

THE Spotlight

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November 25 - December 1, 2020



NEWS Arrested

Man police say is tied to Four Corners crash has been arrested.

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NIMBY

Neighbors are not keen about Real McCoy's expansion plans.

Story on Page 3



Goodbye

Four Corners Pharmacy closes after 15 years in business.

Story on Page 7



TOP STORY

'Not our fight'

Coeymans' Clean Air Law is in jeopardy

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

COEYMANS — Air knows no boundaries, but litigation does.

Under the threat of a lawsuit, the Coeymans Town Board is all but ready to amend last year's Clean Air Law. The proposed amendments will rip the teeth out from the law, circumvent legislation passed by the County Legislature earlier this year, and essentially allow LafargeHolcim to seek out tires to burn for fuel — exactly what the town sought to prevent just a year ago.

The board did not vote on the proposal following its public hearing on Thursday, Nov. 19.

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CULTURE



Generation Elect

BCHS students star in political podcast.

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INSIDE



COVID climbs

Rise in countywide cases reflected in area public schools.

Story on Page 6



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■ POLICE, FIRE and EMERGENCY CALLS

Police arrest man tied to FoCo crash



Rensselaer man faces litany of charges after allegedly fleeing from accident scene on foot

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

DELMAR — Bethlehem police arrested the man it alleged left a trail of damage at Four Corners two weeks ago.

Mark A. Boucher, 29, or Rensselaer, was arrested Wednesday, Nov. 17 on a litany of charges stemming from a motor vehicle accident that smashed storefronts, safety barriers and lamp posts along Kenwood Avenue on Saturday evening, Nov. 7.

The accident occurred at approximately 6:14 p.m. that Saturday evening. That's when Bethlehem police received several

911 calls reporting a red Jeep Cherokee had struck another vehicle at the intersection of Delaware and Kenwood avenues.

Bethlehem police said Boucher took a right turn on Kenwood Avenue from Delaware Avenue when he veered off and went off the roadway. The car proceeded to knock down light posts, uproot several chained barriers and sideswiped two storefronts. Boucher allegedly struck another vehicle, a white pickup truck, before leaving the scene. A photo shared His jeep was later found further down the street behind Peter Harris Clothes with the chained barriers still wrapped around it.

The original press release stated Boucher had allegedly fled on foot,

disappearing near the First United Methodist Church of Delmar. Though Bethlehem police arrived with Albany County Sheriff's K9 unit, the suspect could not be found.

The accident's timing had several residents concerned it related to the Associated Press announcing Democrat Joe Biden winner of a contentious race against President Donald Trump.

"The Bethlehem Police Department is aware of some social media posts that indicated the Jeep had political markings on it at the time of the incident," stated Bethlehem police. "This information has been proven to be false based on witness statements and scene evaluation."

Police charged Boucher with several driving violations, including four misdemeanors for reckless endangerment, criminal

mischief, reckless driving and leaving the scene of a property damage accident. He was arraigned in Bethlehem town court and later released to appear again on Tuesday, Dec. 15.

Woman found

DELMAR — Within a day of being reported missing, a young Delmar woman was found safe in upstate New York on Friday, Nov. 20.

Aliza M. Deierlein, a developmentally delayed 22-year-old, was last seen in the area of the Four Corners intersection of Delaware and Kenwood avenues before she was reported missing on Thursday, Nov. 19.

The following day, Bethlehem police reported that Deierlein was found safe near the U.S.-Canadian border in Malone, New York, more than 200 miles away from home.

Four Corners, a day after the Nov. 17 accident.

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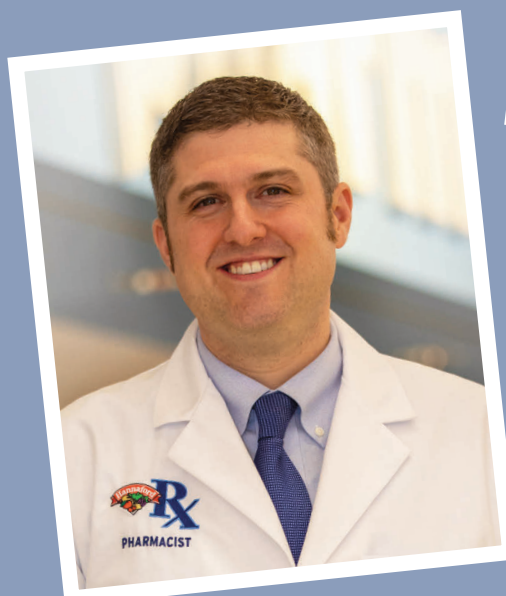
Heather Govel Pharmacist - PharmD

Heather Govel is a certified Immunizing Pharmacist and holds a certification in Veterinary Pharmacy Medicine. She graduated from Albany College of Pharmacy and Health Sciences in 2003 and has been part of the Hannaford Pharmacy team since 2007.



Nick Crucetti Pharmacy Manager - PharmD

Nick Crucetti is a certified Immunizing Pharmacist and holds a certification in Diabetes Care. He was born and raised in the Capital Region and graduated from Albany College of Pharmacy and Health Sciences in 2007. Nick has been part of the Hannaford Pharmacy team since 2007.



■ BUSINESS

Neighbors not keen on expansion plan

Exhaust fan focus of opposition to Real McCoy's plans for new commercial kitchen

By MICHAEL HALLISEY
halliseym@spotlightnews.com

DELMAR — Real McCoy's plans to expand with a commercial kitchen grew more contentious than the dozens of letters supporting the venture suggested in its file on Wednesday, Nov. 18.

Owners of the popular nano-craft brewery in Delmar's Warehouse District fielded questions during a public hearing in front of the Bethlehem Zoning Board of Appeals. The letters of support they filed along with their proposal, including those from state Assemblywoman Pat Fahy and Senator Neil Breslin, urged the board to allow for a disconnected kitchen at the end of the Hallwood Road property. Opposition, however, came from property owners and residents next door.

The zoning board has asked for more information regarding the kitchen's exhaust fan before proceeding with its decision.

Owner Michael Bellini

wants to modify two, 40-foot shipping containers into a small, commercial kitchen. The renderings of the plan shows a continuation of the modern industrial look present in the town's warehouse district of Hallwood Road.

Each of the "high-cube" containers stand 9-feet and 6-inches tall, measure 8-feet wide and 40-feet long. The metal containers, often seen on cargo ships and freight trains, would be cut and modified with large, glass doors accented by black lattice. The interior would appear to include dark wood flooring with a large, granite counter top for patrons facing an open kitchen complete with stainless steel appliances. In addition to indoor seating space, the plan includes a patio-like dining area with umbrellas, just outside of it.

At issue would be the placement of the kitchen, which is proposed to sit at the back end of the 20 Hallwood Road property, nosing a property line defined by pine trees, a stockade fence and a



Neighbors behind the converted storage containers fear noise, grease and protein particles will pollute their backyards.

Plan rendering

10-foot retaining wall. The kitchen will stand as close as nearly 9 feet from the property line and just over 12 feet from its back neighbor's closest structure.

Diana Skuza, whose family lives in the Delaware Avenue home behind Real McCoy, said she fears the kitchen's exhaust fan will not only be noisy, but it will blow grease and protein particles in their backyard. When Bellini's representative shared that the fan would be the same one used as a neighboring restaurant, she said you can see a "dirt spot" all around it. "So, thank you for that."

The Winn family, who own and once occupied the rental property behind the brewery, also spoke against the prospect of added noise and debris. George Winn, who manages the property, said his tenant is no longer able to open their back windows on account of the noise presently there.

Town holds public hearing on moratorium

DELMAR — The Bethlehem Town Board hosted a public hearing on its pending 12-month

moratorium on Tuesday, Nov. 23. Board members could vote it into law as early as next month.

The town is preparing a 12-month moratorium that will affect applications for residential development. The move, which is subject to the town first passing a local law, has the potential to impact two dozen proposals already on the table, involving more than 800 housing units.

