big in goal for the Dutchmen, as he made 20 saves in their 11-5 win over Bethlehem in the Section 2 Class A quarterfinals, Saturday, May 21.

■ INSIDE



Ride ends

The Voorheesville baseball team came up short in a 4-3 loss to Coxsackie-Athens in the Section 2 Class B playoffs Saturday, May 21, in Saratoga Springs. The Blackbirds had a chance to tie in the seventh inning.

Page 10

■ TRACK AND FIELD



Nugent wins Eddy title

Bethlehem senior takes first place
in the 400-meter intermediate hurdles

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

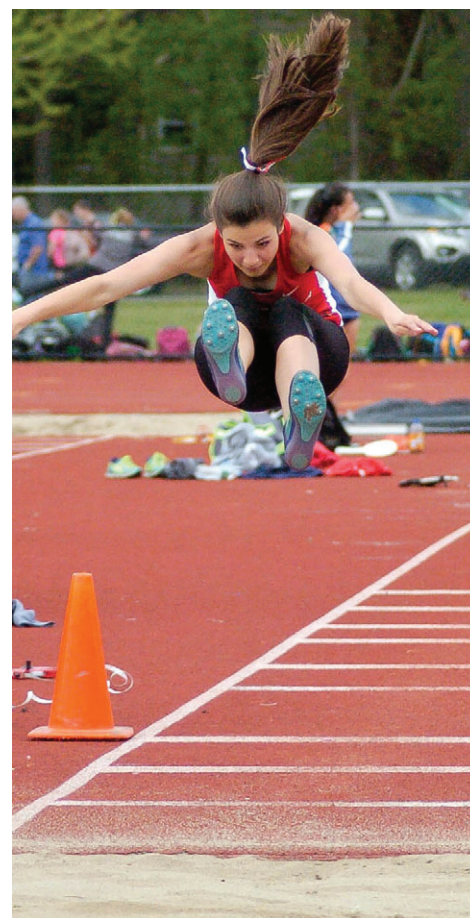
ALBANY COUNTY — Bethlehem's Julia Nugent won the girls 400-meter intermediate hurdles at the annual Eddy Meet Saturday, May 21, at Schenectady High School.

Nugent pulled away from Sachem East's Shelby Trentini to take the title with a time of 1:02.42. Trentini was second with a time of 1:03.84.

Guilderland's Isabella Bruno placed third in the girls long jump with a distance of 17 feet, and the Guilderland girls 400-meter relay team finished fourth with a time of 50.43 seconds.

On the boys' side, a trio of Guilderland athletes placed

Continues on page 8



▲ Bethlehem's Julia Nugent, center, takes the lead in her semifinal heat of the 100-meter high hurdles at the Suburban Council Girls Track and Field Championships May 18 at Mohonasen High School. Nugent placed third in both the 100- and 400-meter hurdles at the league meet.

◀ A Guilderland long jumper sails over the sand pit at the league meet.

Rob Jonas/Spotlight



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BASEBALL



Voorheesville's Pat Foley bears down for one of his eight strikeouts in the Blackbirds' 4-0 victory over Stillwater in the Section 2 Class B quarterfinals Thursday, May 19.

Rob Jonas/Spotlight

Blackbirds fall in semis

VOORHEESVILLE — A four-run rally in the fifth inning propelled Cocksackie-Athens past Voorheesville 4-3 in the Section 2 Class B semifinals Saturday, May

21, in Saratoga Springs.

The Blackbirds scored twice in the second inning and put together a late rally to get within a run before falling short.

Voorheesville advanced

to the semifinals with a 4-0 quarterfinal victory over Stillwater Thursday, May 19. Pat Foley pitched a complete-game shutout for the Blackbirds.

— Rob Jonas

From page 7 ...

Nugent wins Eddy title

second in their respective events. Noah Tindale was the runner-up to Shaker's Matthew Jean-Pierre in the 800-meter race with a time of 1:55.15, Noah Carey finished second to Schenectady's Maazin Ahmed in the one-mile run with a time of 4:19.46 and Clarence Skipper placed second in the triple jump with a distance of 45 feet, 10 inches. Marquis Chisom was third in the discus with a throw of 148 feet, 6 inches.

Bethlehem's Malick Diamonde took third place in both the high jump and the 400-meter dash. Diamonde cleared the high jump bar at 6 feet, 4 inches, and he ran a time of 49.26 seconds in the 400 dash.

Suburban Council Meet

Bethlehem's Samantha Gifford took first place in the triple jump at the Suburban Council Girls Track and Field Championships Wednesday, May 18, at Mohonasen High School.

Gifford posted a distance of 34 feet, 10.5 inches to place first. Bruno was second with a distance of 34 feet, 5 inches, and Guilderland's Matlyn Gross placed third with a distance of 34 feet, 3 inches. Bruno was also second in the long jump with a leap of 17 feet, 4 inches.

Shenendehowa and Saratoga Springs dominated the meet. Shen won the team title with 185 points, while Saratoga placed second with 163 points. Guilderland was a distant third with 66.5 points, and Bethlehem took fifth place with 51.5 points.

Guilderland placed second behind Shen in the 400-meter relay with

a time of 50.25 seconds. Shen won with a time of 49.58 seconds.

Nugent was third in the 200-meter dash and the 100-meter high hurdles at the league meet.

Guilderland was second, and Bethlehem tied Shenendehowa for fourth place at the Suburban Council Boys Track and Field Championships Tuesday, May 17, at Troy High School.

Saratoga Springs claimed the team title with 108 points, while Guilderland was the runner-up with 84 points. Shen and Bethlehem each had 41 points.

Tindale and Chisom each earned individual victories for Guilderland. Tindale edged Ahmed for first place in the 1,600-meter run with a time of 4:14.98, .01 seconds ahead of Ahmed, while Chisom claimed the discus championship with a throw of 151 feet, 6 inches.

Guilderland's 1,600-meter relay team of Zaviir Berry, Patrick Ghyll, Sean Murphy and Alfredo Salazar finished first with a time of 3:24.82.

Diamonde won the high jump by clearing the bar at 6 feet, 5 inches, and he placed second in the 100-meter dash finals with a time of 11.30 seconds. Dawson Homer added a victory in the 3,000-meter steeplechase for the Eagles with a time of 9:28.93.

Colonial Council Meet

At the Colonial Council Championships at Ichabod Crane High School, Ravena's Ciara Miller, Liam Mooney and Steve Kross all won individual titles.

Miller took home a

pair of individual victories. She won the 400-meter intermediate hurdles with a time of 1:08.47, and she finished first in the high jump by clearing the bar at 5 feet, 5 inches.

Mooney led a one-two sweep for Ravena in the boys high jump. Mooney took first place by clearing the bar at 6 feet, while teammate Matt Carter placed second by clearing 5 feet, 8 inches. Carter was also third in the triple jump.

Kross won the discus with a throw of 120 feet, 3 inches. Matt McHugh was second in the shot put with a distance of 41 feet, 1.5 inches, while Jacob Jimenez finished second in the long jump with a leap of 20 feet, 3.25 inches.

The Ravena boys 800- and 1,600-meter relay teams also turned in second-place finishes.

Voorheesville earned a victory in the boys 1,600-meter relay. The team of Brian Hotopp, Evan Ensslin, Carl Trieber and Marco Loccisano finished with a time of 3:36.89, while Ravena crossed the finish line with a time of 3:37.28.

Ensslin and Trieber also had second-place finishes in individual events. Ensslin placed second in the 1,600-meter race with a time of 4:39.79, while Trieber was the runner-up in the 400-meter dash with a time of 52.37 seconds. Alex Fisher took second place in the pole vault by clearing the bar at 11 feet, 6 inches.

Leureah Cummings paced Voorheesville's girls team with a victory in the pole vault. She cleared the bar at 8 feet in fewer attempts than the rest of the pack.

Abby Parker took second place in the 200-meter dash with a time of 26.97 seconds for the Blackbirds. Stephanie Erickson was second in the 2,000-meter steeplechase with a time of 8:25.72.

GIRLS LACROSSE

Bethlehem advances

BETHLEHEM — The Bethlehem girls lacrosse team advanced to the Section 2 Class A semifinals with a 19-1 quarterfinal victory over colonie Friday, May 20.

Tessa Hughes led a balanced attack with a five-goal performance. Sophia Calabrese and Natalie Cook each recorded hat tricks, and Kathryn Sancilio contributed two

goals and two assists for the Lady Eagles.

Bethlehem met Shaker in the Sectional semifinals Tuesday, May 24, in Latham.

— Rob Jonas

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Alive at Five headlines

Albany's mid-week escape returns for a 27th year

Page B3

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ENTERTAINMENT

PICK OF THE WEEK



Morgan O'Kane

This eight-piece band has something magical to offer audiences, from banjo and percussion suitcase, to washboard and cello. See them at The Half Moon Friday, May 27.

Page B6

INSIDE



Arts calendar

Pages B7-B10



Belle of the brawl

Albany's and Troy's respective clubs go head-to-head on Saturday, June 4

By ALI HIBBS

hibbsa@spotlightnews.com

ALBANY — Capping a triumphant 10th anniversary season, the Albany All Stars Roller Derby team will play its final game this coming Saturday, June 4, at the Times-Union Center in Albany. The season-ending game will pit the All-Stars against the Hellions of Troy in a long-awaited grudge match.

The Albany All Stars was founded in 2006, when a player who goes by the name Dottie Damage put out a call on MySpace recruiting players. "I received a random MySpace message that said something to the tune of 'You look like a badass, why don't you try roller derby,'" said Karen Riley, a long-time member of the All Stars known as Sin and Tonic. "At the time there were only a half dozen girls.

These ladies on roller skates dare you to tell them they, "hit like girls." Welcome to roller derby in the 518.

Photo by
Ali Hibbs / TheSpot518

Continues on page B5

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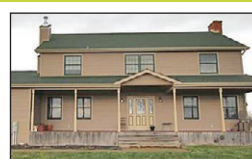
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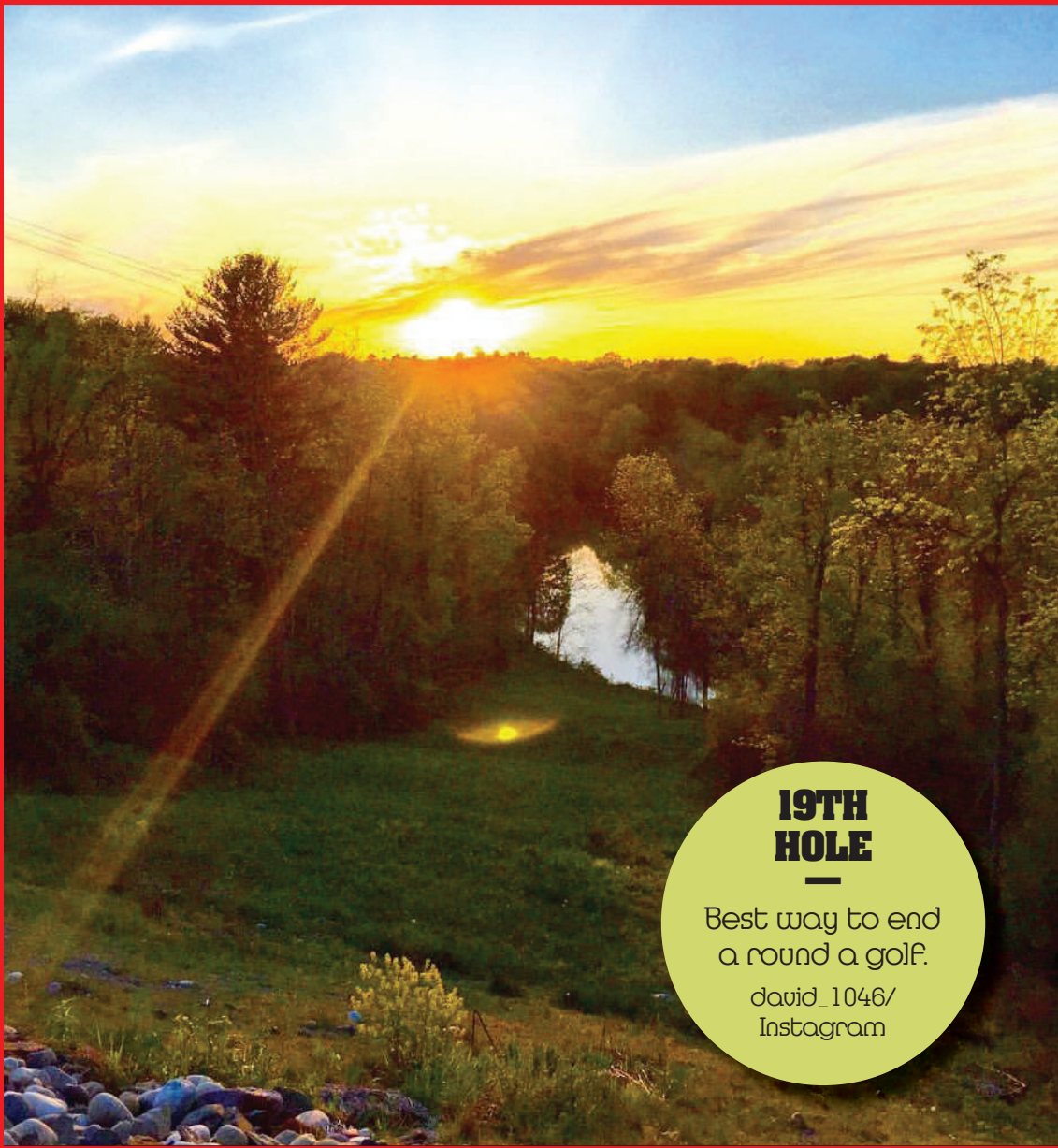
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ALIVE AT FIVE

RECENTLY ANNOUNCED

Albany's mid-week escape returns

ALBANY — City officials announced the 27th Alive at Five—Albany's free live music summer series will be at Tricentennial Park on Broadway this year to allow for continued construction on the walking and biking pathways at Corning Riverfront Park.

The 2016 line-up is as follows:

June 9

5:00 p.m. | Jocamo

A group of veteran musicians who've taken it upon themselves to bring their old school brew of Funk, R&B, Soul and Rock to the masses.

6:30 p.m. | Dr. John and the Nite Trippers

A six-time Grammy Award-winning musician and Rock & Roll Hall of Fame inductee, Dr. John is a true icon in American culture and is known throughout the world as the embodiment of New Orleans' musical legacy.

June 16

5:00 p.m. | Good Fiction

A three piece alternative rock band that hails from Albany, their eccentric fuzz basslines, melodic vocals, and stinging guitar solos have been heard everywhere from basements to headlining gigs.

6:30 p.m. | The Joy Formidable

Founded in 2009, these Welsh rockers have performed as openers for legendary artists and acts from Sir Paul McCartney to The Foo Fighters and The Black Keys. The fantastic live band was once described by Rolling Stone as "wickedly bracing and Himalaya-huge."

June 23

5:00 p.m. | Tameka Amar

A highly talented, well-rounded artist born and raised in upstate New York, Amar is a singer, songwriter, and

performer. In 2012, Tameka released her first EP "Introducing Tameka Amar" showcasing seven new songs.

6:30 p.m. | Tony! Toni! Toné!

Oakland, California's Tony! Toni! Toné! is regarded the world over as a talented, authentic group of musicians who made some of the best R&B music of the '80s and '90s.

June 30

5:00 p.m. | Thump Gospel (As Michael Jackson)

With a lineup reading like a "who's who" of the local hip-hop, jazz and funk circuits, Thump Gospel arrived on the Capital Region scene earlier this year as a fully-formed force to be reckoned with.

6:30 p.m. | The Chronicles (As Earth, Wind and Fire)

For one night only, The Chronicles will pay tribute to funk soul legends, Earth, Wind, & Fire. Expect to see the band nearly double in size, bringing in some of the area's best vocalists, percussion and horn players. The band will chronify classics of EWF into an intoxicatingly uplifting set.

(No show on July 7)

July 14

5:00 p.m. | Hair of the Dog

One of the world's foremost Celtic rock bands, Hair Of The Dog has released ten wildly popular CDs including "At the Parting Glass", "Let It Flow", "Donegal" and "Liam Left the Lights On Again."

6:30 p.m. | Enter the Haggis

Since 1995, Enter The Haggis have led the charge among Celtic Folk Rock bands, delighting fans with their memorable performances, inspired song writing,

Continues on Page B19

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Hidden gardens of Troy

Now in its 17th year, the Hidden Garden Tour is a fundraiser to benefit Troy's Prospect Park held rain or shine on Thursday, May 26 from 4 to 7:30 p.m.

Photo by Tamara Hansen / The Sage Colleges



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COMING UP IN ALBANY

Bill Burr

Palace Theatre — Sunday, June, 5

ALBANY — Comedian Bill Burr is taking his act live and hitting the Albany Palace Theatre stage on Sunday, June 5.

Burr gained national notoriety for his recurring role on the second season of Chappelle's Show, and has since followed that success with regular appearances with Conan O'Brien and Jimmy Fallon.

