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Dec. 26, 2018 - Jan. 1, 2019



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ISSUE DATES:

Jan. 23 & 30

AD DEADLINES: **Jan. 16 & 23**



NEWS EMS Chief honored

Head of local EMS service
receives national award.

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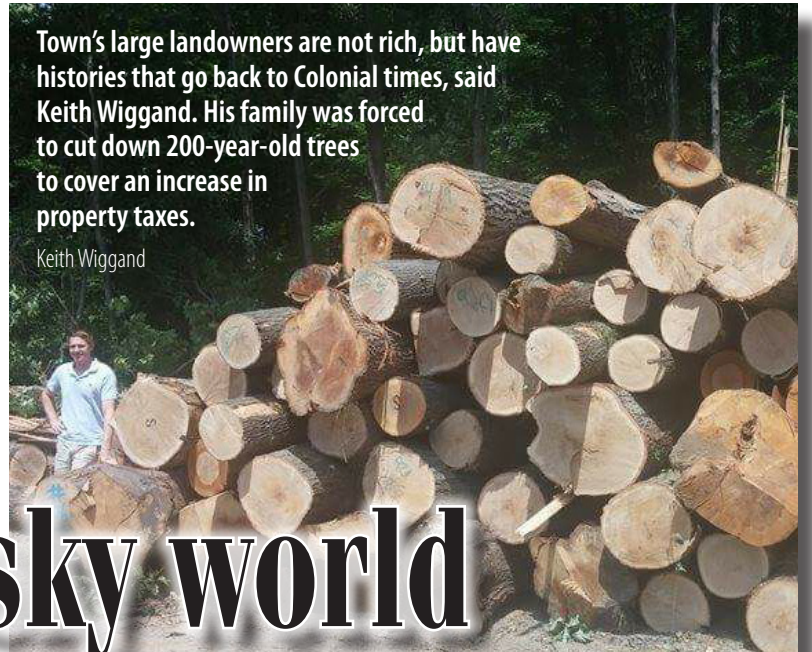
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TOP STORY

Not a blue sky world



Town's large landowners are not rich, but have histories that go back to Colonial times, said Keith Wiggand. His family was forced to cut down 200-year-old trees to cover an increase in property taxes.

Keith Wiggand

◀ A picture of a clear field under a canopy of billowy white clouds and blue skies is the ideal vision of country life atmosphere some residents would like to preserve. The means to conserving that vision is what has some landowners worried.

As Bethlehem continues to look at land conservation, land owners grow wary

By **DIEGO CAGARA**
cagarad@spotlightnews.com

BETHLEHEM — Town residents who are interested in learning more about its ongoing land conservation efforts can hear some of its success stories during a pair of public events titled "Making Local Conservation Happen: Talks, Tastes and a Tour," scheduled to take place on Thursday, Feb. 7, and Thursday, June 13. Regional landowners and conservation organizations will be on hand at both events to share their stories.

Photo provided by
Town of Bethlehem

Continues on page 12

ENTERTAINMENT



Shared moments

This week's Spotted gallery includes a selection of our Page 2 collection from the past year.

Story on Page B1

SPORTS



Backstroke in Capital City

Bethlehem swims by Albany.

Story on Page 5



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■ POLICE, FIRE and EMERGENCY CALLS



Delmar-Bethlehem EMS Chief Steven Kroll, center, receives NAEMT's National Recognition Award of Excellence during the opening ceremony of the EMS World Expo in Nashville, Tenn., on Oct. 31. Provided photo

Delmar-Bethlehem EMS Chief honored

DELMAR — Steven Kroll, the Chief of Delmar-Bethlehem EMS, recently received a National Recognition Award of Excellence from the National Association of EMTs (NAEMT). The award recognizes his lifelong contributions to

the EMS profession and community he serves.

Kroll attended the NAEMT's General Membership Meeting back on Tuesday, Oct. 30 and EMS World Expo's opening ceremony on Oct. 31 in Nashville, Tennessee, to accept the award, which

is sponsored by Braun Industries.

Kroll, an emergency medical technician since 1982, has been a Bethlehem EMS responder since 2002 and has served as the Chief of Delmar-Bethlehem EMS since 2013.

Sheriff's dept. to start body camera program

Move made possible by \$70K allocation from AG's office

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

ALBANY— The Albany County Sheriff's Department has received nearly \$70,000 to kick start a body camera program.

The money is part of a \$1 million allocation from state Attorney General Barbara Underwood to fund body cameras and accessories at 13 law enforcement agencies.

Launched in July, the AG's Capture an Account of a Material Situation program is funded with money recovered from organized crime takedowns. The \$1 million will purchase 959 body-worn cameras and 258 body-worn camera systems, which include cameras and other components such as storage and/or accessories, to departments across the state.

"This funding will

allow our agency to develop a policy which parallels our present in-car camera system, purchase body cameras, train our members and deploy the cameras in the field," Sheriff Craig D. Apple Sr. said in a statement. "With the deployment of this new program we will be able to utilize this new tool to expand our abilities to memorialize events and thus enhance our capabilities to provide valuable information to prosecutors."

While the use of body cameras in law enforcement can record interactions with the public, it is more complex than just putting a camera on the chest of an officer or a deputy.

Issues surrounding the cameras include when to turn them on and who has the ability to turn them on and off, storage of what becomes a huge amount of data and how long that data

is kept and who has access to the data. Privacy rights of officers and victims are also a consideration as is due process afforded a criminal suspect.

Troy, the other Capital District agency receiving funding, will receive \$69,000 for 96 body cameras to help kick a body-worn camera program.

"Body-worn cameras help ensure increased accountability and transparency during law enforcement interactions," said Underwood in a statement. "Yet too often, local police departments don't have the resources to buy them. By using funds recovered from our organized crime busts, we're now able to equip local police departments across the state with body cameras — benefitting all New Yorkers as we work to ensure safe and fair communities."

Delmar Fire District elects new commissioner

By **DIEGO CAGARA**
cagarad@spotlightnews.com

DELMAR — The results of Delmar Fire District's Dec. 11 election have been released.

With a total of 170 ballots cast, Merideth Bastiani was elected to a five-year term as Fire

Commissioner with 130 votes; Leo E. Dorsey, Jr. received 39, and there was one additional write-in vote. According to the Fire District's website, Bastiani previously served as its president from 2006 to 2007, and from 2008 to 2009. Dorsey, Jr. is currently a Fire Commissioner whose

term ends on Dec. 31 this year.

Bethlehem Town Clerk Nanci Moquin, who shared the results with *Spotlight News* via phone, said that the Fire District had first reported the results to her back on Wednesday, Dec. 12. While *Spotlight News* made multiple attempts by phone and email to obtain the election results from the Fire District itself, its calls and messages were not returned.

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■ POLICE, FIRE and EMERGENCY CALLS

Police credit public for larceny arrests

Man and woman face charges

BETHLEHEM — Police arrested two people for the unauthorized use of credit cards and are crediting multiple tips from the public.

On Wednesday, Dec. 19, police released surveillance photos of a man and a woman and a day later arrested Dana J. Williams, 45, of Troy, and John J. Broderick, 55, of Delmar.

Williams is charged with grand larceny, a felony, and the misdemeanors of identity theft and petit larceny.

Broderick is charged with the misdemeanors of identity theft and petit larceny.

The pair were released on appearance tickets and are slated to appear in Bethlehem Town Court on Jan. 2.

“The Bethlehem Police Department would like to thank the community for the tips and information that was provided in regards to this case,” said Cmdr. Adam Hornick. “This aspect of community policing is the cornerstone to the relationship between a police department and the community, as we work together for the better of our society.”

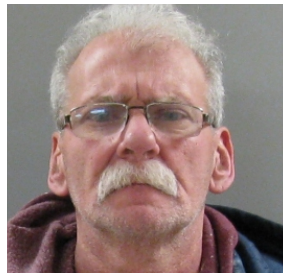


Surveillance photos released on Wednesday, Dec. 19

Courtesy Bethlehem Police Department



WILLIAMS



BRODERICK

■ Former lawyer sentenced

ALBANY — Former attorney Sara Neff, 40, of Voorheesville was sentenced to serve one-and-a-third to four years in state prison on Tuesday, Dec. 18, for driving while ability impaired by drugs on Interstate-90 and violating probation back on Sept. 19.

Neff is the daughter of Mary Donohue, a former lieutenant governor of New York who had assumed office in 1998 and got re-elected in 2002. Donohue was in court during her daughter’s sentencing to support her.



NEFF

■ Traffic stop leads to arrest

GLENMONT — A 29-year-old man was arrested on Sunday, Dec. 9 at 8:45 a.m., on an active warrant regarding domestic cases.

Max Jeffrey Thorn, of Pittsfield, Massachusetts, was placed in custody of the Lanesborough Police Department after a traffic stop in Lanesborough, Massachusetts. He had been informed prior via email and phone by Bethlehem police that they had a warrant for his arrest. Thorn was sent to the Berkshire House of Corrections in Pittsfield and on Tuesday, Dec. 11, was transported to the Bethlehem Police Department.

He was charged with a criminal contempt felony and remanded to the Albany County jail on a \$5,000 cash/bond bail.

■ Deputies make a drug bust

ALBANY — After a two-month investigation, deputies from the Albany County Sheriff’s Department arrested a 22-year-old for selling drugs out of his Myrtle Avenue home.

Daymond Haynes faces a host of charges including three drug related felonies and a felony weapon charge.

He was sent to the Albany County jail without bail

■ COMMUNITY

Breakfast buffet Dec. 30

BETHLEHEM — The Nathaniel A. Blanchard American Legion Post 1040 will hold its next All-You-Can-Eat Breakfast Buffet on Sunday, Dec. 30, from 9 a.m. to noon.

The cost is \$10 per adult and \$5 for children ages 11 and younger. Proceeds from the event will benefit veterans’ service programs.

For more information, please contact the Blanchard American Legion Post at 518-439-9819.

The Nathaniel A. Blanchard American Legion Post 1040 is located at 16 West Poplar Drive, off of Elsmere Avenue in Bethlehem.

Rent the Bethlehem Grange

SELKIRK — Looking for a place to hold your next special event, such as a holiday party, baby or bridal shower, reunion or group meeting? The Bethlehem Grange No. 137 Hall is available to rent with many dates available.

In addition to being handicap accessible and its central location, the facility’s amenities also include a full kitchen and seating for approximately 100 guests.

For more information, including available dates and rental fees, please contact Carol Carpenter, Master, Bethlehem Grange #137, at 518-438-8862 (home), 518-421-1384 (cell) or at ccarpentersells@yahoo.com, or Vernon Starr, at 518-567-4294.

The Bethlehem Grange Hall is located at 24 Bridge St. (NY Rte. 396) in Selkirk.

Tour the Albany Distilling Company

ALBANY — The Albany Distilling Co. offers a free tour of its facility most Saturday afternoons beginning at 3 p.m.

Founded in early 2011, the Albany Distilling Company commenced operations in July 2012. Its first product was whiskey. Since then, its offerings have grown to include more whiskeys along with a range of spirits, including products created in collaboration with other small, local businesses such as Nine Pin Ciderworks and Death Wish Coffee. Owners John Curtin and Richard Sicari and their extremely talented small staff remain committed to making high quality spirits one small batch at a time.

While tours are free, advance reservations are required. For more information, www.albanydistilling.com/tours.

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■ COMMUNITY

CMOST to hold Sensory Play session Thursday

TROY — The Children's Museum of Science + Technology (CMOST) will host its next Sensory Play session for children ages 2 through 6 on Thursday, Dec. 27, from 10 to 11:30 a.m. in the GE Junior Discovery Room. This week's topic is Snow Surprises.

Join CMOST staff for a hands-on sensory science activity that will help your child improve his or her motor skills and

increase his or her understanding of how the world around them works.

Preregistration is not required and the activity is included with museum admission.

For more information about this and other CMOST programs, call 518-235-2120 or visit www.cmost.org.

CMOST is located at 250 Jordan Road in the Rensselaer Technology Park in Troy.

Albany Figure Skating Club to hold Open House

DELMAR — The Albany Figure Skating Club will celebrate National Skating Month with an Open House on Saturday, Jan. 5, from 11:30 a.m. to 1:30 p.m. at the Bethlehem YMCA.

If you've ever thought about ice skating lessons, here's your opportunity to try it out for free.

Club coaches will be on the ice providing mini lessons and answers to

your questions about its Learn to Skate program. Skates will be available to rent.

For more information, please visit the Albany Figure Skating Club's website at www.albanyfsc.org or email info@albanyfsc.org.

The Bethlehem YMCA is located at 900 Delaware Ave (NY Rte. 443) in Delmar.

Learn to skate with the Albany Figure Skating Club

DELMAR — Interested in learning how to ice skate?

Register for the Albany Figure Skating Club's Learn to Skate program, a fun, safe way to either establish or improve your skating skills. The program is open to both beginning and advanced skaters ages 3 through adult.

Group lessons will be held on Saturdays from noon to 2 p.m. January 12 through March 9 at the Bethlehem YMCA. Skaters do not need to be YMCA members to participate.

For more information, please visit the Albany Figure Skating Club's website at www.albanyfsc.org or email info@albanyfsc.org.

Albany Institute to hold Vacation Break Art Workshop

ALBANY — The Albany Institute of History & Art will offer a Vacation Break Art Workshop titled "Animal Yoga" on Friday, Dec. 28, from 2 to 3 p.m.

Children ages 6 and older are welcome to attend this gentle and playful introduction to yoga!

Participants will stretch their bodies and their creativity with yoga postures mimicking the animals seen in the "Birds & Beasts: The Scary, Magical, and Adorable Animals of the Albany Institute," and "A Menagerie of Whimsey: The Art of William B. Schade" exhibitions.

Children should wear comfortable clothes and prepare to have fun.

The workshop will be led by the

Institute's director of art programs who holds a certificate in children's yoga.

The cost to attend is \$10 for Albany Institute members and \$15 for non-members, and includes the museum admission fee. Registration is required as space is limited. An adult is required to remain on the museum's premises while their child is in the program.

For more information about or to register for this workshop, please visit www.albanyinstitute.org/event/product/VACATION-BREAK-ART-WORKSHOP-Animal-Yoga.html

The Albany Institute of History & Art is located at 125 Washington Ave. in downtown Albany.

Delmar Community Orchestra announces rehearsal schedule for Winter/Spring season

DELMAR — The Delmar Community Orchestra, conducted by Vincent Bonafede, will begin rehearsing for its Winter/Spring season on Monday, Jan. 7. Weekly rehearsals will take place on Monday nights from 7:30 to 9:30 p.m. in the auditorium at Bethlehem Town Hall.

The orchestra will perform four concerts during the season: two for residents of area nursing homes and two open to the general public.

Looking for a fun, supportive

atmosphere in which to make music? New members are always welcome and instrumentalists of all ages are invited to participate.

For more information, please visit the orchestra's website at www.delmarcommunityorchestra.org or contact its president, Janet Behning, at delmarcommunityorchestra@gmail.com or by phone at 914-271-2055.

Bethlehem Town Hall is located at 445 Delaware Ave. (NY Rte. 443) in Delmar.

Helderberg Christian School to hold pizza fundraiser

EAST BERNE — The Helderberg Christian School is currently taking orders for its upcoming pizza fundraiser. The school is offering cheese pizzas for \$10 each, pizzas with one topping for \$13 each, two toppings for \$15 each, or three or more toppings for \$17 each. All pizzas will have eight slices. Orders must be placed no later than Saturday, Jan. 12.

Pizzas will be available to pick up at the school on Friday, Jan. 18, from 4:45 to 8 p.m.

For more information or to place an order, please contact Mrs. Dean by phone or text at 518-795-7491 or via email at mdean@helderbergchristianschool.org

The Helderberg Christian School is located at 96 Main St. in East Berne.

Albany Institute to hold Family Paint Workshop

ALBANY — The Albany Institute of History & Art invites families to participate in a Family Paint Workshop at the museum on Sunday, Jan. 13, from 1 to 3 p.m.

Enjoy an afternoon of painting and bonding with your child. Appropriate for children ages 6 and older with a parent.

Registration is required and there is a \$20 fee per painter for museum members and a \$25 fee per painter for nonmembers.

Museum admission is included.

For more information about this program, please contact Sarah Clowe at 518-463-4478 ext. 435 or clowes@albanyinstitute.org.

To register, visit www.albanyinstitute.org/event/product/FAMILY-PROGRAM-Family-Paint-Workshop.

The Albany Institute of History & Art is located at 125 Washington Ave. in downtown Albany.

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■ HIGH SCHOOL SPORTS

Bethlehem swims by Albany

BETHLEHEM — The boys swim and dive team easily handled the squad from Albany on Tuesday, Dec. 18.

The Eagles more than doubled up the Falcons by an overall score of 101-50 in the five swimming events: the 500-meter free style, the 200-meter free relay, the 100-meter backstroke, the 100-meter breast stroke and the 400-meter relay.

On Jan. 3, 2019, The Eagles will host Shaker, while Albany will host Burnt Hills-Ballston Lake.

Check out our website for more photos of the Albany meet.

— Jim Franco



Lady Dutch take care of Columbia



GUILDERLAND — The Lady Dutch handled Columbia by a score of 52-34 in a Suburban Council matchup on Thursday, Dec. 20.

Guilderland's Valencia Posson led the Lady Dutch with 15, while Aysia Pink had 13 and Graycen Dubin chipped in nine. Grace Serravillo had seven, Empress Lee had four, Bella Gitto had three and Jamie Golderman had a point to round out the scoring for Guilderland (5-1, 5-1.)

For Columbia (1-5, 1-6), Alysia Roldan led all scorers with 16 while Lauren Filien had six and Alexis Van Vorst chipped in Five.

Check out our website for more photos of the game.

— Jim Franco

■ COUNTY GOVERNMENT

REDC awards \$1M to proposed biosolids facility

Menands site will be jointly paid for and operated by Albany and Saratoga counties

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

ALBANY — A regional biosolids facility slated for Menands has received a \$1 million bonus from the state.

The facility, which is officially called the Albany Saratoga Regional Anaerobic Digester Facility, is a \$48.25 million project that will treat solid waste generated from waste water treatment plants so it can be put to good use and not end up in a landfill. Albany and Saratoga counties will split the cost and jointly operate the plant.

The \$1 million is from the state's annual Regional Economic Development Council awards announced on Monday, Dec. 18. The Capital District received \$67 million to help support 95 projects across Albany, Columbia, Greene, Rensselaer, Saratoga, Schenectady, Warren and

Washington counties.

In all, \$750 million was handed out to fund projects proposed by 10 regional councils across the state.

In Menands, a "new anaerobic digestion combined heat and power/steam turbine will be installed" at the existing plant "to generate electricity to offset all power required by the plant." The project will also "replace incineration facilities to provide an environmentally sustainable solution to solids management, while producing clean power and an end-product that can be beneficial to agricultural land" according to an outline of the projects that were funded.