Like in 2004, the town is preparing an overall plan to direct future development and growth. The town is preparing to update its

comprehensive plan, a task not expected to be completed for nearly a year. A moratorium is expected to allow the town more time so that development proposals don't overrun their efforts.

Once in place, none of the town boards will be allowed to review, hold a hearing, or render a decision on residential subdivision applications containing more than four units. This includes existing subdivisions proposing to expand. Also excluded are applications to establish a planned development district, and site plans containing units within residential care, nursing homes or senior citizen housing.

The intended threshold is to allow plans to proceed if they've already reached final approval. Other proposed plans still waiting for such approval would be held back through the duration of the moratorium. Whereas some proposals are cleared after a state environmental impact review, others such as a new subdivision still go through an additional plot review. Subdivisions still waiting upon a final plot approval won't be able to proceed.

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■ TOWN GOVERNMENT

Step on a crack, break your ma's back

Committee suggests town sets aside more funds to fix 'deficient' sidewalks

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

DELMAR — Be careful the next time someone in town tells you to take a hike.

According to a recent Bethlehem Highway Department survey, about 25 percent of the town's 43 miles of sidewalks are deficient. The Bicycle and Pedestrian Committee has asked for the town board to pay more attention.

The committee is suggesting the town budgets \$100,000 a year towards sidewalk repairs, plus another \$2.85 million to install new sidewalks.

The committee cites a visual survey from 2014.



Since then, the committee had provided a long-term solution to maintain the town's walkways, including a "Top Ten" list of sidewalks in need of repair. But, the committee said, even had there been earnest plans to follow through with past suggestions, it'd be "impossible" with the turnaround at the highway superintendent position.

"The Highway Superintendent has independent powers to decide if money will be allocated to maintaining sidewalks and which sidewalks to improve. Complicating the problem is that we have had four different Highway Superintendents in the past four years which make developing a long-term solution impossible," the

committee stated. "So we turn to the Town Board for help in developing and implementing a long-range sidewalk maintenance program."

The town's proposed 2021 budget does not account for sidewalk maintenance. Virus-related shutdowns put a clamp on sales tax revenue, leading the town to freeze salaries and pull \$1 million from its reserve fund. The town's capital plan suggests setting aside \$50,000 a year starting in 2022 to restore sidewalks. Based on the committee's breakdown, that's not enough.

An annual budget of \$50,000 will afford repairs to two-tenths of a mile of sidewalk. The committee sees the need for 10.7 miles each year. Factoring inflation, the report estimates it will take 11 years to adequately repair sidewalks with an annual budget of \$100,000,

seven years at \$150,000 per annum. But, \$50,000 "we will never fix all sidewalks," the committee stated.

That would require the highway department to devote 15 percent of its combined funds from the capital budget and state grants, or \$106,500 next year. Or, the committee suggests the town seek alternative means including Parkland Set Aside funds, private and public partnerships, and contributions from developers.

"Specifically our concern relates to the lack of an established and consistent sidewalk maintenance program which would bring the existing sidewalk system into a state of good repair," committee members stated in its report. "The town has taken the initiative to bring the water, sewer, highway and other infrastructure into a state of good repair, but not sidewalks."

Sidewalks on Delaware Avenue were repaired three years ago.

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Our Family of Companies

EDUCATION

COVID's climb reflected in schools

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

GUILDERLAND — The high school reported five COVID-19 cases within a week, forcing the district to send students home for virtual study.

Superintendent Marie Wiles announced the move in an email last Wednesday, informing district parents high school learning would be entirely remote.

"Because of the staffing shortage at the high school level, we are transitioning to all-remote learning for grades 9-12," stated Wiles.

The week's jump in cases doubled the district's overall number to 10.

Like many of the area high schools, Guilderland High had conducted classes in a hybrid schedule, allowing students to either learn remotely or attend classes in-person.

The shift to remote learning was ordered on

Thursday, Nov. 19 and scheduled to last until Tuesday, Nov. 24.

BC quarantines 55

DELMAR — The Bethlehem Central School District was informed on Friday, Nov. 20, of two confirmed cases of COVID-19 at Bethlehem Central High School. In each case, the individual who tested positive is in isolation and will not return to school until cleared by the Albany County Department of Health.

The Albany County Department of Health has determined through its case investigations that there was possible exposure at the high school in one of the two cases. As a precaution, the health department will quarantine several classes at the high school, including students and teachers. A total of 55 people, including students and staff, will be quarantined. The school

district is cooperating fully with contact tracing efforts by the health department. Families of the students who are subject to quarantine are being contacted by both the school and the Department of Health. The potential exposure took place on Monday, Nov. 16, the last day this individual was in school.

In the second case, the individual who tested positive had not been at the high school since Nov. 10 and the Albany County Department of Health determined there was no exposure at the school. In that case, there are no additional steps required for the district or the school regarding contact tracing.

Please keep in mind that the Health Insurance Portability and Accountability Act (HIPAA) and other privacy laws do not allow the district to disclose or

confirm any personally identifiable information; therefore, we cannot identify anyone who has tested positive.

There have been 17 cases of COVID-19 confirmed by the Albany County Department of Health since the start of the school year. Fourteen of the 17 cases have been reported in the high school community.

All schools, including the high school, will remain open for in-person instruction. As a reminder, all school buildings are thoroughly cleaned and disinfected every night school is in session in accordance with guidance from the CDC and the New York State Department of Health.

It is important that families continue to complete the district's COVID screening tool every morning before school. Any indicator that results in a red "thumbs-

down" on the screening should be reported to your child's school nurse as soon as possible.

V'ville reports COVID case

NEW SCOTLAND — The Voorheesville Central School District learned Wednesday, Nov. 18, that a member of its middle school community tested positive for COVID-19.

However, based on the timing of when the individual was last on campus, the Albany County Department of Health has indicated no need for further action, on behalf of the school, to have school community members quarantined.

The Health Insurance Portability and Accountability Act (HIPAA) and other privacy laws restrict the district from disclosing or confirming any personally

identifiable information, and we cannot identify anyone who has tested positive.

The district continues to follow all prevention protocols in accordance with guidelines from the New York State Department of Health and CDC — this includes a thorough cleaning and disinfecting of all school buildings. At this time, all schools remain open for in-person instruction.

If you are not contacted but would like to be tested out of an abundance of caution, please reach out to your healthcare provider or visit the New York State COVID-19 web page to find a testing location near you.

For questions and information, call 518-765-3313 or the Albany County Health Department 518-447-4580.



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All signs of what was once the Four Corners Pharmacy are gone.

Michael Hallisey / Spotlight News

■ BUSINESS

Pharmacy closes

Owners share gratitude for community they shared 'laughs and tears' with

By **JOSHUA CRELLIN**
intern@spotlightnews.com

DELMAR — Four Corners Pharmacy closed on Wednesday, Nov. 18, after 15 years in business. The privately owned pharmacy harkened back to bygone days before multi-million businesses cluttered towns and shopping malls.

"Paul [Pagnotta] and John [Croce] would like to give their sincere thanks to the Town of Bethlehem and the surrounding area for the support they have shown us over the past 15 years," the two owners wrote in an advertisement that appeared in last week's edition of *The Spotlight*. "It has been our honor to serve the community and it has been heartwarming to watch your families grow up with our business and families."

Croce and Pagnotta opened their doors for

"The past 15 years have gone by in a blink of an eye. We have had many laughs and tears with both our staff and patients. We could not have asked for a better community to share our profession with."

business in March 2005. It first started with four experienced pharmacists that were looking to provide the community with their health needs. They settled into the former Bank of America branch office so they could use what was once the drive-thru teller's window.

The self-described "vintage pharmacists" are not yet set to retire from the business. Instead, they each said "it is time to

support our profession in more active roles."

Croce and Pagnotta will be continuing their careers in pharmacy. Croce will be working with a grassroots pharmacy organization called Community Pharmacy Enhanced Pharmacy Network. Pagnotta will manage the student operated pharmacy at Albany College of Pharmacy and Health Sciences.