For tickets and more information, visit the Albany Palace Theatre's website at palacealbany.com.

— Albany Palace Theatre



Bill Burr

...SCHENECTADY



Jared Freid

Jared Freid

Proctors Theatre — Saturday, May, 28

SCHENECTADY — Jared Freid is a New York City-based comedian and will headline "Pretty Much the Best Comedy Show" on Saturday, May 28 at Proctors Theatre.

Freid has been featured on Tru TV's "NFL Full Contact," MTV's "Failosophy," and more recently on AXS TV's "Gotham Comedy Live." He is also a writer for TotalFratMove, BroBible and HeTexted. Each week, you can find his columns on TotalFratMove.com and PostGradProblems.com.

For tickets and more information, visit the Proctors Theatre website at tickets.proctors.org.

— Proctors Theatre

...TROY

Jim Breuer

Troy Savings Bank Music Hall — Friday, Sept, 16

TROY — Named as one of Comedy Central's "100 Greatest Stand-Ups of All Time," Jim Breuer returns to the Troy Savings Bank Music Hall with all new stories and material on Friday, Sept. 16.

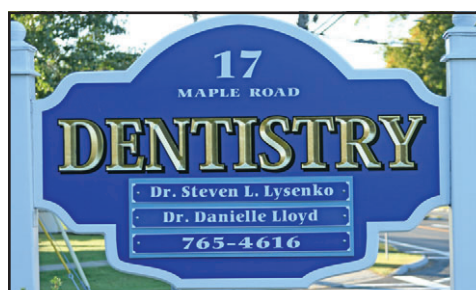
The Saturday Night Live alum is best known for his Goat Boy character, as well as his impression of actor Joe Pesci. He has also appeared regularly on NBC's Late Night with Conan O'Brien, and earned movie roles in "Dick," "One in the Life," and "Beer League."

Tickets go on sale today (Wednesday, May 25). Go to troymusichall.org for more information.

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Jim Breuer/Facebook



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From page B1 ... Belle of the brawl

We met at Guptill's for practices a couple of times a week, and within the next twelve months we had secured private practice space and organized our very first bout.

"We skated two home teams," Riley recalled. "The Department of Public Hurts versus the Skate-O-Masochists. We played in the Northern Lights parking lot in the dead of summer in August 2007; it had to be 95 degrees that day, our skaters walked away with literal road rash from taking falls on pavement."

Riley no longer skates due to a knee injury; now she coaches the team from the bench. "So many skaters come and go," she said, "but I can't seem to walk away. Roller derby is a huge time commitment and it's very demanding physically. It's just been such a huge part of my life

for the past ten years that I really don't know what I would do without it."

Team members say that there's a place for everyone to get involved. Not a skater? You're welcome to help with promotion or fund-raising activities. Skaters who prefer not to compete are welcome to sign up to officiate. Games, or bouts, require seven referees who skate around the outside of the track, keeping track of the scoring skater and monitoring specific sections of track to be sure that skaters are adhering to the rules of the game and penalizing those who don't. Each bout is composed of a series of "jams," in which two of five players are given special designations: jammer and pivot. The jammer, identified by a star worn on the helmet, scores points for their team, after rounding the track

once, every time they pass a skater on the opposing team. The pivot, identified by a stripe worn on the helmet, is the team leader and the only skater who can take over the jammer position during a jam. The remaining three players are called blockers and it is their job to prevent the other team's jammer from rounding the track and scoring points. The first jammer to round the track without incurring any penalties becomes the "lead jammer" and is then able to end the jam early (by repeatedly touching their hips), thus preventing the other team from scoring.

"Roller derby is unique in that you have both teams playing offense and defense at the same time," said Riley. "You don't often see that. Team members are trying to help their teammate get through the pack and score, while,

at the same time, they're trying to prevent the other team's jammer from scoring."

During the 2016 home season, the All Stars, or the "B" team, the Albany Brawl Stars have won seven of the eight games that they've played at The Armory in Albany. The first game of the season, on January 9, the Brawl Stars beat the Southshire Battle Cats by more than 200 points. The most recent Brawl Stars victory took place on May 14 and was preceded by a men's bout between Albany's Capital District Trauma Authority and the Toronto Outrage — the first co-ed, international bout played here in the Capital District. The Trauma Authority beat their Canadian counterparts 190-153, then the Brawl Stars schooled the Ladies' Death and Derby TitleTown Knockouts with a final score of 239-134.

Since 2006, thousands of derby tickets have been sold, and thousands of dollars have been donated to local charities. Albany's derby girls have donated more than \$2,000 this season alone,

to organizations such as: Food Not Bombs; Orange Street Cats, Girl Talk Inc.; Capital District Humane Association; Camp Belong, and others. At the bout on June 4, the team will be selling rainbow tanks and tees to benefit The Pride Center of the Capital Region.

That bout, which will be the final game of the season will take place at the Times Union Center and will be the first time the All Stars will face off against the Hellions of Troy, a splinter team that formed almost ten years ago. Currently, the

teams are separated in the Women's Flat Track Derby Association (WFTDA) rankings by only eight teams—this will be a grudge match not to miss. There will be live music by Diva and the Dirty Boys, a raffle and other activities. General admission to the event is \$15 and the doors open at 6 p.m., an hour before the first bout will begin. The first 200 people through the door will receive a free party of All Star shades, and a portion of the proceeds on Saturday will go to benefit the Food Pantries for the Capital District.



Heavy metal hangover

Rock n' Derby rocked the Schaghticoke Fairgrounds last weekend, with a three days of loud music, hard hitting demolition derby and slamming professional wrestling. Check next week's edition for pictures and review.

Jim Gilbert / NYSmusic.com

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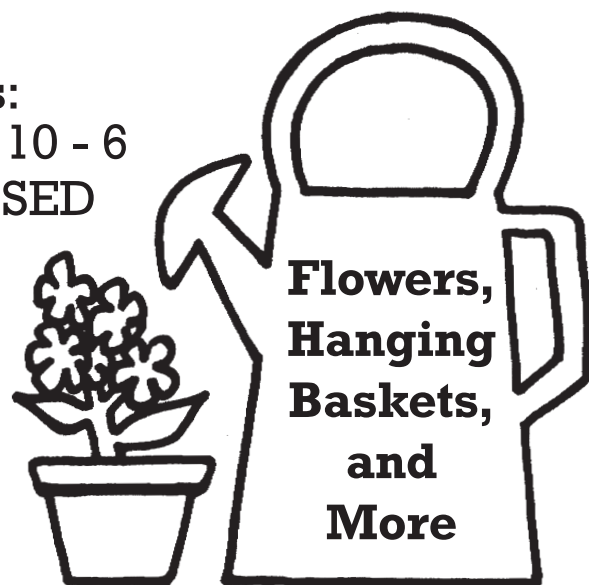
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Night & Day

Night: Separated At Birth

ALBANY— This extraordinary new rock band featuring Tony Perrino on vocals, piano phenom Jared Alpern, Tom Pirozzi on bass (Lucas Ruedy will be sitting in for this show) and Joey Rocco on drums, will be performing live at The Hollow Bar + Kitchen on Wednesday, May 25. Doors open at 8 p.m. Followed by concert at 8:30 p.m. Cover charge is \$10.

According to the band's biography on Reverbnation.com, it grew out of the unique musical partnership between veteran Hammond B-3 organ player, songwriter, and vocalist Tony Perrino, and electric guitar, Hammond organ, and piano phenom Jared Alpern. The pair released its first, full-length, self-titled album in 2013. A second album is reportedly in the works.

Perrino has a long and distinguished musical career, writing, recording and performing with nationally recognized artists including Delbert McClinton, Chuck D'Aloia, Toy Caldwell, and Blue Oyster Cult. He is



also the leader of Killer B, a trio which features his dynamic organ playing and heartfelt songwriting and vocals. Perrino is a fixture in the Capital District's music scene, where he records, produces and performs with some of the area's finest musical artists.

At just 19-years-old, Alpern has already performed with members of the Toler-Townsend, Gregg Allman, and Great Southern bands. His musical journey began when he started playing piano at age five. At the age of nine, Jared saw the Allman Brothers perform at SPAC and was inspired to pick up the guitar. Jared's innate improvisational ability, musicality, and stage presence became immediately apparent, and

he began sitting in with many of the Capital District's best blues and rock bands. Alpern has always loved the sound of the Hammond B-3 organ, and at age 12, he began to intensively study the instrument with Perrino, who quickly became Jared's musical mentor.

Pirozzi is best known as a co-founder, songwriter and bass player in the seminal 90s jam band, Ominous Seapod. He has performed and toured with national acts including Allman Brothers, Phish, and Moe.

Rocco began playing drums professionally in 1972. Ever since, he has worked in multiple

Separated
At Birth

8:00 p.m.

Wednesday, May 25

The Hollow Bar + Kitchen
79 North Pearl St., Albany

\$10 Cover

Submitted photo

capacities with numerous bands, including Fat and Bad with David Ward, The Rocco Brothers, the Bluz House Rockers, Loose Cannon Live, Cryin Out Loud, and the Out of Control Rhythm and Blues Band.

For more information about the band, visit its website at www.separatedatbirthmusic.com or reverbnation.com/separatedatbirth2. For additional details about the concert venue, visit thehollowalbany.com.

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Day: Insect Investigations

Sensory Play
Insect Investigation
10:00 a.m. to 11:30 a.m.
Thursday, May 26
CMOST
250 Jordan Rd., Troy
Free with admission

TROY— The Children's Museum of Science and Technology will be holding another installment of its weekly Sensory Play program on Thursday, May 26, from 10 to 11:30 a.m. in the GE Junior Discovery Room.

Each Sensory Play session provides parents and children with an opportunity to explore science and math concepts through sensory experiences and activities focusing on discovery and creativity. This week's theme, Insect

Investigation, features projects designed to strengthen fine motor and critical thinking skills, including stringing a honeycomb bracelet and navigating a bug through a rock maze.

The Sensory Play program is designed for children aged 2 to 6 and is free with museum admission. Pre-registration is not required to attend.

For more information about this week's and upcoming Sensory Play programs, call the museum at 235-2120 or visit its website at cmost.org.



Need a primer on the local music scene?

Gain access to several of our playlists and listen to the hottest artists playing around the Capital District today. Go to Soundcloud.com and look up "TheSpot518" for our profile.



CLUBS

9 Maple Avenue
9 Maple Ave., Saratoga Springs.
www.9mapleave.com
Fri: **Jim Wilson Quartet** | 9 p.m.
Sat: **Brian Patneau Quartet** | 9 p.m.

Arthur's Market
35 N. Ferry St., Schenectady. 382-1938
Wed: **Jim Connelly** | 7 p.m.
Every Thur: **Edith's Amazing Jam** | 6 p.m.
Sat: **The Ghents** | 7 p.m.

Athos
1814 Western Ave., Albany. 608-6400
Fri: **Mark Kleinhaut Duo** | 7 p.m.

Castle Street Café
10 Castle St., Great Barrington, Mass.
413-528-5244
Fri: **Francesca Tanksley Duo** | 8 p.m.
Sat: **Galen Clark's Subtonic Trio** | 8 p.m.

Caffe Lena
47 Phila St., Saratoga Springs. 225-0882
Wed: **Acoustic Blues Open Mic** | 7 p.m.
Fri: **Ashley Sofia** | 8 p.m.
Sat: **Red Haired Strangers** | 8 p.m.

Carney's Tavern
17 Main Street, Ballston Lake. 280-7959
Every Thur: **Matty Finn** | 6 p.m.
Fri: **Matty Finn** | 7 p.m.
Sat: **Duo** | 7:30 p.m.

City Beer Hall
42 Howard St., Albany. 449-2337
Every Sat: **90s Dance Party** | 11 p.m.

Club Helsinki
405 Columbia St., Hudson. 828-4800
or helsinki.hudson.com
Wed: **Aaron Dessner & Friends (Good Food fundraiser)** | 7 p.m.
Sat: **Deradoorian, Emily Ritz** | 9 p.m.

Emack & Bolio's
366 Delaware Ave., Albany. 512-5100
Fri: **Werther & Frederick** | 7 p.m.
Sat: **Luke Ryan & Don Ferber** | 7 p.m.

ARTS CALENDAR



Local folk

Regional roots rock/country band Red Haired Strangers plays Caffé Lena, 47 Phila St. in Saratoga Springs, Saturday, May 28, at 8 p.m. For more information, visit www.caffelena.org.

Sun: **Alan Durand Foster** | 7 p.m.
Every Tue: **Open Mic** | 7 p.m.

Fuze Box
12 Central Ave., Albany. 703-8937
Fri: **Body Shine #2: Tall Ass Matt, Kohl Modelo, Young Cashew, Social Lovers** | 9 p.m.
Sat: **Left Behind, Born Low, Gator King, Life's Not Fair** | 7 p.m.

Gaffney's
16 Caroline St., Saratoge Springs. 587-7359
Thur: **Woodstone** | 8 p.m.
Fri: **Rick Bolton and Jeff Walton** | 5 p.m. | **Rich Ortiz** | 9 p.m.
Sat: **Toga Boys** | 9 p.m.
Every Tue: **Open Mic with Ric Bolton** | 8 p.m.

Ginger Man
234 Western Ave., Albany. 427-5963
Fri: **Bert Pagano** | 8 p.m.

Grappa '72
818 Central Ave., Albany. 482-7200
Wed & Thur: **Hamilton Street Jazz Company** | 6:30 p.m.
Fri: **Esprit Lounge** | 6:30 p.m.

The Half Moon
48 S. Front St., Hudson.
thehalfmoonhudson.com
Fri: **Morgan O'Kane** | 8 p.m.
Sat: **Deadly Dragon Sound** | 9 p.m.

The Hollow Bar + Kitchen
79 N. Pearl St., Albany. 426-8550
Wed: **Separated at Birth** | 8:30 p.m.

The Happy Cappuccino
1 Crossgates Mall Rd, Albany, 313-7423
Fri: **Jeff Nania and Lecco Morris** | 3 p.m.

Hudson River Music Hall
10 Maple St., Hudson Falls. 832-3484
Wed: **Open Mic** | 7:30 p.m.

Lanie's Café
471 Albany-Shaker Rd, Loudonville, 438-5005
Wed: **Hot Club of Saratoga** | 6 p.m.

The Low Beat
335 Central Ave., 432-6572
Every Wed: **The Deadbeats** | 10 p.m. | \$5
Thur: **Factory Radio, Ferriday, Antecedent** | 8 p.m.
Fri: **Nixon's Spirit, Deadra, Society High, The Ameros, Val Weston** | 8 p.m.
Sat: **New Red Scare, Some Kind of Nightmare, The Lost Riots, Fort Rooster** | 8 p.m.

McGeary's
4 Clinton Square, Albany. 463-1455
Wed: **Best Damn Open Mic Ever with MotherJudge** | 7:30 p.m.

Moon & River Café
115 S. Ferry St., Schenectady. 377-5100
Wed: **Doug Chilton** | 7 p.m.
Thur: **Mike Kailas and John Serrao** | 7 p.m.
Fri: **Mike Kailas** | 7 p.m.
Sat: **Ryan Legere** | 7 p.m.
Every Sun: **Open Mic** | 7:30 p.m.

Mouzon House
1 York St., Saratoga Springs. 226-0014
Thur: **Hot Club of Saratoga Trio** | 7 p.m.
Sat: **Joe Gitto and Dan Wancyk** | 6:30 p.m.

Oh Bar
304 Lark St., Albany. 463-9004
Thur: **Karaoke** | 10 p.m.

Parish Public House
388 Broadway, Albany. 365-0444
Fri: **The Saturators, Way Down** | 8 p.m.

Continues on B8

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64						65					66			

- ACROSS**
- 1. Car accessory
 - 4. Convened
 - 7. Symbol over Spanish words
 - 12. Long, long time
 - 13. Formally surrender
 - 14. Bunk
 - 15. Officer,Àô's club
 - 17. Absurd
 - 18. Put down
 - 19. Harden
 - 21. Balloon filler
 - 22. Big name in hotels
 - 23. Edible vegetable oil of sorts (2 wds)
 - 27. "The magic word"
 - 31. Spotted, to Tweety
 - 32. Tiny openings
 - 34. Overthrow, e.g.
 - 35. Assent
 - 36. Not bold
 - 38. Bird-to-be
 - 39. Fort Knox unit
 - 42. Assured
 - 44. Back, in a way
 - 45. Stick out
 - 47. Especially
 - 49. Go through
 - 51. "So ___ me!"
 - 52. Come up with
 - 54. Come fly with me Singer
 - 58. Assumed name
 - 59. Sudden rash or action
 - 61. It's spotted in westerns
 - 62. Fly high
 - 63. Excursion
 - 64. Arcade coin
 - 65. "Sesame Street" watcher
 - 66. Appetite

- DOWN**
- 1. Switzerland's capital
 - 2. Beat badly
 - 3. Temper, as metal
 - 4. Lentil, e.g.
 - 5. "Much ___ About Nothing"
 - 6. Andrea Bocelli, for one
 - 7. Prickly plant
 - 8. Gadget used by some allergy sufferers
 - 9. Baker's unit
 - 10. Contradict
 - 11. Artist's asset
 - 12. Absorbed, as a cost
 - 13. Untapered cigar
 - 16. Hamper
 - 20. Bit of a draft
 - 23. Song of joy
 - 24. Cy Young, e.g.
 - 25. Western blue flag, e.g.
 - 26. Sprite flavor
 - 28. "He's ___ nowhere man" (Beatles lyric, 2 wds)
 - 29. Damp
 - 30. "Cogito ___ sum"
 - 31. Kid
 - 33. Fodder holder
 - 37. Dumber
 - 40. Golden
 - 41. Act of defiance or violation
 - 43. Cow
 - 46. "Dig in!"
 - 48. Visual compliment
 - 50. Thomas Jefferson, religiously
 - 52. History Muse
 - 53. Milieu for Lemieux
 - 54. Clash
 - 55. Bolted
 - 56. Archaeological site
 - 57. Death on the Nile cause, perhaps
 - 58. Appropriate
 - 60. ___ juice (milk)

Answers on Pg. B21

ARTS CALENDAR



Thrift store find

An unemployed waitress believes she has found a Jackson Pollack painting in a local thrift store in the new comedy-drama "Bakersfield Mist." Curtain Call Theatre in Latham presents the regional premiere of this play through June 11. For tickets and more information, call 877-7529 or visit www.curtaincalltheatre.com.