In other words, the sludge produced at sewage treatment plants is now taken to a landfill. While some of it does get converted to methane and then electricity, it is neither efficient nor practical.



An aerial view of the site that will be transformed into the Albany Saratoga Regional Anaerobic Digester Facility in Menands.

Provided photo

For example, the Colonie Waste Water Treatment Plant on Onderdonk Avenue generates some 20-tons of such sludge a day. That may sound like a huge amount,

but it actually equals just one large dump truck. It weighs so much because despite the effort put into squeezing the water out, the byproduct of a waste water treatment plant is still 80 percent liquid and 20 percent solid.

While there are no immediate plans to treat sludge from that waste water treatment plant, the new facility, will treat the same type of sludge more efficiently by using some of it to generate electricity and then find a third party company to treat a portion

of it to be used as fertilizer.

The partnership was initially announced in March and the design is currently out to bid. The respective county Legislatures could have the bids back by March 2019. The two counties are also expected submit a joint application for an additional \$10 to \$12 million in state grants to help fund the project.

"This is a great project which will save the region millions of dollars in disposal costs and provide cutting edge environmental

technology to dispose of bio-solids and create energy," said Legislator Paul Burgdorf, R-Colonie.

Albany County spends about \$2.2 million a year to manage biosolids, while Saratoga County spends about \$2 million.

Subtracting the cost of construction and operation, it is expected the facility will save each county more than \$20 million over 20 years.

Timothy Murphy, the executive director of the Albany County Water Purification District said the new facility will allow sludge generated from the 35 million gallon a day Menands site, a 19 million gallon a day waste water treatment plant located in the Port of Albany and from Saratoga's 40 million gallon a day plant.

Four incinerators will get shut down once the new process is in place.

"We are fortunate to have a progressive county executive that is working closely with us to help us facilitate this project and we are fortunate enough to have the Legislature support this project," Murphy said. "... This whole process will not only save money, but it is better for the environment.

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■ COMMUNITY

Learn how to snowshoe

CROSEYVILLE — Dyken Pond Environmental Education Center will offer a Family Snowshoe Program on Friday, Dec. 28, from 1 to 3 p.m.

Families can congregate in a beautiful natural setting while learning snowshoeing fundamentals. After a brief introduction, participants will snowshoe for about two hours, looking for signs of animals and enjoying a winter day outdoors.

The cost is \$5 per person and includes snowshoe rental. Preregistration is required. For more information about or to preregister for the program, contact Lisa Hoyt at 518-658-2055 or email at dkykenpond@gmail.com.

In the case of inclement weather, participants should call the number above or visit the center's website at dykenpond.org for possible program cancellations.

Dyken Pond Environmental Education Center is located at 485 Dyken Pond Road, in Croseyville.

Recycled Buildings at AIHA

ALBANY — The Albany Institute of History & Art welcomes families to participate in the final session of its December Art for All program, titled "Recycled Buildings," this Saturday, Dec. 29, anytime between 10 a.m. and 4:30 p.m.

Spend the day being creative! Adults and children of all ages are welcome to join us in the art studio for drop in art making. This week's activity is inspired by the creative scenes Joan Steiner built out of everyday items for the Look-Alike dioramas currently on display throughout the museum. The cost to attend is included with museum admission and registration is not necessary.

For more information about this and other Art for All sessions, please visit www.albanyinstitute.org/event/product/Art-for-All2018-2019.html.

The Albany Institute of History & Art is located at 125 Washington Ave. in downtown Albany.

■ EDUCATION

RCS takes action on perceived threat

RAVENA — Families in the Ravena Coeymans Selkirk school district were notified of a perceived threat to the school through an email from its superintendent on Saturday, Dec. 15.

The threat was interpreted by a couple of social media posts featuring what the superintendent described as “troubling.”

“There were no references to RCS, specific people, locations, or scenarios that promised violence against RCS,” stated Braun Bailey, the district superintendent. “However, the troubling content and behaviors displayed in the posts were sufficient to warrant a full

investigation by the district and local authorities.”

According to several reports, the video depicted a violent scene that included the alleged use of fake blood, fake weapons and the use of racist remarks within a classroom setting.

The school did not release the identity of the students allegedly involved with the video. The Albany County Sheriff Department is investigating the case.

Sheriff Craig Apple said another student had viewed the video online and notified the school district. Apple said the four students will face charges



Four students face possible criminal charges after posting what the school district called a “troubling” video online.

of making a terroristic threat.

Bailey asked parents to discuss internet use with their children.

“Please take a moment with your child to discuss appropriate social media use and consequences for inappropriate content,”

he said. “This is a lesson that we will continue to reinforce with our students. We also ask that students and families continue to be vigilant and say something if they see or hear something that concerns them.”

— Michael Hallisey

■ IN BRIEF

Bethlehem Lions Club to meet

DELMAR — The Bethlehem Lions Club will hold its next meeting on Wednesday, Jan. 2, at the Normanside Country Club. A social hour begins at 6 p.m. followed by dinner and the meeting from 7 to 8:30 p.m.

Founded in 1955, the club’s primary focus is to aid the blind and hearing impaired both locally and globally through fundraisers. The club also provides financial support to a variety of community organizations and individuals in need.

For more information about the club and its projects, visit the Bethlehem Lions Club website at www.e-clubhouse.org/sites/bethlehemny/index.php.

The Normanside Country Club is located at 165 Salisbury Road in Delmar.

Delmar Community Orchestra announces rehearsal schedule

DELMAR — The Delmar Community Orchestra, conducted by Vincent Bonafede, will begin rehearsing for its winter/spring season on Monday, Jan. 7. Weekly rehearsals will take place on Monday nights from 7:30 to 9:30 p.m. in the auditorium at Bethlehem Town Hall.

The orchestra will perform four concerts during the season: two for residents of area nursing homes and two open to the general public.

For more information, visit delmarcommunityorchestra.org or contact Janet Behning, at delmarcommunityorchestra@gmail.com.

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55th Street, 7th Floor, New York, NY 10022. Purpose: Any lawful purpose. D-203824

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PEMMIL CM SERVICES LLC. Arts. of Org. filed with the SSNY on 11/14/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o David Goldban, Starrett Companies, 70 East 55th St, 7th Floor, New York, NY 10022. Purpose: Any lawful purpose. D-204805

NOTICE OF LLC FORMATION

PEMMIL LIQUIDITY LLC. Arts. of Org. filed with the SSNY on 09/25/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o David Goldban, Starrett Companies LLC, 70 East 55th Street, 7th Floor, New York, NY 10022. Purpose: Any lawful purpose. D-204803

NOTICE OF LLC FORMATION

PENELOPE ODYSSEA LLC. Arts. of Org. filed with the SSNY on 12/12/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Penelope Vaggelas, 167-

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15 12th Avenue, Apartment 3D, Whitestone, NY 11357. Purpose: Any lawful purpose. D-205226

NOTICE OF LLC FORMATION

PRINCE STREET 1B LLC. Arts. of Org. filed with the SSNY on 11/07/18. 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, 34 Prince Street, #1B, New York, NY 10012. Purpose: Any lawful purpose. D-202665

NOTICE OF LLC FORMATION

R2 ENTERPRISES, LLC. Arts. of Org. filed with the SSNY on 11/19/18. 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, 235 W. 70th Street, Apartment 5H, New York, NY 10023. Purpose: Any lawful purpose. D-203036

NOTICE OF PLLC FORMATION

RA DESIGN ENGINEERING, PLLC. Arts. of Org. filed with the SSNY on 11/07/18. Office: Albany County. SSNY designated as agent of the PLLC upon whom process against it may be served. SSNY shall mail copy of process to the PLLC, 353 Third Avenue, Unit 116, New York, NY 10010. Purpose: For the practice of the profession of Professional Engineering. D-203828

LEGALS

NOTICE OF LLC FORMATION

REMA WORKS LLC. Arts. of Org. filed with the SSNY on 04/20/18. 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, 594 Broadway, Suite 603, New York, NY 10012. Purpose: Any lawful purpose. D-202319

NOTICE OF LLC FORMATION

RH CENTRIA LLC. Arts. of Org. filed with the SSNY on 11/27/18. 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, 18 West 48th Street, Unit # 34A, New York, NY 10036. Purpose: Any lawful purpose. D-204978

NOTICE OF PLLC FORMATION

RICHMAN LAW FIRM PLLC. Arts. of Org. filed with the SSNY on 12/03/18. Office: Albany County. SSNY designated as agent of the PLLC upon whom process against it may be served. SSNY shall mail copy of process to the PLLC, 310 Lexington Avenue, Apartment 8D, New York, NY 10017. Purpose: For the practice of the profession of Law. D-204201

NOTICE OF LLC FORMATIONS

ROSE FRAGRANCES & MORE, LLC. Arts. of Org. filed with the SSNY on 11/01/18. Office: Al-

LEGALS

bany 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, 10135 Roseton Avenue, Santa Fe Springs, CA 90670. Purpose: Any lawful purpose. D-202237

NOTICE OF PLLC FORMATION

SASHA ZILL PHYSICAL THERAPY PLLC. Arts. of Org. filed with the SSNY on 11/16/18. Office: Albany County. SSNY designated as agent of the PLLC upon whom process against it may be served. SSNY shall mail copy of process to the PLLC, 255 West 75th Street, 3G, New York, NY 10023. Purpose: For the practice of the profession of Physical Therapy. D-203099

NOTICE OF LLC FORMATION

SERENA HARLEM, LLC. Arts. of Org. filed with the SSNY on 12/14/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Lido, 2168 Frederick Douglass Boulevard, New York, NY 10026. Purpose: Any lawful purpose. D-205339

NOTICE OF LLC FORMATION

SES VENTURES LLC. Arts. of Org. filed with the SSNY on 12/06/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY

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shall mail copy of process to the LLC, 1165 Park Avenue, Unit 8B, New York, NY 10128. Purpose: Any lawful purpose. D-204857

NOTICE OF LLC FORMATION

SETIEN MIDSTREAM, LLC. App. for Auth. filed with the SSNY on 08/02/18. Originally filed with Secretary of State of Delaware on 09/02/2016. 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, 1 World Trade Center, 46th Floor, Suite 46M, New York, NY 10007. Purpose: Any lawful purpose. D-205412

NOTICE OF LLC FORMATION

SHELTON P. SMITH LLC. Arts. of Org. filed with the SSNY on 12/07/18. 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, 26 E. 10th Street, Apartment 5G, New York, NY 10003. Purpose: Any lawful purpose. D-204797

NOTICE OF LLC FORMATION

SKY HORSE REALTY LLC. Arts. of Org. filed with the SSNY on 11/16/18. Latest date to dissolve: 12/31/2098. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-

LEGALS

cess to the LLC, 3153 Fulton Street, First Floor, Brooklyn, NY 11208. Purpose: Any lawful purpose. D-202746

NOTICE OF LLC FORMATION

SoHa115 Residential, LLC. Arts. of Org. filed with the SSNY on 12/03/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Wendi Bergamini, 257 West 117th Street, Unit 2E, New York, NY 10026. Purpose: Any lawful purpose. D-204202

NOTICE OF LLC FORMATION

SOUTH SHORE FOODS LLC. Arts. of Org. filed with the SSNY on 11/30/18. 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, 268 Shotwell Avenue, Staten Island, NY 10312. Purpose: Any lawful purpose. EB-204165

NOTICE OF LLC FORMATION

THSD LLC. Arts. of Org. filed with the SSNY on 11/14/18. 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, 246 Sackett Street, Brooklyn, NY 11231. Purpose: Any lawful purpose. D-202638

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NOTICE OF LLC FORMATION

TILDEN MEMBER LLC. Arts. of Org. filed with the SSNY on 10/19/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o SKF Development LLC, 38 West 21st Street, 8th Floor, New York, NY 10010. Purpose: Any lawful purpose. D-203765

NOTICE OF LLC FORMATION

TOP GUN DISTRIBUTIONS LLC. Arts. of Org. filed with the SSNY on 11/20/18. 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, 243-09 73rd Avenue, Little Neck, NY 11362. Purpose: Any lawful purpose. D-203340

NOTICE OF LLC FORMATION

TWIGS OFFICIAL LLC. Arts. of Org. filed with the SSNY on 12/12/18. 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, 149 Conselyea Street, Unit 2A, Brooklyn, NY 11211. Purpose: Any lawful purpose. C-205227

NOTICE OF LLC FORMATION

VISUAL29, LLC. Arts. of Org. filed with the SSNY on 11/21/18. Office: Albany County. SSNY des-

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ignated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Pavel Levter, 167 Baden Place, Staten Island, NY 10306. Purpose: Any lawful purpose. D-203425

NOTICE OF PLLC FORMATION

WEISS AND AKERMAN, PLLC. Arts. of Org. filed with the SSNY on 10/31/18. Office: Albany County. SSNY designated as agent of the PLLC upon whom process against it may be served. SSNY shall mail copy of process to the PLLC, 52 Duane Street, 7th Floor, New York, NY 10007. Purpose: For the practice of the profession of Law. D-202629

NOTICE OF LLC FORMATION

WEST 12TH STREET GARAGE LLC. Arts. of Org. filed with the SSNY on 12/14/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 10 East 33rd Street, 11th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-205461

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Spotlight on Opinion

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December 26, 2018

LETTERS to the EDITOR

Trustee expresses gratitude

Over the next few weeks, most of us in this little Town of Bethlehem will spend at least some time remembering and reflecting on the year gone by and the people with whom we shared it. As I look back on my own year, I am grateful to have spent some of that time with a colleague like Giles Wagoner.

For those of you that don't have the pleasure of knowing Giles, he is the type of friend or neighbor we all hope for. For example, like many other farmers I know, he is generous in offering his assistance or sage advice and does so quietly and without fanfare. That's Giles' way. He is not much for showmanship; instead, he is more concerned with getting the job done.

The Irish in me also enjoys a sharp wit and good sense of humor and Giles has both aplenty. Trust me when I say that these attributes are greatly appreciated when a long or tense discussion finds itself in need of some comedic relief.

Perhaps what stands out most about Giles is his quiet, humble dedication and service to his family, community, and country. His recent term on the Town Board is only a small part of a long career spent serving others. Whether it be as an officer in the Air National Guard or as an active member of the Selkirk Fire Company, Giles has dedicated a great deal of his life to selfless and noble endeavors. Just how much time has Giles devoted to serving our community? It is hard to

say exactly. However, to help put things into perspective, Giles first became an active member of Selkirk in 1970, which is exactly 13 years before I was born.

Giles departs the Town Board at the end of this month and he will be greatly missed. Giles and I typically agreed, sometimes didn't, but were never worse for it. He served our town well on the Town Board and will undoubtedly continue to do so as a Selkirk firefighter and in various other capacities.

With my utmost respect, admiration, and gratitude, thank you for your service, Giles.

Jim Foster,
Delmar

RCS right to suspend kids

Editor,

I believe the Ravena Coeymans Selkirk School District and the Albany County sheriff were smart to take precautions they did in the RCS teen video case to make sure that was no real threat. However, the news reports said there was no direct threat to the school in the video and it was considered safe to release the teens in the custody of their parents so the criminal cases should be dropped now.

The video could be considered bad art work like a lot of R-rated movies. A federal judge will probably find the video is protected under the First Amendment so the teens' parents may be able to sue the county if charges are not dropped quickly. A lot will depend if the teens' parents can afford a good lawyer.

It will probably be worth the cost for the school district to keep the teens suspended for a long time because it could be disruptive to have them return to school. In this state if a student is suspended more than a week, school districts must provide, at the district's expense, a tutor if the parent's parents request one. This is to insure suspended students do not fall behind in school.

I glad our local officials are keeping a close eye on things.

Carl Green,
Colonie

LIBRARIES

Family Winter STEAM Program

Think cold, think cool, think chilly winter fun. Join Mrs. Brown and Ms. Amy at 10:30 a.m. on Thursday, Dec. 27 for a snow-tastic day of Winter themed STEAM. Science, Technology, Engineering, Art and Math stations may include snowman shape matching, playing with snow-dough, making a neat optical illusion trick called a Thaumatrope, and as a special treat, we will



be making ICE CREAM. It's never too cold for that! For children ages 3-7 with a caregiver.

Please register in person, by phone (518-765-2791) or using our online calendar at <http://voorheesvillelibrary.org/calendar.asp>.

Annual Winter Film Festival

Dennis Sullivan will be our host for the Second Annual Winter Film Festival. This year, Dennis has chosen four directors/films that focus on life, death, dance, and subversion. Mark your calendars for Director Terry Jones, Jan. 16; Director Michael Haneke, Jan. 23; Federico Fellini,

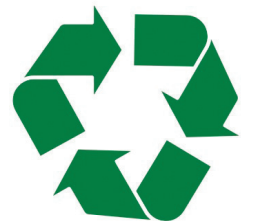
Jan. 30; and Director Florian Henckel von Donnersmarck, Feb. 13. All programs will start at 6 p.m., with discussion and insights. Light refreshments will be served. Check the library calendar or call for film title. No registration needed.

Kids movie matinee

Join us at 1:30 p.m. on Friday, Dec. 28, for

a kids movie matinee. I can't tell you the title here, but this incredible 2018 animated film has Bob Parr (Mr. Incredible) caring for the kids while Helen (Elastigirl) is out saving the world. Rated PG, 1h 58m. Light refreshments will be served. For movie title, please check the event calendar or call the library for more details.

— Lynn Kohler



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LIBRARIES

BPL takes a look back on its own 2018

Another exciting year at the library is coming to a close, and as we look back, we are reminded of all the different ways our patrons use our services to enrich their lives and connect with the community.

Some highlights from 2018:

- Customized library card programs let our patrons to be the stars of their own cards (along with Bad Kitty).
- We completed HVAC construction to modernize our heating and cooling



system and prepare our building for a comfortable and sustainable future.

- Two library programs – Rubber Ducky Club and The Federalist Papers series – earned Program of the Year honors from the Upper Hudson Library System.

- In a partnership with Bethlehem Senior Services, the library co-hosted a prom for senior citizens at Town Hall.

- Wi-Fi signal was expanded to the Five Rivers Environmental Education Center in the first state and public library partnership of its kind.

- Author Sue Halpern stopped by as part of the Writers and Friends series.

- The Krakower-Storch Family Technology Fund, founded by library supporters Joe and Naomi Storch, received an anonymous donation of \$10,000, significantly increasing the amount available to spend on new technologies for public use.
- We added

Chromebooks, solar chargers, American Girl dolls, ukuleles, analog video converters and wireless projectors to our Library of Things.

- Our annual indoor miniature golf event was free and open to the entire community.

- Summer Reading was a huge hit. Teen volunteers kept everything running smoothly, and adults were encouraged to take part with their very own Bingo reading challenge.

- We celebrated Bethlehem's 225th anniversary by hosting

a photography contest featuring images of the town.