Customers of Four Corners Pharmacy will be transferred down the street to the CVS Pharmacy at 260 Delaware Ave. in Delmar.

"The past 15 years have gone by in a blink of an eye," Croce and Pagnotta wrote. "We have had many laughs and tears with both our staff and patients. We could not have asked for a better community to share our profession with."



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From page 1 ...

'Not our fight'

The proposed amendments still prevent hazardous and medical waste from being processed within town limits. It also states that no amount of waste can be considered a fuel source "unless approved and permitted" by the state DEC or federal EPA.

LafargeHolcim had previously warned it would sue the town for preventing it from using tire derived fuel to power its \$500 million kiln. The merit of that threat became more evident when the company successfully fought to overturn a similar law in Baltimore, Maryland earlier this year.

The Switzerland-based company had received a DEC permit to burn tires at its cement processing plant in Ravena. Before it was to start incinerating shredded tires imported from Connecticut, the Town of Coeymans passed legislation against it. The company has argued that tire-derived fuel is "environmentally progressive" and is

permitted through state and federal regulations.

Town Supervisor George D. McHugh said Coeymans has neither the money nor the means to enforce its Clean Air Law and would rather leave the matter up to the scientists and professionals on the state and federal level.

"I have to protect Coeymans residents from a frivolous lawsuit and I'm not going to spend hundreds of thousands of dollars to defend a lawsuit that I can't win," McHugh said at a town board meeting on Thursday, Nov. 19. "I'm not going to defend a law ... that I can't even enforce, anyway."

Opponents who spoke against the amendment said the issue was more political.

The laws in Baltimore, Coeymans, and later Albany County, were all drafted by the same Philadelphia lawyer, Mike Ewall, founder and executive director of Energy Justice Network. In August, he told county legislators



Today's Coeymans Town Board is not the same as the one that passed the Clean Air Act into law in 2019. Republicans Zachary Collins and Brandon LeFevre earned seats, as did their running mate, Town Supervisor George D. McHugh.

there should be no concerns immediately before they proceeded to pass its law.

Albany County pursued its own legislation following a shift of political power in Coeymans led by McHugh and his Coeymans Comeback Team. Then-Supervisor Philip Crandall, a Democrat, feared such a switch would lead to a repeal of the town law.

The town board swung Republican after McHugh and his two running mates, Zachary Collins and Brandon LeFevre, earned seats in last November's

election. The shift to Republican leadership was reflected on the county level, too, when former Coeymans Town Board member George Langdon beat Democrat incumbent Richard Touchette.

Up until last year, McHugh served Carver Companies as its general counsel. Carver operates the Port of Coeymans which earned a state contract to clean up old tire dumps. And, opponents are tying that with LafargeHolcim's interest in tire-derived fuel.

"Everything that's been

said here is a lie. That's all I want to say. I think it's a disgrace, what you're going to do — or try to do," said Joe Tracey, a Coeymans Democratic Committee member. "What you got to live with. And, while the public is out there trying to voice their opinion, you're playing your little games with the Baltimore — the Baltimore law has nothing to do with ours. So, I can see that the deck is stacked."

When the board offered to hear his facts on why he believed they were lying, he waived his time to

"someone who knows more about it."

"Do you know who's in charge of enforcing the Clean Air Law for Albany County? The Sheriff," McHugh said. "He doesn't have a department that regulates clean air. He doesn't have scientists. He doesn't have the equipment to do that kind of stuff. And, who on the town level has that? My code enforcement officer? ... That's why it's best left to the DEC and the Environmental Protection Agency of the United States."

Screen capture

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Leg shares spirit

County Legislature raises \$3K for families in need this holiday season

ALBANY — The County Legislature’s Democratic Majority concluded its month-long Adopt-A-Family Basket Raffle on Friday with approximately \$3,050 raised through ticket sales and donations. All proceeds go to families in need through the Department of Children, Youth and Families.

Each year, the Legislature’s Democratic Majority partners with DCYF to help provide gifts for families during the holiday season. Chairman Andrew Joyce said they knew the need was going to be even greater this year, but were limited in how they could raise funds.

“We relied on word of mouth and social media to sell tickets. Our Legislators really stepped up to get family and friends involved and we had several monetary donations,” Joyce said. “It amazes me every year the amount of consideration and

generosity that comes from our community. Not only did we exceed our goal, but we are going to be able to help more families than we originally anticipated.”

The Legislature raffled off 18 themed baskets which ranged from movies, candy, games and wine to coffee, makeup, a lottery tree and a 40-inch television. But due to COVID-19, the Legislature had to get a little creative in selling tickets throughout the month of November given the restrictions on large gatherings and the potential risk of exposure.

YMCA lends out Thanksgiving baskets



On Saturday morning, Nov. 21, Bethlehem YMCA volunteers and staff packed up baskets with complete Thanksgiving dinners for families in Bethlehem. The Capital District YMCA will provide Thanksgiving dinners to more than 900 families to address food insecurity across the region. Thank you to all the YMCA members who donated food for the baskets and to Hannaford, McCarrolls, and Stewart’s for donating turkeys and food. Pictured are Jean Berry of the Bethlehem Y, Leah Gaetano of Delmar, Erin Bruneau and her son Christopher Reeve of Watervliet.

Mark Hansen



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LIBRARIES

Virtual Storytime

This week, the storytime theme is holiday celebrations.

The holiday season is here, so let's celebrate! Families of preschool aged children are invited to enjoy a theme-based, multi-age virtual storytime with an emphasis on early literacy. Mrs. Brown and Miss Lisa will video record a short storytime with an accompanying art activity.

The video link will be posted on the library's website, all of the library's social media platforms, and on the library's YouTube channel.

Families of preschoolers can pick up a take & make bag at the library each week. The bag will include the storytime thematic art activity of the week.

Each week's bags will be at the library from Tuesday-Saturday of that week. No registration required.



Eat To Stay Strong

Why wait until after the holidays to re-evaluate your eating habits? Learn how antioxidants and superfoods can help you get, and stay, healthier. Knowing how to incorporate foods rich in these nutrients into your regular diet may help you live a longer, healthier life. Please Register Virtual Zoom Program through Cornell Cooperative Extension. Presented by Karen Roberts Mort at 6:30 to 7:30pm, Thursday, Dec. 3.

Yoga for Everyone

Join us from 6:15 to 7:15 pm, Tuesday, Dec. 8, for a vinyasa yoga class designed to help you gain a stronger

sense of body awareness and proper alignment while linking breath and movement. This class is designed for a variety of ages and experience! Tricia Kanderfer is a certified yoga instructor who has years of teaching experience. For ages 11-adult. Please register. The Zoom class link will be sent to those who register prior to the class session.

Make appointment

A limited number of appointments are available Monday-Saturday to browse for and check out materials or computer use. Evening browsing appointments are available on Tuesdays and Wednesdays. Please call Monday through Friday, 11 a.m. - 4 p.m. 518-765-2791 to schedule your appointment.

— Lynn Kohler

Letters to Santa

Does your family love Sweets with Santa? Join us for our 2020 reimagining!

Kids are invited to write a letter to Santa, drop it off at the library and Santa will write back before Christmas!

Pick up a special holiday craft and treat bag at the Library when you drop your letter off between Dec. 1 and Dec. 4. Then, visit with Santa on Zoom Saturday, Dec. 5 for a special storytime and see if he mentions your letter!

Calming Yoga

Beat holiday stress and find your zen! Join instructor Courtney Johannesen for a free Calming Gentle Yoga session designed to help relieve seasonal stress. Chair options will be available. Call or email to register and we will

RCS COMMUNITY LIBRARY

provide you with the log in information.

Take and Make Tuesday

Swing by the Library on Tuesday, Dec. 1 starting at 11 am to pick up a Gratitude Journal kit. In a year that has been a doozy, it seems like focusing on gratitude is a healthy approach. Suggested age

is teens and adults, but families may enjoy working on a Gratitude Journal together.