Submitted photo

Sat: **More of Myself to Kill, Outnumber the Living, Winter's Burden, Straight Through Sanity** | 8 p.m.

Pauly's Hotel

337 Central Ave., Albany.
paulyshotel.com
Mon: **Blues Jam** | 8 p.m.
Tue: **Acoustic Open Mic** | 7 p.m.

Platinum Pub

795 3rd Ave., Watervliet. 270-9907
Every Tue: **Open Mic**

Provence

Stuyvesant Plaza, 1475 Western Ave., Albany. 689-7777
Fri: **A3** | 7 p.m.
Sat: **Linda Harrison Trio** | 7 p.m.

Prime at Saratoga National

458 Union Ave., Saratoga Springs.
583-4653

Sun: **Joe Sorrentino Trio (Jazz brunch)** | 10:30 a.m.

Putnam Den

63a Putnam St., Saratoga Springs.
584-8066

Sat: **Better By Morning, The Racer, The Ameros** | 9:30 p.m.

Roux

10-01 Vista Blvd., Slingerlands. 487-4358
Fri: **Fresh** | 6 p.m.

Rustic Barn Pub

150 Speigletown Rd., Troy. 235-5858
Every Thur: **Open Mic** | 8 p.m.

Speakeasy 518

42 Howard St., Albany. 449-2332
Wed: **Chris Carballeira** | 8 p.m.

Fri: **Nate Giroux Trio** | 9 p.m.

Sat: **Phil Allen Trio** | 9 p.m.

Mon: **Joe Finn** | 9 p.m.

Tue: **Justin Henricks** | 8 p.m.

Spillin' the Beans

13 3rd St, Troy, 268-1028
Fri: **Keith Pray's Soul Jazz Revival** | 7 p.m.

Stockade Inn

1 North Church St., Schenectady.
346-3400

Thur: **Sonny and Perley** | 7 p.m.

Fri: **Bronte Roman** | 7 p.m.

Twisted Vine

384 Kenwood Ave., Delmar. 439-3241
Thur: **Mia Jazz Trio** | 7 p.m.

Upstate Concert Hall

1208 New York 146, Clifton Park. 371-0012 or upstateconcerthall.com

Wed: **Primal Fear,**

Luca Turilli's Rhapsody | 7 p.m.

Tue: **Eagles of Death Metal** | 7 p.m.

Waterworks Pub

76 Central Ave., Albany. 465-9079
Thur: **DJ Shawn Gillie** | 11 p.m.

Fri: **Karaoke** | 10 p.m.

Sat: **DJ David Barna** | 10 p.m.

Mon: **Karaoke** | 10 p.m.

Wishing Well Restaurant

745 Saratoga Rd, Wilton. 584-7640
Sat: **Rob Aronstein** | 6:30 p.m.

Yono's

25 Chapel St., Albany. 436-7747
Fri and Sat: **Hamilton Street Jazz Duo** | 6:30 p.m.

MUSIC

AndersonPonty Band

Original Yes lead vocalist Jon Anderson teams up with jazz fusion pioneer Jean-Luc Ponty to perform their music together. May 25, 7:30 p.m., The Egg, Empire State Plaza, Albany. Tickets: \$35 and \$45. Information: 473-1845 or www.theegg.org.

Don Hyman "Soul Man"

Performing songs made famous by the likes of Hank Williams, Ray Charles, Glen Campbell and more. May 27, 7 p.m., SOS, Hanover Square, 435 New Karner Road, Colonie. Tickets: \$5. Information: 452-6883.

The Defibulators

Brooklyn roots rock band kicks off the Made in the Shade of The Egg concert series. June 1, noon, Empire State Plaza Concourse, Albany. Free. Information: 473-1845 or www.theegg.org.

Matt Maguire

Pianist, singer and songwriter performs in a benefit concert for Nick's Fight to Be Healed Foundation. June 2, 7 p.m., Picotte Recital Hall, Massry Center for the Arts, 1002 Madison Ave., Albany. Tickets: advance \$20, day of show \$25. Information: fighttobehealed.org.

Musicians of Ma'alwyck

Performing Bach's Fifth Brandenburg Concerto, Manuel de Falla's Harpsichord concerto and Bohuslav Martinu's "La Revue de Cuisine." Featuring guest conductor and harpsichordist William Jon Gray. June 2, 7 p.m., First Reformed Church, 8 North Church St., Schenectady. Tickets: adults \$25, students \$10. Information: 377-3623 or www.musiciansofmaalwyck.org.

Lynyrd Skynyrd and

Peter Frampton

Two classic rockers from the 1970s touring together. June 3, 6:30 p.m., Times Union Center, 51 South Pearl St., Albany. Tickets: \$60.50 and \$75.50. Information: www.timesunioncenter-albany.com.

International Orange

Four-piece jazz group fuses American slide guitar with influences from India, Adrica and Brazil. Part of the Made in the Shade of The Egg concert series. June 8, noon, Empire State Plaza Concourse, Albany. Free. Information: 473-1845 or www.theegg.org.

Bela Fleck & The Flecktones

Innovative jazz/bluegrass/funk quartet returns after a four-year hiatus. June 8, 7:30 p.m., The Egg, Empire State Plaza, Albany. Tickets: \$44.50-\$59.50. Information: 473-1845 or www.theegg.org.

Film and Concert to Celebrate the Late Lee Shaw

Special tribute to the late jazz pianist on the anniversary of her 90th birthday, including a screening of the documentary "Lee's 88 Keys," followed by a performance featuring her long-time band members Rich Syracuse and Jeff Siegel, with special guest Nick Hetko. June 10, 7 p.m., The Linda: WAMC's Performing Arts Studio, 339 Central Ave., Albany. Tickets: general admission \$20, VIP tickets (including pre-show mixer and refreshments) \$30. Information: 465-5233 or thelinda.org.

Jesse Terry

Americana singer-songwriter. June 10, 7 p.m., Caffé Lena at The Grove, 233 Lake Ave., Saratoga Springs. Tickets: adults \$16-18, children and students \$8-9. Information: www.caffelena.org.

James Hearne

Alt-country musician. June 10, 8 p.m., Chatham Brewing, 59 Main St., Chatham. Free. Information: 697-0202 or www.chathambrewing.com.

Richard Thompson

British folk legend and guitar hero. June 10, 8 p.m., The Egg, Empire State Plaza, Albany. Tickets: \$39.50. Information: 473-1845 or www.theegg.org.

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ARTS CALENDAR

Yehonatan Berick and cellist Yehuda Hanani perform some of the most daring works of the 20th century. June 11, 6 p.m., Mahaiwe Performing Arts Center, 14 Castle St., Great Barrington, Mass. Tickets: \$30 and \$50. Information: www.mahaiwe.org.

THEATRE

Bakersfield Mist

A new comedy-drama about an unemployed waitress who's convinced she bought a Jackson Pollock painting from a thrift store. Presented by Curtain Call Theatre, 210 Old Loudon Road, Latham, through June 11. Shows: Thursdays 7:30 p.m., Fridays and Saturdays 8 p.m., Sundays 3 p.m. Tickets: \$24. Information: 877-7529 or www.curtaincalltheatre.com.

My Fair Lady

Lerner and Lowe's famous musical about a professor of phonetics who attempts to transform a flower seller into a proper lady, but winds up being transformed in the process. Presented by Mac-Haydn Theatre, 1925 NY-203, Chatham. Tickets: evenings \$34, matinees \$31, children under 12 \$14. Information: 392-9292 or www.machaydntheatre.org.

COMEDY

MopCo

Presenting "Improvapalooza," featuring the region's top up-and-coming comedians and improv groups performing with MopCo. Fridays through June 10, 8 p.m., Proctors Underground, 432 State St., Schenectady. Tickets: \$14. Information: 346-6204 or www.proctors.org.

The Funny Bone

Red Grant headlines, May 26-29. Shows: Thursday 7:30 p.m., Friday 7:30 and 10 p.m., Saturday 7 and 10 p.m., Sunday 7 p.m. Crossgates Mall, Western Avenue, Guilderland. Information: 313-7484 or Albany.funnybone.com.

The Comedy Works — Saratoga

Noah Gardenswartz headlines, May 26-28. Shows: Thursday and Friday, 8 p.m., Saturday 7:30 and 9:30 p.m. 388 Broadway, Saratoga Springs. Information: 275-6897 or thecomedyworks.com.

Pretty Much the Best Comedy Show

Jared Freid headlines this month's show. May 28, 8 p.m., Proctors, 432 State St., Schenectady. Tickets: \$15 in advance, \$20 day of show. Information: 346-6204 or www.proctors.org.

Bill Burr

Famous comedian and actor. June 5, 7 p.m., Palace Theatre, 19 Clinton Ave., Albany. Tickets: \$25-\$75. Information: palacealbany.com.

Chris Hardwick

Comedian, TV star and founder of Nerdist.com brings his latest stand-up tour to town. June 9, 7 p.m., The Egg, Empire State Plaza, Albany. Tickets: \$39.50. Information: 473-1845 or www.theegg.org.

Pretty Much the Best Comedy Show at the REP

Acclaimed comedians Nick Vatterott and Amber Nelson star. June 11, 8 p.m., Capital Repertory Theatre, 111 North Pearl St., Albany. Tickets: advance \$15, day of show \$20. Information: 346-6204 or www.proctors.org.

DANCE

Merritt Dance Center

Proudly presenting its students on

stage. June 4, 6 p.m., Proctors, 432 State St., Schenectady. Tickets: \$18. Information: 346-6204 or www.proctors.org.

The Dance Department

Presenting "Fire Under My Feet" and featuring dancers of all ages. June 5, 2 p.m., Proctors, 432 State St., Schenectady. Tickets: adults \$19.50, children \$5.50. Information: 346-6204 or www.proctors.org.

Barbara's 41st

Dance Production

Local dance school performs. June 10, 7 p.m., Proctors, 432 State St., Schenectady. Tickets: adults \$18.50, children 5 and under \$2.50. Information: 346-6204 or www.proctors.org.

Myers Annual Dance Concert

Featuring guest artists from Northeast Ballet Company, under the artistic direction of Darlene Myers. June 11, 7:30 p.m., Proctors, 432 State St., Schenectady. Tickets: \$30.50. Information: 346-6204 or www.proctors.org.

FAMILY/YOUTH

Neighborhood walk

Join Albany Pine Bush Discovery Center naturalists for a guided walk in the Pine Bush Preserve. June 4, 8:30 a.m., Albany Pine Bush Discovery Center, 195 New Karner Road, Colonie. Free; registration required. Information: 456-0655 or www.AlbanyPineBush.org/events.

Learn 10 ... Wildflowers

Pine Bush botanist Jesse Hoffman will guide participants in a beginner's course on how to identify 10 native wildflower species through the use of keys, guides and their senses. June 5, 1 p.m., Albany Pine Bush Discovery Center, 195 New Karner Road, Colonie. Cost: \$3 per person, \$5 per family, children under 5 free. Information: 456-0655 or www.AlbanyPineBush.org/events.

Antlions: Ferocious Creatures in the Sand

Discover the world of antlions, a unique insect in the Pine Bush. June 11, 11 a.m., Albany Pine Bush Discovery Center, 195 New Karner Road, Colonie. Cost: \$3 per person, \$5 per family, children under 5 free. Information: 456-0655 or www.AlbanyPineBush.org/events.

FILM

The Big Sleep

Famous film noir starring Humphrey Bogart and Lauren Bacall. May 28, 7 p.m., Mahaiwe Performing Arts Center, 14 Castle St., Great Barrington, Mass. Tickets: \$7. Information: www.mahaiwe.org.

The Aogiri — Phoenix Tree

Movie based on the true life story of a Hiroshima bombing victim and the life she led after. Presented by Bethlehem Neighbors for Peace, Upper Hudson Peace Action and Women Against War. June 1, 6 p.m., Albany Public Library—Delaware Branch, 331 Delaware Ave., Albany. Free. Information: 466-1192.

Berkshire International Film Festival

Featuring screenings of "The Music of Strangers: Yo Yo Ma & the Silk Road Ensemble" (June 2, 7 p.m.), "Art and Heart, the World of Isaiah Sheffer" (June 4, 10:30 a.m.), "Year by the Sea" (June 4, 12:30 p.m.), Silent Running (June 4, 4 p.m.), a Bruce Dern tribute including the movie "Nebraska" (June 4, 7 p.m.), a Kid Flick Mix (June 5, 9:30 a.m.), "Becoming

Mike Nichols" (June 5, 11 a.m.), "Racing Extinction" (June 5, 1 p.m.), "How to Let Go of the World and Love All the Things Climate Can't Change" (June 5, 3 p.m.) and DePalma (June 5, 7 p.m.); Mahaiwe Performing Arts Center, 14 Castle St., Great Barrington, Mass. Information: www.mahaiwe.org.

Food for Thought: 'Minimalism'

Documentary about how some people simplify their lives by doing more with less. June 16, 7 p.m., The Linda: WAMC's Performing Arts Studio, 339 Central Ave., Albany. Information: 465-5233 or thelinda.org.

LITERARY

Kara Storti

Author with regional roots reads from her debut novel, "Tripping Black Blue." May 26, 6 p.m., Northshire Bookstore, 424 Broadway, Saratoga Springs. Information: 682-4200 or www.northshire.com.

Joe Klein

The Osher Lifelong Learning Institute presents author Joe Klein in "How on Earth Did We Get Here? The Chaotic Politics of 2016." May 27, 6 p.m., Mahaiwe Performing Arts Center, 14 Castle St., Great Barrington, Mass. Information: www.mahaiwe.org.

Maggie Stiefvater

Young adult novelist presents "The Raven King," the fourth book in her "Raven Cycle." May 28, 5 p.m., Northshire Bookstore, 424 Broadway, Saratoga Springs. Information: 682-4200 or www.northshire.com.

Continues on B10



Faculty art on display

The College of Saint Rose showcases the talent it has among its teachers with "The Art and Design Faculty Show." The exhibit opens Friday, June 3, in the Esther Massry Gallery on the Saint Rose campus (1002 Madison Ave., Albany).

Submitted photo

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ANTECEDENT

FRIDAY, MAY 27:
8 PM NIXON'S SPIRIT/DEADRA
SOCIETY HIGH/THE
AMEROS/VAL WESTON

SATURDAY, MAY 28:
8 PM NEW RED SCARE
SOME KIND OF NIGHTMARE
THE LOST RIOTS
FORT ROOSTER

FRIDAY, JUNE 3:
4 PM EVERY FIRST FRIDAY
DISCO FUNK HAPPY HOUR
LOVE PORT
8 PM THE OTHER BROTHERS
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**Thursday, June 2 @ 6 pm
Unreserved Real Estate Auction**

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We have been commissioned to sell the following Real Estate to help settle the Estate of Joanne DeSilva

This Bungalow style home is in a nice residential neighborhood very close to I-87. Woollard Ave. is located off Central Ave., just a few blocks west of the Northway.

Most homes in the neighborhood are of the same style and the neighborhood is quiet and peaceful despite being close to a busy commercial district with restaurants and shopping.

The house itself features two bedrooms, a kitchen, dining and living rooms, bath and utility areas.

It is vinyl sided, sits on a 0.14 acre lot and has a 1 1/2 car garage with black-topped drive. The inside of the home is in need of renovation, but you have excellent "bones" to work with and it is ideally located.

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Open Houses: Thursdays – May 19 and 26th – 2:30 until 5pm both days, and Auction day from 2:30 until Auction time.

Terms: \$10,000 Deposit the day of the Auction by Cash or Check, the balance is due in closing in about 30 days. A 10% Buyer Premium will be added to the high bid and become part of the purchase price.