- The new self-checkout kiosks at the Circulation Desk and the Children's Place are giving patrons plenty of checkout options.

- Our Local Author Book Fair was headlined by award-winning audiobook narrator George Guidall.

- Patrons can now sign up for one-on-one genealogy help with a librarian.

- Bethlehem was one of 36 libraries participating the 2018 Upper Hudson Library Expedition.

- A series of films, music and lectures marked the 100th anniversary of the end of WWI.

- A survey sent to all households in the school district asked for community feedback on libraries services. Hundreds of people responded.

Holiday hours

The library will be closing at 3 p.m. Monday, Dec. 31, and all day Tuesday, Jan. 1, for New Year's Day. We're always open online at www.bethlehempubliclibrary.org.

— Kristen Roberts

Seeking Closure on 2018!

The library will close at 2 p.m. on Monday December 31st, for New Year's Eve. We will be closed all day on Tuesday, Jan. 1, opening as normal at 9:30 a.m. on Jan. 2nd.

Happy New Year!

Open 24/7/365

Our library is always open through our website, www.guilderlandlibrary.org. Among many other things, you can download e-books



and page through dozens of magazines at no charge. Check it Out!

Winter Reading Challenge!

Can we read 2,000 books during the month of January? Last year we blew our goal of 300 books out of the water by reading

1,577! Let's read even more this year! If we help reach the nationwide goal of 75,000 books, Shark Tank investor Mark Cuban will donate \$35,000 to literacy programs and the top performing libraries (maybe even ours!). Register online today: guilderlandlibrary.beanstack.org! Every book we log during the month

of January counts towards the goal! If you are like me, you will get caught up in the challenge and the chase, and find yourself reading more! That's always a good thing. Share what you're reading! Use the hashtag #WinterRead2019 on social media.

Ice Cream Party with CMOST

Join us for our annual ice cream making party with the experts from Children's Museum of Science and Technology! Thursday, Dec. 27 at 3 p.m. Grades 1-4.

Itsy Bitsy Playtime!

Join us for a sensational sensory playtime! We will explore fun new activities like Ziploc finger paint, water table play, light table activities, a special sensory "pit", musical instruments, baby building blocks and more. Please dress baby for active play! Birth-24 months. Friday, Jan. 4 at 10:30 a.m.

Story Times

Both Baby Bookworms and Toddler Time restart on Tuesday, Jan. 8!

No story times are held when Guilderland Central School District is closed or delayed.

Walk Me to the Moon!

Did you know that the moon is just about 239,000 miles away? From now until April, local libraries are participating in the first Library Moon Walk, a challenge designed to keep us moving over the winter months. We are trying to log our steps, to collectively reach the moon!

— Timothy Wiles

PLAY TO WIN LOCAL PRIZES!!

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The Best is Still to Come...
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from all of us at: **The Spinney** at Van Dyke
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From page 1 ... Not a blue sky world

The Feb. 7 meeting, titled "Winter Conservation Strategies and Stories: Forests and Preserves," will be held from 6 to 8 p.m. at the Five Rivers Environmental Education Center, located at 56 Game Farm Road in Delmar. Stories at this session will focus on forest conservation and include voices from the Mohawk Hudson Land Conservancy, the Strawberry Fields Nature Preserve, and the Pine Hollow Arboretum.

The June 13 meeting, called "Spring Conservation Strategies and Stories: Farmland for Farmers," will take place from 6 to 8 p.m. at Indian Ladder Farms, located at 342 Altamont Road in Altamont. This event will be preceded by a guided outdoor tour of the farm from 5 to 5:45 p.m. Stories at this session will focus on farmland, and include voices from Laughing Earth Farm, Lovin' Mama Farm, and Riverview Orchards.

According to the town's website, attendees can

enjoy "seasonal tastings of locally grown foods and craft drinks by Field Notes and Indian Ladder Farms," while deciding for themselves if conserving land is a possibility with certain benefits.

Town officials' perspectives

"There will be around five- to 10-minute little soundbites from landowners or organizations who will talk about how much land conservation costs and what happened," said Karen Shaw, the town's Open Space Coordinator. "We try to make it a fun affair and informative, educational, and maybe a little inspirational. It'd show that it can be replicated in some way and yes, they're complex but really the attending public can see that there are partnerships out there to make these difficult conservation projects successful."

"The word 'conservation' is vague and too open for people to wrap their heads

"Honestly, all of us longtime landowners are getting tired and the current administration does not seem to listen. They have a view of what things should be."

— Linda Jasinski,
South Bethlehem
landowner

around," said Robert Leslie, Bethlehem's Planning Division Director. "The projects and stories will help tell the public more about what's happening."

Ongoing conversation

These meetings, along with the results of the town-wide survey conducted about open space and farmland protection, are part of the town's ongoing discussion on the topic. The survey, which received 1,504 responses, roughly 10 percent of Bethlehem's 14,000 households, found that

1,400 of them believed that protecting local open space and farmland is either "highly" or "somewhat important."

Town Board member Jim Foster, who expressed pride in coming from a family of past and current farmers since the 1940s, wrote via e-mail that the meetings "are important because they provide an opportunity to share ideas with landowners and farmers on possible ways to keep and protect their land which is often their largest asset." He continued that "these panels will help illustrate that conservation does not always need to be achieved through charity or deeding over certain rights to your land — it can be achieved through growing or reinventing a business or farming operation to meet current market trends and opportunities in our communities."

Town Supervisor David VanLuven said that the town continues to work not only with interested landowners to try to buy land to either expand or create new parks, but the Conservation Easement Review Board as well to identify potential ways to fund open space protection. "It's a vital conservation for the town to have so I'm all for it, especially when looking around us to see what's worked in other municipalities nearby or more broadly, and what lessons we can bring here," he said. "I hope a lot of people will come to the meetings, learn, have ideas, and help us move forward together."

View from local landowners'

While resident Keith Wiggand, whose family owns 30 acres in Glenmont, emphasized that he strongly values open space, he believed the two educational meetings "may become a soapbox for radical ideas, in my opinion, although meetings are always beneficial when they're open where people can express their opinions." He stressed that much of the town's open space is owned "privately by only dozens of people in town. So it's bad for meetings to be swayed by the numbers of people who show up to them and don't own land themselves. As landowners, we are few and we can become discriminated

against which is not right." He added that landowners typically don't attend many meetings because of other personal commitments, for example.

Some ideas to fund open space protection that Wiggand brought up included having developers either pay a \$1,500 fee in a park set-aside plan whenever a new building lot in town is developed, or set up long-term land leases that collect tax over a long period of time, such as 25 years, which he believes would the town more flexibility than outright buying a piece of land.

Fellow landowner Linda Jasinski, who lives on 80 acres of land in South Bethlehem on Bridge Street and has houses on an additional 10 acres which she rents out, said that she does not believe in open space protection. She explained it can put many restrictions on what can be done with the land and it limits options for the land's upcoming heirs and future generations.

She also said that she had attended many public meetings in 2004 and 2005 when the town was crafting its 2005 comprehensive plan and "one of the things we found is that people who are making that plan don't own land and did not understand how we live in the not-so-developed part of town." When asked if she plans to attend town meetings that will inform the upcoming comprehensive plan, she said, "Honestly, all of us longtime landowners are getting tired and the current administration does not seem to listen. They have a view of what things should be."

Jasinski suggested that there should be "non-success stories because that's never mentioned. If you bring in people that talk about how it's worked, there are stories where it didn't work out. I don't want the meetings to tell people, who don't own any land, what to do. I'd like a balance, we got to watch out for that."

Both Wiggand and Jasinski also discussed how their lands were hit hard by the 2014 tax reassessment and their belief that the open space survey seemed biased.

Wiggand recalled how, because of \$28,000 in increased property tax bills,

he felt forced to cut down old growth trees, that were over 250 years old, just to raise money to pay them. "It hit my family pretty hard and the town's radical ideas of conservation came back to bite them, not just us but many landowners. It brought tears to my eyes to see the trees cut down. These trees survived so much like the Revolutionary War, and the Civil War, so to see them come down because I had to pay the taxes, it was really sad to me." He also thought that the survey's questions were "looking for a predetermined conclusion and it really solicited what most of the public said. If you didn't agree with that, you're seen as being on the outside."

Jasinski, noting that her family first moved to Bethlehem over five decades ago, said her property taxes also increased, which forced her to sell over 20 acres of land she once owned on Bender Lane to developers. "I had no intention of selling that, it was for my kids. There was no sense of me holding onto it and paying high taxes every year," she said. She also disliked surveys in general as "you can easily slant the questions to get the answers that you want. In the open space survey, when you ask questions like whether you like open space, of course everyone would say yes."

Wiggand concluded that if the town does not consider landowners' input, "they're making a huge mistake. People should be aware that open space in town is mostly owned by very few long-standing families with history since the Revolutionary War. They should care about these people, and their futures, and personal economies. We're not a bunch of rich people; we just own lands. It's really hurtful when policies are put forth and target the minority against the majority."

For more information about the town's two scheduled conservation success stories meetings as well as the recent open space survey's results, visit <http://www.townofbethlehem.org/783/Open-Space-Planning> or contact Open Space Coordinator Karen Shaw at kshaw@townofbethlehem.org.

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PICK OF THE WEEK



Happy New Year

We couldn't pick just one, so we have a few things for you to choose from.

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INSIDE



Williams up to bat

Read how Ted Williams had a hand in local broadcasting icon Dick Wood's career.

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Arts calendar

Pages B7-B12



HAPPY NEW YEAR 2019

Shared moments

This week's Spotted gallery includes a selection of our Page 2 collection from the past year

Gallery on page B23

Monday, Dec. 31st • 6:30 pm

Dinner • Dancing

Live Music with Groovin' • Cash Bar

Champagne Toast & Live DJ with Thomas Entertainment

Room Packages Available – Call For Details!

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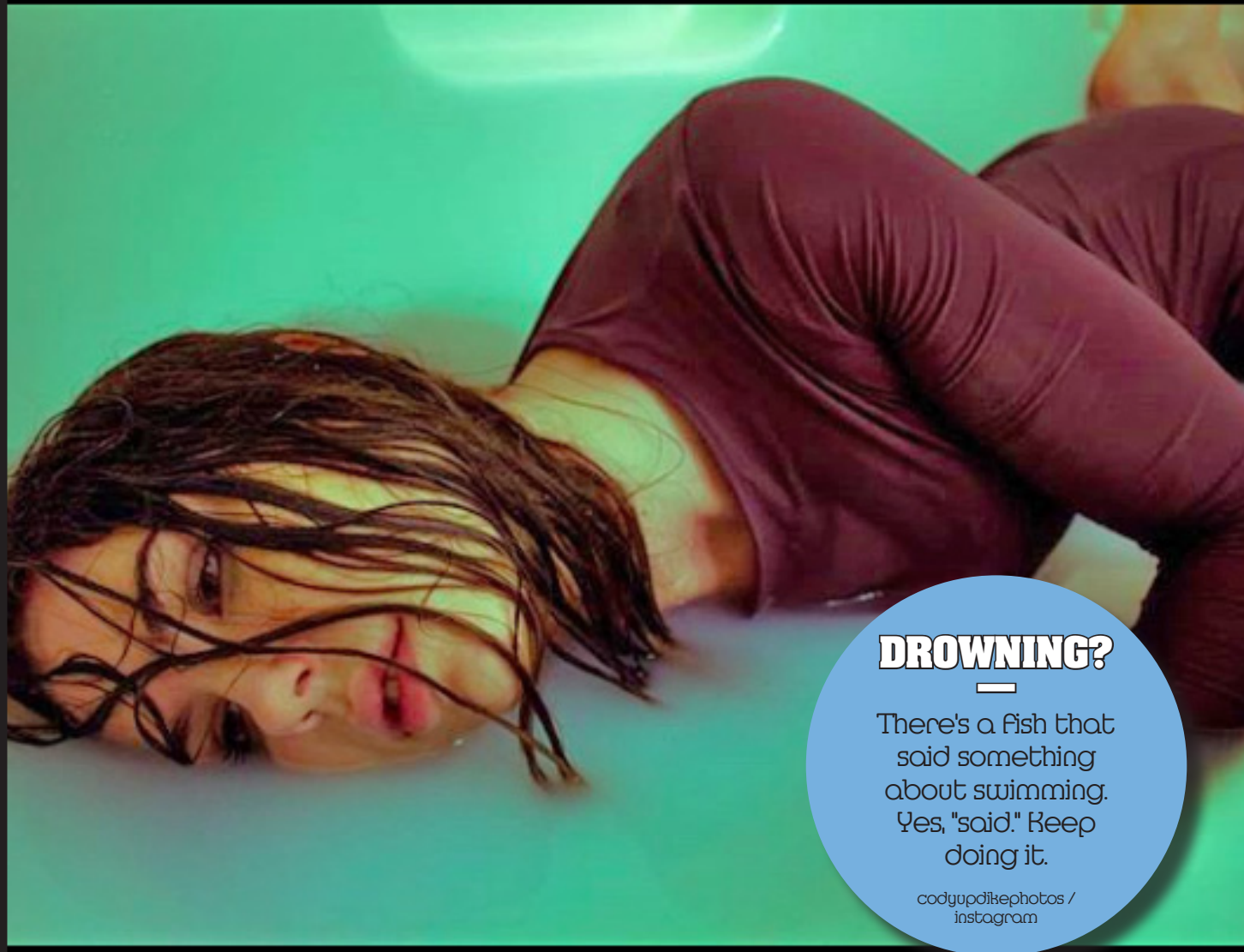
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DROWNING?

There's a fish that said something about swimming. Yes, "said." Keep doing it.

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RECENTLY ANNOUNCED

Dane Cook next February

Tickets on sale for Palace Theatre show

ALBANY — Dane Cook is known as one of the most prolific stand-up comedians today, and he will stop at the Palace Theatre on Friday, Feb. 22, at 7:30 p.m.

Cook, a versatile actor recognized in significant film and television projects, has been featured in numerous Comedy Central and HBO specials. He's created successful comedy albums including "Harmful If Swallowed," "Retaliation," "Vicious Circle," "Rough Around The Edges," "Live From Madison Square Garden," "ISolated INcident," and "Dane Cook: I Did My Best - Greatest Hits."

"Retaliation" became the highest charting comedy album in 28 years and went double platinum, earning Cook a place alongside best-selling comedy veterans. Combining energetic physical comedy, clever wordplay and trenchant observations about human behavior, Cook's unique brand of stand-up and accessible guy-next-door attitude have galvanized audiences of all ages.



Dane Cook / Facebook

WHAT'S HAPPENING NOW



Tauk / Facebook

The Motet with Tauk

Lucky Strike Social — Friday, Dec. 28

ALBANY — Escape the mad rush of the holidays with the sonic experience of The Motet and Tauk at Lucky Strike Social on Friday, Dec. 28, at 8 p.m.

Fusing fiery funk, simmering soul, and improvisational inventiveness, The Motet has continually provided an escape for listeners over the course of seven full-length albums. That extends to countless sold-out shows and festivals everywhere from Bonnaroo, Electric Forest, and Summer Camp to All Good Music Festival and High Sierra Music Festival.

On its new album "Shapeshifter II: Outbreak," New York-bred band Tauk offers an unsettling but ultimately exhilarating look at artificial intelligence and its potential to upend our world. With its dynamic sense of tension and cinematic mastery of mood, Tauk's all-instrumental blend of progressive rock, hip-hop, and jazz proves to be the perfect backdrop for such explorations, giving way to an album that's both powerfully hypnotic and intensely thought-provoking.

Tickets cost \$25 each. For tickets and information, visit ticketmaster.com.

Lucky Strike Social is located at 1 Crossgates Mall Road in Albany.

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WHAT'S HAPPENING NOW



North Mississippi Allstars / Facebook

North Mississippi Allstars

Cohoes Music Hall — Sunday, Dec. 30

COHOES — North Mississippi Allstars spreads its message positivity with a show at Cohoes Music Hall on Sunday, Dec. 30, at 8 p.m.

Founded in 1996 by brothers Luther and Cody Dickinson, the now venerable North Mississippi Allstars is entering its third decade, weaving its bred-to-the-bone musical sensibility with unstoppable energy, rhythmic reinvention and a potent message of positivity, family and hope.

Ticket prices range from \$25 to \$35 each. For tickets and information, visit ticketfly.com.

Cohoes Music Hall is located at 58 Remsen St. in Cohoes.

LIFESTYLE

Time to cool it down

Stress management strategies

Stress is an issue that knows no geographical boundaries. The Regus Group reports that stress levels in the workplace are rising, with six in 10 workers in major global economies experiencing increased workplace stress. Workers forced to take on too much work or those tasked with performing jobs beyond their abilities might not be able to do much to quell those demands. However, they can employ various strategies to manage their stress.

- Embrace planning. A 2011 survey from psychologist Robert Epstein asked more than 3,000 participants in 30 countries which stress management technique was most effective at helping them overcome their stress.



Psychologists note that cognitive reframing is effective because the body's stress response is triggered by perceived stress and not actual events. So by reframing the way you perceive a potentially stressful event, you can change your body's response to it.

Epstein discovered that participants felt planning was the most effective way to manage their stress. Planning is essentially a proactive approach to managing stress and fighting it before it even starts. Smartphone apps make it easier than ever to schedule your time. Utilizing such apps or opting for the more traditional route by using a day planner can be a highly effective way to manage stress.

- Practice cognitive reframing. Cognitive

reframing is another effective stress-management technique that involves changing the way you look at something so your experience of it changes. Psychologists note that cognitive reframing is effective because the body's stress response is triggered by perceived stress and not actual events. So by reframing the way you perceive a potentially stressful event, you can change your body's response to it. This technique is most effective when people are mindful of their thoughts,

particularly those that might be negative or stress-inducing.

- Take breaks. A heavy workload may compel people to sit down at their desk and keep working until quitting time. However, that approach takes both a physical and emotional toll. Sitting for long periods of time without getting up not only increases a person's risk for various diseases, but it also can contribute to something known as decision fatigue. Decision fatigue occurs when someone must make frequent decisions throughout the day. Without a break, such persons' abilities to reason becomes compromised, and they may end up making poor decisions or feeling less confident in their decisions, which may increase their stress levels. Frequent breaks, even if they're just brief walks to get a glass of water, can help avoid both the physical and emotional effects of stress.

Stress affects people across the globe. Learning to manage it can make people happier in both their personal and professional lives.

Fine tune your planning skills

Proper planning can make each day go more smoothly. A well-planned day can leave a greater amount of time for work and play, and that can help people avoid the stress they may experience upon falling behind at work or if they can't find time to blow off steam away from the job.

Planning may not come naturally to everyone. Those who want to become better planners can heed the following tips.

- Write things down as they happen. Write down everything you do each day and what time you do them, making sure to note how much time each activity takes. This can give you a picture of what your average day is like and whether or not you're wasting time throughout the day.