New December Adult Non Fiction

"A Life on Our Planet," by David Attenborough
 "Inferno," by Joe Pappalardo
 "The Last Days of John Lennon," by James Patterson
 "This One Wild and Precious Life," by Sarah Wilson

— Carol Melewski

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LIBRARIES

Groundwork is being laid

Outside, groundwork is being laid for the new 6,555 square-foot children's addition on the east end of the building. Inside, we've shifted much of our collection to other parts of the building to accommodate construction work. The vast majority of our print materials for children, teens and adults is still accessible during this transition period. For anything requested of us that is currently in storage, we will gladly procure it from another local library. Public bathrooms are also being renovated to ensure ADA compliance and add unisex and family options.

Due to the double challenge associated with stewarding this construction project while simultaneously managing the pandemic as cases escalate – for example, allowing for adequate social distancing while our usable interior space shrinks significantly to one-third the square footage – our Board of Trustees have deemed it prudent to delay reopening public browsing



until mid-January at the earliest. Curbside services will continue as usual.

We appreciate your patience and understanding as we strive to safely manage the rapidly-changing logistics involved with both the pandemic and the construction project. Updates are posted on <https://bit.ly/GPLbuildingproject>, Facebook and Instagram. To subscribe to our weekly eNews and monthly

newsletters, go to <https://bit.ly/GPLNews>.

Current Services

GPL continues to serve patrons through online resources and curbside services.

Our curbside checkout hours are: Mon.-Wed.-Fri. 10:00 a.m. - 4:00 p.m.; Tues.-Thurs. 1:00 - 7:00 p.m.; Sat. 10:00 a.m. - 2:00 p.m. Our return shed hours are: Mon.-Fri. 9:00

a.m. - 8:00 p.m. and Sat. 9:00 a.m. - 2:00 p.m. All materials are quarantined for six days, including exterior sanitizing, prior to reshelving. Though fines are still waived, we appreciate the timely return of materials for the next borrower. Please note that it may take a full week for your returned item(s) to be reflected on your account.

Holiday Hours

On Thanksgiving Eve,

Wed. Nov. 25, service hours are 10 a.m.-2 p.m. The library will suspend all services, including returns, on Thanksgiving - Thurs. Nov. 26.

American Dirt

The next installment of our Night Owls virtual book group is scheduled for Mon. Dec. 14 at 7:30 p.m. "American Dirt", the buzz-worthy bestseller by Jeanine Cummins weaving a compelling tale about a Mexican woman forced to flee to the United States with her son as undocumented immigrants, will be discussed. Please register on the Events tab of our website, where you will find further instructions. For assistance placing a hold for curbside pickup, call us at 518-285-0050 or email us at ask.librarian@guilderlandlibrary.org.

Multi-Lingual Community

Did you know that there are at least 59 languages spoken throughout the Guilderland area? Some of the most prevalent are

Mandarin, Telugu, Hindi, Spanish and Tamil. One of the learning tools on our website is Pronunciator, a fun and interactive way to learn any of 163 languages with personalized courses, movies, music and more. There's also a new COVID-19 course in 101 languages. See <https://guilderlandlibrary.org/learning-tools> to explore all the options.

Dial-A-Story

With all the screen time we subject ourselves to these days, listening to a short story provides a welcome break to rest our eyes while igniting our imagination. Each week, our Dial-A-Story features two new tales – one for adults, one for children. Simply dial 518-519-4111 to hear an engaging story anytime.

WiFi Boosted

The WiFi available at our parking lot 24/7 has been strengthened. It now extends almost all the way to Western Avenue. Feel free to access it at any time.

— Luanne Nicholson

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shall mail copy of process to the LLC, 44 Prospect Place, Brooklyn, NY 11217. Purpose: Any lawful purpose. D-254755

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WMC BUILD LLC. Arts. of Org. filed with the SSNY on 10/21/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it

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may be served. SSNY shall mail copy of process to the LLC, 159-50 97th Street, Howard Beach, NY 11414. Purpose: Any lawful purpose. D-255638

NOTICE OF LLC FORMATION

WOOSTER LOFT LLC. Arts. of Org. filed with the SSNY on 11/09/20. Office: Albany County. SSNY designated as

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YT23 LLC. Arts. of Org. filed with the SSNY on 10/28/20. Office: Albany

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ZTS PROPERTIES LLC. App. for Auth. filed with the SSNY on 10/30/20.

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Originally filed with Secretary of State of Delaware on 08/06/2019. 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 Schwartz Levine PLLC, 150 Broad-

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way, Suite 1703, New York, NY 10038. Purpose: Any lawful purpose. D-256072

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Spotlight on Opinion

www.spotlightnews.com PAGE 14

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November 25 - December 1, 2020

LETTERS TO THE EDITOR

Please support virtual Sportsmart

Dear Editor:
On behalf of Scout BSA Troop 75 in Delmar, we would like to thank the entire local community for its support of our annual fundraiser, Sportsmart,

which was held for the 48th time this year. Like with everything in 2020, Sportsmart was much different. The COVID-19 pandemic forced us to change the entire model of

Sportsmart, like so many have had to do with their businesses. Instead of our usual consignment sale at Bethlehem High School, between November 14 and 18, we held a "virtual" sale online of all kinds of new and used sporting goods. A "curbside" pick up for those sales was held at the First United Methodist Church in Delmar on Nov. 21.

Despite the challenges in changing the entire

model of Sportsmart for this year, and because of the tremendous support we received from the people of this community, the Troop was still able to raise significant funds for its activities. Simultaneously with the Sportsmart sale, we asked the community to make a donation to the Hilltowns Food Pantry, and was able to deliver much need food and supplies to them.

Troop 75 would also

like to thank our long-time business partners, whose donations of time, equipment, food and support once again helped make Sportsmart a resounding success: TACS Auto and Cottage Hill Apartments. Further, we thank the Troop's charter sponsor, the First United Methodist Church.

We hope to see everyone in 2021 for our traditional, in person sale next November! If you

are interested in learning more about Sportsmart of Troop 75 please visit our Facebook page by typing in "Sportsmart - Troop 75" (please "Like" our page) or by going to our website at <http://www.delmartroop75.org> and click the "Sportsmart" link.

Sincerely,
Peter Lauricella

Stacy Yarwood

Sportsmart Co-Chairs

COVID-19 = FEAR

By SARAH CIFARELLI WELLEN

Like Venetians at Mardi Gras or robbers of banks,
We cover our faces with masks and join in their ranks.

In this time of quarantine, I take my lonely stroll
To keep my body healthy and play my current role.

Man's usual sociability is being sorely tested;
If distance helps contain the spread, then I am sure invested!

But what will help our spirits from plummeting so far
We will not recover from living in a Bell Jar?

Today I walked again, and saw a lovely sight
That lifted my poor spirits and set me all a-right.

Someone set out a table, two chairs and a vase,
Each one a vibrant red to brighten up my days.

Just like a Matisse painting, with colors jarring bright,
My spirits quickly rose when I beheld that sight.

In all the days of dreariness, each one about the same,
That splash of red upon the lawn was "Hope" -- no other name!

And so, we look forward to brightness and good cheer,
And look to the day when we no longer fear.

Dismissive letter was 'dog whistle'

Dear editor,
This is in response to the Nov. 11 letter from John LaForte regarding the town's resolution to support the fact that Black Lives Matter.

Mr. LaForte's letter is a disgraceful attempt to dismiss the lives of George Floyd and Breonna Taylor, who were both killed at the hands of law enforcement. It is clearly intended to incite hateful rhetoric and a dog whistle to the racists in our community. He said the resolution was divisive; however, I think the lack of understanding of the movement or its significance is exactly why the town needed to adopt the resolution. His letter highlights the fact that our town needs to take a stand against systemic racism because he is clearly

supporting the racism which is so abhorrent to the majority of us, as represented by the passing of the resolution.