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ARTS CALENDAR

Walt Whitman

Birthday Commemoration

Poets and other citizens will celebrate the birthday of the quintessential American poet by reading "Song of Myself." Sponsored by the Poetry Motel Foundation and the Hudson Valley Writers Guild. May 31, 6 p.m., Robert Burns statue, Washington Park, Albany. Information: www.hvwg.org.

Joseph Bruchac

Author of "Brothers of the Buffalo: A Novel of the Red River War." June 4, 6 p.m., Northshire Bookstore, 424 Broadway, Saratoga Springs. Information: 682-4200 or www.northshire.com.

Teri Dunn Chace

Author of "Seeing Seeds: A Journey into the World of Seedheads" will sign copies of her book. June 5, 11 a.m., The Open Door Bookstore & Gift Gallery, 128 Jay St., Schenectady. Information: 346-2719.

Nathaniel Philbrick

Author of "Valiant Ambition: George Washington, Benedict Arnold, and the Fate of the American Revolution" talks with Steve Sheinkin, author of "The Notorious Benedict Arnold." June 6, 6 p.m., Northshire Bookstore, 424 Broadway, Saratoga Springs. Tickets: \$5. Information: 682-4200 or www.northshire.com.

EDUCATION

Gallery Talks

Enjoy a docent-led tour of the museum's exhibitions. Saturdays and Sundays, 1 p.m. (Schedule subject to change, please call to confirm.) Albany Institute of History and Art, 125 Washington Ave., Albany. Info: 463-4478 or membership@albanyinstitute.org.

MISCELLANEOUS

Friday Walk and Talk

Join Albany Pine Bush Discovery Center naturalists on a 1.2-mile hike at Kings Road Barrens. Adults only. June 3, noon, Albany Pine Bush Discovery Center, 195 New Karner Road, Colonie. Free; registration required. Information: 456-0655 or www.AlbanyPineBush.org/events.

Block Busting: How to Break Through the Barriers that Keep You from Writing

A one-day workshop hosted by the Hudson Valley Writers Guild and led by novelist and poet Julie Lomoe. June 4, 1 p.m., East Greenbush Community Library, 10 Community Way, East Greenbush. Free. Information: 477-7476 or www.eastgreenbushlibrary.org.

Celtic Heritage Day

Featuring food, beer, Celtic dancers, storytelling, kids activities, a craft fair and live music from Dublin Train Wreck, Washington County Line, Triskele and The Keeners. June 11, noon, Mabee Farm Historic Site, 1100 Main St. (Route 55), Rotterdam Junction. Cost: \$10 per car. Information: schenectadyhistorical.org/celtic.

Geeks Who Drink

A quiz show with eight rounds of eight questions each, including a music round, an audio round and a picture round. Free to play, with prizes for the top two teams and bonus prizes throughout the game. Sundays, 7 p.m., Lionheart Pub, 448 Madison Ave., Albany.

Color Between Wines

Adult coloring program. Library supplies the art materials, but adults must

bring their own beverages. Wednesdays, 5 p.m., Brunswick Community Library, 4118 State Highway 2, Troy. Information: 279-4023.

Family Fun Ceramics

Weekly 90-minute class taught by Catie Singer on Sundays, 2 p.m., Schenectady Jewish Community Center, 2565 Balltown Road, Niskayuna. Cost: members \$8, guests \$12; all materials are included. Information: 377-8803 or www.schenectadyjcc.org.

Weekly ceramics

Two-hour Thursday class taught by Chris Singer, 1 to 3 p.m., Schenectady Jewish Community Center, 2565 Balltown Road, Niskayuna. Cost: members \$8, guests \$12; all materials are included. Information: 377-8803 or www.schenectadyjcc.org.

One Big Roof

Weekly classes include Gentle Yoga (Monday, 8:30 a.m.), Meditation in Motion Yoga (Monday, 5:30 p.m.), Saratoga Stress Reduction Program (Tuesday, 5:15 p.m. and Saturday, 8:30 a.m.), Tai Chi (Tuesday, 7 p.m.), Deepening your Practice/Embodyoga (Wednesday, 8:30 a.m.), Yoga for Beginners (Wednesday, 10:30 a.m.), Health-preserving Qigong (Wednesday, 7 p.m.), Syneration Physical Therapy (Wednesday, 5 p.m.), Candlelight Yoga (Thursday, 6:30 p.m.) and dharma Meditation (Sunday, 9 a.m.). 538 Maple Ave., Saratoga Springs. Information: www.oneroofsaratoga.com.

EXHIBITS

Albany Center Gallery

"Mohawk Hudson Regional Invitational," featuring works by Fern Apfel,

Jess Ayotte, Roger Bisbing and Thomas Huber, through June 12. 39 Columbia St., Albany. Information: 462-4775 or www.albanycentergallery.org.

Albany Institute of History and Art

"Masterworks: 225 Years of Collecting," through Sept. 4; plus "A Gather of Glass: Selections from the Museum's Collection," "Ancient Egypt" and more. 125 Washington Ave., Albany. Info: 463-4478 or www.albanyinstitute.org.

Arts Center of the Capital Region

"Fence Show 2016," through June 26. 265 River St., Troy. Information: 273-0552 or www.artscenteronline.org.

Esther Massry Gallery

"The Art and Design Faculty Show," June 3 through July 31. Opening reception: June 3, 5 p.m. Massry Center for the Arts, The College of Saint Rose, 1002 Madison Ave., Albany. Information: 485-3902 or email Jeanne Flanagan, gallery director, at flanagan@strose.edu.

The Hyde Collection

"Christo & Jeanne-Claude: The Tom Golden Collection," featuring 123 original drawings, sculptures, collages and photographs of the two world-renowned artists, through June 26; "Camp Iris," a site-specific, interactive work by Victoria Palermo, May 28 through Labor Day. 161 Warren St., Glens Falls. Information: 792-1761 or www.hydecollection.org.

The Laffer Gallery

"Two Winters," featuring works by Harry Orluk, through May 29. 96 Broad St., Schuylerville. Information: www.thelaffergallery.com.

miSci

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

National Museum of Dance

"The Dancing Athlete," an exhibit that explores the connection between dance and sports; "Gen," a life-sized sculpture of former New York City Ballet principal dancer Gen Horiuchi; plus "A Tribute to Dancers in Film," "Making Art Dance" and "2015 Hall of Fame Inductees Mark Morris and Rudolf Nureyev." 99 South Broadway, Saratoga Springs. Information: 584-2225 or www.dancemuseum.org.

New York State Museum

"REPRESENT: Contemporary Native American Art," through July 3; "Imaging the American West: Selections from the Metropolitan Museum of Art," through July 17; "St. Paul's Chapel: A Place of Refuge," through Aug. 21. Empire State Plaza, 222 Madison Ave., Albany. Info: 474-5877 or www.nysm.nysed.gov.

Saratoga Clay Arts Center

"Clay to Bronze," featuring works by Ed Smith, through June 5. 167 Hayes Road, Schuylerville. Information: saratogaclayarts.org.

Sorelle Gallery

"Summertime," a solo exhibition featuring Megan Ruch, through June 1. Stuyvesant Plaza, 1475 Western Ave., Albany. Opening reception: May 13, 5 p.m. Information: 482-2000 or www.sorellegallery.com.

Tang Teaching Museum

"Alma Thomas," a collection of artwork spanning her career, through June 5; "Borrowed Light: Selections from the Jack Shear Gift," through Aug. 14; "Eleva-

tor Music 30: Critter & Guitari," where visitors are invited to play unique musical instruments designed by Critter and Guitari in the museum's elevator, through June 5; and "Liz Collins — Energy Field," through May 31. Skidmore College, 815 North Broadway, Saratoga Springs. Information: tang.skidmore.edu.

Union College

"Slippery Slope by Georgie Friedman," Peter Irving Wold Center, College Atrium, second floor, through Nov. 30. Information: 388-6318 or www.union.edu/gallery.

CALL FOR ARTISTS

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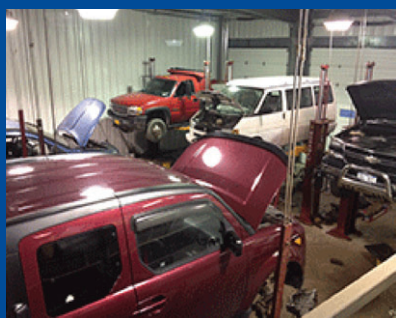
Seeking artists for its annual Strawberry Fest & Art Show, which will be held Saturday, June 18. Individual artist fee is \$30. The fee is waived for students. Registration forms and information: Madelyn Thorne, 727-6689 or www.upperunionstreet.com.

Schenectady Civic Players

Holding open auditions for its production of "Rapture, Blister, Burn" by Gina Gionfriddo. Roles for two men and three women. June 7 and 9, 7:30 p.m., Schenectady Civic Playhouse, 12 South Church St., Schenectady. Information: 382-2081 or www.civicplayers.org.

Thursday Musical Club

All women's chorus seeks new members. Rehearsals are 9:30-11:30 a.m. at First United Methodist Church in Schenectady. Information: Juli Panke, 370-5434.



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FITNESS

Don't get shaken by dietary smoothies

You still need to read the package before you buy that shake or smoothie

By DAN ROMAND
news@spotlightnews.com

One of the most common questions asked of me is about protein shakes or smoothies: "Should I be drinking them?" Unless you've been living under a rock the past couple of years, no doubt you've read about protein shakes and smoothies, and their benefits. If not, here are some benefits and reasons to jump on the protein shake bandwagon.

- 1. Protein shakes will help you recover faster after a workout. The ideal time to consume one is within 30-45 minutes post workout.
 - 2. They can help to increase your percentage of lean muscle.
 - 3. Protein shakes can act as a healthy alternative for a meal, but they shouldn't be used to replace all your meals.
- Protein shakes come in all shapes, sizes and flavors (and yes, costs).

Costs vary widely ranging from as low as \$10 for a

month's supply to as much as \$200. The less expensive ones are often made from low quality protein and contain fillers. Then, there are the pre-made cans and bottles you find over the counter. These pre-made shakes are nothing more than disguised milkshakes, loaded with sugar, fillers and low quality protein that don't deliver on what the body needs. The most expensive ones, while of much better quality, often are overpriced to cover the commission of the person selling it.

So what should you look for?

- ▶ Do the math. For starters, look for something that is as close to 100 percent whey as you can get. An easy way to figure out how much of it is filler is to compare the calories to the grams of protein per serving. A gram of protein is four calories. If the product touts 25 grams of protein per serving then the calories should be 100. Anything above that is usually a filler of some sort. Note, most products have some extras in them, but you want to minimize it as best you can.
- ▶ Watch the front labels. You'll see things like low carb, low sugar, low sodium, and low fat used as marketing gimmicks. The truth is whey powder in general is ALL of those things. Just because it doesn't say it on the label doesn't mean it isn't. In fact a common trick I've seen is to use the term "LOWER". All that means is that it is lower in X than the company's other product.
- ▶ Look at the ingredients list. If you see a bunch of

Continues on Page B21



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Answers on Pg. B21

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■ CAPITAL DISTRICT BUSINESS

Practical know-how pays off

College students across region team with outside world to create imaginative tools of labor

By **MICHAEL HALLISEY**

halliseym@spotlightnews.com

SCHENECTADY — College students from across the region recently showcased the fruits of their applied knowledge, working closely with local businesses to construct practical tools to be used in the workforce.

New York State Industries for the Disabled, Inc. (NYSID) recently hosted its second CREATE Symposium to showcase prototypes of technology inventions designed to increase productivity and improve the livelihoods of

New Yorkers with disabilities.

CREATE (Cultivating Resources for Employment with Assistive TEchnology) is an initiative sponsored by NYSID that gives university engineering students the opportunity to work closely with rehabilitation agencies to develop assistive technologies. These inventions enhance work opportunities for New Yorkers with disabilities and improve workflow, while providing applied engineering experience to students.

Teams comprised of students, professors and the member agencies they each collaborated with, showcased their inventions last month for all to see.

"It's been a joy," said Union College professor James Hedrick. "A lot of work, for me and the students. And, we're not done yet. Because, we have a prototype for this

Students from the City College of New York go over the details of their team's mobile app. They were just one of several teams at last month's CREATE.

Submitted photo



term. But, the three of us have vowed to actually to get stuff installed and working in the greenhouse."

Participating colleges, NYSID member agencies and CREATE inventions include:

► Union College developed projects to help workers locally at Schenectady Arc's Maple Ridge greenhouse.

► Alfred State College students developed a machine that helps workers with disabilities roll an instruction package insert into a very tight roll for a

specific contract. The technology should improve productivity, reduce material costs and alleviate workers' stress.

► Three teams from the City College of New York developed applications that assist people on the autism spectrum. They each worked in conjunction with Goodwill Industries. One team developed the curaWatch, an Android smartwatch app that helps individuals keep track of job requirements, chores and even exercise routines. The QRNavigation team

Continues on Page B22

Please TAKE NOTE of our Memorial Day Week Early Deadlines

JUNE 1, 2016 ISSUE

Proof Advertising

WED., 5/25 at Noon

[B-Section/The Spot: TUES, 5/24 at Noon]

Services Directory Advertising

TUES., 5/24 at 2 p.m.

Classified Advertising

WED., 5/25 at 4 p.m.

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THURS., 5/26 at 10 a.m.

Display Advertising

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■ RESTAURANT REVIEW

Taking on The Bull

By ELIZABETH SCHAEFER

news@spotlightnews.com

After hearing from a co-worker about a hidden away barbecue place that is a must try, my friend and I set out to investigate. We brought along our boyfriends, because they both heard the word barbecue and insisted on taking part. We actually had to look up the

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name based on the address, because all we knew was that it was on Wade Road. We soon discovered that The Bull and Barrel Smokehouse Grill was our destination for the night, and it is actually located where the short lived Grape and Growler originally set up shop.

We made reservations, which we may or may not have needed to do, but I am always more comfortable planning ahead. It certainly has a “local” look from the outside but when you walk inside, the decor no longer matters because the smell is outrageously delicious.

We were seated quickly, and handed both the food menu and the beer menu.

The beer menu was nearly the size of the food menu, so my boyfriend decided to do a flight, which for \$9 gave you four good size glasses. They also offered a surprising variety of hard ciders (one our go to’s), so my friend chose the locally brewed Nine Pin, and I went with the 1911 (which is also a New York brew). The drinks arrived fairly quickly, and we had all checked out the menu online in advance, so pretty much knew what we wanted. We ordered the Smokey BBQ Nachos to start, and placed our entrée orders at the same time.

The nachos arrived quickly, and the smell alone made us want to dive in. The smokey flavor resonated throughout, but it was not over-powering. The serving size, however, was massive, and our entrees arrived quickly so we did not have time to even make a sizeable dent in them.

Prior to placing my order, I couldn’t decide on which side to order. There were so many options. I asked our server her opinion between two items and she gave

me a quick firm answer, which means a lot, as it shows the servers actually know (and like the food).

I chose the smoked prime rib sandwich, which featured caramelized onions, cheddar cheese and a maple horseradish sauce, with a side of waffle fries. It also came with a side of au jus for dipping, which was a major added bonus. When it arrived, the sandwich was exactly as described, and it was served piping hot, which is really important to me. The actual sandwich was massive, easily could have served two people. I cut one of my halves into an additional half to make it easier to dig in, and the ease with which it was sliced proved just how tender the meat was. My first bite sold me, and I actually had to pace myself. The meat was juicy, the cheese hot and plentiful, and the horseradish sauce had just enough spice that it was tasty but not over powering. The waffle fries were good, but after seeing everyone else’s side, I might be a bit more “brave” and pick one of the other options next time. My friend had the exact same sandwich, but had mac and cheese as her side, which she promptly declared as “amazing”. It was not a small serving as a side either, it was a good sized crock style bowl.

Both guys ordered the brisket platter, and neither of them left any to spare at the end, so that clearly shows they highly enjoyed their meals. They each chose different sides (their meals came with two), and the baked beans, and red beans and rice ranked as their favorites.

When we were finished with our meal,

Continues on Page 22



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Food & Vino

Memorial Day dishes

By ANN LINDA CIOTOLI
news@spotlightnews.com

CULINARY ARTS

Potatoes with Parmesan & Roasted Garlic

Ingredients — serves eight

6-7 large red potatoes
5-6 garlic cloves peeled and minced
1 tsp. of a mix of any or all of these dried seasonings - basil, rosemary (crushed), thyme, and oregano
Sea salt and fresh ground black pepper
1/2 cup butter (cubed)
1/4 cup Parmesan cheese
Olive oil

Preparation

Brush both sides of a cast iron skillet with olive oil. If you do not have a cast iron skillet, you can use a glass dish. Use a sharp knife to slice the potatoes into desired thickness. Arrange vertically and loosely in the skillet or glass dish. Sprinkle with garlic, and salt and pepper. Dot with butter and cover the skillet or dish with foil. Bake in a 375° oven for about one hour or until tender. Remove foil and sprinkle with parmesan cheese. Put back in the

oven uncovered, and bake until crispy (about 20 minutes).