- Write things down before they happen. Once you get in the habit of putting things on paper, you can then start to write items down before they happen. Make an effort to plan one day in advance and then gradually add more

days. Use a planner or the calendar app on your smartphone. Determine how much time each event, such as a work meeting, trip to the grocery store or a workout at the gym, should take, and then allot the appropriate amount of time in your schedule.

- Stop procrastinating. If you typically procrastinate, make a concerted effort to change your ways. It might take some trial and error for those accustomed to pushing tasks off to kick their habits, but other planning skills can help you overcome your procrastination. For example, if you're prone to putting work projects off until the last minute, schedule some time each day to work on various projects so you can get each of them done on time.

- Learn to anticipate what's coming. Rather than taking a reactive approach, try to be proactive. When working on a project at work, imagine all likely scenarios once the project is completed. Devise a way to respond to each scenario. Doing so can make it easier to address issues as they arise.

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■ FEATURE

Williams comes up to bat

How baseball legend Ted Williams helped ignite the broadcasting career of a local icon

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

Dick Wood can spin a yarn. It's a trait that helped land the former television anchorman his broadcasting career. But, that's not the story he often tells. It shouldn't be the lead story.

For nearly 20 years, Wood was the anchorman for News 10. He, along with Marci Elliot, would welcome home residents from rush hour traffic with the latest in local and national news on Albany's ABC affiliate. His distinctive bass to baritone voice is what longtime residents remember. When a Rhode Island television station announced he had died in 2009, a community was shocked. No one more so than Wood himself.

Radio

Shortly before Wood was to graduate from high school, his father asked to know what his plans were. Wood said he didn't know. This did not sit well with him. His father was a good salesman, as long as he believed in the product. If he believed in it, he could sell it. One such product was the radio. It was going in every household, and Wood's father was a part of that. He wasn't patient with his only child. He assumed his son had a few schools to choose from. No. He didn't.

Determined to point his wayward son into a productive direction, his father lined him up with an assortment of job opportunities. If he wasn't going to school, he wasn't going to sit around, Wood recalled.

Wood worked a number of different jobs around town. It was his father's way of teaching his son the value of a hard day's work. On occasion, his father would stop and probe him

with questions to see if he was learning the lesson. Was he working hard? Did he know what he wanted to do next? Once, he said he thought about going into broadcasting. "What are you going to do, spin records?" he mocked.

The lesson continued.

Wood landed a job as a busboy at The Meadows, a popular jazz club outside of Boston owned by singer Vaughn Monroe. The one rule impressed on him the most was that he was forbidden from fraternizing with celebrities. It seemed simple enough.

It was Wood's first night on the job when he recognized three men as they walked through the room.

A longtime fan of the Boston Red Sox, the faces of the three men were impossible to mistake — Pinky Higgins, Johnny Pesky and Ted Williams. He watched as they were seated towards the back

of the club. As he cleared nearby tables Wood looked over with curiosity. His manager scolded him for "staring."

Wood continued with his chores and the same floor manager decided to award her young employee with the task of delivering ice cream pies to Williams and his table. In the kitchen, he was told to place only four desserts on a tray. His order called for six. He walked out the door with a tray of six desserts hoisted one-handed over his shoulder. He soon learned a different lesson in physics. As he approached the table, he lost his balance and slipped. The tray went flying. The pies landed on the table and the club's



famous guests.

The floor manager ran to the horrific scene. What happened next was like a choreographed comedy scene out of "I Love Lucy." As the floor manager attended to the table, her wig caught the hilt of the fork stuck in the lone pie on the table, only for it to flip up onto her wig. The room ignited with laughter.

Wood's first night was promised to be his last. In order for him to pick up his check for the night, he was required to stay off the floor until the club closed for the night.

Wood stayed to pick up his check. Monroe, the club owner, was in the

Continues on B21

■ WHAT'S HAPPENING NOW



Steve-O

Albany Funny Bone — Friday and Saturday, Dec. 28 and 29

ALBANY — Be prepared for anything as "Jackass" comedian Steve-O takes the Funny Bone stage on Friday and Saturday, Dec. 28 and 29.

The iconic comedian/stuntman Steve-O will be joining the lucky guests in attendance at one of his shows in Albany this weekend. Steve-O graduated from "clown college" in order to pursue his dream of being a stuntman. He produced home videos which landed him a television role with the MTV series "Jackass."

Since working on "Jackass," Steve-O has become a New York Times Bestselling Author with the release of his memoir, "Professional Idiot," and has established himself as a force in the world of stand-up comedy.

For tickets and information, visit albany.funnybone.com.

The Albany Funny Bone is located at 1 Crossgates Mall Road in Albany.

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WHAT'S HAPPENING NOW

Lou Gramm

Proctors — Saturday, Dec. 29

SCHENECTADY — Lou Gramm, one of the defining voices in rock history, comes to Proctors, 8 p.m. Saturday, Dec. 29.

Tickets, \$29.50–\$69.50, are available at the Box Office at Proctors, 432 State Street, Schenectady; by phone at 518.346.6204; and online at proctors.org.

Gramm—The Juke Box Hero—was a working-class Rochester shouter pushing his way into the national scene with local favorites Black Sheep when, in 1975, an icy Christmas Eve Thruway skid took out the group's equipment truck and its career. Luckily, Gramm had—figuratively!—run into British rockers Spooky Tooth on the road a year prior.

At that chance meeting, Gramm slipped guitarist Mick Jones a copy of his band's eponymous debut album, and Jones, on landing home, liked what he heard.

When the Brit returned stateside, looking for players to fill out his ambitious new project's line-up, he called on Gramm, as frontman, and Foreigner was born.

The band's initial eight singles cracked the Billboard Top 20, making Foreigner the first group since the Beatles to achieve such a chart-topping feat.

Classics like "Feels Like the First Time," "Cold as Ice," "Long, Long Way from Home," "Double Vision," "Blue Morning, Blue Day," "Head Games," "Dirty White Boy," "Urgent" and, of course, "Juke Box Hero" made Gramm a household name. "Waiting for a Girl Like You" and "I Want to Know What Love Is," both co-written by Gramm, made him a bona fide superstar.

PICK OF THE WEEK



How you can usher in '19

The 518 has plenty of ways to ring in 2019

CAPITAL DISTRICT — Whether you're looking for a night on the town with your significant other, or an outing with the entire family to round out 2018, there are plenty of options to consider for New Year's Eve, next Monday, Dec. 31. This year's events can be grouped into three basic categories: Family-Friendly, Comedy, and Music/Dancing. Here are a couple of our top picks:

First Night 2019: Let's Celebrate!

Head up to downtown Saratoga Springs for what's become the Capital District's longest running First Night celebration. Welcome 2019 with more than 15,000 other revelers by enjoying performances by more than 70 local acts in 30 different venues from 6 p.m. to midnight.

Among the featured performers are young, local favorites Sydney Worthley and Sawyer Fredericks.

The evening kicks off at 5:30 p.m. with a 5K run at Skidmore College, followed by music, dancing, comedy, food vendors and plenty of activities specifically for the younger members of the family before culminating with fireworks in Congress Park.

For a full schedule of events, and list of venues visit www.saratoga-arts.org/firstnight/map.

Bethlehem First Night 2019 Celebration

For a smaller-scale First Night event, make your way over to the Four Corners in Delmar. A fireworks display kicks off the celebration at 6:30 p.m. Then, until 10 p.m., enjoy a variety of live music, children's activities and more at eight venues located within walking distance of the town's central intersection.

Featured bands include Delmar's own Three Quarter North, along with the Nisky Dixie Cats and Playin' with Fire. Teens can support their peers who are competing in the Bethlehem's Got Teen Talent contest taking place in the auditorium at Bethlehem Town Hall, while younger children can participate in games, crafts and more at Delmar Reformed Church, Bethlehem Chabad or the Bethlehem Public Library.

Be sure to take a peek at the ice sculpture that will be created just for the occasion by the Ice Man Custom Ice Sculptures and Luges at the Four Corners throughout the evening. Admission buttons are available online at Eventbrite.com or at select town businesses and offices. Advance buttons cost \$10 for adults, and \$5 for children ages 12 to 18; children ages 11 and younger are free. The cost of an adult button will increase to \$15 if purchased the day of the event.

For a full schedule of events and a list of where buttons can be purchased in person, visit www.townofbethlehem.org/782/First-Night-Bethlehem.

First Night of Funny

Laugh 2018 away and still get home in time to watch the ball drop in Times Square on television at midnight!

First Night of Funny shows are taking place at three different Capital District venues: Cohoes Music Hall in downtown Cohoes, The Egg Performing Arts Center at the Empire State Plaza in Albany, and Proctors in downtown Schenectady.

For a list of performers by venue, visit www.firstnightoffunny.com.

—Lianne Webster-Kim

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Sun: **DJ Patrice** | 9 p.m.
Mon: **Young at Heart w/ The Oldies Show** | 1:30 p.m. •
Tompkins Drive | 5:30 p.m. •
Nine Deez Nite | 9:30 p.m. •
DJ Patrice | 12:30 a.m.

Vapor Night Club
Saratoga Casino Hotel
342 Jefferson St., Saratoga Springs.
518-581-5775
Fri: **Jukebox Rebellion** | 9 p.m.
Sat: **80's, 90's & Today**
feat. **DJ Stantastic** | 10 p.m.
Mon: **New Year's Eve Celebration** feat.
live music by New York Players | 9 p.m.

Waterworks Pub
76 Central Ave., Albany. 518-465-9079
Wed: **Wacky Weds Drag Show** | 11 p.m.
Thur: **Therapy Thursday**
w/**DJ Shawn Gillie** | 11 p.m.
Fri: **Karaoke** (pub) | 11 p.m.
DJ Dave Barna (club) | 11 p.m.
Sat: **DJ Shawn Gillie** (pub) | 11 p.m.
DJ Dave Barna (club) | 11 p.m.

Wicked Sports Pub
1602 U.S. Rte 9., Clifton Park. 518-383-8771
Mon: **New Year's Eve Masquerade**
w/**Wylder-518** | 8:30 p.m.

Wishing Well Restaurant
745 Saratoga Rd., Wilton. 518-584-7640
Friday & Sat: **Rob Aronstein** | 6 p.m.
Mon: **Rob Aronstein Trio** | 6 p.m.

Wolf's 1-11
111 Wolf Road, Albany. 518-275-0561
Sun: **Fleur de Swing** | 11 a.m.

Wolf's Biergarten
165 Erie Blvd., Schenectady. 518-631-9517
Mon: **Talent Scout Open Mic** | 8 p.m.

Yono's
25 Chapel St., Albany. 518-436-7747
Fri: **Hamilton Street Jazz Duo** | 6:30 p.m.
Sat: **Frank Mastan** | 6:30 p.m.

MUSIC

Contra Dance Tunes
Ray Kotke leads this session designed to build skills and repertoire. Wednesday, Dec. 26, at 7:30 p.m. Old Songs Community Arts Center, 37 Main St., Voorheesville. \$3. 518-765-2815 or oldsongs.org

Rochmon Record Club
The Who: "Who's next"
The Rochmon Record Club will converge to listen, learn about and discuss The Who's fifth album "Who's Next" released in 1971. The event begins with a live audio and video presentation by "RochMon" Thursday, Dec. 27, doors at 6:30 p.m., followed by listening party at 7:30 p.m. The Linda, WAMC's Performing Arts Studio, 339 Central Ave., Albany. \$10. 518-465-5233 or www.thelinda.org/event/rochmon-record-club-listening-party-the-who-whos-next/

Start Making Sense
If David Byrne is one of the geniuses of modern times, then Start Making Sense is a tribute to genius. The musicians in this 7-piece tribute take pride in faithfully recreating the music of Talking Heads' entire career. Together they bring much of the Heads' unique live show to the stage, with front man Jon Braun as a spot-on David Byrne, giving you a "once in a lifetime" experience. Thursday, Dec. 27, at 8 p.m. Cohoes Music Hall, 58 Remsen St., Cohoes. General admission Dance Floor and Parquet seats, \$27; Balcony reserved seats, \$22. 518-953-0630 or www.ticketfly.com/event/1769352

Lou Gramm
The Juke Box Hero
The rock vocalist and songwriter best known as the original lead singer of the American/British rock band Foreigner who was inducted into the prestigious Songwriters Hall of Fame in New York City in 2013, will perform a collection of both the band's and his own hits. Saturday, Dec. 29, at 8 p.m. MainStage, Proctors, 432 State St., Schenectady. Ticket starting prices range from \$29.50 to \$69.50. 518-346-6204 or tickets.proctors.org

North Mississippi All Stars
Brothers Luther and Cody Dickenson weave their bred-to-the-bone musical sensibility with unstoppable energy, rhythmic reinvention and a potent message of positivity, family and hope. They pay homage to their country blues legacy while simultaneously pushing it into contemporary relevance with fatback funk, electronic innovation, slippery soul and pure, unadulterated rock 'n roll on the band's latest release, "Prayer For Peace." With special guest GA-20, the Boston, Mass.-based traditional blues band that specializes in heavy blues music from the 1950s and 1960s. Sunday, Dec. 30, at 8 p.m. Cohoes Music Hall, 58 Remsen St., Cohoes. Parquet seats, \$30; Balcony seats, \$25; Orchestra Floor seats are **SOLD OUT**. 518-953-0630 or www.ticketfly.com/event/1786401

Rick Springfield
The Grammy Award-winning musician known for his early 80s hits "Jessie's Girl" and "Love Somebody" will perform as part of the Casino's New Year's Weekend festivities. Sunday, Dec. 30, doors at 7 p.m. for 8 p.m. show. Events Center, Rivers Casino & Resort, 1 Rush St., Schenectady. Tickets: \$55 available via Proctors Box Office: 518-346-6204 or tickets.proctors.org. Venue: 518-579-8800 or riverscasinoandresort.com

New Year's Eve Bash with Funk Evolution
Ring in the New Year with the Capital District's favorite horn-fueled party band. Each admission includes two drink tickets, a buffet of snacks and an unforgettable dance party. Limited seating available on a first come, first served basis. Must be 21+. Monday, Dec. 31; doors at 9:30 p.m., event runs from 10 p.m. to 1 a.m. with last call at 12:30 a.m. Events Center, Rivers Casino & Resort, 1 Rush St., Schenectady. Tickets, \$50, available via Proctors Box Office: 518-346-6204 or tickets.proctors.org;

Bach at New Year's
The Berkshire Bach Society and WMHT present "Bach at New Year's" with Berkshire Bach Ensemble Director and Soloist, Eugene Drucker, founder of the Emerson String Quartet. Program features

two Brandenburgs plus more festive concerti with "wind power" by Bach, Vivaldi, Handel, Telemann and Corelli. Tuesday, Jan. 1, 2019, at 3 p.m. Troy Savings Bank Music Hall, 30 Second St., Troy. \$29, \$39, \$59 and \$79. 518-273-0038 or tickets.troymusicall.

Old Songs Open Mic
Sign up to play for a 15 minute set. Wednesday, Jan. 2, 2019 at 7:30 p.m. Old Songs Community Arts Center, 37 South Main St., Voorheesville. \$3. 518-765-2815 or oldsongs.org

Enter the Haggis and Skerryvore
Toronto's Enter the Haggis, which effortlessly blends bagpipes and fiddles with rock instrumentation, and Scotland's Skerryvore, which fuses folk, traditional, rock and Americana, team up for a contemporary Celtic double bill to start the New Year. Friday, Jan. 4, at 7:30 p.m. Swyer Theatre, The Egg Performing Arts Center, Empire State Plaza, Albany. \$34, limited tickets available. 518-473-1845 or tickets.theegg.org

Albany Symphony
Maestro David Alan Miller leads the orchestra through performances of Steven Stucky's Chamber Concerto, the world premiere of Michael Torke's Violin Concerto and Beethoven's Symphony No. 7, featuring special guest soloist Tessa Lark on violin. Saturday, Jan. 5, at 7:30 p.m.; program repeats Sunday, Jan. 6, at 3 p.m. Both concerts take place at the Troy Savings Bank Music Hall, 30 2nd St., Troy. Ticket starting prices range from \$15 to \$60, limited availability for Saturday performance. 518-694-3300 or tickets.albansymphony.com

Suede
One part Rat Pack, one part Rosie Clooney, Suede is the "Diva la Difference" - sassy, smooth and simply intoxicating. Think sophisticated pop/jazz, naughty blues with a sizzling trumpet, love songs that will make you swoon. Think funny... think wow, what a set of pipes! The diva plays piano, guitar and trumpet, but voice is her first instrument and entertaining is clearly her first love. Imagine a cross between

Natalie Cole, Diana Krall and Bette Midler and you'll be approaching some idea of Suede's powerful presence, musical talents, and well-honed skills, let alone her immense joy in entertaining. She's the consummate entertainer and song stylist. Presented by the 8th Step. Saturday, Jan. 5, at 7:30 p.m. Underground at Proctors, 432 State St., Schenectady. Advance, \$26; general admission, \$28; gold circle seating, \$45. Tickets available through 8th Step ticket line at 518-434-1703 or Proctors Box Office: 518-346-6204 or tickets.proctors.org. For more details, visit www.8thstep.org/workshops/2019/1/5/suede

THEATER

'A Comedy of Tenors'
Ken Ludwig, the author of "Lend Me A Tenor," returns with another brilliant play, set in the world of opera. An uproarious ride, full of mistaken identities, bedroom hijinks, and madcap delight. Best for audience members ages 14 and older. Through Monday, Dec. 31. Shows: Thursday at 7:30 p.m.; Friday and Saturday at 8 p.m. and Sunday and Monday at 3 p.m. Presented by Curtain Call Theatre. 1 Jeanne Jugan Lane, Latham. \$27.50; price inc. fees. 518-877-7529 (PLAY) or www.brownpapertickets.com/event/3410606

'The Naughty List: Staged Readings'
"On Christmas Eve in 1934, a hard-hearted nightclub chanteuse rekindles her Christmas spirit when she rescues Santa Claus from the clutches of a dastardly, scheming toy maker who is bent on becoming the New King of Christmas!" Adults of all ages and children (ages 7 and up) will have the chance to enjoy a professional staged reading of the play and then share their observations and ask questions about the process during a friendly and informative "talkback" with the cast, crew, director and playwright following both stage readings. Friday, Dec. 28, at 2 and 7 p.m. The Addy, Proctors, 432 State St., Schenectady. \$11. 518-346-6402 or tickets.proctors.org

'And... begin'
The One-Act Plays of Sky Vogel
Sierra Lynch and Vogel direct this trio of one-act plays. "The Stand In" - During a film shoot, an ambitious young actress meets a stunt double who offers a glimpse of truth that lies beyond any script. "About the Author" - A woman, struggling to focus her thoughts, comes upon a stranger: her long forgotten self. "Shoes" - A teacher walks into a shoe store. So does a businessman. Neither is shopping, but between them something valuable, and nonreturnable, is exchanged. This trio of plays will make you laugh, make you ponder and make you feel good! Shows: Friday, Jan. 4, and Saturday, Jan. 5, at 8 p.m.; and Sunday, Jan. 6, at 2:30 p.m. Sand Lake Center for the Arts, 2880 NY Rte. 43, Averill Park. Adults, \$18; children ages 17 and younger, \$10. 518-674-2007 or slcactp.ticketleap.com/and--begin