He asked, "How many of you wish you had a son like George Floyd?" and "How many of you wish your daughter would hook up with a man like Breonna Taylor's boyfriend?" The fact that he felt her boyfriend was not worthy of one of our suburban daughters by using coded language to imply he was a bad man, but he implicitly said he was a bad man because he was black. He also implied George Floyd was a bad man, thus telling readers George Floyd did not deserve to live. Both of those citizens deserved to be treated as Mr. LaForte would expect to be treated, but their lives ended in tragic and unjustifiable

deaths. Saying the BLM movement "has become synonymous to burning, looting, assaulting and murder and infiltrated with terrorists" is complete propaganda and perpetuates a false narrative.

For those who do not understand the movement, it is necessary to remember that historically people of color have suffered in our nation from the time of our takeover of Native American land, to slavery, to the Civil War, to Jim Crow laws, to the Civil Rights movement that continues because of the systemic racism that still pervades. People of color have had to fight to be treated as equals, and people like Mr. LaForte would prefer to consider them "less than." This is both despicable and ignorant and I find it

shameful that anyone would write a letter that is so completely hate-filled and racist.

Black Lives Matter is important because people are born with their skin color. Police and law enforcement CHOOSE their career and it does not completely color their identity. A white, off-duty police officer at a bar will not be treated any differently because he is police; in the same bar, a man or woman of color likely to be treated differently because of their skin color.

I would hope I am living in a community that would find his letter offensive and I am grateful that my town passed this resolution.

Kathy Saso
Bethlehem

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LIBRARIES

Make your own mug rug

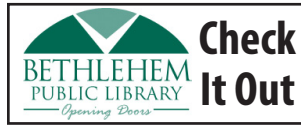
Have you heard of a mug rug? It's a plus-size coaster that has room for your mug and a small treat like a piece of cake or a cookie. Sound like your cup of tea? Then join us Friday, Dec. 4, at 3 p.m. on Zoom for a virtual Sew It Yourself program with Librarian Tori R., who will walk you through making your own personalized patchwork mug rug. You'll need your sewing machine and iron available during the program as well as the following supplies:

Fifteen 2.5-by-2.5-inch squares of fabric, any combination

One 6.5-by-10.5-inch piece of fusible fleece

One 8.5-by-12.5 inch piece of fabric for your backing

To sign up, visit the online calendar at bethlehem.librarycalendar.com and select the name



and date of the program.

A program for parents

Parenting during a pandemic is not easy, and sometimes it can be hard to know how to respond when your child starts acting up. In a partnership with the Cornell Cooperative Extension of Albany, the library is offering a virtual program for caregivers designed to further develop that crucial relationship between caregiver and child. Join us on Zoom Tuesday, Dec. 1, at 10 a.m. for Positive Discipline Strategies for Caregivers.

This interactive researched-based program will focus on positive discipline strategies – that

really work! – for toddlers and preschoolers. Talk about what you do when your child is behaving well, how you can control the situation (instead of the child or their emotions), reasons why your child may be misbehaving, and what skill or value you are teaching when you correct your child's behavior.

Children are welcome at this program. To sign up, visit the online calendar at bethlehem.librarycalendar.com and select the name and date of the program.

Printing options at the library

Onsite printing is now available at the library. To use the print kiosk for up to 15 minutes per day, sign in at the Information Desk, and print from the Internet or a USB drive. Sanitizing materials will be on hand for you to use before and after you print.

We also offer wireless and mobile printing from home, with print jobs retrievable during in-person browsing hours or through curbside pickup. Visit our wireless printing webpage (www.bethlehempubliclibrary.org/services/tech-tools/wireless-and-mobile-printing) to get started.

If you would like to use the color printer/copier during in-person browsing hours, you can print documents in pdf form from a USB flash drive. Copiers are currently located in our entrance hallway.

Thanksgiving hours

The library will close at 5 p.m. Wednesday, Nov. 25, and remain closed Thursday, Nov. 26, for the Thanksgiving holiday. The library will be open 9:30 a.m.-5 p.m. on Friday, Nov.

27. Curbside pickup hours will be from 1-5 p.m. on Wednesday and Friday. Staff and trustees would like to wish our Bethlehem neighbors a very Happy Thanksgiving!

Library hours and more

The library has extended in-person hours on Saturday and will now be open from 10:15 a.m.-5 p.m.

The library is open from 9:30 a.m.-7 p.m. Monday-Thursday, 9:30 a.m.-5 p.m. Friday, and 10:15 a.m.-5 p.m. Saturday.

Curbside pickup is currently available from 1-7 p.m. Monday-Thursday and 1-6 p.m. Friday.

Visit www.bethlehempubliclibrary.org/coronavirus-information for the latest library service updates.

A reminder about due dates

The moratorium on late fees has been extended through December 31, 2020. In the coming weeks, please check your account for any overdue materials that you might have forgotten about and bring them in. Because of the mandatory four-day quarantine, items returned will not show up on your account right away.

Not accepting book donations

Please note: The Better World Books donation bin is currently not accepting any new donations at this time. Books left outside the bin and exposed to the elements will be thrown away.

— Kristen Roberts

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Volunteering hands

Local business lends a hand at community farm.

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Caffe Lena holding through by offering virtual classes.

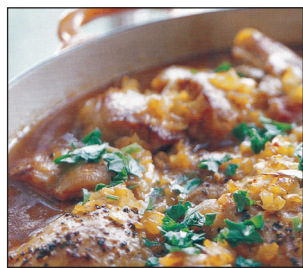
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What really matters

Local author details his tough search for his birth family.

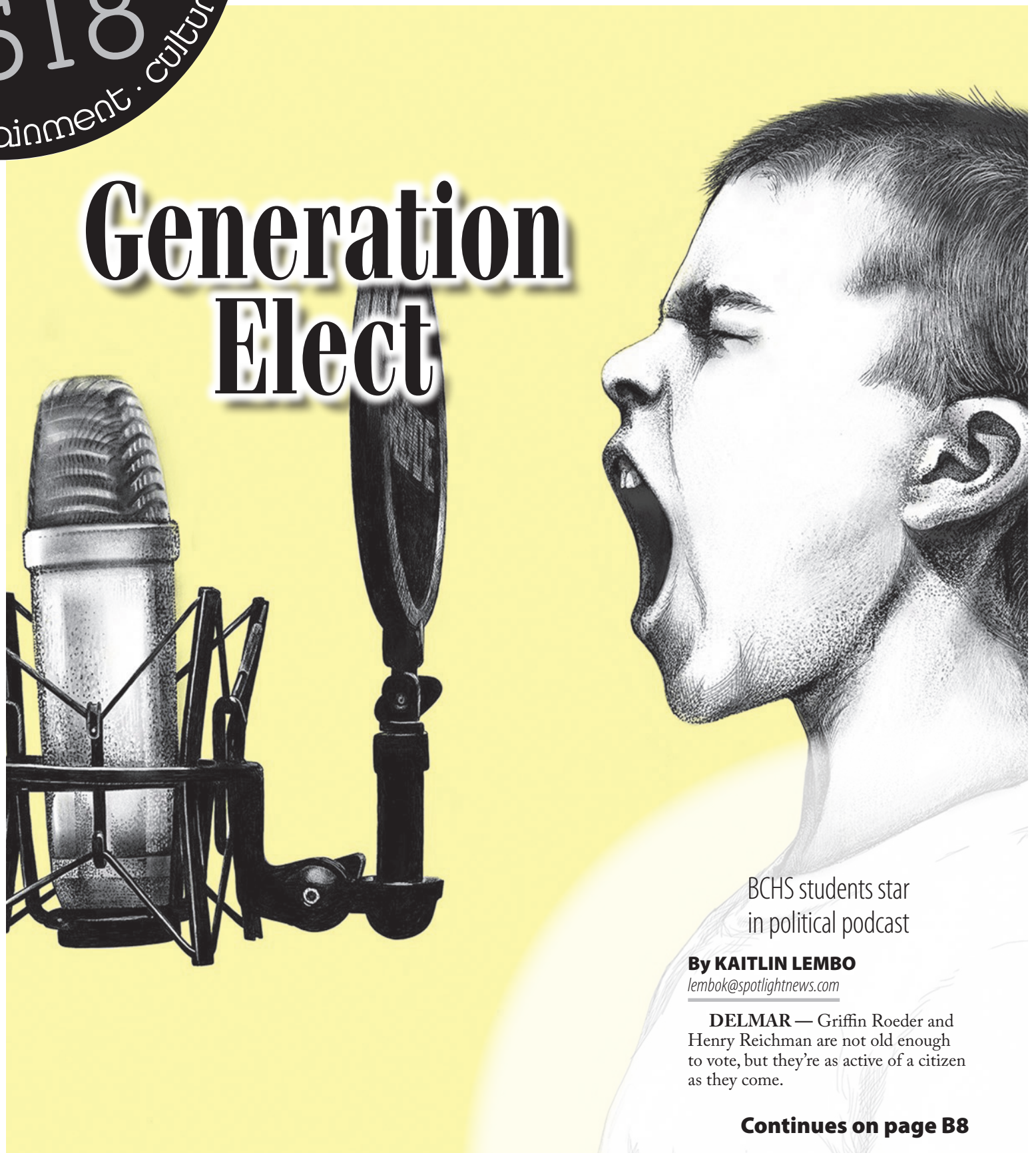
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'Alt' turkey