Bow Tie Pasta with Roasted Tomatoes & Arugula Pesto

Ingredients — serves eight

1 lb. Bow Tie pasta (Farfalle)
8 oz. fresh mozzarella (cherry tomato size, water packed, and drained)
8 oz. grapes tomatoes, roasted in a 375° oven with olive oil and salt, until they burst) If you do not want to roast your tomatoes, just cut them in half and add to pasta
Bunch of arugula
Zest of one lemon
3 cloves of garlic
1/2 - 3/4 cup Parmesan or Romano cheese, or a mixture of both
1/2 cup pignoli nuts (pine nuts)
Olive oil

Preparation

Cook the pasta in salted boiling water until the desired tenderness. Save one cup of the pasta water to use if the pesto is hard to incorporate

with the pasta. In a food processor combine arugula, zest of lemon, 3 cloves of garlic and the pine nuts. Process and drizzle the olive oil in slowly. Add Parmesan/Romano and pulse again until the desired fineness and the pesto is smooth. Combine pasta and pesto (use pasta water a little at a time if needed to work the pesto through all the pasta). Toss with tomatoes and serve. You can also serve room temperature, or chilled.

Mexican Street Corn Salad

Ingredients — serves six

4 cups either fresh corn off the cob or frozen, thawed and drained
1 1/2 Tbs. olive oil
salt to taste
1/3 cup chopped red or green onion
1/3 cup fresh cilantro, chopped
1 jalapeno pepper, stemmed, seeded, and chopped fine
1 clove garlic, minced
3 Tbs. mayonnaise
Fresh lime juice

Continues on Page B22



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From page B3 ... Albany's mid-week escape

musical proficiency and high quality recordings.

July 21

5:00 p.m. | The Titanics

After recording a series of ambient pop demos in a shed on his parents property Mark Lombardo turned many heads in the local music scene. Titanics offers a fresh and peaceful sound through the use of synthesizers, electronic beats and warm pads.

6:30 p.m. | Bloc Party

Bloc Party are a four-piece from London who specialize in spiky, anthemic, danceable rock music and who have defined themselves as one of the UK's most loved musical exports. Bloc Party's new album HYMNS is a rebirth for the band.

July 28

5:00 p.m. | Skeeter Creek

From the Adirondack Mountains of upstate New York, Skeeter Creek has become much more than a band – it's a way of life for these talented, professional musicians.

6:30 p.m. | LOCASH

It's an exciting time to be LOCASH these days.

Preston Brust and Chris Lucas have enjoyed hit singles, sold-out concert appearances here and abroad, and have tasted the top of the chart as two of Nashville's quickest-rising songwriters. LOCASH have performed on the Today Show and Jimmy Kimmel Live!

August 4

5:00 p.m. | Tumbleweed Highway

Deeply rooted in tradition with a present day flavor, Tumbleweed Highway coins their sound "American Rock n Roll."

6:30 p.m. | Molly Hatchet

Molly Hatchet's self-titled debut album was released on Epic Records in 1978, and reached multi-platinum status as the band toured with such bands as Aerosmith, Bob Seger, The Rolling Stones and many more. In 1979, "Flirtin' With Disaster" was released and history was in the making.

Volunteers are still needed for the events. Please contact organizers at 434-2032 if interested.

During each event, there will be special ground rules in effect at the park: No alcoholic beverages, coolers, backpacks, bags, containers, packages, thermoses, cups, bottles, cans, flasks, glass containers of any kind, recording of performances, animals or pets (excluding ADA-defined service animals). All City of Albany parks are now tobacco-free. Security personnel reserve the right to inspect any bag, container or package and confiscate any prohibited or illegal items. Any type of recording of

the performance or presentation is prohibited without prior written consent. All attendees should be prepared to present age identification at any time if they intend to consume alcohol. Ground rules are subject to change without notice; exceptions made for medical or child care reasons may be addressed individually.

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From page B11 ...

Shaken by dietary smoothies

► Look at the ingredients list. If you see a bunch of stuff you can't pronounce, don't buy it. While you can buy 100 percent pure whey, it is flavorless and tastes like chalk. Most of the commercial grade powders will have some other ingredients, but look for the least number of ingredients you can. Most of the good ones I've tried have no more than five or six ingredients.

► Watch out for the organic label. Often some companies will push a particular protein powder as "organic." Yes, they may be organic, but I know of one that has four different types of sugars — also organic. Organic does not necessarily equal healthy.

► Find a flavor you like. Often, that's the hardest part. Vanilla and chocolate are the most popular flavors,

but there is a wide variety of offerings out there. My personal favorite is salted caramel, and I enjoy it mixed in my coffee. Who needs those \$6 frappuccinos when you can enjoy something healthy, and for a fraction of the cost, all while getting the benefit of extra protein?

► Try a few different powders until you find one you like. No two brands are the same. Ask for samples so you don't buy huge canisters without knowing if you'll like it. It's not just about taste. Look for a texture you like (some are chalky), and see how well it mixes into your drinks. One piece of advice: get a cheap blender. Shaker cups are great in a pinch, but often leave clumps no matter how hard you shake it.

► Watch the packaging. A common trick in the industry is to package the protein in large containers. You figure you're getting more for your money by purchasing a larger container. But, look at the package and read how many servings is contained inside. Don't be surprised if that large package is half air.

► Focus on cost per serving. As mentioned earlier, costs vary widely. If something is cheap per serving, most likely you are getting what you pay for. If it is extremely expensive per serving, then often you are paying to cover the commission of the person selling it. A rule of thumb I use, look for something between \$1-2 per serving. In general I've found those less than \$1 per serving have a bunch of fillers in them and those more than \$2 per serving are overpriced. Always choose quality over quantity and do some research on the company making the product.

While it is much better to get your protein from meats, nuts and other foods, for those that struggle to get enough protein in their diets powders, can be an excellent alternative. Again, focus on quality over quantity and cost. When you find something you like stick to it.

Dan Romand is co-owner and operator of Full Circle Fitness-NY in Colonie, where he is a certified personal trainer.

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

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	1	2	3		4	5	6		7	8	9	10	11								
	B	R	A		S	A	T		T	I	L	D	E								
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39	K	A	R	A	T	40		41		42	S	O	L	I	D	43		44	A	G	O
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From page B15 ... Practical know-how

developed a mobile app that helps individuals navigate indoor environments. The third team invented Green Jacket, a mobile app that helps individuals develop confidence, social skills and reduce stress when ordering meals in restaurants.

► Manhattan College students developed an inventory system called Project Brightlife, which helps workers with developmental disabilities fulfill orders and replenish inventory accurately and efficiently, using a system of colored LED lights, run by customized software.

Currently, one in 68 children in the United States has been diagnosed with autism, according to the Centers for Disease Control. This figure has increased steadily in recent

years and continues to rise.

The students are required to produce a prototype at the end of the school year, to the rehab agency they work with. The intent is to develop the tool beyond the academic project, and have it transition to a practical tool within the workforce.

"We're trying to incubate these projects into commercial products," said Ron Romano, NYSID president & CEO. "If we can get the individuals who it is developed for be a part of the manufacturing, somehow producing it for others to use and sell commercially. We're trying to take it to the next step... because NYSID is about employment. Perhaps we can create jobs from this

particular product.

That would be the three cherries on the slot machine."

Established in 1975, NYSID is a registered non-profit corporation which creates employment opportunities for more than 7,000 New Yorkers with disabilities annually.

Hedrick has been a professor for Union College for 20 years, but this was his first experience with CREATE since it was established several years ago. He said he's already approached management about getting involved next year.

"I was amazed," said Hedrick. "It was just that whole feeling from everybody, that we were there to share with the world these wonderful things that we were working on. And, to me, it doesn't get any better than that."

From page B16 ... Taking on The Bull

my boyfriend snuck a peek at what a nearby table was eating, and asked the server that it was. Apparently it was the dry rubbed ribs, and he has declared that will be his choice for next time.

My friend and I each ended up taking home about half of our sandwiches, and more than half the nachos. In hindsight, we probably didn't need the nachos, only because our meals were so large and filling – but they were great re-

heated the next day.

Before tip, our bill came to about \$45 per couple (we are a group that just splits right down the middle). Which for drinks, and meals that ranked that high, we thought that was a great price.

We haven't set a date to go back yet, but we will be. It is certainly kid friendly as well, and my daughter is a huge fan of ribs, so I will probably bring her along next time as well.

The moral of this review is, don't judge a book (well,

restaurant) by its cover, because it would have been super easy to drive by The Bull and Barrel and not stop, but it is more than worth the visit, and we will be back (and soon!).

Elizabeth Schaefer has lived in the Capital District her entire life and currently resides in Niskayuna. She spends the majority of her time at the gym, as both an instructor and a "gym rat", but strategically plans on at least one "cheat" meal a week. Please submit suggestions on places to try, for either a health conscious tasty meal, or for that weekly cheat meal. She can be reached at elizabethfoodreviews@gmail.com.

From page B17 ... Food & Vino

1 tsp. chili powder or more to taste

3-6 oz. Mexican cheese (Cotija) or feta finely crumbled

1 1/2 medium avocados peeled, cored and chopped small

Preparation

Heat oil in a large skillet until hot. Add corn and season with salt to taste. Cook until charred all over. Only toss every 2 minutes.

Remove from heat, and let cool slightly. Toss corn in a medium bowl along with onions, jalapeno, garlic, mayo, lime juice, some of the chili powder, and 3/4 of the cheese. Squeeze some lime juice on the diced avocado and add to the mixture. Top with the rest of the cilantro, cheese, and more chili powder if desired. Serve room temperature, or chilled.

Wine Pairings

Blackstone Merlot - Napa Valley, Calif. — This wine is a medium ruby red with flavors of rich blackberry, plum, and raspberry. It has hints of vanilla and toast.

Dark Horse Sauvignon Blanc - Modesto, Calif. — This wine is a pale green straw color with flavors of bright citrus, and tropical fruit. It has a crisp juicy finish.

Ann Linda Ciotoli owns a catering business called Good Enough to Eat. For more information, e-mail Ann at sodeliciousal@yahoo.com.

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SPOTLIGHT ON FINANCE

Becoming a strong leader comes from within: An interview with Susan L. Taylor

By RUTH MAHONEY,
President,
Capital Region, KeyBank

At age 24, Susan L. Taylor was a talented, creative and ambitious entrepreneur who was growing a cosmetics company. Then she heard that a new magazine, *Essence*, was searching for a beauty editor. It piqued her interest, and despite not having a college degree at the time or experience as a journalist or writer, she met with Editor-in-Chief Ida Lewis and dressed and acted the part—unsure of the role and responsibilities the job would require.



Ruth Mahoney

Today, after serving 10 years as beauty and then fashion editor and 27 years as chief editor of *Essence*, Taylor is credited as the visionary leader who turned the magazine into a powerful global brand. She has since founded the National CARES Mentoring Movement, which builds transformational initiatives for children in poverty and is the fastest growing mentor-recruitment organization in the nation. She is also the keynote speaker for the 2016 Key4Women Forum, "Bold, Visionary Leadership: From the Inside Out."

Here, Taylor talks about her views on leadership and the power of choice, as well as what core message she will share with attendees of this year's Key4Women Forum.

Ruth Mahoney: You write in your book *In the Spirit* that life is an inner experience. Can you explain what this means and how it translates to leadership?

Susan Taylor: Society inculcates in us to look outward, to value greatly how others perceive us. So much of our energy is focused on how we appear to others. These things certainly are important in business, but ever more important is our inner world—how we see and feel about ourselves.

What we say to ourselves about our confidence, capacity and efficacy . . . these are rooted in our inner world and impact our leadership, fulfillment and success. So it is within that we must nourish ourselves to have

confidence in what is true, authentic and innate in us. Then we will step into the world at peace with ourselves and can be visionary, determined bold thinkers, which are critical leadership qualities.

RM: Tell me about how you turned starting a cosmetics company into an editorial position with *Essence*?

ST: Often, the older we get, the more fearful we become. In my 20s I was absolutely adventurous, so welcoming of change and transitions. If we are not watchful, over time we will curb our passion and forget our purpose. We learn to play it safe. I stepped forward with my cosmetology license believing I could bring value to *Essence* in its first year. And they believed I could, because I believed I could.

RM: You credit Ida Lewis with taking a chance on hiring you because she simply believed in you. Clearly that belief was well placed. But why did you take a chance on *Essence*?

ST: Unbridled enthusiasm and creativity. Looking back, I see I was naive as well. I didn't realize becoming the beauty editor of *Essence* would mean giving up my cosmetics company. I saw an opening for my expertise. In the volatile and exciting early 1970s, black women with journalism degrees weren't interested in writing about beauty. The editors had heard about my cosmetics company and I heard they were looking for a beauty editor. So I showed up looking how I thought a beauty editor should present—having no idea what that that role would actually require. So yes, Ida Lewis did take a chance on me because I wasn't a journalist or writer. But I didn't realize I was taking a chance on *Essence* because I didn't know I'd have to give up my company.

RM: Can you talk about your decision to leave *Essence* and start the National CARES Mentoring Movement?

ST: National CARES started as *Essence* CARES after Hurricanes Katrina and Rita exposed the depth of poverty people were struggling through. New Orleans is the home of the

Essence Festival, and so many children in the region were suffering. The CARES movement was created to provide a protective shield for them and our vulnerable children throughout the nation. When I learned that 80 percent of black fourth graders were reading below grade level, I knew it was time to leave publishing and devote my full time to my community. I believed I could strengthen National CARES and build partnerships to ensure that people who are marginalized have the opportunity to move into the middle class and become self-sustaining. And after 37 years at the magazine, it wasn't difficult to leave. I had fulfilled my purpose there and was leaving the magazine in good hands. This new beginning has given me new wings.

RM: The power to choose and create change is a message you repeat often. Why?

ST: We forget we have free will. We really do forget that not just every day, but with every moment we have the power to choose again. We can choose how we respond . . . not only to people but to every issue and change that occurs in our life. Our challenge is to pause and think, not allow our emotions to rule, or people and circumstances to manage us into bad behavior. We can choose what we will think and say, how we show up in the world and what we stand for. Free will is life's greatest gift to us. It's what separates us from all other creatures, and with it come responsibilities.

RM: What financial lessons did you learn from your mother?

ST: My mother made me pay rent. I was 13 and working at the cleaners around the corner, and my mother made me give her \$7 a week. I was so mad, but it was the best lesson, because we need to learn how to manage our money, become self-sufficient and take care of ourselves.

RM: Your commitment to CARES is a great example of service to community. What message would you share with others about giving back?

ST: At the end of the day, it's what you give to life, not what you take from life that matters most. Albert Schweitzer said, "I don't know what your

destiny will be, but one thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve." Giving back creates inner peace and a sense of fulfillment, because we are in alignment with the essence of life, which is to alleviate needless suffering. This is all of our assignment and the moral choice we must make intentionally at this time of challenge and change in our country and the world. We are at a crossroads and should ask ourselves repeatedly, *Who am I and what do I stand for?*

RM: What message do you have for women who are reading this?

ST: Fire the judge . . . your inner critic that is self-diminishing and always picking away at your esteem. The world is out of balance because women's wisdom is gravely underutilized, often attacked, not invited to the table. If more women had say-so in corporations and governments throughout the world, there would be more peace, fewer wars and more equity. We need the fierceness many men bring, but we also need the deeper understanding and wisdom that is innate in women.

Women work on more fronts than most men, caring for family, community, our employees, business. We leave

too little time for self. We have to adopt private rituals that maintain wellness, balance and joy in our lives.

Finally, we have to learn to trust ourselves and one another. Where do we go from here for the benefit of our children, communities and country? We have to know that we can set things right. We must be strategic, think big and plan slowly . . . and move with deliberate speed.

Ruth Mahoney is president of KeyBank's Capital Region. She may be reached at either 518-257-8619 or ruth_mahoney@keybank.com. © KeyCorp 2016. KeyBank is Member FDIC.

Key4Women®

advice | capital | education | networking

Bold, Visionary Leadership: From the Inside Out

Thursday, June 16, 2016

Glen Sanders Mansion
1 Glen Avenue
Scotia, NY



Susan L. Taylor
Founder and CEO,
National CARES Mentoring Movement
Editor-in-Chief Emerita,
Essence magazine

Join us for the 15th annual Key4Women® Forum.

Space is limited

Registration required by Friday, June 10, 2016,
at key.com/key4womenforum

Attendees are invited to bring a clothing donation (professional attire only which is dry-cleaned or laundered). For more information about donating clothing, please visit albany.dressforsuccess.org

Presented by Key4Women. 100% of the net proceeds from your registration fee will benefit Dress for Success Albany.



The mission of Dress for Success Albany is to empower women to achieve economic independence by providing a network of support, professional attire and the development tools to help women thrive in work and life.

Dress for Success Albany
is a proud program of:



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■ COMMUNITY

Author Elizabeth Rosner at GPL

Bestselling novelist, poet, and essayist Elizabeth Rosner will be at GPL on Thursday, June 2, at 7 p.m., to speak about her third novel, "Electric City," named among the best books of the year by NPR.