COMEDY

Cohoes Music Hall
First Night of Funny: Say GOODBYE to 2018 with a hilarious night of laughter that everyone will enjoy, but that won't break the bank! The "First Night of Funny" showcases four professional comedians with four unique and hilarious perspectives on the world. With a lineup of comics from Netflix, HBO & Comedy Central, this show provides non-stop laughter. You can't miss this last chance to laugh! Comics featured at this venue: Mike Speirs, Tina Giorgi and Kevin Downey Jr. Hosted by Cohoes native William Hughes. Monday, Dec. 31, at 8 p.m. 58 Remsen St., Cohoes. Advance, \$35, through Dec. 30; increases to \$40 day of show. 518-953-0630 or www.ticketfly.com/event/1734876

The Comedy Works: Saratoga Springs
Open Mic: Thursday, Dec. 27, at 9 p.m. Sign up at 7 p.m., free to attend or participate. **Comedy Works All-Stars with Jay LaFarr:** Enjoy a show featuring four to six of today's funniest and hardest working comedians along with a featured performance by LaFarr, who

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CLUES ACROSS

- Thick piece of something
- Engine additive
- Anticipated arrival time
- French commune
- Cigarette (slang)
- Nobleman
- Ghana capital
- Adam's wife
- Most popular student
- Where you currently are
- Increase motor speed
- Queen of Sparta
- North, South and Central
- Churchgoer
- Russian empress
- Female daredevils organization
- Relating to music
- Female body part
- Tyrion Lannister
- Honored
- Argentine footballer
- Novices
- Wings
- Doctors' group
- Packers' QB
- Qatar capital
- Unpleasant noise
- Lovable elephant
- Sleeping
- Lute
- Weight of a liter of hydrogen
- Crimson
- Returned material authorization (abbr.)
- Employee plan

CLUES DOWN

- Helps little firms
- Type of curtain
- Online stock exchange
- Irish castle
- Audio-system
- Places to grab a drink
- What's coming
- Designed chairs
- Stepped on
- Genus of birds
- Consume
- Ancient Syrian city
- Australian brewery
- Not present
- Necktie
- What part of (abbr.)
- Type of compound
- Jogged quickly
- Roth is one type
- Mineral
- Purpose
- Financial term (abbr.)
- Orange is the New Black character
- Used to cut and shape wood
- Bullfighter
- Top of the line
- Hill
- Greek mountain
- Angola's capital
- Expressed pleasure
- Fermented honey beverage
- Month in the Jewish calendar
- Frontal is one type
- Basics
- Uncommon
- Broad kimono sashes
- European defense organization
- Box score term

Answers on Pg. B22

has been a staple of the Texas/Southwest comedy scene for more than a decade with his material about family, America, relationships and cats. Full bar service and light fare menu available before and during the show. Friday, Dec. 28, and Saturday, Dec. 29, at 8 p.m. \$20 (show only) or \$44.95 (dinner + show). All tickets subject to a \$2 service fee. New Year's Eve Package available; call or visit website for details and pricing; extremely limited quantities available. 388 Broadway, Saratoga Springs. 518-275-6897 or thecomedyworks.com

The Egg Performing Arts Center First Night of Funny: Say GOODBYE to 2018 with a hilarious night of laughter that everyone will enjoy, but that won't break the bank! The "First Night of Funny" showcases four professional comedians with four unique and hilarious perspectives on the world. With a lineup of comics from Netflix, HBO & Comedy Central, this show provides non-stop laughter. You can't miss this last chance to laugh! Comics featured at this venue: Matt Bergman, Sherry Davey and Mike Gaffney. Hosted by Albany native Nat Christiana. You can't miss this last chance to laugh! Monday, Dec. 31, at 8 p.m. Swyer Theatre, Empire State Plaza, Albany. Advance, \$35 through Dec. 30; increases to \$40 day of show. 518-473-1845 or www.theegg.org

The Funny Bone Clash of the Comics: Here's how it works: First 15 to sign up will have the chance to perform, however, only 10 of those performers, the ones who get the most people to attend the show, will actually take the stage. Audience favorite takes home \$100 prize. Wednesday, Dec. 26, at 7:30 p.m. \$10. **Steve-O:** The comedian and performer behind MTV's successful stunt-based reality show, "JACKASS" and its television and movie spin-offs who's also competed on "Dancing With The Stars," performs. Friday, Dec. 28,

and Saturday, Dec. 29, at 7 and 10 p.m. Showroom seating, \$25, VIP seating, \$50. **NOTE: Cell phones and smart watches are prohibited from the venue for these performances. Show contains graphic and crude sexual humor. Rod Paulette:** Professional comedian who's toured both clubs and colleges across the U.S. and appeared on Comedy Central's "Short Attention Span Theater" and "Premium Blend." Sunday, Dec. 30, at 7 p.m. \$10. **Carmen Lynch:** The comedian and actress, who is a regular at NYC's The Comedy Cellar, has appeared on "CONAN," "Late Night with David Letterman," "Late Night with Stephen Colbert," and "Inside Amy Schumer," among others. Monday, Dec. 31, at 7:30 and 10 p.m. \$25. All shows 21+ unless indicated otherwise; doors open 60 to 90 minutes before early show; 30 to 45 minutes before late show. Crossgates Mall, 1 Crossgates Mall Rd., Guilderland. 518-313-7484 or albanys.funnybone.com

Mopco Improv Theatre The Maestro: Improv Comedy Showdown: In this exciting format, improvisors compete to escape elimination and be crowned the evening's Maestro. Actors perform in a barrage of scenes and songs for the audience's delight and approval. Will they succeed or join the ranks of the eliminated? Friday, Dec. 28; doors at 7:30 p.m. for 8 p.m. show. Adults, \$11.53; seniors/students, \$7.32. **Spontaneous Broadway:** performers audition Broadway-style songs that they create on the spot based on song titles created by you, the audience. Vote for your favorite song and see it brought to life by our performers as they improvise an entire hour long musical around it! Saturday, Dec. 29, doors at 7:30 p.m. for 8 p.m. event. Adults, \$16.78; seniors, students and children, \$7.32. **New Year's Eve Family Show and Ball Drop:** Celebrate the start of the new year with a memorable, interactive, family-friendly-improv-show!

We use audience suggestions and willing volunteers to create stories, characters, and songs in a one of a kind performance. Stick around for an early ball-drop and be home and in your pj's before midnight! Monday, Dec. 31, doors at 6:30 p.m. for 7 p.m. show. Adults, \$16.88; students/seniors \$7.42. **Special New Year's Eve edition of Spontaneous Broadway:** Performers audition Broadway-style songs that they create on the spot based on song titles created by you, the audience. Vote for your favorite song and see it brought to life by our performers as they improvise an entire hour long musical around it! Tickets for this performance also include party favors and a champagne toast at midnight. Monday, Dec. 31, doors at 9:30 p.m. for 10 p.m. event. Adults, \$24.25; seniors and students and children, \$11.63. All prices include fees; group ticket packages also available for most shows. 10 N. Jay St., Schenectady. 518-577-6725 or www.mopco.org

Proctors Pretty Much the Best Comedy Show: Upstate New York's premiere monthly stand-up showcase provides nearly two hours of entertainment with performances by a host, feature act and guest comedians. This month's show will be hosted by NYC-based comic Adam Mamawala, who's performed at a variety of festivals, contributed to Saturday Night Live's Weekend Update, and recently headlined at Caroline's on Broadway. He'll be joined by Ethan Ullman and other feature acts TBD. Saturday, Dec. 29 at 8 p.m. Underground at Proctors, 432 State St., Schenectady. Advance, \$15; increases to \$20 day of show. 518-346-6204 or tickets.proctors.org. Also, **First Night of Funny:** Say GOODBYE to 2018 with a hilarious night of laughter that everyone will enjoy, but that won't break the bank! The "First Night of Funny" showcases four professional comedians with four unique and hilarious perspectives on the world. With a lineup

of comics from Netflix, HBO & Comedy Central, this show provides non-stop laughter. You can't miss this last chance to laugh! Comics featured at this venue: John DiCrista, Patty Rosboro, and Ray Harrington. Hosted by Schenectady native Dee Watson. Monday, Dec. 31, at 8 p.m. MainStage at Proctors, 432 State St., Schenectady. Advance, \$35 through Dec. 30; increases to \$40 day of show. 518-346-6204 or tickets.proctors.org

Rivers Casino & Resort Joel McHale: The famed comedian and actor known for his roles in television shows and movies such as "Community," E! Network's "The Soup," and "TED," will perform stand-up. Must be 21+ to enter casino floor. Saturday, Dec. 29; doors at 7 p.m. for 8 p.m. show. Events Center, 1 Rush St., Schenectady. Tickets: \$40, \$50, \$60 or \$70, available through Proctors Box Office: 518-346-6204 or tickets.proctors.org. Venue: 518-579-8800 or riverscasinoandresort.com

DANCE

First Friday Swing Dance Dance the night away to live music by Sonny and Perley Jive Five. Friday, Jan. 4; free lesson from 7 to 8 p.m., followed by dancing until 11 p.m. Albany Elks Lodge, 25 South Allen St., Albany. Adults, \$15; Dance Flurry members, \$12; retirees/seniors/students/limited income, \$10. firstfridayswingdance@gmail.com

Community 'Barn' Dance Fun, simple dances for every age and ability. All dances will be taught. Yummy dessert potluck during intermission. This month's dance features Fennig's All Stars with caller Fern Bradley. Saturday, Jan. 5, at 7 p.m. Old Songs Community Arts Center, 37 South Main St., Voorheesville. \$8; free for children ages 12 and younger. 518-765-2815 or oldsongs.org

FAMILY

22nd Annual Capital Holiday Lights in the Park

Celebrate the holidays with this all-new, drive-through spectacular featuring more than 125 illuminated displays and scenes. Presented by Price Chopper/Market 32. Through Wednesday, Jan. 2, 2019. Open daily: Sundays through Thursdays from 6 to 9 p.m.; Fridays and Saturdays from 6 to 10 p.m. Washington Park, Albany; enter opposite New Scotland Avenue. Admission varies based on vehicle size: cars, \$20 each, rates available for larger vehicles online. Proceeds benefit the Albany Police Athletic League. Latest information available at 518-435-0392 or at www.albanycapitalholidaylights.com

Family Storytime

This 45 minute enrichment program includes stories, songs, and movement to support children's learning and discovery from the very beginning. For infants to preschool aged children with a caregiver. Wednesdays, 10:30 a.m. Main Branch, Troy Public Library, 100 2nd St., Troy. Free. 518-274-7071 or www.thetroylibrary.org

Lansingburgh Storytime

This 45 minute enrichment program includes stories, songs, and movement to support children's learning and discovery from the very beginning. For infants to preschool aged children with a caregiver. Thursdays, 10:30 a.m. Lansingburgh Branch, Troy Public Library, 27 114th St., Troy. Free. 518-274-7071 or www.thetroylibrary.org

Kids Urban Art Class

Young Futures, an organization dedicated to providing children with the opportunity to explore and express their creative passion, hosts this hour-long class every Monday at 6:30 p.m. Class on the first, second and fourth Mondays of the month take place in the Crafters' Studio, Albany Barn, 56 2nd St., Albany; sessions on the

third Monday of the month take place at YouthFX headquarters at 45 Warren St., in Albany. **No class on Monday, Dec. 31.** Free. 518-935-4858 or albanybarn.org

LEGO Day

It's a day of activities and fun for LEGO lovers of all ages! LEGO Master Builder Ian Coffey will do a build with visitors from 11 a.m. to 2 p.m. Activities are included with regular admission. Wednesday, Dec. 26, from 10 a.m. to 5 p.m. miSci, 15 Nott Terrace Heights, Schenectady. Adults (13+), \$12; Seniors (65+), \$10; and children ages 3 to 12, \$8. 518-382-7890 or www.misci.org

How to Make a New Place Feel Like Home

Have you ever wondered how kids lived a hundred years ago? Join us as we explore life in early 1900s New York City tenements, play games, and learn how immigrants made a new place feel like home. Wednesday, Dec. 26, from 10 to 11:30 a.m. New York Metropolitan Hall, New York State Museum, 222 Madison Ave., Albany. Free. 518-474-0575 or www.nysm.nysed.gov/programs/program-series/holiday-vacation-week

Storytelling

Storytelling always has been an important way to communicate in cultures across the world. Join us to learn about this tradition, and in particular how the Native Peoples of New York have passed on information and stories. A museum educator will also present a few examples of stories from the oral traditions of our state's Native Peoples. Wednesday, Dec. 26, from 2 to 3 p.m. Native People Hall, New York State Museum, 222 Madison Ave., Albany. Free. 518-474-0575 or www.nysm.nysed.gov/programs/program-series/holiday-vacation-week

Erie Canal for Kids

Let's take an adventure on the Erie Canal! Use hands-on mystery items and a 1903 Erie Canal map as you imagine yourself

Exquisite Italian

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Waterworks Pub

NEW YEARS EVE 2019

DJ DAVE BARNA
UPSTAIRS IN THE CLUB

DJ SHAWN GILLIE
DOWNSTAIRS IN THE PUB

CHAMPAGNE TOAST - COMPLIMENTARY BUFFET
CONTINENTAL BREAKFAST - PASSED HORS D'OEUVRES
COMPLIMENTARY DRINK COUPON

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steering or towing a canal boat, often at night, from town to town and through the many locks of the Erie Canal. Take a kids' tour through the canal exhibit with a scavenger hunt. Thursday, Dec. 27, from 10 to 11:30 a.m. Exhibition Hall, New York State Museum, 222 Madison Ave., Albany. Free. 518-474-0575 or www.nysm.nysed.gov/programs/program-series/holiday-vacation-week

Sensory Play

Join staff for a hands-on sensory science activity that will help your child improve his or her motor skills and increase his or her understanding of how the world around them works. Preregistration is not required and the activity is included with museum admission. Best for children ages 2 through 6. This week's theme is Snow Surprises. Thursday, Dec. 27, from 10 to 11:30 a.m. GE Junior Discovery Room, CMOST, 250 Jordan Road, Rensselaer Technology Park, Troy. Admission: \$8 per

person ages 2 and older. 518-235-2120 or www.cmost.org

Starlab Seasonal Sky Tour

Join us in our inflatable planetarium, Starlab! Crawl inside and experience a guided tour of the winter sky. Free tickets will be available at the main lobby desk one hour before each show time, but note that space within the Starlab is limited and tickets are given on a first-come, first-served basis. Starlab presentations are approximately 35 minutes long. Thursday, Dec. 27 at 11 a.m., 1 p.m. and 3 p.m. Huxley Theater, New York State Museum, 222 Madison Ave., Albany. Free. 518-474-0575 or www.nysm.nysed.gov/programs/program-series/holiday-vacation-week

'The Princess and the Frog' Family Day

Enjoy a screening of Disney's 2009 animated hit film during Winter Break! A waitress, desperate to fulfill her dreams as a restaurant owner, is set on a journey

to turn a frog prince back into a human being, but she has to face the same problem after she kisses him (IMDb.com). Rated G. 90 minutes. Thursday, Dec. 27; doors open at noon for pre-film activities and games; film screening begins at 1 p.m. Palace Theatre, 19 Clinton Ave., Albany. \$5, must be purchased via phone or in person. 518-465-4663 or www.palacealbany.org/events/detail/the-princess-and-the-frog-family-fun-day

A Very Mabee Christmas

Zalig Kerstmas! This program welcomes all families to share in Dutch holiday traditions. Our historic house will be warm, cozy and decked for the season. With riddles and clues to guide them, kids will hunt for small gifts to take home. Of course, we'll enjoy some Dutch sweets. Thursday, Dec. 27, at noon. Mabee Farm Historic Site, 1100 Main St. (NY Route 55), Rotterdam Junction. \$8 per person, registration required. 518-887-5073 or

schenechadyhistorical.org/families

On the Lookout for Whales

Come to Open Spaces (the whale skeleton) to learn about the wonderful world of whales as well as the history of whalers and whaling in New York with hands on objects and activities. Thursday, Dec. 27, from 1:30 to 3 p.m. New York Metropolitan Hall, New York State Museum, 222 Madison Ave., Albany. Free. 518-474-0575 or www.nysm.nysed.gov/programs/program-series/holiday-vacation-week

Fabulous Fire Engines

Explore the NYS Museum's Fire Engine Hall. Visitors can try on firefighting equipment, roll a fire hose, try to guess the ages of the fire engines, and more! Friday, Dec. 28, from 10 to 11:30 a.m. New York Metropolitan Hall, New York State Museum, 222 Madison Ave., Albany. Free. 518-474-0575 or www.nysm.nysed.gov/programs/program-series/holiday-vacation-week

Music with Deb Cavanaugh

Gather around the campsite at Colvin Tower with Deb Cavanaugh of Heldeberg Music Together to hear traditional folk and popular campfire songs. Make some of your own music with percussion instruments provided for you to play and many other opportunities to participate. Come and see what surprises she may have in store for you! Friday, Dec. 28, at 1 p.m. Adirondack Hall, New York State Museum, 222 Madison Ave., Albany. Free. 518-474-0575 or www.nysm.nysed.gov/programs/program-series/holiday-vacation-week

Animal Yoga

Participants will stretch their bodies and their creativity with yoga postures mimicking the animals seen in the "Birds & Beasts: The Scary, Magical, and Adorable Animals of the Albany Institute," and "A Menagerie of Whimsy: The Art of William B. Schade" exhibitions. Children should wear comfortable clothes and prepare to have fun. The workshop will be led by the Institute's director of art programs who holds a certificate in children's yoga. Children ages 6 and older welcome. Friday, Dec. 28, from 2 to 3 p.m. Albany Institute of History & Art, 125 Washington Ave., Albany. Members, \$10; nonmembers, \$15. Limited space, registration required. A parent must remain on the premises during the program. Register online at www.albanyinstitute.org/event/product/VACATION-BREAK-ART-WORKSHOP-Animal-Yoga.html

The Haudenosaunee Confederacy

Investigate a Haudenosaunee Condolence Cane and explore the stories that explain the Great Law of Peace that is the foundation of the Haudenosaunee Confederacy. Create a symbol for yourself that represents a formative experience in your life. Friday, Dec. 28, from 2:30 to 4 p.m. Native People Hall, New York State Museum, 222 Madison Ave., Albany. Free. 518-474-0575 or www.nysm.nysed.gov/programs/program-series/holiday-vacation-week