Flipping the script on your traditional dinner.

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Generation Elect

BCHS students star in political podcast

By **KAITLIN LEMBO**
lembok@spotlightnews.com

DELMAR — Griffin Roeder and Henry Reichman are not old enough to vote, but they're as active of a citizen as they come.

Continues on page B8



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▶ quote of the week

"We are sharing the gift of music — showing how it's a way of life — and sharing the cultural history of this music. It's about making friends and nurturing those bonds. We want people to participate and have a good time."

— Sarah Craig, Caffe Lena's executive director

BLOOM

Learning when to pivot during the darkest of days can yield colorful results in the end.




Michael Hallisey / The Spot 518



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Answers on Pg. B17

COMMUNITY

Restaurants start fund for themselves

With temperatures dropping and COVID cases rising, the silver-lining is starting to fade away from local restaurants hanging on to survive

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

ALBANY — Guthrie Bell Productions' innovative series of shows pairing supper with live music performances at The Hollow Bar + Kitchen has been canceled.

The string of shows that launched in early October featured seating arrangements for live music fans sequestered to their tables behind a meal, entertained by live music.

"Due to the recent spike in cases in the area, we have decided to cancel all upcoming Supper Club events at The Hollow Bar + Kitchen," Guthrie Bell Productions announced in a statement shared on Facebook. "We love the music fans that come to our shows and the artists that make them possible, and want to see you all be safe and healthy so when the time comes we can all get back to doing what we enjoy most."

The first of such shows included a performance from locally acclaimed artist Girl Blue. The show sold out within days of the announcement, and was followed by four more events. Olivia Quillio was next to perform. According to the statement, those who bought tickets will be refunded.

"In March, one day after the COVID-19 pandemic forced a shut down here in New York, we formed Feed Albany - COVID-19 Relief to provide food and resources for at-risk and in-need individuals throughout the region. Now, as a second wave of COVID rips through the Capital District, we've created the Capital Region Restaurant Fund to provide supplemental financial assistance to restaurant employees and owners hardest hit by the pandemic."

— Jason Pierce,
owner of Savoy Taproom and founder of Feed Albany - COVID-19 Relief

The move comes as local restaurants pivot themselves in what many businesses already anticipate to be a tough winter. Restaurateurs lobbied before legislators to relax virus-related mandates limiting indoor seating months before Election

Day. With temperatures dropping and COVID-19 cases rising, eateries see a repeat of last spring where businesses shutdown.

Guthrie Bell closed its statement by pleading with fans to support local restaurants.

"Please support them if you can during these upcoming months, you can stop by the restaurant for a meal, along with takeout and delivery options and gift cards. Local small businesses and restaurants need us more than ever now, be a good neighbor and help ensure they'll always be around."

Restaurant owners won't wait for the federal government to help them out. Jason Pierce, owner of the Savoy Taproom on Albany's Lark Street and founder of Feed Albany - COVID-19 Relief, is out front with a group of fellow restaurant owners asking for help now.

"In March, one day after the COVID-19 pandemic forced a shut down here in New York, we formed Feed Albany - COVID-19 Relief to provide food and resources for at-risk and in-need individuals throughout the region. Now, as a second wave of COVID rips through the Capital District, we've created the Capital Region Restaurant Fund



to provide supplemental financial assistance to restaurant employees and owners hardest hit by the pandemic," Pierce said.

Pierce shared the launching of the fund just days before temporarily closing Savoy Taproom's dining room over concerns of Albany's rising COVID cases. The Lark Street restaurant will continue to serve take-out.

The Capital Region Restaurant Fund provides supplemental financial support for struggling bar and restaurant employees who are out of work due to a COVID-19 positive

diagnosis or mandatory quarantine and provides limited financial support to operators whose establishments have been forced to close temporarily due to staff who have tested positive or are under mandatory quarantine.

Board members of the fund include Dominick Purnomo, of Yono's; Albany County Legislator Matthew Peter; Jen Fox, recently of Adirondack Basement Systems; and Joe Bonilla, of Relentless Awareness.

"In the same spirit as how Feed Albany - COVID-19 Relief was

founded, the restaurant fund is in response to the crisis of the moment. The only way we will get through this together is to work together and support one another, especially those in the hospitality industry," Bonilla said.

The restaurant fund is established through a gofundme account. Board members are also asking supporters to share the link through social media to spread the word.

For more information, visit <https://www.gofundme.com/f/capital-region-restaurant-fund>.

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■ COMMUNITY

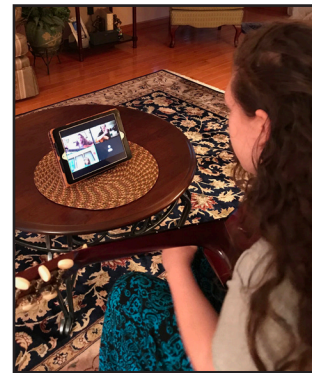
New heights

Caffé Lena is holding on through a challenging pandemic, going virtual and offering classes

By **KAITLIN LEMBO**
lembok@spotlightnews.com

SARATOGA SPRINGS — Caffé Lena, located at 47 Phila St., is quaint. It's unassuming, sitting just east of the intersection of Phila and Putnam streets. Walking by it, you would probably miss it if you didn't know what you were looking for. It shares a building with Hattie's and Sweet Mimi's Cafe, both visible from different viewpoints of the site.

Caffé Lena boasts a revered reputation. Its roots in folk trace back to 1960, when Lena Spencer opened the venue.



Kristin Irwin

Since March, when COVID-19 shuttered much of the state's entertainment networks down, Caffé Lena has been dark to the public. However, the little business with a big heart is staying strong during the pandemic.

The venue has been live streaming shows for about six years. It started with a camera in the back of the venue, eventually working its way up to full-scale production. With a totally dedicated setup, Caffé

Lena's live streams have been strong since before it was forced to rely on them solely. Vivian Nesbitt, coordinator of Caffé Lena's School of Music, and Sarah Craig, Caffé Lena's executive director, are optimistic about the venue's future despite the ongoing bottleneck of restrictions the coronavirus puts venues in.

"I think we were pretty prepared to take a punch like this because we had that dedicated setup for the live streams and business was doing so well," Craig said. "It definitely helped that we received grants that helped us keep the staff full time, so we could create the best experience possible through these streamed events."