"Electric City" is a vital, epic novel of America, of its great scientific ingenuity and its emotional ambition. It frames the birth and evolution of its towns against the struggles of its indigenous tribes, the immigrant experience, a country divided, and the technological advancements that ushered in the modern world.

This author event is part of the Library Foundation's Carol J. Hamblin Notable Authors Speakers Series that has hosted Joyce Carol Oates, Jeff Shaara, Joseph E. Persico, Paul Grondahl, Gregory Maguire, Tim Green, Ela Stein Weissberger, Will Moses, New Yorker magazine Cartoon Editor Bob Mankoff, Lincoln historian and author Harold Holzer and

GUILDERLAND PUBLIC LIBRARY
www.guilpl.org

novelist Alafair Burke.

A reception for Ms. Rosner follows at 8 p.m. There is no charge for either event. Please register by calling 456-2400, ext. 2 or going to www.guilpl.org.

Principles of Holistic Philosophy & Practice

Learn the reasons behind the rising tide of chronic illness in America, and how the trend can be reversed through homeopathic medicine, when you join Dr. Larry Malerba at GPL on Thursday, May 26, at 7 p.m. as he explains this rapidly growing but poorly understood healing practice.

During "Principles of Holistic Philosophy & Practice," Dr. Malerba provides practical first-

aid tips that you can use at home to help cure common ailments. Homeopathic medicine is a 200-year-old holistic healing art and science, the principles of which have a great deal to teach us regarding the nature of health and illness, the importance of the mind-body connection and the self-healing capacity of the human organism. Register by calling 456-2400, ext. 2.

Weigh 2 Be with CDPHP

If you're looking for an effective program that provides the support and resources you need to lose weight safely and effectively, come to GPL for the continuing program "Weigh 2 Be" on Wednesday, June 1, at 6 p.m.

This weight-management program offered by CDPHP Health

Promotion Specialists gives you information on healthy eating, staying active and improving your health, as well as access to an online and mobile tool that allows you to track your workouts and food choices. Give it a shot. What have you got to lose? Call 456-2400, ext. 2 to register.

Playing with tigers

Union College anthropologist George Gmelch will discuss his new book "Playing with Tigers" — the Detroit Tigers — on Tuesday, May 31, at 7 p.m.

Mr. Gmelch relates fascinating and entertaining stories about his time as a slugging minor league first baseman in the Detroit Tigers organization in the late 1960s. A rarity among young players, Gmelch was as interested in history, culture and civil rights as he was in the game. No registration required.



Bestselling author Elizabeth Rosner will speak at Guilderland Public Library the evening of Thursday, June 2.

Submitted photo

Memorial Day Weekend

GPL is closed Saturday, May 28, through Monday,

May 30, for the Memorial Day Weekend. Our online library at www.guilpl.org is always open.

— Mark Curiale

Fashion show and luncheon

Please join us at the Fashion Show and Luncheon at Colonie Golf & Country Club, 141 Maple Road (Route 85A), Voorheesville on Tuesday, June 28, at noon.

Fashions provided by Liz's Closet, with modeling by our senior ladies. Your luncheon entrée choices are baked boneless pork chops with apples in a red wine reduction; broiled haddock veronique served with lemons, panko and white grapes in white wine sauce; or chicken marsala floured, dredged and pan served with mushrooms served in marsala wine sauce. All entrees include field green salad, raspberry sorbet with wafer cookie dessert and coffee/tea beverage.

The cost is \$ 24 per person. Tickets are available in the Guilderland Senior Office through June 17. Please make checks payable to "Town of Guilderland."

Town of Guilderland SENIOR CALENDAR

Remember to indicate your luncheon choice and if transportation is needed.

Art show and reception

The Town of Guilderland Senior Artists League will be exhibiting its work at the Guilderland Public Library June 3-24. You are cordially invited to the opening reception of the exhibit on Sunday, June 5, from 2 to 4 p.m. at the library, located at 2228 Western Ave. Light refreshments will add to the festivity.

Summer trips

Please call the Senior Office at 356-1980, ext. 1095 or 1048 to check availability. All Brown Coach buses leave from the

Hamilton Square Market 32 (formerly known as the 20 Mall Price Chopper) parking garage.

July 25: Lake George Lunch Cruise. Welcome aboard the Lac du Saint Sacrement, the largest of the Lake George Steamboat Company's cruise ships and the largest ship on the inland waters of New York state. At noon, enjoy a nice lunch and entertainment in its elegant dining room, while cruising past a beautiful mountain wilderness on the crystal clear waters of Lake George. Every seat has a view of the lake. Cost: \$52. Deadline for ticket purchase: June 10.

Departure: 10 a.m. Return: approximately 3 p.m.

Aug. 2: Tanglewood, Lenox, Mass., for "Tanglewood on Parade" with the Boston Symphony Orchestra, the Boston Pops Orchestra and the

Tanglewood Music Center Orchestra. The program includes Ravel's "La Valse" and Tchaikovsky's "1812 Overture." Fireworks follow the concert. Shed tickets are \$48. Deadline for ticket purchase: June 17. Departure: 6 p.m. Return: approximately 11:30 p.m.

Sept. 14: The Beeches Buffet Dinner Theatre in Rome for the musical "Tumbling Tumbleweeds"—the story of the old west brought to life through the songs and stories of how "the west was won and how the west was fun." Featuring songs you all know (and welcome to sing along), plus the comedy antics of "Tex" and "Montana" to keep you laughing. Tickets: \$70 Deadline for ticket purchase: Aug. 5. Departure: 9:15 a.m. Return: approximately 5:30 p.m.

Oct. 5: Lake George Dinner Theatre for

Kathleen Clark's "Southern Comforts," a play which follows the romance between a cantankerous New Jersey widower and a feisty Southern widow. Lunch choices are medallions of beef with bordelaise sauce served with roasted potatoes; char-grilled chicken breast with homemade apple relish, lemon vinaigrette served with roasted potatoes; broiled Atlantic salmon with lemon, white wine and caper sauce, served with rice pilaf; or vegetarian pasta with sautéed vegetables over penne pasta. Tickets: \$70. Deadline for ticket purchase: Aug. 25. Departure: 10 a.m. Return: approximately 4 p.m.

Tickets sales are a first come, first serve basis. Payment is required to be placed on all trip lists. Ticket deadlines are in place because of refund policies for both the venue and bus transportation.

Tickets will be refunded if a trip gets cancelled due to low ticket sales. No refunds otherwise, and we do keep a waiting list for all trips.

Weekly schedule

Thursday, May 26

Scheduled shopping
9 a.m. Strong Bones +
12:30 p.m. Mahjongg
12:30 p.m. Pinochle

Friday, May 27

Scheduled shopping
10 a.m. Painting
10 a.m. Bridge
1 p.m. Quilting
1 p.m. Advanced bridge

Monday, May 30

No activities —
Memorial Day
— Catherine Knightes

■ COMMUNITY

YMCA veterans reflect

We are just a few days away from the Memorial Day parade; Bethlehem's biggest gathering of the year. It always seems like everyone in town is either marching in the parade or watching it pass by. So, I know I am in good company when I pause to reflect on the reason for the holiday, and remember the brave men and women who fought for our freedom and gave their lives for our country.

The Bethlehem YMCA is very proud to participate in the parade, and takes great pride in the number of military veterans who are Y members. I spoke with some of them about their experiences in the military, and what the YMCA and Memorial Day means to them.

Bob Ledenham of Slingerlands is a Vietnam veteran who served in the Marine Corps from 1967 to 1970. He likes the variety of the workout machines at the Y, but says it's tough to compare his workout today with the intensity of Marine boot camp.

"When I reflect on Memorial Day, it's a somber day. I saw friends die right in front of me," Bob said. "The holiday is not a celebratory thing; it's about remembering those who gave their lives for



who we are today."

YMCA member George Decker is Navy through and through, serving on active duty in Vietnam from 1966 to 1970, and 30 years in the reserves. "I remember a lot of old sailors that I knew. I reminisce the good times that I had in the Navy," he said. George is active in the American Legion and has been a regular marcher in the Bethlehem Memorial Day parade for decades.

John Martin of Delmar also served in Vietnam in the Army from 1967 to 1969. I think all our members can relate when he says that to him, the Bethlehem Y is "a very comfortable place. Even if you don't know someone, you know them."

John said that Memorial Day is a reminder that "freedom isn't free. I think of people who gave the ultimate sacrifice for their country and beliefs."

Chris Orth of Glenmont was in the Marines from 1997 to 2009 and served all over the world, including Iraq and Africa, as well as serving as an embassy guard in Rome and Shanghai.

Since 2006, he has been a member of the Air National Guard at Stratton Air Force Base.

Chris loves how "family oriented" the Y is. His two sons go to pre-school at the Bethlehem Y, and he enjoys working out there.

Chris says that Memorial Day "is a time to remember guys who never made it home. I think sometimes holidays get commercialized, but it's about the families who lost their loved ones and friends who made that ultimate sacrifice. We've been at war a long time now, but sometimes that message gets lost."

Sharon has been a YMCA member since last year. She served in the Air Force from 1991 to 1998. While serving at a base in Oklahoma in 1995, she was a first responder when a bomb went off at the nearby Federal Building in Oklahoma City, killing 168 people and injuring 680 others. "There was so much chaos, it was just awful," she said.

Sharon has a personal trainer at the Bethlehem Y and loves "how everyone accepts everyone; there is such a great community feel like there was in the military."

Sharon expressed concern that "some of the meaning of Memorial Day has been

lost. It's meant to remember those who lost their lives and couldn't grow up and join the Y."

Kevin Crotty of Albany has been a Bethlehem Y member for six years, and he served in the Marine Corps from 1972 to 1976. On Memorial Day, Kevin's concerns are for the men and women coming home from combat with serious injuries, and he wishes the military would do more to protect them.

It was an honor to speak with these individuals and to thank them for their service. The YMCA offers military veterans a 50 percent discount and no joiner fee to become a member. It's a small way to show our appreciation for their service in defending our country and fighting for freedom around the world.

Over the course of U.S. history, many Bethlehem residents have answered the call to duty and served our country, and many have not come home. As we commemorate Memorial Day with floats and flags, parades and picnics, let's keep those brave men and women, and their families, in our thoughts and prayers.

— Mark Hansen

Cooking for teens

Back by popular demand, learn how to use basic kitchen appliances to make some extraordinary food with Cooking with Machines for Teens.

What can you cook for yourself with a waffle maker, microwave, or blender? On Friday, May 27, at 1:30 p.m., we'll go beyond plain waffles and frozen dinners, so come hungry. BYOM! (Bring your own mug.) For grades 6 and up; please register.

Save the date: Steve Songs performs

We have something big planned for our Summer Reading Program Kick-Off this year.

Join us at the Performing Arts Center on June 27 for an invigorating and exciting evening of song and dance with nationally acclaimed children's musician of PBS fame, Steve Roslonek of Steve Songs. Steve has been writing and performing



his award-winning music for kids and families for the past 15 years. Anyone who's attended a Steve Songs concert appreciates Steve's ability to connect with his audience – from the exuberant children flocking towards the stage, to the moms bouncing babies with the beat, to the parents and grandparents singing along. You won't want to miss this one.

This program is made possible with the generous support of the Friends of the Library and the Voorheesville PTA. The concert will be held at the Lydia C. Tobler Performing Arts Center at the Clayton A. Bouton High School/Middle School.

Holiday hours

In observance of Memorial Day, the library will be closed Saturday, May 28, through Monday, May 30. Regular hours will resume Tuesday, May 31.

— Lynn Kohler

MacHaydn trip

Join us for "My Fair Lady" at Mac-Haydn Theatre on Sunday, June 5. This is the story of Eliza Doolittle, a flower girl who takes speech lessons from Henry Higgins so that she can pass as a lady. We will have lunch at the Winding Brook Country Club. Cost for show and lunch is \$45.50. Call 439-4955, ext. 1176, to make your reservation.

Learn what happens to your recycled materials as we tour the Sierra Processing Recycling Facility at the Port of Albany on Friday, June 10, at 10 a.m. We will have lunch after the tour at the Albany Pump Station, cost on your own. Call 439-



4955, ext. 1176, to make your reservation.

The Food Pantry is in need of soap, deodorant, toilet paper, mustard and canned fruit. Bring your items to the pantry at Town Hall. If you would like to access the food pantry, call 439-4955, ext. 1176, to make an appointment.

The Senior Legal Services program, funded by Albany County Department for Aging, is available to Albany County residents who are age 60

or older. Call 462-6765 to make an appointment.

Federal funding (HEAP) is available for income eligible people who need assistance with home heating costs. Outreach workers are available to assist with counseling on HEAP, as well as health insurance, housing issues, food stamps and health and income related programs. Make an appointment by calling 439-4955, ext. 1176.

Donations can be made to Bethlehem Senior Projects online at bethlehemsenioproject.org, or via check payable to Bethlehem Senior Projects, Inc., 445 Delaware Ave., Delmar 12054.

— Wilma DeLucco

■ DEAN'S LIST AND GRADUATES

Lauren Moore, of Schenectady, graduated with a master's degree in creative writing from Minnesota State University, Mankato.

Michael McGeown-Walker, of Slingerlands, graduated with a Juris Doctor degree from the University of Massachusetts, Dartmouth.

Julianne Legnard, of Schenectady, graduated with bachelor's degrees in education and psychology from SUNY Fredonia.

Colin Rebord, of Delmar, graduated with a degree from Champlain College.

Evan Treadgold, of Altamont, graduated with a degree from Champlain College.

Annemarie Dolfi, of

Glenmont, graduated with a bachelor's degree in graphic and media design from Sage College of Albany.

...

The following students graduated with degrees from SUNY Potsdam:

James Bondi of Albany
Anna Campanella of Voorheesville

Abigail Cowan of Selkirk

Jacqueline Cunningham of Voorheesville

Salvatore Genovesi of Altamont

Brian Moore of Albany

...

The following students graduated with degrees from Nazareth College:

Dana Donnelly of Delmar

Catherine Dudek of Delmar

John McCarty of Delmar

Danielle Miller of Schenectady

Kenneth Schumacher of Slingerlands

...

The following students graduated with bachelor's degrees from Keene State College:

Eryn Ryan of Delmar

Meaghan Allen of Albany

Tyler Cooper of Albany

...

Keira Glasheen, of Voorheesville, was named to the dean's list for the Term II, Winter semester at Elmira College.

LEGALS

LEGAL NOTICE

SUPPLEMENTAL SUMMONS

Index No.: 900296/2015

Date of Filing: April 21, 2016

SUPREME COURT OF THE STATE OF NEW YORK

COUNTY OF ALBANY

CITIMORTGAGE, INC., Plaintiff,

-against-

CATHERINE WALCESKY AS HEIR AT LAW AND NEXT OF KIN OF FLORENCE WALCESKY; JOHN J. WALCESKY AS HEIR AT LAW AND NEXT OF KIN OF FLORENCE WALCESKY; JOSEPHINE WAGNER AS HEIR AT LAW AND NEXT OF KIN OF FLORENCE WALCESKY; PRICILLA BEATTY AS HEIR AT LAW AND NEXT OF KIN OF FLORENCE WALCESKY; JOHN DOE 1 THROUGH 50; JANE DOE 1 THROUGH 50, INTENDING TO BE THE UNKNOWN HEIRS, DISTRIBUTES, DEVISEES, GRANTEES, TRUSTEES, LIENORS, CREDITORS, AND ASSIGNEES OF THE ESTATE OF FLORENCE WALCESKY WHO WAS BORN IN 1916 AND DIED ON JUNE 3, 2011, A RESIDENT OF THE COUNTY OF ALBANY, WHOSE LAST KNOWN ADDRESS WAS 160 SHAKER ROAD, ALBANY, NY 12211. THEIR SUCCESSORS IN INTEREST IF ANY OF THE AFORESAID DEFENDANTS BE DECEASED, THEIR RESPECTIVE HEIRS AT LAW, NEXT OF KIN, AND SUCCESSORS IN INTEREST OF THE AFORESAID CLASSES OF PERSON, IF THEY OR ANY OF THEM BE DEAD, AND THEIR RESPECTIVE HUSBANDS, WIVES OR WIDOWS, IF ANY, ALL OF WHOM AND WHOSE NAMES AND PLACES OF RESIDENCE ARE UNKNOWN TO THE PLAINTIFF; NEW YORK STATE DEPARTMENT OF TAXATION AND FINANCE; UNITED STATES OF AMERICA - INTERNAL REVENUE SERVICE; ADVANCE ACCEPTANCE CORP., D/B/A ALL LINES LEASING; CAPITAL ONE BANK, USA, N.A.; LISA SEITZ MAVILLE AS BENEFICIARY OF THE ESTATE OF FLORENCE WALCESKY; "JOHN DOES" AND "JANE DOES", said names being fictitious, parties intended being possible tenants or occupants of premises, and corporations, other entities or persons who claim, or may claim, a lien against the premises, Defendants.

TO THE ABOVE-NAMED DEFENDANTS:

YOU ARE HEREBY SUMMONED to answer the complaint in this action and to serve a copy of your answer, or, if the complaint is not served with this summons, to serve a Notice of Appearance on the Plaintiff's attorney(s) within twenty (20) days after the service of this summons, exclusive of the day of service, where service is made by delivery upon you personally within the State, or within thirty (30) days after completion of service where service is made in any other manner, and in case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the complaint.