New Year's Mid-Day Celebration

Ring in the new year with friends at the State Museum. Create a party hat, take a fun photo, or dance in celebration of 2019! The Museum's New Year Countdown will be held at 3 p.m. at Colvin Tower in Adirondack Hall. From 1 to 2 p.m. in the Huxley Theater, join local magician Joey D. for a fun-filled magic show filled with kid-friendly comedy, amazing magic and fun surprises! Saturday, Dec. 29, from noon to 3 p.m. Adirondack Hall, New York State Museum, 222 Madison Ave., Albany. Free. 518-474-0575 or www.nysm.nysed.gov/programs/program-series/holiday-vacation-week

Kids Comedy Magic and Stunts Show

Be amazed and amused all at once with Wacky Chad (seen on America's Got Talent, the SuperBowl), and an NBA Halftime Dunk

Artist) and Dan Frigolette (seen on HBO and Wendy Williams). A hilarious show for all ages. Saturday, Dec. 29, at noon and 4 p.m. The Addy, Proctors, 432 State St., Schenectady. \$15. 518-346-6204 or tickets.proctors.org

Bethlehem First Night 2019 Celebration

Ring in the New Year with this family friendly fun event on New Year's Eve. Features a variety of live music, performances and activities for all to enjoy, both indoors and outdoors. Monday, Dec. 31; event kicks off at 6:30 p.m. with a fireworks display at the Four Corners; rest of the event venues are located within walking distance. Admission buttons are available online at Eventbrite.com, or in person at select town businesses and offices. Adult buttons are \$10 in advance and increase to \$15 the night of the event; buttons for children ages 12 to 18 are \$5 each; children ages 11 and younger are free. Proceeds from button sales will benefit the Bethlehem Community Fund, Friends of Bethlehem Parks and Recreation, Bethlehem Opportunities Unlimited and Bethlehem Senior Projects, Inc. Additional details and full schedule of activities are available online at www.townofbethlehem.org/782/First-Night-Bethlehem

Story Art

Toddlers and preschoolers can enjoy the Museum by listening to a story, exploring objects from the teaching collection and creating a fun art project. Theme TBA. Friday, Jan. 4, at 11 a.m. Kids Cove, New York State Museum, Empire State Plaza, 222 Madison Ave., Albany. Free; pick up tickets at the main lobby desk. (518) 474-5877 or www.nysm.nysed.gov

FILM

'Lives Well Lived'

This film celebrates the incredible wit, wisdom and experiences of adults aged 75 to 100 years old. Through their intimate memories and inspiring personal histories encompassing over 3000 years of experience, 40 people share their secrets and insights to living a meaningful life. These men and women open the vault on their journey into old age through family histories, personal triumph and tragedies, loves and losses – seeing the best and worst of humanity along the way. Their stories will make you laugh, perhaps cry, but mostly inspire you. 72 minutes. Not rated. Thursday, Dec. 27 at 2, 4, and 6 p.m.; Friday, Dec. 28, at 1 p.m., and Saturday, Dec. 29, at 2, 4, and 6 p.m. GE Theatre, Proctors, 432 State St., Schenectady. \$6. 518-346-6710 or tickets.proctors.org.

'More Than Words: The Photography of Newsman Bob Paley'

Photojournalist Bob Paley had the uncanny ability to capture the mood, the moment and the meaning of the forces that rocked mid-20th century America, whether they be Woodstock, Vietnam, the Kennedy brothers, or the American struggle for civil rights in photos. He not only served Albany's Knickerbocker News for nearly 30 years, but was also a contributor to Time-Life publications. The film also tells the story of how a small upstate New York community coped with the powerful forces unleashed in America as our country came of age in the years following World War II. Drawing heavily from Paley's photo library, the film includes valuable and fascinating personal testimony from those who lived through the turbulent times. Not rated. 85 minutes running time. A panel discussion on photojournalism and non-fiction filmmaking moderated by Proctors creative director and photographer Richard Lovrich will follow the screening. Panelists include historian and co-writer Patrick J. Bulgaro, photojournalists Michael P. Farrell and Cindy Hasbrouck Schultz, co-director Jon Russell Cring, director of photography

and editor Tracy Nicole Cring, and – Bob Paley's daughter – filmmaker Mary Paley. Friday, Dec. 28., at 7 p.m. GE Theatre, Proctors, 432 State St., Schenectady. Adults, \$9; Seniors and students, \$6. 518-346-6402 or tickets.proctors.org

'The Front Runner'

Hugh Jackman portrays Colorado Senator Gary Hart, who's intelligence, charisma and idealism make him popular in '87 with young voters, leaving him with a seemingly clear path to the White House. The Democratic presidential front runner, Hart's professional and personal lives come crashing down when allegations of an extramarital affair surface in the media... the first time a candidate's personal life gained such significant media focus. Vera Farmiga and J.K. Simmons also star. Rated R for language including some sexual references. 113 minutes. Sunday, Dec. 30 at noon, 3 and 6 p.m.; Monday, Dec. 31 and Wednesday, Jan. 2, at noon and 7 p.m.; and Thursday, Jan. 3, at noon. The Addy, Proctors, 432 State St., Schenectady. Adults, \$9; seniors and students w/ID, \$6. 518-346-6204 or tickets.proctors.org

LITERARY

Monthly Poetry Open Mic

Hosted by Carol Graser. This month will feature a screening of video/poems by Mary Kathryn Jablonki and Laura Frare, whose works have appeared at Poetry Film Live (UK), Quarterly West and Tupelo Quarterly. Each open mic poet reads two short poems (less than one page) or one longer poem. All styles of poetry are welcome. Wednesday, Jan. 2; open mic sign up begins at 7 p.m., readings start at 7:30 p.m. Caffè Lena, 47 Phila St., Saratoga Springs. \$5. 518-774-0534 or www.caffelena.org/events/open-mic-night

The Troy Poetic Vibe

Weekly reading with featured poet hosted by D. Colin on Mondays. Open mic sign up at 7 p.m. Troy Kitchen, 77 Congress St., Troy. Free. 518-268-0068 or www.facebook.com/TroyKitchenNY

MISCELLANEOUS

Troy Farmers Market

More than 80 food growers, bakers, chefs and artisans gather to offer the Capital District's freshest and finest! Live music, great food, family activities and learning opportunities. Every Saturday, from 9 a.m. to 2 p.m., through April 27, 2019. Troy Atrium, 49 4th St., Troy. Free admission. 518-708-4216 or www.troymarket.org

Delmar Farmers Market

Final market of the season. Features local, organic, and natural farm products, baked goods, seafood, prepared food, concessions and local and fair trade crafts from 45 vendors. Saturday, Dec. 29, from 9 a.m. to 1 p.m. Bethlehem Middle School, 332 Kenwood Ave., Delmar. Free. info@delmarmarket.org or delmarmarket.org

Schenectady GreenMarket

Vendors, shoppers, musicians and friends gather at this festive marketplace featuring more than 60 vendors who produce everything they sell. Sundays (closed Easter) from 10 a.m. to 2 p.m., inside Proctors, 432 State St., Schenectady, through April 28, 2019. Free admission. 518-986-0318 or schenectadygreenmarket.org/

New Year's Eve at Tech Valley Game Space

Join the Tech Valley Game Space denizens as we ring in 2019 merrily! This gametastic gathering will feature a fundraiser for TVGS, console gaming, mocktails, snacks, dance space and a killer playlist, potluck dinner and more TBA. Children welcome from 7:30 to 9 p.m., 18+ only after 9 p.m. Monday, Dec. 31, at 7:30 p.m. Tech Valley Game Space, 30 3rd St., Troy. Suggested donation of \$10. 518-328-4855 or techvalleygamespace.com/



LOU GRAMM: THE JUKE BOX HERO | DEC. 29



PRETTY MUCH THE BEST COMEDY SHOW: ADAM MAMAWALA | DEC. 29



LIVES WELL LIVED | DEC. 27-29



THE PHANTOM TOLLBOOTH | JAN. 9



MAX WEINBERG'S JUKEBOX | JAN. 11



APOSTROPHE CAFÉ



JACK HANNA'S INTO THE WILD | JAN. 11

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Dark Arts Painting Class

Class will focus on acrylic painting technique and color theory. Subject matter will be selected by each artist. Thursday, Jan. 3, from 5 to 7 p.m. Psychedelicatessen, 275 River St., Troy. Adults, \$12; students, \$8. RSVPs encouraged. www.facebook.com/events/217855898834718

1st Friday Albany

Monthly arts and cultural event that takes place in Albany. Event sponsors and participants host events in various neighborhoods throughout the city. 1st Friday is an active and unique collaboration between the Upstate Artists Guild (UAG), Lark Street BID, the local arts community and local businesses. Friday, Jan 4, from 5 to 9 p.m. Free. Full list of participating businesses/organizations and events at larkstreetbid.org

EXHIBITS

Albany Center Gallery

Continuing: "Annual Members' Show: Small Works, Big Impact." Exhibit focuses on the importance of local and regional artists who work and live within 100 miles of Albany. On view through Friday, Jan. 19, 2019. Gallery hours: Daily, Tuesday, through Saturday, from noon to 5 p.m. or by appointment. Gallery will be closed through Tuesday, Jan. 1, 2019 and will reopen on Wednesday, Jan. 2, 2019. Free admission. 488 Broadway, Albany. 518-462-4775 or albanycentergallery.org

Albany Institute of History and Art

Closing Sunday, Dec. 30: "A Menagerie of Whimsy: The Art of William B. Schade," features a full-range of the late Albany artist's whimsical furry and feathered creatures, including prints, sculptures, paintings and ceramics, and **"Birds & Beasts: The Scary, Magical, and Adorable Animals of the Albany Institute,"** which explores animals as iconic elements of art and as cherished household members. **Continuing: "Joan Steiner's Look Alikes:"** Ten miniature dioramas by the award-winning illustrator are on exhibit in different locations throughout the museum. These meticulously crafted scenes were created from everyday objects and edible treats and photographed for her Look-Alike books. Through Monday, Feb. 18, 2019. **Ongoing: "The Hudson River School: Landscape Paintings from the Albany Institute," "Ancient Egypt," "Nineteenth-Century American Sculpture" and "Traders & Culture."**

Museum hours: Wednesday: 10 a.m. to 5 p.m.; Thursday: 10 a.m. to 8 p.m.; Friday and Saturday: 10 a.m. to 5 p.m.; Sunday: noon to 5 p.m. Admission: Adults, \$10; seniors/students (w/ID), \$8; children 6-12, \$6; free admission for all patrons Thursdays from 5 to 8 p.m. 125 Washington Ave., Albany. 518-463-4478 or albanyinstitute.org

Albany International Airport

Continuing: "Landmark." Visual artists and writers reflect upon a changing American landscape. Thomas Cole's love for and concern about the American landscape were expressed in his paintings and writings, and persist in the work of many significant artists and writers today. Features artwork by Ellen Driscoll, Valerie Hammond, William Lamson, Portia Munson, Kenneth Ragsdale, Anne Roecklein, Lisa Sanditz, Kiki Smith, Darren Waterson and Susan Wides. On view through Monday, March 25, 2019. Presented in partnership with the Thomas Cole National Historical Site in Catskill. Gallery hours: Daily, 7 a.m. to 11 p.m. Free admission. Main Gallery, third floor, adjacent to Observation Area, 737 Albany Shaker Rd., Latham. 518-242-2241 or www.albanyairport.com/arts

Arts Center of the Capital Region

Continuing: "From NY to LA: Landscapes of the Hudson Valley and California Desert: Paintings and Oil Sketches by Tom Nelson." This new body of work compares paintings from two regions of our nations, the Catskills and the Vasquez Rock formations of east Los Angeles. Through Thursday, Jan. 3, 2019, in the Main Gallery. 265 River St., Troy. Normal Gallery hours: Daily, Monday-Thursday, 9 a.m. to 7:30 p.m., Friday, 9 a.m. to 4 p.m., Saturday, 9 a.m. to 5 p.m. and Sunday, noon to 4 p.m.; Please note that the gallery will be closed on the following dates: Wednesday, Dec. 26; Saturday, Dec. 29; Sunday, Dec. 30; Monday, Dec. 31; Tuesday, Jan. 1; Saturday, Jan. 5 and Sunday, Jan. 6; gallery will be open normal hours on days not listed. Free admission. 518-273-0552 or artscenteronline.org

The Clark Art Institute

Continuing: "Thomas Gainsborough: Drawings at The Clark," features 16 drawings that capture the artist's idealized view of country life while demonstrating how he championed an imaginative approach over naturalistic detail and revealed his fascination with mixed media technique. On view through Sunday, March 17, 2019. Also, **"Turner and**

Constable: The Inhabited Landscape,"

features works by two of the most important landscape artists of the 19th century from England— Joseph Mallard William Turner and John Constable— which explore the significance of human figures and the built environment in the landscape, as well as the personal significance of specific places to each artist. Through Sunday, March 10, 2019. Also, **"Extreme Nature!"** Features more than 35 prints, drawings and photographs from the 19th century that reveal how artists sought to mitigate nature's dangers, transforming the hazardous and remote into awe-inspiring portrayals of natural phenomena. On view through Sunday, Feb. 24, 2019. Also, permanent collections and exhibits, along with French Impressionist paintings, and works by Winslow Homer, George Inness and John Singer Sargent. Museum hours: Daily, Tuesday–Sunday, 10 a.m. to 5 p.m.; Please note that the Institute will be closed on Tuesday, Jan. 1, 2019. Admission: Adults, \$20; children 18 and younger, free. 225 South St., Williamstown, Mass. 413-458-2303 or www.clarkart.edu

Clement Art Gallery

Ongoing: Permanent antique print and map room exhibits. Gallery hours: Weekdays from 10 a.m. to 8 p.m. and Saturdays from 10 a.m. to 6 p.m., and Sundays from noon to 5 p.m. Free admission. 201 Broadway, Troy. 518-272-6811 or www.clementart.com

Electric City Barn

Closing Sunday, Dec. 30: "Live From Schenectady: Izetta Jewel." Learn about the earliest days of radio and television and the role Schenectady County played in their development. It tells the story of the historic broadcast of a television drama from what later became known as WRGB: The World's Oldest TV Station, now CBS6. On view daily from 10 a.m. to 2 p.m., Tuesdays through Sundays. Gallery Hours: Tuesday through Thursday,

10 a.m. to 8 p.m.; Friday and Saturday from noon to 10 p.m., and Sunday, noon to 4 p.m.; closed Monday; Closed for the Christmas holiday through Wednesday, Dec. 26, reopens on Thursday, Dec. 27. 400 Craig St., Schenectady. 518-935-4858 ext. 11 or www.electriccitybarn.org

The Esther Massry Gallery

Gallery will reopen on Friday, Jan. 18, 2019, with **"Revised Realities: Isidro Blasco + Elise Engler."** Massry Center for the Arts, The College of Saint Rose, 1002 Madison Ave., Albany. Free admission. 518-485-3902 or www.facebook.com/esthermassrygallery

The Hyde Collection

Closing Sunday, Dec. 30: "Making History: The Nuremberg and Ausburg Chronides." Drawing from the museum's permanent collection, this exhibit showcases these two treasures; the first considered to be the most complex publication of its day, the latter argued to be one of the earliest examples of intellectual property theft. On view in the Hoopes and Whitney-Renz Galleries. Also, **"Ukiyo-E to Shin Hanga: Japanese Woodcuts from the Syracuse University Art Collection."** Translated as "pictures of the floating world," Ukiyo-e developed as a depiction of the worldly pleasures during Japan's Edo period (1603-1868). The art movement put to paper the pleasures of the wealth developed in the isolationist nation. More than 40 woodcuts feature the ideals of beauty, poetry, nature, love, sex, and spirituality through imagery of sumo wrestlers, geishas, warriors, kabuki actors, and courtesans. On display in the Wood Gallery. Also, permanent collections. Museum hours: Daily, Tuesday–Saturday, 10 a.m. to 5 p.m.; Sunday, noon to 5 p.m., Closed Monday; Museum will also be closed on Tuesday, Jan. 1, 2019. Admission: adults, \$12; seniors (60+), \$10; Children, students (w/ID)/active military members and their families, free. 161 Warren St., Glens Falls.

518-792-1761 or www.hydecollection.org

Mabee Farm Historic Site

Ongoing: "In Harm's Way: Community Responses to Hurricane Irene and Tropical Storm Lee." Exhibit explores local responses to hurricanes, the impact of natural disasters and the resiliency of our neighbors. In partnership with the NY Folklore Society. Museum hours: Tuesday–Saturday, from 10 a.m. to 4 p.m.; Site will be closed Monday, Dec. 31, and Tuesday, Jan. 1, 2019. 1100 Main St. (NY Route 55), Rotterdam Junction. Admission: Adults: \$5/person for self-guided access; or \$8/per person for tour and exhibit access; children and students (w/ID) free. 518-887-5073 or schenectadyhistorical.org

miSci

Continuing: "Model Trains in Motion: Full STEAM Ahead." Annual exhibit features an elaborate 19 by 27 foot layout constructed by Upstate Train Associates, boasts several running 0 Gauge model trains. Through Saturday, Jan. 19, 2019. Also, **"TOYS: The Inside Story."** Features 12 different hands-on stations illustrating the simple mechanisms commonly found in toys and lets visitors create their own toy-like combinations of gears, pulleys, linkages, cams and circuits. Also, **"20th Century Toy Chest,"** a special display of playthings of the past, from primitive wooden soldiers to Slinky, Barbie, board games and more. Both on view through Sun, Jan. 6, 2019. Plus **ongoing/permanent exhibits: "Wind and Solar: The Renewable Energy Revolution,"** an interactive exhibit designed to encourage visitors understanding of renewable energy technology and climate change factors; **"Fueling The Future,"** Learn how different fuels affect the economy and the environment with interactive displays, images, video and artifacts from the miSci collection; **"Design, Build, Create, KEVA!"** Use these precision-cut smooth wooden blocks for a hands-on learning experience about

building principles of balance, cantilevers, geometric shapes, optimum proportion stability and more; "Play Space," Discover hands-on, fun science toys you don't have at home to learn about weight, measurement, sorting and fun; **"MRI: Examining the Human Body,"** Explore the landmark medical imaging system that was developed in the Capital District. Museum hours: Tuesday–Saturday, 10 a.m. to 5 p.m. (observatory open until 8 p.m. on Thursday); Sunday, noon to 5 p.m.; Museum will be closed on Tuesday, Jan. 1, 2019. 15 Nott Terrace Heights, Schenectady. Admission: Adults (13+), \$12; seniors (65+), \$10; children (3-12) \$8. Additional \$6/person for planetarium show. 518-382-7890 or www.miSci.org

National Museum of Dance

Continuing: "Dancers After Dark—Photographs by Jordan Matter," features photographs from Matter's 2016 book of the same title, New York Times best selling author of "Dancers Among Us." Also, **"Art in the Foyer: Tom Caravaglia in Celebration of Alwin Nikolais."** Features images by the renowned dance photographer of groundbreaking choreographer and multimedia artist Nikolais during the 25th anniversary year of his passing. Plus ongoing/permanent exhibits: **"Dancers in Film,"** which celebrates the relationship between the two genres and features both well known dance and acting stars; also **"Gender Neutral,"** which explores the history of non-traditional roles in dance from the 18th Century to the present day with the all male travesty ballet troupe Les Ballets Trockadero as its centerpiece. Museum hours: Daily, Tuesday through Saturday, from 10 a.m. to 4 p.m. and Sunday, noon to 4 p.m. 99 South Broadway, Saratoga Springs. Admission: Adults, \$6.50; seniors/students (w/valid ID) \$5; children ages 4 to 12, \$3; children ages 3 and younger, free; free admission for all patrons on Tuesday. 518-584-2225 or www.dancemuseum.org

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Answers on Pg. B22

LIVE @ THE HANGAR

ELVIS BIRTHDAY BASH!
Sat., Jan 5th 8 PM
Our annual celebration of the King! Featuring Johnny Rabb's Big Band, The Tichy Boys, and more!