Caffé Lena is relying predominantly on its tip jar, an optional feature that it includes with each show. Because each live stream is free to view, Craig said

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DEC 8 at 8 pm | \$7





Katie Dobies Photography

many people are tipping based on what they feel the show was worth, as opposed to just the flat price of a ticket; one tipper donated \$100, something the grassroots organization still can't believe.

Nesbitt is seeing significant interest in the music school, despite it being virtual for the time being. Caffe Lena's classes are unique because it recruits Grammy-winning and renowned musicians to teach the classes. Students are learning from the best

and reminded that even the most prolific musicians in folk history were once beginners. The pandemic has forced touring musicians to hunker down, giving them ample time to turn their talents elsewhere.

"Anytime I've reached out to these incredible musicians and asked them to teach a class for Caffe Lena, they've always responded with 'tell me more'," Nesbitt said. "We have such a far reach and deep respect within the industry. Our reputation

creates a wide ripple effect."

Nesbitt added Bruce Molsky, a beloved clawhammer banjo and fiddle player, volunteered to teach immediately upon learning of the classes. Nesbitt and the team have also recruited icons like blues guitarist Guy Davis, guitarist Marcy Marxer, songwriter Dan Navarro and clawhammer banjoist Allison DeGroot, amongst others.

"What makes this so successful is we have a faculty of working

"All of these musicians have years of experience on stage and can actually apply these lessons to their own careers. There are different tricks they teach our students that help them understand how different shows and songs work."

— Sarah Craig,
Caffe Lena's
executive director

musicians, as opposed to people whose sole purpose is teaching," Craig said. "All of these musicians have years of experience on stage and can actually apply these lessons to their own careers. There are different tricks they teach our students that help them understand how different shows and songs work."

Nesbitt and Craig said people all over the world are now tuning into Caffe Lena. Nesbitt added there are a couple of students from out of state. In the live streams, there are people from Germany and France. Of the classes so

far offered, 12 kids have taken more than one. Many people are using the time in quarantine to master a new instrument, something that can unite a community, even through a screen.

"We're not trying to create the next star here," Craig concluded. "We are sharing the gift of music — showing how it's a way of life — and sharing the cultural history of this music. It's about making friends and nurturing those bonds. We want people to participate and have a good time."

To learn more, visit <https://www.caffelena.org/>.



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BOOKS

In the search for what really matters

Kevin Barhydt's new book explores the journey of finding his birth family

By **KAITLIN LEMBO**
lembok@spotlightnews.com

When I reached out to talk to local author Kevin Barhydt about his new book, "Dear Stephen Michael's Mother," Barhydt and I had a brief, pleasant conversation and seemed to click quickly.

I told him I wanted to push the interview a bit further out so I could read the book beforehand, and he graciously sent over a digital copy. I had heard from preliminary reviews that Barhydt's story was intense, but after reading books like "A Child Called It" by Dave Pelzer, I wasn't too concerned.

That night, I swiped open my iPad and finished "Dear Stephen Michael's



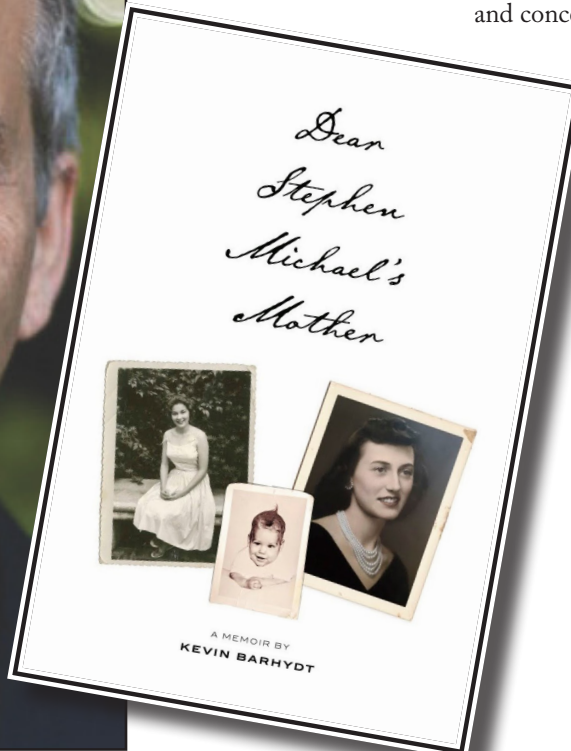
Mother" in just under three hours — for the record, I'm an incredibly fast reader. In those three hours, my brain couldn't reconcile the Barhydt in the book with the man I had briefly chatted with earlier that day.

You see, Barhydt looks boring; he even admits it. He's well educated, a spokesman for mental health and addiction recovery. He's a professor at a local college. He's smart as a whip and articulate — our later conversation was full of abstract thoughts and concepts that are

normally hard to talk about. However, Barhydt's past is dark. Within the around-250 page book,

Barhydt graphically details his dark past with drug addiction — one that eventually leads him to prostitute himself to support his habit — and his journey to find the birth mother that abandoned him not long after he was born.

"As I was working on my search, my support network kept telling me I needed to put this journey in a book," Barhydt said. "Many people do not realize the intense emotions and milestones that come with this search."



Barhydt's past is dark. Within the around-250 page book, Barhydt graphically details his dark past with drug addiction — one that eventually leads him to prostitute himself to support his habit — and his journey to find the birth mother that abandoned him not long after he was born.

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- CLUES ACROSS**
- Opposite of west
 - ___ Caesar, comedian
 - Helps little firms
 - A way to censor
 - Expresses atomic and molecular weights
 - Chalcedony
 - Type of sword
 - A corporation's first offer to sell stock to the public
 - Attired
 - A sequence of winding turns
 - Pal
 - Expresses pleasure
 - Amendable
 - Clear
 - A way to cut off
 - Indigenous Thai person
 - Pale brownish yellow color
 - Aquatic plants genus
 - Bravo! Bravo! Bravo!
 - Merchants
 - Fix a chair
 - Throws into disorganization
 - Famed German composer
 - Keyboard key
 - Oral polio vaccine developer
 - Partner to pain
 - Where golfers start
 - Jenny ___: weight loss program
 - Sailing dinghy
 - Suffix that forms adjectives
 - Speeds at which music is played
 - Body part
 - Fall back
 - Ancient Greek sophist

- CLUES DOWN**
- One point south of due east
 - Wings
 - One point south of southeast
 - The shirts on our backs
 - One who works on the seas
 - Select jury
 - Small intestines parts
 - Plant of the heath family
 - Extrasolar planet
 - Creates more of
 - Before
 - Forms over a cut
 - Runs down
 - Exercise regimen ___-bo
 - Unkeyed
 - Principle underlying the universe
 - Corpuscle count (abbr.)
 - Residue
 - Company that rings receipts
 - Rugged mountain range
 - Commercials
 - NY footballer
 - They ___
 - Soviet Socialist Republic
 - Poked holes in the ground
 - Pitchers
 - Your
 - Diana ___, singer
 - Important document for inventors
 - Bangladesh capital
 - Fluid that flows in the veins of Greek gods
 - Famed daguerreotype photographer
 - Where military personnel work
 - Play a role
 - La ___ Tar Pits, Hollywood
 - Unstressed-stressed
 - Type of palm tree
 - Judo garments

Answers on Pg. B17

Barhydt is open about the compounding traumas that lead him into addiction. Despite having a loving adoptive family and resources many would dream of, he found himself experimenting with alcohol, and then drugs, at a young age. It started with beer, then marijuana, then harder drugs like opioids and narcotics. At one point, he overdoses in school and ends up in the hospital. The lack of understanding about his past and not being able to reconcile why his birth mother gave him up served as the foundation; as he found himself falling deeper into the throes of addiction, the traumas that came with that lifestyle only accelerated the building of the house that would be Barhydt's downfall.

One thing is for sure: readers will hate the Barhydt they read about in the book. As I turned page after page, I was aghast at the decisions he made and the selfishness he portrays. Barhydt's visual writing throws you right into the room he's using in. However, I found myself wanting to hug this broken

young man. As he snorts another line of cocaine and his nose bleeds yet again, I want to slap him across the room, but then sit down and ice the bruises.