NOTICE

YOU ARE IN DANGER OF LOSING YOUR HOME

If you do not respond to this summons and complaint by serving a copy of the answer on the attorney for the mortgage company who filed this foreclosure proceeding against you and filing the answer with the court, a default judgment may be entered and you can lose your home.

Speak to an attorney or go to the court where your case is pending for further information on how to answer the summons and protect your property.

Sending a payment to your mortgage company will not stop this foreclosure action.

YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFF (MORTGAGE COMPANY) AND FILING THE ANSWER WITH THE COURT.

YOU ARE HEREBY PUT ON NOTICE THAT WE ARE ATTEMPTING TO COLLECT A DEBT, AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

TO THE ABOVE-NAMED DEFENDANTS:

The foregoing summons is served upon you by publication pursuant to an Order of the Honorable David A. Weinstein of the Supreme Court of the State of New York, signed on April 15, 2016, and filed with supporting papers in the Office of the Clerk of the County of Albany, State of New York.

The object of this action is to foreclose a mortgage upon the premises described below, executed by ELEANOR SEITZ and FLORENCE WALCESKY to ABN AMRO MORTGAGE GROUP, INC. bearing date August 17, 2007 and recorded in Liber 5548 of Mortgages at Page 655 in the County of Albany on September 12, 2007. Citimortgage, Inc. is successor by merger to ABN AMRO Mortgage Group, Inc.

Said premises being known as and by 160 SHAKER ROAD, ALBANY, NY 12211.

Date: AUGUST 6, 2015

Batavia, New York

Virginia C Grapensteter, Esq.

ROSICKI, ROSICKI & ASSOCIATES, P.C.

Attorneys for Plaintiff

Batavia Office 26 Harvester Avenue

Batavia, NY 14020

585.815.0288

Help For Homeowners In Foreclosure

New York State Law requires that we send you this notice about the foreclosure process. Please read it carefully. Mortgage foreclosure is a complex process. Some people may approach you about "saving" your home. You should be extremely careful about any such promises. The State encourages you to become informed about your options in foreclosure. There are government agencies, legal aid entities and other non-profit organizations that you may contact for information about foreclosure while you are working with

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your lender during this process. To locate an entity near you, you may call the toll-free helpline maintained by the New York State Banking Department at 1-877-BANKNYS (1-877-226-5697) or visit the Department's website at www.banking.state.ny.us. The State does not guarantee the advice of these agencies. Ad#117573

LEGAL NOTICE

SUPREME COURT OF THE STATE OF NEW YORK COUNTY OF ALBANY Plaintiff designates ALBANY as the place of trial situs of the real property SUPPLEMENTAL SUMMONS Mortgaged Premises: 66 GLENDALE AVENUE ALBANY, NY 12208 Section: 75.44 Block: 1 Lot: 9 INDEX NO. 901403/2015 NATIONSTAR MORTGAGE LLC D/B/A CHAMPION MORTGAGE COMPANY, Plaintiff, vs. JAMES GAVIN, AS HEIR AND DISTRIBUTE OF THE ESTATE OF DIANE F. GAVIN; JAMES GAVIN, JR., AS HEIR AND DISTRIBUTE OF THE ESTATE OF DIANE F. GAVIN; DOROTHY GAVIN, AS HEIR AND DISTRIBUTE OF THE ESTATE OF DIANE F. GAVIN; MICHAEL GAVIN, AS HEIR AND DISTRIBUTE OF THE ESTATE OF DIANE F. GAVIN, any and all persons unknown to plaintiff, claiming, or who may claim to have an interest in, or general or specific lien upon the real property described in this action; such unknown persons being herein generally described and intended to be included in the following designation, namely: the wife, widow, husband, widower, heirs at law, next of kin, descendants, executors, administrators, devisees, legatees, creditors, trustees, committees, lienors and assigns, all of whom and whose names, except as stated, are unknown to plaintiff; SECRETARY OF HOUSING AND URBAN DEVELOPMENT; NEW YORK STATE DEPARTMENT OF TAXATION AND FINANCE; UNITED STATES OF AMERICA; ST. PETER'S HOSPITAL OF THE CITY OF ALBANY A/K/A ST. PETERS HOSPITAL, "JOHN DOE #1" through "JOHN DOE #12," the last twelve names being fictitious and unknown to plaintiff, the persons or parties intended being the tenants, occupants, persons or corporations, if any, having or claiming an interest in or lien upon the premises, described in the complaint, Defendants. TO the above named Defendants YOU ARE HEREBY SUMMONED to answer the complaint in this action and to serve a copy of your answer, or, if the complaint is not served with this summons, to serve a notice of appearance on the Plaintiff's Attorney within 20 days after the service of this summons, exclusive of the day of service (or within 30 days after the service is complete if this summons is not personally delivered to you within the State of New York) in the event the United States of America is made a party defendant, the time to answer for the said United States of America shall not expire until (60) days after service of the Summons; and in case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the complaint.

NOTICE OF NATURE OF ACTION AND RELIEF SOUGHT THE OBJECT of the above caption action is to foreclose a Mortgage to secure the sum of \$56,487.10 and interest, recorded on April 30, 2014, at Liber 6813 Page 63, of the Public Records of ALBANY County, New York, covering premises known as 66 GLENDALE AVENUE ALBANY, NY 12208. The relief sought in the within action is a final judgment directing the sale of the premises described above to satisfy the debt secured by the Mortgage described above. ALBANY County is designated as the place of trial because the real property affected by this action is located in said county. NOTICE YOU ARE IN DANGER OF LOSING YOUR HOME If you do not respond to this summons and complaint by serving a copy of the answer on the attorney for the mortgage company who filed this foreclosure proceeding against you and filing the answer with the court, a default judgment may be entered and you can lose your home. Speak to an attorney or go to the court where your case is pending for further information on how to answer the summons and protect your property. Sending a payment to the mortgage company will not stop the foreclosure action.

YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFF (MORTGAGE COMPANY) AND FILING THE ANSWER WITH THE COURT. Dated: March 25, 2016 RAS BORISKIN, LLC Attorney for Plaintiff BY: JOSEPH J. KARLYA III, ESQ. 900 Merchants Concourse, Suite 106 Westbury, NY 11590 516-280-7675 Ad#117830

LEGAL NOTICE

NOTICE OF PUBLIC HEARING Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a Public Hearing on Wednesday, June 1, 2016 at 7:00 PM., at the Town Offices, 445 Delaware Avenue, Del-

mar, New York, to take action on an application by Hope Cameron, for an area variance located at 16 Kensington Court, Delmar. Applicant would like to construct a deck that does not meet the rear setback requirement

To place your Legal Notice: Call 439-4949

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of the Law Under Article XIII, Section 128-100. Daniel W. Coffey Chairman Board of Appeals Ad#119243

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC) Name: 508 Union Street, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on April 28, 2016. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of process to The LLC, 98 Niver Street, Suite 200, Cohoes, New York 12047. Purpose: Any lawful business purpose. Ad#118140

LEGAL NOTICE

Notice of Formation of Limited Liability Company Pursuant to Section 206 of the New York Limited Liability Law a. The name of the Limited Liability Company is 918 Albany Shaker LLC. b. The Articles of Organization were filed with the Secretary of State on May 4, 2016. c. The office of the Limited Liability Company will be located in Albany County. d. The Secretary of State is designated as agent of the Limited Liability Company upon whom process against it may be served. The address to which the Secretary of State shall mail a copy of any process against the Limited Liability Company served upon him or her is: 918 Albany Shaker LLC c/o Sean O'Keeffe 343 Loudon Road Loudonville, New York 12211 e. The Limited Liability Company is formed for any lawful business purpose or purposes. Ad#118574

LEGAL NOTICE

Notice of Formation of an LLC: Carver Maritime, LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on April 12, 2016. Office location is in Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served, SSNY shall mail a copy of Process to the LLC, at 494 Western Turnpike, Altamont, NY 12009. Purpose: for any lawful purpose. Ad#116151

LEGAL NOTICE

Notice that the Albany County Rural Housing Alliance (ACRHA), Incorporated, intends to request that an exception to the conflict of interest guidelines, be initiated by the NYS Office of Community Renewal to the United States Department of Housing and Urban Development (HUD). The conflict of interest is: An employee of ACRHA, Julie Reynolds, wishes to apply for a HOME Program down payment assistance grant, administered by ACRHA. The exception sought: The person named above is a member of a group or class of low-income persons intended to be the beneficiaries of the assisted activity and the exception will permit such person to receive generally the same interests or benefits as are being made available to the group or class. Ad#119103

LEGAL NOTICE

BETHLEHEM CENTRAL SCHOOL DISTRICT NOTICE TO BIDDERS The Board of Education of the Bethlehem Central School District hereby invites the submission of sealed bids in accordance with Section 103 of the General Municipal Law for the following.

TRANSPORTATION BUS PARTS

Specifications and bid forms will be available May 27, 2016 at the

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Bethlehem CSD Transportation Department, 82 Van Dyke Road, Delmar NY 12054.

Sealed Bids will be received until 11:00 a.m., prevailing time, on Friday June 10, 2016, at Bethlehem CSD Transportation Department, Attn: Director of Transportation, 82 Van Dyke Road, Delmar NY 12054, at which time all bids will be publicly opened.

The Board of Education reserves the right to reject any or all bids. Any bids submitted will be binding from July 1, 2016 - June 30, 2017. Board of Education BRITTANY L. BARRETT District Clerk Ad#119248

LEGAL NOTICE

BOOGIE DOWN GAMES LLC. Art. of Org. filed with the SSNY on 01/22/16. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 130A Kenwood Avenue Delmar, New York 12054. Purpose: Any lawful purpose. Ad#116009

LEGAL NOTICE

Notice of Formation of an LLC: Carver Maritime, LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on April 12, 2016. Office location is in Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served, SSNY shall mail a copy of Process to the LLC, at 494 Western Turnpike, Altamont, NY 12009. Purpose: for any lawful purpose. Ad#116151

LEGAL NOTICE

Notice that the Albany County Rural Housing Alliance (ACRHA), Incorporated, intends to request that an exception to the conflict of interest guidelines, be initiated by the NYS Office of Community Renewal to the United States Department of Housing and Urban Development (HUD). The conflict of interest is: An employee of ACRHA, Julie Reynolds, wishes to apply for a HOME Program down payment assistance grant, administered by ACRHA. The exception sought: The person named above is a member of a group or class of low-income persons intended to be the beneficiaries of the assisted activity and the exception will permit such person to receive generally the same interests or benefits as are being made available to the group or class. Ad#119103

LEGAL NOTICE

Notice of formation of Dark Bay LLC, a domestic limited liability company, the purpose of which is to engage in any lawful activity. Articles of Org. were filed with NY Secretary of State ("NYSS") on

LEGALS

February 19, 2016. Offices are located in Albany County. NYSS is designated as agent upon whom process may be served. NYSS shall mail service of process to Dark Bay LLC, c/o Jason Raynor, 1 Juniper Drive, Delmar NY 12054. The LLC shall exist in perpetuity unless dissolved by its members. Ad#119083

NOTICE LEGAL

NOTICE OF FILING OF APPLICATION FOR AUTHORITY IN NEW YORK BY A LIMITED LIABILITY COMPANY Name: Ghrian, LLC. Application for Authority filed with sec. of state of NY(SOS) on 4/14/16. Office location: Albany County. SOS is designated as agent of LLC for service of process. SOS shall mail copy of process to Corporation Service Company, 80 State Street, Albany, New York 12207-2543. Purpose: Any lawful act or activity. Ad#115980

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY Name of LLC: GRATEFUL NATION, LLC The Articles of Organization were filed with the NY Secretary of State (SSNY) 03/15/16. The office of the LLC is located in Albany Co. SSNY is designated as the agent of LLC upon whom process may be served. SSNY shall mail copy of any process to the LLC at: P.O. Box 392, Glenmont, New York 12077. Purpose: Any lawful activity. Ad#116746

LEGAL NOTICE

HEALTHYME LIVING LLC. filed w/ SSNY on 4/12/16. office: Albany Co. SSNY designated as agent upon whom process may be served. SSNY shall mail to: The LLC, 12 Jasmine Drive, Glenmont, NY 12077. Purpose: all lawful. Ad#116985

LEGAL NOTICE

Hospital Risk Management Solutions, LLC Notice of Qualification - LLC was filed with the SSNY on 5-10-2016. 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: Annmarie Loughnane, 161 Worcester Road, Ste., 308, Framingham, MA 01701. Purpose: Any lawful purpose. Ad#119098

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. Name of LLC: JSM FENCE LLC. The Articles of Organization were filed with the NY Secretary of State (SSNY) 04/14/16. The office of the LLC is located in Albany Co. SSNY is designated as the agent of LLC upon whom process may be served. SSNY shall mail copy of any process to

LEGALS

the LLC at: 44 Fliegel ave, albany, New York 12203. Purpose: Any lawful activity. Ad#116951

LEGAL NOTICE

Notice of formation of Kris Racing Ventures LLC. Articles of Organization were filed with the Secretary of State (SSNY) on April 18, 2016. 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: Krishna Rao Vemula c/o Kris Racing Ventures LLC at 724 Western Avenue, Albany, NY 12203. Purpose: any lawful act. Ad#117693

LEGAL NOTICE

On March 14, 2016, LA HUNT ENGINEERING AND CONSULTING, L.L.C., a foreign professional service limited liability company, filed Application for Authority with the New York Secretary of State for the purpose to practice the profession of engineering; and any other lawful business. The office of LA HUNT ENGINEERING AND CONSULTING, L.L.C. is located in Albany County. The specified date of dissolution is perpetual. The Secretary of State is designated as agent of the foreign professional service limited liability company upon whom process against it may be served with any such process received by the Secretary of State to be mailed to REGISTERED AGENT SOLUTIONS, INC., 99 Washington Avenue, Suite 1008, Albany, New York 12260. A registered agent upon whom process against the foreign professional service limited liability company may be served is Mark C. Kriss, Esq., mailed to 350 Northern Boulevard, Suite 306, Albany, New York 12204 Ad#119381

LEGAL NOTICE

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name: LD EXEC III LLC. Articles of Organization filed with NY Secretary of State, April 11, 2016. 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 302 Washington Avenue Ext., Albany, NY 12203. Ad#115225

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC). Name: Mackay Family LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 04/08/2016. 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: 3764 Palazzo Grove, Colorado Springs, Colorado 80920. Purpose: to engage in any lawful act or

From page 3 ...
Verizon strike

he's also the most ignorant and the biggest imbecile."

According to Tanzarino, Verizon circumvented union leaders and express mailed offers to striking employees to share its best and final offer. "They spent half a million dollars to FedEx to 39,000 of our members. We collected it and gave it back. ... They don't want to bargain with our bargaining team. They would rather go straight to our members. And, they all gave it right back."

Striking
and struggling

According to Verizon's own website, the company took in \$131.6 billion in revenue in 2015 and paid out \$8.5 billion in dividends. Those figures have union rank-and-file members like the Pistons and Borchik shaking their heads.

"They're telling us they need to basically gut the contract that we have because the company can't fiscally afford to keep the contract that we have," Ed Piston said. "Yet they're making \$1.5 billion a month in profit. How much more money do you need to make before you decide that's enough?"

Meanwhile, strikers are struggling to make ends meet.

"We have one child with major health issues," Stephanie Piston said. "We had to apply

for COBRA because of our son's medical costs, which is \$1,900 a month for our family. My other child has medical issues that require blood tests and medications. Medications alone for the family is, like, \$1,500 alone without insurance per month."

"Which is hard to pay for when you don't have any income," Ed interjected.

"So you do the best you can," Stephanie said. "You hold on until you go back to work, but you've got to tell the kids, 'No, we can't go to the movies today.' The things you used to do, you can't do until this is settled. Luckily for us, the kids are old enough that they get it most of the time."

Borchik, who has a 13-month-old son, is in a similar position.

"My wife doesn't work. She's going to sign [our son] up on the New York Health Exchange. Luckily, we're all in good health, and all of his doctor's appointments [for first year well-child checkups] happened just before the strike," said the Baldwinsville resident. "But, no, she doesn't work, so income goes from a lot to nothing."

Some union members have had to take advantage of food pantries or SNAP benefits, while others have gone on the New York state insurance exchange.

"It does take a toll," Ryan said. "We're going into our fourth week. Our mortgages are coming due. It's very hard on these families."

So why not just end the strike?

"Every other major corporation is looking at what we're doing now," Stephanie Piston said.

"They're telling us they need to basically gut the contract that we have because the company can't fiscally afford to keep the contract that we have."

"Yet they're making \$1.5 billion a month in profit. How much more money do you need to make before you decide that's enough?"

Ed Piston
Outside Field Technician
Verizon

"We're not just fighting for us. We're fighting for everybody who has a job."

Her husband agreed.