JITTERY JACK & AMY GRIFFIN with Sean Mencher
Sat., Jan 19th 8 PM
The Winter 2019 SWELLTUNE RECORDS Showcase! with yer pals...Jittery Jack, Miss Amy Griffin, Sean Mencher! THE SWELLTUNE JAMBOREE will END THE NIGHT!

DADDY LONG LEGS with Televisionaries & Slik Nik
Thurs., Jan 31st 7 PM
Returning to capital land, the KINGS of boppin' blooz trash rockin' boogie woogie, Norton Records superstars, DADDY LONG LEGS! On their way to the great white north with the comeback of an all Lake brother edition of THE TELEVISIONARIES! Slik Nik & th' Tex's Playboys kick it off!

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Antique Prints & Maps of the Region
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Local History Books • Troy Cards & Troy Mugs
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New York State Museum Closing Sunday, Dec. 30: "Cornplanter's Pipe Tomahawk." Stolen from the museum nearly 70 years ago, this pipe tomahawk, was gifted to respected Seneca leader Gy-ant-waka (Cornplanter), by President George Washington during one of several meetings held between U.S. and Haudenosaunee (Iroquois) leaders between 1792 and 1794. On view in the Lobby. **Continuing: "The Historic Woodstock Art Colony: The Arthur A. Anderson collection."** Long before the famous music festival in 1969, Woodstock, New York, was home to what is considered America's first intentionally created, year-round arts colony—founded in 1902 and still thriving over 100 years later. Collecting the remarkable range of work produced there has been Arthur A. Anderson's focus for three decades, resulting in the largest comprehensive assemblage of its type. The artists represented in it reflect the diversity of those who came to Woodstock, including Birge Harrison, Konrad Cramer, George Bellows, Eugene Speicher, Peggy Bacon, Rolph Scarlett, and Yasuo Kuniyoshi, among many others. This exhibition introduces to the public for the first time just a sample of the highlights of this extraordinary collection, which represents a body of work that together shaped art and culture in New York and forms a history of national and international significance. On display in the West Gallery through Dec. 31, 2019. Also, "a small fort, which our people call Fort Orange." This exhibition examines the momentous discovery of Fort Orange and the lasting impact of events occurring there 400 years ago that shaped the character of the region, state, and the nation. Select artifacts, film footage from the excavation preceding the construction of I-190, and four decades of historical and archaeological research are highlighted. In Adirondack Hall through May 5, 2020. Also, "Enterprising Waters: New York's Erie Canal (Phase

Two):" A continuation of the Erie Canal's story with components on the canal's growth, politics, industries, social reform, and the Canal's legacy. Through Oct. 20, 2019. Also, "Model of Statue Honoring Elizabeth Cady Stanton and Susan B. Anthony." In celebration of New York State History Month and in commemoration of the 101st anniversary of women's suffrage in New York State, the Museum is proud to display a model of a statue honoring Elizabeth Cady Stanton and Susan B. Anthony. The statue will be unveiled in New York City's Central Park in 2020—the first statue in the park to honor a woman. On view in the West Corridor through March 31, 2019. **Plus permanent exhibits,** including the **Cohoos Mastodon, Ice Ages, Native Peoples of New York and The Carousel.** Museum hours: Tuesday–Sun, 9 a.m. to 5 p.m.; Closed on Tuesday, Jan. 1, 2019. 222 Madison Ave., Albany. Free admission; suggested donation of \$5/person or \$10/family. 518-474-5877 or www.nysm.nysed.gov

Opalka Gallery
Gallery will reopen following Winter Break. Sage College of Albany, 140 New Scotland Ave., Albany. Free admission. 518-292-7742 or opalka.sage.edu

Saratoga Arts Closing Monday, Dec. 31: "An Exhibition of Past and Present First Night Saratoga Posters" in the Reception Area Gallery. Also, "Photography by Gary Larsen & Paintings by Ann Larsen," in the Member's Hall Gallery. **Continuing: "The Annual Member's Show."** This ever-popular, year-end exhibition showcases the many talents of the organization's established and emerging members. On display in the Main Gallery through Friday, Jan. 4, 2019. 320 Broadway, Saratoga Springs. Free admission. Gallery hours: weekdays, 9 a.m. to 5 p.m.; Saturday, 11 a.m. to 5 p.m.; Galleries will be closed on

Monday, Dec. 24, and Tuesday, Dec. 25. 518-584-4132 or saratoga-arts.org

Schenectady County Historical Society Ongoing: "Mapping Schenectady." Some of SCHS' most prominent and interesting maps are now on permanent display in the Map Gallery. Also, "Beyond the Pines: Early Schenectady," an exhibit focused entirely on early Schenectady: its founding, its people, and what life was like for the city's earliest residents. Plus permanent exhibits. Museum hours: weekdays, 9 a.m. to 5 p.m.; Saturday, 10 a.m. to 2 p.m. Museum and Library will be closed on Monday, Dec. 31, and Tuesday, Jan. 1, 2019. 32 Washington Ave., Schenectady. Admission: \$5. 518-374-0263 or schenectadyhistorical.org

Dan Sekellik Visual Arts Gallery Closing Monday, Dec. 31: Works by Zhong-hua Lu. Born in Shandong Province during the Cultural Revolution in China, the artist learned and secretly practiced brush painting, martial and healing arts from his father and uncles during a time when the Chinese government condemned the traditional arts. The award-winning artist now teaches traditional Chinese arts in upstate New York and western Massachusetts. Gallery hours: Wednesday, 11 a.m. to 1 p.m. Sand Lake Center for the Arts, 2880 NY Rte. 43, Averill Park. Free admission. 518-674-2007 or slca-ctp.org

Tang Teaching Museum Continuing: "Opener 31: Tim Davis — When We Are Dancing (I Get Ideas)." A solo multimedia exhibition by the artist, musician and writer that amounts to a set of collections, each beginning with a sudden insight and boring down into the bedrock of obsession. In the Malloy Wing. Also, "Hyde Gallery #1: Eye Candy." Student curated exhibit that examines the candy-like nature of oral contraceptives,

the way women are perceived through the male gaze, and plays off the April 1969 issue of Eye magazine that aims to spark conversation around gender equality and a woman's right to have agency over her reproductive health. In the Hyde Gallery. Also, "Where and When I Enter," organized by Associate Professor of American Studies Beck Kreftin and students from her spring 2018 "Critical Whiteness" class, a course about the anti-racist, self-reflexive and interdisciplinary field that seeks to recognize racial identities as social constructs. Features 12 works that examine ideas of critical whiteness in provocative and diverse ways. In the Winter Gallery. Also, "3-D Doings: The Imagist Object in Chicago Art, 1964-1980," explores the sculptural work and dimensional paintings of a group of Chicago artists collectively known as the Chicago Imagists. Although each artist had their own fiercely unique style, they shared a similar interest in popular culture, comics, and material objects. In the Wachenheim Gallery. Also, "Elevator Music 37: David Mancuso—The Loft." Experience the soundscape of the Loft, the legendary New York City dance party hosted by Mancuso (1944-2016) that set the stage for the underground dance parties and gay nightlife of the '70s and '80s. Elevator. All exhibits listed above remain on view in their respective galleries/spaces through Sunday, Jan. 6, 2019. Also, "Tel. :." Artist Kamau Amu Patton's continually evolving interpretation of what a museum community space can be. In the State Farm Mezzanine Gallery through Sunday, Sept. 1, 2019. Skidmore College, 815 North Broadway, Saratoga Springs. Museum hours: Tuesday - Sunday, noon to 5 p.m.; Thursday until 9 p.m.; Museum will be closed on Monday, Dec. 31, and Tuesday, Jan. 1, 2019. Free admission; suggested donations of \$5/adult; \$3/child 13+; seniors, \$2. 518-580-8080 or tang.skidmore.edu

Union College Galleries Continuing: "Mark Bradford Installation." This acclaimed artist's mixed media piece Untitled (buoy) from 2015 is on loan from Board of Trustees member Kelly Williams for the next year in honor of President Harris' inauguration. The sculpture conjures natural and man-made environments, simultaneously evoking neighborhood streets, arterial veins, and woven snares. Through August 2019 in the Beuth Atrium (1st Floor) Schaffer Library. Also, "For Freedoms: 50 State Initiative." The Four Freedoms articulated by Franklin Delano Roosevelt in 1941 and illustrated by Norman Rockwell's 1943 paintings serve as the inspiration for this initiative, founded by artists Hank Willis Thomas and Eric Gottesman that seeks to use art to deepen public discussions of civic issues and core values, and to clarify that citizenship in American society is defined by participation, not by ideology. Public exhibition in which participants defined freedom in their own way and articulated their own vision of freedom that includes multitudes by completing one of four lawn signs. Installed in the Schaffer Library Learning Commons. Through Thursday, March 21, 2019. Hours (all galleries): Daily, 10 a.m. to 6 p.m.; All Galleries will be closed Monday, Dec. 24, through Tuesday, Jan. 1, 2019. 807 Union St., Schenectady. Free. 518-388-6004 or muse.union.edu/mandeville/home

University Art Museum Continuing: "Inter-text-uality: Selections from the University at Albany Fine Art Collections." Exhibit features work from the collection that showcases the various ways artists have used text as a visual element in their work. Also, "Tim Rollins and KOS." The artwork and practice of Rollins and the Kids of Survival (K.O.S.) is the perfect archetype of art as collaboration, activism and pedagogy. The group began when Rollins developed a curriculum to merge artmaking with reading and writing skills

at a South Bronx junior high school. To make these literary paintings the group distills a book's narrative to a single motif and paints variations of that motif on the source material, the book pages themselves. The students functioned like a workshop and their main activity consisted of studying and sketching from a literary text. And then finally, deciding which individual variations are included in the final composition. Both on display in the Collections Study Space. Also, **Permanent Collection:** The University at Albany Fine Art Collections reflect over 30 years of contemporary art and include over 3,000 works (primarily on paper) by such renowned artists as Vito Acconci, Mel Bochner, Manuel Alvarez Bravo, Willem deKooning, Richard Diebenkorn, Leon Golub, Donald Judd, Grace Hartigan, Ellsworth Kelly, Louise Nevelson, Eduardo Paolozzi, Dieter Roth, Edward Ruscha, Robert Rauschenberg, James Rosenquist, and Robert Smithson. More recent acquisitions include works by Xu Bing, Yasumasa Morimura, Vic Muniz, Tim Rollins+ K.O.S., Lorna Simpson, Brian Tolle and Kara Walker. Uptown Campus, University at Albany, 1400 Washington Ave., Albany. Gallery Hours: Wednesday through Friday, 10 a.m. to 5 p.m. Saturday, noon to 4 p.m.; and Tuesday from 10 a.m. to 7 p.m. Free admission. 518-442-4035 or www.albany.edu/museum

Vietnam Memorial Gallery Continuing: "Their Glory Can Never Fade: The Legacy of the Harlem Hellfighters." The 369th served longer than any American regiment of World War I and was nicknamed the "Hellfighters" by the German army due to its actions on the battlefield. Exhibit features historical objects and images. Through Friday, Feb. 1, 2019. Gallery is located inside the Robert Abrams Building for Law and Justice, Empire State Plaza, Albany. Gallery hours: weekdays 8:30 a.m. to 4 p.m. www.ogs.ny.gov/ESP/ConventionCenter/cc-visit.asp

HOROSCOPES

December 2018 Week 4

ARIES – MAR 21/APR 20

Aries, if you find your mind wandering, make an effort to refocus your attention on important matters. Daydreaming can be beneficial, but only to a certain extent.

TAURUS – APR 21/MAY 21

Use your words and mind to make quick decisions that have others reacting to you with awe, Taurus. Your intuition will guide you where you need to be.

GEMINI – MAY 22/JUN 21

Gemini, begin the week with some vigorous exercise to get the blood flowing through your body and your mind. This will help you think and act more clearly.

CANCER – JUN 22/JUL 22

Cancer, if you have been looking for ways to spend your free time, why not think about giving back to your community? Consider how your talents can be volunteered.

LEO – JUL 23/AUG 23

Approach a major project with your signature enthusiasm, Leo. All you need to do is break it down into smaller portions and work step by step for the greater whole.

VIRGO – AUG 24/SEPT 22

Virgo, try not to compare yourself to other people or make judgements too quickly. Keep an open mind and recognize your self-confidence is a great asset.

LIBRA – SEPT 23/OCT 23

Libra, there is a great deal that can be learned from your sense of freedom to explore and dream. See things from a new perspective and embrace your creativity.

SCORPIO – OCT 24/NOV 22

Attempt to engage more of your rational mind this week, Scorpio. Consider enlisting others who can keep you on a track to greater discipline and accountability.

SAGITTARIUS – NOV 23/DEC 21

Sagittarius, now is a good time to put yourself in others' shoes. By doing so, you can figure out how your own actions affect others and determine if you need to make some changes.

CAPRICORN – DEC 22/JAN 20

Don't hesitate to pick up a fashion magazine or learn about the latest trends, Capricorn. It may be time to reinvent yourself. Start with a few new pieces of clothing.

AQUARIUS – JAN 21/FEB 18

Aquarius, you have the right tone of voice for various situations. That is why you can be such a people-pleaser. Use this to your advantage in the days ahead.

PISCES – FEB 19/MAR 20

Do not get hung up on thinking the grass is greener somewhere else, Pisces. The key to happiness is making your situation the best it can be.

FOOD & VINO



Back on track

At the start of a new year, many people resolve to get in shape and lose weight. Diet and exercise have long been the ideal recipe for shedding pounds. In order to do so, a person must create a calorie deficit, which occurs when a person burns more calories than he or she consumes. Healthy, low-fat and low-calorie foods can help people create a calorie deficit.

This recipe for “Smoked Haddock on a Nest of Potatoes” from Sue Kreitzman’s “Low Fat for Life Cookbook” (DK) checks in at just 221 calories per serving with 2 grams of total fat, making it a great choice for those who want something light and healthy.

Smoked Haddock on a Nest of Potatoes

Ingredients: Makes 2 servings

- 1/2 pound potatoes, scrubbed but unpeeled
- 2 pinches paprika
- Oil water spray (see below)
- Salt and freshly ground black pepper
- 2 pieces smoked haddock, each about 5 oz, skinned and bones removed
- Bunch of watercress to garnish

Instructions:

Slice the potatoes paper-thin. Using the slicer on the side of a grater is the best way to get fine slices. Put into a colander and rinse well, then drain and dry in a dish towel. Toss the slices with a pinch of the paprika and a spritz of oil-water spray.

Spray a baking sheet and spread the slices out. Bake in a preheated oven for 10

minutes, then stir them, spread out again, and bake for about 5 minutes more, until tender and browned. They should be crisp in patches.

Sprinkle a pinch of paprika and a grinding of pepper over the fish. Lightly salt the potatoes and arrange in two piles on the baking sheet. Place a piece of fish over each pile of potatoes.

Bake for about 7 minutes at 475° F, until just done. Garnish with watercress and serve with sautéed mushrooms alongside, if desired.

Oil-Water Spray

Fill a new, clean plant mister or small plastic spray bottle with 7/8 water and 1/8 desired oil. Give the bottle a good shake before using it to spray food or pots and pans. This oil-water spray cuts down on calories and makes for low-fat cooking.

Pairing:

Cupcake Vineyards Prosecco
Cupcake Vineyards — Italy

Alone, a smoked haddock can be a little dry. Especially if you decide to do away with the oil-water spray. With that in mind, you want a wine that’s going to quench your thirst while still complimenting your dish. This Prosecco is a treat that lends hints of white peach, grapefruit and a taste of lemon meringue pie.

Of course, wine pairings are often times a matter of personal taste. Let us know what you think of this pairing online at TheSpot518.com, and let us know what other wines you would try in its place.

WHAT'S HAPPENING

Sensory Play

CMOST — Thursday, Dec. 27

TROY— The Children’s Museum of Science + Technology (CMOST) will host its next Sensory Play session for children ages 2 through 6 on Thursday, Dec. 27, from 10 to 11:30 a.m. in the GE Junior Discovery Room. This week’s topic is Snow Surprises.

Join CMOST staff for a hands-on sensory science activity that will help your child improve his or her motor skills and increase his or her understanding of how the world around them works.

Preregistration is not required and the activity is included with museum

admission.

For more information, visit cmost.org.

CMOST is located at 250 Jordan Road in the Rensselaer Technology Park in Troy.

Learn how to snowshoe

Dyken Pond — Friday, Dec. 28

CROPSYVILLE — Dyken Pond Environmental Education Center will offer a Family Snowshoe Program on Friday, Dec. 28, from 1 to 3 p.m.

The cost is \$5 per person and includes snowshoe rental.

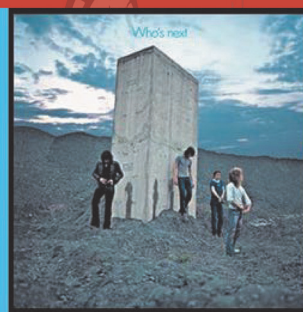
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■ HEALTH & FITNESS

Give me the prize

Improve life expectancy with some healthy habits

“Who Wants to Live Forever” is a song that appeared on the 1986 album “A Kind of Magic” by the rock band Queen. The song often sparks conversation about the potential benefits of immortality.

Immortality may not be possible, but many people aspire to improve their chances to live a long and prosperous life. A study published in the journal *Lancet* analyzed data from the 2016 Global Burden of Diseases project to generate life expectancy predictions from 2017 to 2040 for most countries. The United States saw the largest decline in ranking among high-income countries, as life expectancies in the United States are projected to fall from 43rd in 2016 to 64th by 2040, with an average life expectancy of 79.8. Life expectancy in the U.S. has dropped in each of the past two years, according to annual reports by the National Center for Health Statistics.

But there may be hope for Americans yet. Doctors and scientists

continually study the lifestyles of people who outlive their life expectancies. While genetics can play a role, so can following healthy habits, which have been identified to promote longevity.

Healthy body mass

Moderate to vigorous exercise regimens and diets loaded with healthy foods can keep weight in check. Maintaining a healthy weight has a host of positive side effects, including reduced risk of dying from cardiovascular disease. Cardiovascular disease is a leading killer in North America. According to the National Center for Health Statistics, nearly four in 10 adults and 18.5 percent of children in the United States are obese. According to the 2015 Canadian Health Measures Survey, 30 percent of adults in Canada are obese and may require medical support to manage their disease.

Don't Smoke

Many smokers have been told that smoking trims 10 years off their life expectancies, and that statement is corroborated by a study published in 2013 in *The New England Journal of Medicine* that tracked participants

over a span of several years. The good news is people who quit before the age of 35 can usually regain those lost years.

Avoid drug use

Accidental drug overdoses contributed to 63,600 deaths in the United States in 2016, according to the National Center for Health Statistics. Usage of prescription opioids and heroin has skyrocketed in recent years. Drug use also may exacerbate mental illnesses, potentially making drug users more vulnerable to suicide.

Limit alcohol

Some evidence suggests that light drinking can be good for cardiovascular health. However, a paper published in the *Lancet* suggests every glass of wine or pint of beer over the daily recommended limit will cut half an hour from the expected lifespan of a 40-year-old. The paper says the risks are comparable to smoking.

Simple, healthy lifestyle changes can help people increase their life expectancies.



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Yellowthorn / Facebook

INTERVIEW

Soul digging

Roan Yellowthorn is back with new music; talks about personal growth

By SAMMY STEINER

nysmusic.com

Since last speaking with Jackie McLean nearly a year ago, she and her partner, Shawn Strack have grown tremendously as musicians. They are known as Roan Yellowthorn – an indie pop rock duo. Shawn, who had never been involved in music production before, is the main engineer and instrumentalist on the upcoming album, Indigo, which is set to be released later this month.

Their latest single, “Talk About It” is their audience’s first sneak peek as to how the album will sound. This song is a beautiful take on an unresolved relationship as it winds you through a journey both lyrically and melodically. It has a catchy chorus that will remain in your head long after listening to the song.

My last discussion with Jackie McLean touched on many of the overarching questions regarding her musical influences and the power of a song. This time around, we delved a bit deeper into her artistic development and how this is reflected in her upcoming project. Read more about Jackie and Shawn’s journey below.

Sammy Steiner: After listening to “Talk About It,” it was clear that Roan Yellowthorn headed in a new sonic direction. Can you talk about how you have grown since “Child in Chief” and your self-titled EP?

Jackie McLean: The songwriting process has pretty much remained the same except this time I am making a conscious decision to be more honest in my lyrics. The main difference between my last project, (which was made in 48 hours) and Indigo is not only the time we put into it but also the overall production of every song. On this album, my partner, Shawn and I worked very closely to create the entire album ourselves. Shawn used to be a video editor but had never been involved in production before working on this project. The nature of our relationship made our collaborative process extremely complimentary. He knew how to take my abstract concepts and turn them into a reality. Additionally, since we did everything ourselves we were able to go back and tweak every song until we felt it sounded perfect

Steiner: As a follow-up, what has this past year looked like for you guys in terms of the work you put into creating this album? Where did you draw most of your inspiration from?

McLean: I am constantly writing songs so by the time I started recording Indigo, I already had the majority of the album written. We spent about one-week recording in Upstate New York during August and then the following three months were focused on intense mixing and producing. Shawn played every instrument on the album with the exception of the piano which I played. I would say that the biggest difference since our EP is that now we’re doing everything

Continues on Page B19

WHAT'S HAPPENING

Vacation Break Art Workshop Albany Institute — Friday, Dec. 28

ALBANY — The Albany Institute of History & Art will offer a Vacation Break Art Workshop titled “Animal Yoga” on Friday, Dec. 28, from 2 to 3 p.m.

Children ages 6 and older are welcome to attend this gentle and playful introduction to yoga!

Participants will stretch their bodies and their creativity with yoga postures mimicking the animals seen in the “Birds & Beasts: The Scary, Magical, and Adorable Animals of the Albany Institute,” and “A Menagerie of Whimsy: The Art of William B. Schade”

exhibitions.

Children should wear comfortable clothes and prepare to have fun.

The workshop will be led by the Institute’s director of art programs who holds a certificate in children’s yoga.

The cost to attend is \$10 for Albany Institute members and \$15 for non-members, and includes the museum admission fee. Registration is required as space is limited. An adult is required to remain on the museum’s premises while their child is in the program.

For more information about or to register for this workshop, visit albanyinstitute.org/event/product/.

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7-10pm	Borrello Adamczyk Dobeck Jazz	Delmar Marketplace 406 Kenwood Avenue	B
7:15-9pm	Five Rivers Wildlife Game (Bennett Parlor)		
7:15, 8:30, 9:15	Nisky Dixie Cats (Fellowship Hall: Jazz/Swing)		
8:00pm	Bethlehem Traditional Irish Dance (Fellowship Hall)	Delmar Reformed Church 386 Delaware Avenue	C
7:15, 8:30pm	Jim Snack (Sanctuary: Magician)		
8:00pm	Aaron Davis (Sanctuary: Classic Rock)		
7:15-10pm	RPM Crafts for Kids (Third Floor)		
7-9pm	Kosher Food Festival, Entertainment for Kids, Music	Bethlehem Chabad 393 Delaware Avenue	D
7-10pm	Playin' With Fire Band (Rock/Blues/Country/Originals)	Delmar Fire 145 Adams Street	E
7-10pm	Wide Awake (Fellowship Hall: Dance Rock/Party Band)		
7-10pm	Stellar Face & Body Art (Lounge)	First United Methodist Church 428 Kenwood Avenue	F
7-10pm	Therapy Dogs International (Lounge)		
7-10pm	Three Quarter North (Sanctuary: Bluegrass/Americana)		
7-10pm	Red Dirt Highway (Downstairs: Folk/Country/Bluegrass)		
7-10pm	The Cue Theatre (Upstairs)	Bethlehem Masonic Lodge 421 Kenwood Avenue	G
7:30-9pm	Bethlehem's Got Teen Talent (Auditorium)	Bethlehem Town Hall 445 Delaware Avenue	H
7-9:30pm	About Face Airbrush Face Painting & Body Art (Story Room)		
7-9:30pm	Green Screen Photo Fun (Board Room)	Bethlehem Public Library 451 Delaware Avenue	I
7:15, 8:45pm	Andy the Music Man (Community Room)		
8-8:45pm	Broadway Bound Performing Arts Academy (Community Room)		
7-10pm	Mendelssohn Club of Albany (Sanctuary: Holiday Choral)	St. Thomas the Apostle Church 35 Adams Place	J

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McAddy's
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Brian Gilcrest
The Hanger
on the Hudson

This Week: 7-8 | Overall Points: 84-79



Mary Vail
Joyelles
Jewelers

This Week: 7-8 | Overall Points: 108-72



Randy Rowe
Farrell
Brothers, Inc.

This Week: 8-7 | Overall Points: 103-74



Bill Cornell
Del Lanes
Bowling Center

This Week: 7-8 | Overall Points: 102-72



Dave Endy
Steiner's
Ski • Bike • Kayak

This Week: 10-5 | Overall Points: 110-69



Michael Hallisey
Spotlight News
Managing Editor

This Week: 7-8 | Overall Points: 117-63



Lianne Webster-Kim
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This Week: 7-8 | Overall Points: 104-71



Frank Bolognino
Roma Foods
Importing Company, Inc.

This Week: 10-5 | Overall Points: 112-78



David Bernacki
Capital District
Contractors

This Week: 7-8 | Overall Points: 117-73



Maggie Smith
Maggie's
Café & Sports Bar

This Week: 7-8 | Overall Points: 108-71



Rob Hussey
Crossroads
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This Week: 7-8 | Overall Points: 109-71



Kaitlin Lembo
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** WIN LOSS RECORDS AS OF SUNDAY**





From page B15 ... Soul digging

together as opposed to before when we outsourced most things.

Steiner: What are some goals you have for the upcoming album and tour?

McLean: My main goal is to bring our music to more people. I really enjoy being able to interact with the audience and hear their opinions in person. We are currently working on putting together a setlist, which will most likely consist of the entire Indigo album as well as a handful of songs from past projects. We are also excited to be experimenting with the drum pad on stage to enhance our live performances by recreating some of the sounds you will hear on the album.

Steiner: I had the privilege of getting a sneak listen to the album – for everyone else, can you tell them a bit about what they can expect?

McLean: This album is very personal and very emotional for me. It came together really organically as I kept writing songs to process my feelings. It is an extremely sincere album and I honestly don't know if I'll ever be able to write another album like this one. I dug so many emotions out of my soul but now it feels like I've shed a layer. I hope that everyone likes it!

Steiner: What was it like for you, Shawn, to produce this album having never done this kind of work before?

Shawn Strack: I used to work in film, media and television so I had a basic understanding of the software and the editing process. After having many conversations with Jackie, I understood her vision for the album and was confident that I could translate those ideas into the music. To give you an example – she once said to me that she wanted the title track "Indigo" to sound as if she was flying through space with stars exploding around her. I added a post-rock influenced guitar

This album is very personal and very emotional for me. It came together really organically as I kept writing songs to process my feelings. It is an extremely sincere album and I honestly don't know if I'll ever be able to write another album like this one. I dug so many emotions out of my soul but now it feels like I've shed a layer. I hope that everyone likes it!

— Jackie McLean,
Roan Yellowthorn

under the verses while she played the piano and put drum and guitar layers during the chorus.

Steiner: Finally, what does the word 'indigo' mean to you and to this album?

Strack: The color indigo is present in the coloring of the sounds on the album. It can be dark but there are moments of brightness.

McLean: The last song I wrote for the album was the title track, "Indigo." This song really encompassed the idea behind the entire album and I had really strong instinctual feelings that the album was done once it was written. Afterward, I came to find many more meanings behind the word as it is also a feeling, color, mood, idea, etc. I finally had a name for the feeling.

WHAT'S HAPPENING

Art for All: Recycled Buildings Albany Institute — Saturday, Dec. 29

ALBANY — The Albany Institute of History & Art welcomes families to participate in the final session of its December Art for All program, titled "Recycled Buildings," this Saturday, Dec. 29, anytime between 10 a.m. and 4:30 p.m.

Spend the day being creative! Adults and children of all ages are welcome to join us in the art studio for drop in art making. This week's activity is inspired by the creative scenes Joan Steiner built out of everyday items for the Look-Alike dioramas currently on display throughout

the museum. The cost to attend is included with museum admission and registration is not necessary.

For more information about this and other Art for All sessions, visit albanyinstitute.org/event/product/Art-for-All2018-2019.html.

Skating Club Open House Bethlehem YMCA — Saturday, Jan. 5

DELMAR — The Albany Figure Skating Club will celebrate National Skating Month with an Open House on Saturday, Jan. 5, from 11:30 a.m. to 1:30 p.m. at the Bethlehem YMCA.

For more information, visit albanyfsc.org or email info@albanyfsc.org.

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MUSIC REVIEW

Roan Yellowthorn's 'Indigo'

By **JULIA WOLFE**

nysmusic.com

The color indigo is unique in pigment, featuring hues of inspiration across the color spectrum while staying true to a rather dark disposition. Such is the feeling of the album released by indie pop songwriting pair Roan Yellowthorn, entitled "Indigo" in its own right. You may recognize the last name of the band's lyricist and lead singer, Jackie McLean, from her father, the great songwriter Don McLean. Following slowly in his footsteps, McLean and production partner Shawn Strack release their debut album with no outside assistance, honing in on their personal vulnerability and growth as songwriters.

Supporting McLean's buzzing vocal lines are a variety of instruments, including soothing piano lines, cranked guitar chords, and interesting choices of auxiliary percussion. The title track of the album is a clear example of this, switching from a soft section to a more abrasive rock interlude, with words of inner crisis to round it out. The duo also released a pulsing preview to the album with the single release of "Talk About It" earlier in August, with a unique video to go along with it. While this song may lead you to believe this album is dance-oriented, it surely isn't. There are energetic surprises, but the album is about reflection, so the somber tone is an overarching theme of the album. The soft guitar strumming of "How



Are You" to combat the forceful piano chords creates an inner conflict, a true testament to the band's 'indigo'. Arguably the best song on the 10-track album, entitled "Mark My Words", is slightly out of place from the rest of the album, and ultimately sounds like a sweet serenade of inner despair. Being only about a minute and a half in length, McLean's voice is filtered with some kind of EQ, giving off the sound of a voice through an old radio, to match the abrasive chords and feedback that resonate behind her.

All in all, this first crack at audio production for Stack is above adequate, only to improve with the genres of music they tap into in future albums. As this group develops their style, the lyrics will follow, a musical choice that contrasts them at this moment. The group has a series of vignettes to inspire their lyrical creativity, and with some more work to strengthen the backbone of their sound, Roan Yellowthorn is sure to become a beloved duo in the indie pop sphere.

MUSIC NEWS

VSO dropping new album

Album release party to include Hartley's Encore, JB (aka Dirty Moses) and Trumaster

ALBANY — Joel Yannuzzi of Victory Soul Orchestra posted a picture of a freshly pressed copy of "Astrobeat," his band's latest album, to his Facebook page last Tuesday.

"There were a ton of people involved in making this weird musical project," stated Yannuzzi.

He went on to list members of the band; Sarah Clark, Justin Fuld, Ben Fedak, Joe Paparone, Ryan Devine, Dave Paul and Nicholas Palazek. He also thanked Chris Russell and John Brown (JB aka Dirty Moses).

The eight-piece Afro-jazz band is heavy on the horns, accompanied by drums, percussion and electric guitar.

Victory Soul Orchestra will hold an album release party at The Hollow Bar + Kitchen on Saturday, Jan. 26, with Hartley's Encore, JB (aka Dirty Moses) and Trumaster.

— Michael Hallisey

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From page B5 ... Williams comes up to bat

office talking with the three ballplayers when he caught a glimpse of Wood. He scolded him without mercy in front of his guests and fired him.

Breathe

Wood's wife Kristin rolls her eyes and smiles as he tells his stories. He was born with the gift of gab. While once trying out for a job, he was given four minutes to pitch coffee. He gave them six. It led to his first television job.

"Breathe, Dick!" said Kristin. Her husband was an hour into his story. For a man whose whole career was to speak, sharing a tale among friends was nothing. Trying to get anywhere with Alexa, the voice-activated product that sits on the side table of his chair, is another story. A brief story. She continues to entertain guests in their warm home in Latham, lights from the Christmas tree glow throughout the living room.

Wood, 88, said his doctor has him listed as a possible Alzheimer's patient. On a rare occasion, he stops in the middle of a story, lost on a detail. As old as the story is, its no surprise. The details he can share are as vivid as something that happened to him yesterday. There is no hint of the illness as he continues.

Williams at the plate

Williams stepped in. Despite the mess, Wood recalls the ballplayer saying that he "never laughed harder," and warned the owner with a pricey ultimatum. "If you fire this kid, no ballplayer will come into this club." The owner reluctantly agreed.

It took a while for the club owner to warm to Wood. One night he sat next to the kid and asked whether or not he decided what he wanted to do with the rest of his life. He heard his voice and mentioned how his daughter was attending broadcasting school. Wood enrolled.

As a student, Wood took an interest to his studies

unlike that of high school. He was writing, something he enjoyed. For the first time, he made the honor roll.

It was the first step towards a broadcasting career of which his father did not approve. It would lead to television. His first station helped him earn a journalism certificate through Brown University. When his father scoffed at his career path, Wood reminded him of his accomplishments. He was on television. He had an Ivy League education. The doubt turned into pride.

"Ted Williams and Vaughn Monroe are the two responsible for my career," said Wood.

Rhode Island

Wood spent 10 years on Rhode Island television with WJAR before moving to the Capital District to anchor WTEN in 1973. It's where he earned his chops as a television reporter. He was just a cub reporter while on assignment to meet Ted Williams. The Hall of Fame baseball player was a hero in New England. Stories of his prowess at the plate were often matched by those that spoke of how he served as a fighter pilot during World War II and the Korean War. But, today, the greatest hitter one ever saw on a baseball diamond was pitching fishing equipment at a local sporting goods store. Wood approached.

"Mr. Williams," he said. "Do I look at all familiar to you?"

"No, kid," he responded to Wood. As heroic his exploits may have been on the field, he was also equally known to have a surly demeanor. He didn't like reporters. Reporters didn't like him. In 1941, after a season in which he batted .406, Williams finished second to the Yankees' Joe DiMaggio for the league's most valuable player. Historians often point back to his mercurial attitude towards the writers who help decide the award. "Why should you look familiar to me?"

"Mr. Williams, I was that kid at The Meadows."

Williams looked up from what he was doing to peer into Wood's face. His expression softened. "Hey, Yaz!" he motioned to Carl Yastrzemski, Williams' now heir apparent in Fenway's left field, "Come here, it's that kid!"



Gene Loparco / Special to TheSpot518

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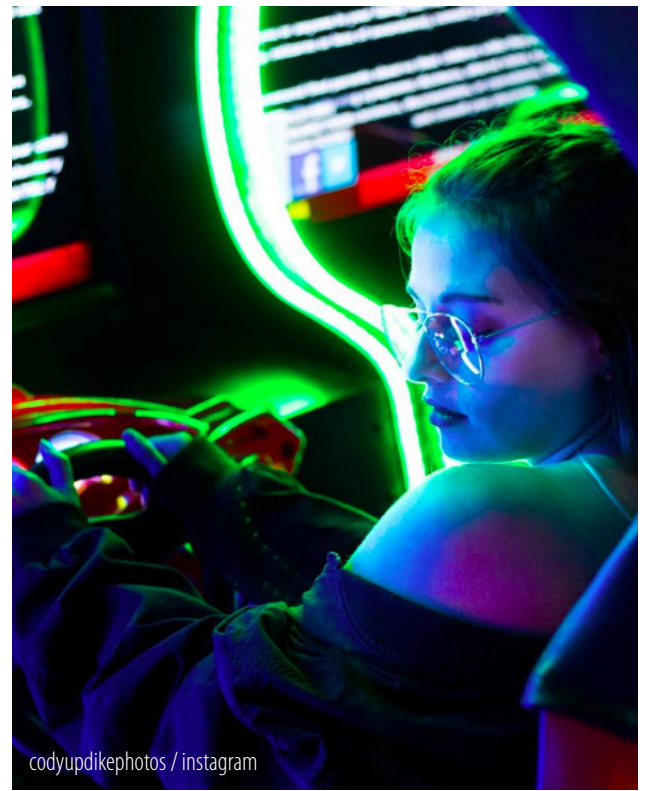
Here's only a handful of the photos shared with us from local readers tagging us on social media in 2018. Have a happy 2019, and remember to keep sharing.



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