"We're taking the income hit now to ensure that we don't have this problem tomorrow," Ed Piston said. "If we sign the contract that they offered us, within three years, none of us are working. All right, you've got a job that's going to pay you for the next year or two, maybe three, but that's it. That's the way they've got it structured."

All of the strikers emphasized that they weren't asking for anything they weren't due.

"If they said, 'Take the contract that you have today and just extend it for three years,' for whatever time, everybody would have been signing on the dotted line and we'd be out of there," Ed Piston said. "The whole thing is about how they want to take away things... We're not looking for more. We just don't want to lose what we've got."

BUSINESS

Hannaford to
sell "Misfits"

By TRICIA CREMO
cremot@spotlightnews.com

CAPITAL DISTRICT — Hannaford Supermarkets has joined a national trend of selling slightly imperfect fruits and veggies at discounted prices.

On Monday, May 16, Delmar's Hannaford on Delaware Avenue and Voorheesville's Hannaford on Maple Road were two of 15 stores to receive "misfit" fruit and vegetable bins

The misfits, are described as "produce items that are less-than-perfect looking," which may be slightly discolored or not uniform in size; in some instances with an unusual shape, color or bump. But, Hannaford said, "The misfit food is just as nutritious and flavorful as other produce." It will be selling for a substantially lower price than its conventional counterparts.

Hannaford's trial of this product line at Albany-area stores is part of an international trend in the sale of irregular-looking produce, popular in Europe and just beginning in parts of the United States. The purchase of these items by Hannaford will help reduce food waste on farms, where an estimated 30 percent of crops do not make it to market because those fruits and vegetables are not the ideal appearance.

"Our supermarkets pride themselves in making sure that any produce we don't sell goes to local food pantries or, when it is not appropriate for donation, to composting and animal feed," said Hannaford Spokesman Eric Blom. "Misfits takes that to another level by helping to reduce farm waste, while providing our customers with another option for nutritious fruit and vegetables."

Misfits items, which will vary from week to week, will be sold in the produce section of the following Hannaford stores: Albany; Cairo; Clifton Park; Colonie; Delmar; East Greenbush; Glenville; Kinderhook; Latham; Livingston; Troy; Voorheesville; West Sand Lake; and Wynantskill. The offering will include items such as apples, oranges, cucumbers, tomatoes, mini watermelon, squash and more.

LEGALS

activity for which a limited liability company may be formed under section 201 of the Limited Liability Company Law. Ad#115185

LEGAL NOTICE

MCCMA REALTY LLC Articles of Org. filed NY Sec. of State (SSNY) 5/6/2016. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 330 Bay 10th St., Brooklyn, NY 11228. Purpose: Any lawful purpose. Ad#118952

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: MorelliART, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 04/07/16. Office location: Albany County. The principal business location of the LLC is 1 Chatham Circle, Loudonville, NY 12211. 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 Patrick Morelli,

LEGALS

1 Chatham Circle, Loudonville, NY 12211. The registered agent for the LLC is Patrick Morelli, 1 Chatham Circle, Loudonville, NY 12211. The registered agent is to be the agent of the LLC upon whom process against it may be served. Purpose: For any lawful purpose. Ad#115865

LEGAL NOTICE

Notice of Formation Neighborhood NP in Family Health & RN, PLLC. Arts. of Org. filed with SSNY 2/26/2016. Off. Loc.: Albany Cnty. SSNY designated as agent of LLC whom process may be served. SSNY shall mail process to: c/o the LLC, 18 Plymouth Ave., Delmar, NY 12054. Purpose: all lawful activities. Ad#118948

LEGAL NOTICE

Notice of Formation of Foreign Limited Liability Company NOVARA GEOSOLUTIONS, LLC. Jurisdiction and date of organization: State of Delaware, 02/02/16; Date of filing of the application of authority with the NY Dept of State: April 7, 2016; SSNY has been desig-

LEGALS

nated as agent upon whom process may be served and shall mail a copy of any process to principal office address: 575 Broadway, Albany, New York 12207, Albany County; Address required to be maintained in jurisdiction of formation: c/o The Corporation Trust Company, 1209 Orange Street, Wilmington, DE 19801; Authorized DE office where a copy of certificate of organization is filed: DE Secretary of State, 401 Federal Street, Suite 4, Dover, DE 19901; Purpose of LLC: any lawful purpose. Ad#116001

LEGAL NOTICE

NOTICE OF FORMATION OF OSBORNE, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 4/11/2016. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of process to: The LLC, 22 Gadsen Court, Albany, NY 12205. Purpose: any lawful activity. Ad#115419

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LEGAL NOTICE

OUR LOVING HANDS, LLC. Art. of Org. filed with the SSNY on 04/13/16. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 33 Vliet Street, Cohoes, NY 12047. Purpose: Any lawful purpose. Ad#119317

LEGAL NOTICE

Notice of domestic LLC of Pansecure LLC. Articles of Org. filed with NY Secretary of State (NS) on 4/21/2016, office location: Albany County, NS is designated as agent upon whom process may be served, NS shall mail service of process (SOP) to Registered Agents Inc. @ 90 State St STE 700 Office 40, Registered Agents Inc. is designated as agent for SOP at 90 State St STE 700 Office 40, purpose is any lawful purpose. Ad#118279

LEGAL NOTICE

Notice of formation of LLC-Premium Realty Groupslc, LLC has filed an Articles of Organiza-

LEGALS

tion with the Secretary of State of New York on 3/7/2016. Its office is located in Albany County. The Secretary of State has been designated as agent upon whom process may be served. A copy of any process shall be mailed to 101 Old Niskayuna Rd., Albany, NY 12211. Its business is to engage in any lawful activity for which limited liability companies may be organized under Section 203 of the New York Limited Liability Company Act. Ad#117366

LEGAL NOTICE

QuisLex New York LLC Articles of Org. filed NY Sec. of State (SSNY) 4/27/2016. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 126 East 56 St., NY, NY 10022. Purpose: Any lawful purpose. Ad#116934

LEGAL NOTICE

Notice of Formation Ride Match, LLC Arts. of Org. filed with SSNY on 3/21/16 Off. Loc.: Albany Cnty. SSNY designated as agent of LLC whom process may be

LEGALS

served. SSNY shall mail process to: c/o InCorp Services, Inc. One Commerce Plaza 99, Washington Ave., Suite 805A, Albany, NY 12210-2822 Purpose: all lawful activities. Ad#117583

LEGAL NOTICE

Notice of formation of LLC-Skylight Apartmentllc, LLC has filed an Articles of Organization with the Secretary of State of New York on 3/7/2016. Its office is located in Albany County. The Secretary of State has been designated as agent upon whom process may be served. A copy of any process shall be mailed to 101 Old Niskayuna Rd., Albany, NY 12211. Its business is to engage in any lawful activity for which limited liability companies may be organized under Section 203 of the New York Limited Liability Company Act Ad#117365

LEGAL NOTICE

TAD CONSULTING GROUP LLC. Art. Of Org. filed with the SSNY on 5/06/16. Office: Albany County, SSNY designated as agent of the LLC upon whom pro-

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cess against it may be served. SSNY shall mail copy of process to the LLC, 23 Turner Place Albany, NY 12209. Purpose: Any lawful purpose. Ad#118897

LEGAL NOTICE

URBAN INDUSTRIAL DESIGN LLC. Art. of Org. filed with the SSNY on 03/22/16. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 38 Anthony LN, Albany NY, 12205. Purpose: Any lawful purpose Ad#117357

LEGAL NOTICE

Notice of Formation: Wide Range LLC. Articles of org filed with SSNY on 2/3/16. Office loc: Albany Cnty. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: Wide Range LLC, attn: Chris Horn, 77 Brookview Ave, Delmar, NY 12054. Purpose: product development consulting services. Ad#115179

LEGALS

LEGAL NOTICE

Notice of Formation of Wren & Rail LLC, Articles of Organization were filed with the Secretary of State of New York (SSNY) on May 2, 2016. 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, 119 Orchard Hill Road, Slingerlands, New York 12159. For any lawful purpose. Ad#117448

LEGAL NOTICE

Notice of Formation of ZDS Ag. Enterprises LLC, Art. of Org. filed Sec'y of State (SSNY) 4/4/16. 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 Zachary Stanton @ 210 Onesquethaw Creek Road, Feura Bush NY 12067. Purpose: any lawful activities. Ad#117456

To place your Legal
Notice: Call 439-4949



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May 25, 2016

Spotlight on Opinion

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■ FROM THE EDITOR'S DESK

Raise a glass

The unofficial start of the summer season suffers from a sense of duality that often triggers a few flared tempers when one side receives more attention than the other.

This weekend marks that time when people have their heads deep in plans of how the family will spend during extended weekends, or week-long vacations away from home. Itineraries are plotted, the mini-van is checked and distant friends synchronize watches for an agreed rendezvous. Or, the next best thing has to be the backyard cook outs.

Conversations are naturally raised upon where to go, what to bring and what we can all expect to eat at the annual cook out. We all have a friend or family member whose home is the absolute place to be for the best food — unless you're that person. But, the common denominator circulates around hamburgers, hotdogs and desserts.

But, that's one side of the coin.

Of course, we're talking about Memorial Day. And, here lies the stark

contrast between the scene above and the name of the day. It's a national holiday designated to honor those who lost their lives defending our country. More than two centuries worth of heroes and the wars that helped define their actions. We decorate their graves. We speak their names. It should go without explanation, but seldom does the weekend go by without such a reminder. Somewhere, someone is reading this and nodding his or her head. And, that person is absolutely correct.

Both sides are correct.

As old as this country is, Memorial Day is not as old, nor was it as universally utilized for any other war than the Civil War. Depending on who you ask, and a fair majority seems to agree, Memorial Day started within the former Confederate States as Decoration Day.

It differs from community to community, but commonly the last Sunday in May was set aside to decorate the graves of kin who died at war. Flowers, bunting, personal artifacts

adorned gravestones to remember. The Civil War tore families apart, sometimes pitting brothers against one another on the bloodiest of battlefields. Wounds ran deep among those who survived, and a day was established to help them heal. Part of that effort involved the community to gather together, to feast and join in on games, dances and more merriment. Because merriment was needed. By World War II, Decoration Day became Memorial Day, and it wasn't adopted as a national holiday until 1967.

The discussion over cook outs and vacations should not be met with indignant words to force reflection upon our war dead. Those who died for our country, died to support our way of life. They died for our freedom. And, yes, that does need to be remembered. But, don't forget to have a hamburger, or a hotdog. Grab a beer, lift it up and remember those who can't be here to do the same.

Because, if they could, they would join you.

Conversations are naturally raised upon where to go, what to bring and what we can all expect to eat at the annual cook out. We all have a friend or family member whose home is the absolute place to be for the best food — unless you're that person. But, the common denominator circulates around hamburgers, hotdogs and desserts. But, that's one side of the coin. Of course, we're talking about Memorial Day. And, here lies the stark contrast between the scene above and the name of the day. It's a national holiday designated to honor those who lost their lives defending our country. ... It should go without explanation, but seldom does the weekend go by without such a reminder. Somewhere, someone is reading this and nodding his or her head.

■ GET TO KNOW ...



**Wendy Craney,
Communications
Albany Pine Bush**

*Hometown: Pittstown
Residence: Sand Lake*

What type of music do you listen to?

I listen to mostly pop music on the radio.

What TV shows are you currently watching?

Right now, I like watching "Mysteries at the Museum" on the Travel Channel.

What books have you recently read?

I just started one. It's called "The Tipping Point." A co-worker recommended it to me. He knows that I'm the social media coordinator, and it's all about how things go viral on the Internet.

What was the last movie you saw?

"The Good Dinosaur" with my

daughter.

What are some of your favorite hobbies?

I enjoy jogging and bird watching. I do a little bit of sewing, and I really like to do graphic arts, so I do stuff like digital scrapbooking.

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

I would love to meet Jane Goodall. She's one of my conservation heroes.

Describe your dream vacation.

A place that I've gone to that was my dream vacation was Costa Rica.

What is one of your favorite local memories?

I have fond memories of, when I was younger, going to swimming lessons at Grafton Lakes State Park.

What would your last meal be?

It would probably be Chinese food, like vegetable lo mein or something like that.

Tell us a surprising fact about you.

I'm the communications director here at the (Albany Pine Bush) Discovery Center, but my first job here was on the prescribed firefighting crew. I was trained to put out wildfires.

**THE
Spotlight**

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■ POINT OF VIEW

County Law Will Save Lives

Who among us doesn't know someone who struggled to end their addiction to tobacco?

Who among us doesn't know someone whose health is worse because of tobacco? Or sat in a room and listened to someone hack with a smoker's cough?

Tobacco brings devastation every day. Hearts are weaker, breathing is worse, and the risk for cancer is greater for those who use tobacco products.

Albany County Executive Daniel P. McCoy has a chance to improve the health of Albany County residents by raising the age to purchase tobacco to 21. The Albany County Legislature voted in favor of this, approving Local Law C – also known as Tobacco 21 – on May 9. The County Executive has 30 days from then to approve the law.

As a paramedic, chair of the New York State Advocacy Committee of the American Heart Association, and resident of Albany County, I urge the county executive to protect our youth by approving this measure.

Opponents say that at 18, people should be able to make their own decisions. The legal age to buy alcohol is 21 – it makes sense to have the same age to purchase tobacco. Although, really, our preference would be that nobody smoke. But at least T21 would keep our youth

from going up in smoke.

Other opponents also say our military should be able to smoke if they are able to serve their country. As Memorial Day approaches, and we think of how to honor our military, I can't think of a better way to do it than to protect those who protect us. In August 2014, the Department of Defense released a statement condemning the use of smoking for all military personnel. Dr. Jonathan Woodson concluded the statement by noting that, just as we would leave nobody behind in the combat zone [and] we expend every effort to save the life of a battle buddy that's on our right or on our left, we need to do the same with tobacco use.

On Tuesday, May 12, Chautauqua County joined Suffolk County and New York City when their County Executive Vincent Horrigan, signed a Tobacco 21 ordinance. In his statement on the county Web site, Horrigan said, "As a retired 27 year senior officer of the Air Force, I join with many other military leaders in the perspective that tobacco products are a threat to our military readiness and too often compromise the health of our professional military who put their lives on the line to defend our freedoms."

The business argument? Well, do we really want to be making money off a product that kills? Cigarette sales to those

under 21 account for only 2.12% of total sales for small stores.

The statistics around smoking are grim. Every year, some 25,400 people die in New York from tobacco-related illnesses. Half a million New Yorkers live with serious smoking-related illnesses. This hits our wallets, too – illnesses and disabilities from smoking cost the state – which at the end of the day is you and me – \$8.17 billion in health care expenditures.

We know that 90 percent of adults who smoke started by the age of 21, and half were regular smokers by the time they were 18. A recent report from the Institute of Medicine found that tobacco use would decrease by 12 percent by the time today's teenagers were adults, if the minimum age of sale were increased to 21 years. If someone reaches the age of 21 without smoking, the chance of them ever doing so plummets to 2 percent.

We also know that raising the age to buy tobacco will stop the trickle-down effect, resulting in fewer tobacco products available to high school students.

Today, 10,600 youth under 18 become new daily smokers each year and over 73,000 New York State high school students currently smoke.

A recent Siena poll showed that 64% of Albany County residents favor this

measure. That makes sense – the measure means better health and lower costs for county residents.

More than 130 cities and counties in 10 states have enacted Tobacco 21, including the state of California.

Please, County Executive McCoy, let Albany County be a leader in New York, by taking this important step to improve the health of all county residents – especially the future, our youth.

Bob Elling

Member, Capital Region Advisory Board,
American Heart Association
Paramedic Instructor, HVCC
Resident, Town of Colonie

Food pantry says thanks

A big thank you to all the people in the Glenmont and Selkirk area that contributed to the Post Office Stamp Out Hunger Drive. Our food pantry is overflowing with food. Thank you for an awesome job.

- Carol Broderick, Director at Venture Churches Food Pantry



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

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

Submissions can be emailed to news@spotlightnews.com. The deadline for all letters is noon Friday prior to publication.

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

For information on submitting a Point of View, email news@spotlightnews.com or call 439-4949.

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

CAPITAL DISTRICT TRANSPORTATION COMMITTEE BUSINESS MEETING

June 2, 2016 • 3:00 p.m.

Capital District Transportation Committee
One Park Place, Albany, New York

CDTC is the Metropolitan Planning Organization for Albany, Rensselaer, Saratoga and Schenectady area. The public is welcome to comment on transportation related issues within the Capital District.

TO REGISTER TO SPEAK, CALL 458-2161

Please TAKE NOTE of our Memorial Day Week Early Deadlines

JUNE 1, 2016 ISSUE

Proof Advertising

WED., 5/25 at Noon

[B-Section/The Spot: TUES, 5/24 at Noon]

Services Directory Advertising

TUES., 5/24 at 2 p.m.

Classified Advertising

WED., 5/25 at 4 p.m.

Legal Advertising

THURS., 5/26 at 10 a.m.

Display Advertising

THURS., 5/26 at 11 a.m.



For more information:

439-4940
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PLEASE NOTE: The Spotlight News offices will be CLOSED on Monday, May 30

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