"The biggest thing I want to clarify is I'm not trying to demystify these actions or make them



"The biggest thing I want to clarify is I'm not trying to demystify these actions or make them seem acceptable, but I want to get these conversations going and hopefully break some stigma. I want to create a community of healing and understanding of how trauma can affect the very soul of a person."

— Kevin Barhydt,
author

seem acceptable," Barhydt said, "but I want to get these conversations going and hopefully break some stigma. I want to create a community of healing and understanding of how trauma can affect the very soul of a person."

Now almost 36 years

sober, Barhydt is healing. He said his compounding trauma came with compounding healing, something he animatedly said is blossoming around him in his everyday life. He has four wonderful children and a beautiful wife. He's completed his search and is working with the results of it; Barhydt explicitly asked me to not spoil the ending, as he wants people to read the whole story and trust the journey he's on.

Barhydt now works with those suffering from addiction and in recovery. His sponsees have read the book. He credits his deep relationship with his higher being as the pedestal for his recovery. He starts each day with prayer and meditation, hoping to find the answers to some of life's continuous questions.

"I find myself looking for the blessings in each person because if I start looking at flaws, I'll have to look in the mirror," Barhydt concluded. "I'm hoping in many ways, by looking for blessings in each person, I'll be able to see the ones in me."

HOROSCOPES

November 2020
Week 4

ARIES - MAR 21/APR 20

This week you will display the utmost competence and mastery at work. This could provide an opportunity for supervisors to see what you are made of, Aries.

TAURUS - APR 21/MAY 21

The hard work you put into your education will pay dividends shortly, Taurus. You may find it will give you a leg up over others seeking to advance their careers.

GEMINI - MAY 22/JUN 21

Gemini, it may be time to have a conversation with your family about resources or finances. The conversation may be tedious, but it is absolutely necessary.

CANCER - JUN 22/JUL 22

Cancer, it is alright if you feel weighed down by a heavy conversation with someone. Not every interaction can be light and airy. Distract yourself if you need a mood reboot.

LEO - JUL 23/AUG 23

Leo, if you are in a relationship, it is possible that this week you will reach a particular level of intimacy that many couples aspire to. You are definitely in an intuitive space.

VIRGO - AUG 24/SEPT 22

Family obligations leave you with little free time for rest and recreation for the next several days, Virgo. It can be sobering to give up the fun, but duty calls for a little while.

LIBRA - SEPT 23/OCT 23

Let your imagination run a little wild and enjoy being spontaneous, Libra. You can use some time to fantasize about what the future holds.

SCORPIO - OCT 24/NOV 22

Scorpio, you may seek out the advice of a role model who embodies a lifestyle that you admire. Don't hesitate to put your own spin on things if you want to do so.

SAGITTARIUS - NOV 23/DEC 21

Your gift of gab could help you secure a raise or even a better job, Sagittarius. Demonstrate that you can fill the role well and not just talk your way through.

CAPRICORN - DEC 22/JAN 20

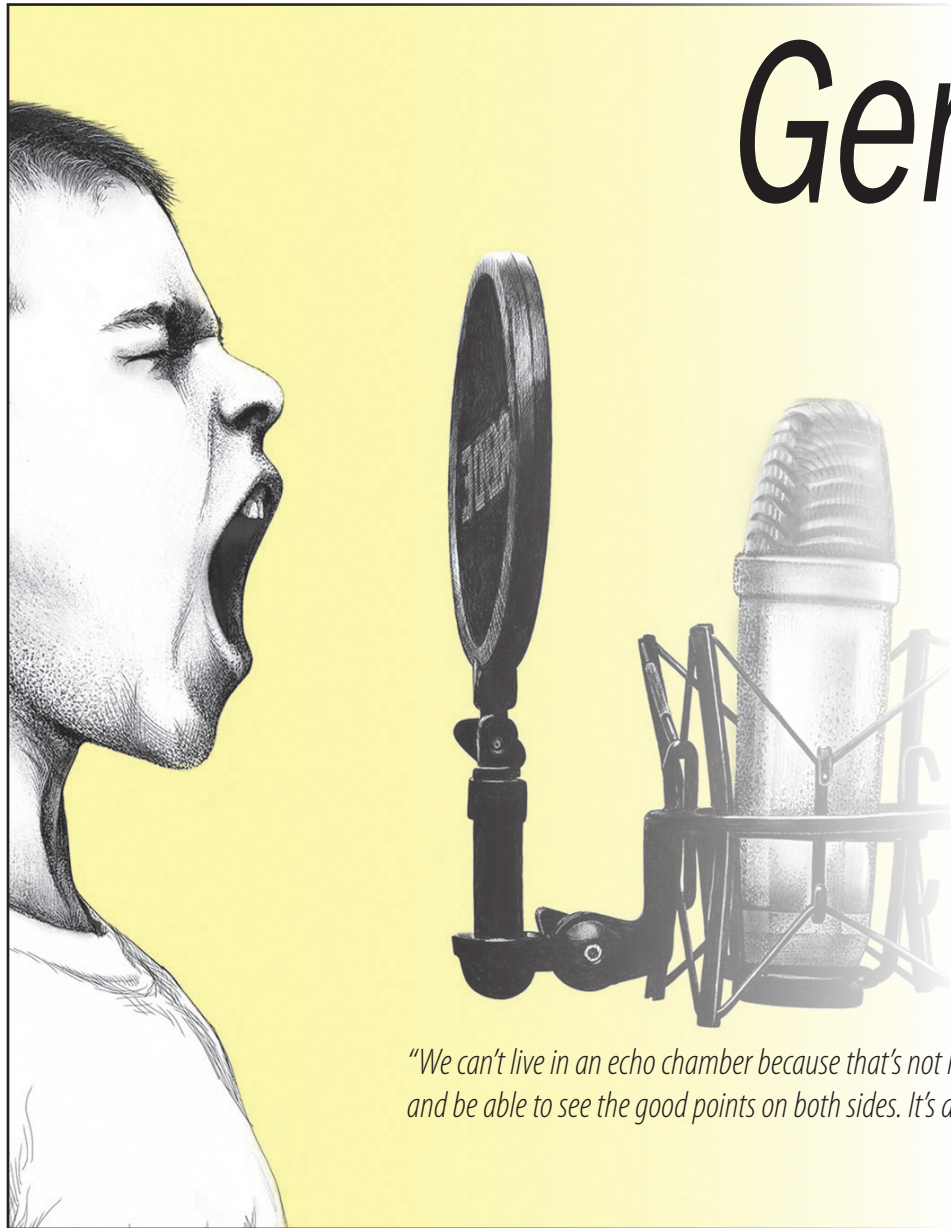
Capricorn, you may find yourself opening up to new ideas or beliefs. Remember to take everything at face value until you have had ample time to do your research.

AQUARIUS - JAN 21/FEB 18

Aquarius, like so many people you have been spending more time at home lately. You may get back into the groove of socializing and interacting with others soon enough.

PISCES - FEB 19/MAR 20

Pisces, carve out some time to have an important conversation with a loved one about future plans. It is time to take a few serious steps.



Generation Elect

From page B1 ...

One for all

The junior and sophomore, respectively, have been interested in politics for years. While the duo is very different thinkers, the Bethlehem Central High School students use their collective knowledge and educated dialogue to broadcast "Generation Elect," a political podcast by kids, for kids.

"I think the reason why we work so well together is because we have such different interests," Roeder said. "I tend to be very election focused, where

Henry is so educated on things like the Mueller report and different investigations into the current administration."

Reichman started the podcast in 2018, about three years after he discovered a love for politics. Soon after, Roeder and Reichman met and joined forces. Before joining the podcast soon after its birth, Roeder was already a fan. Roeder and Reichman include other friends, including Jack Newell, frequently on the show. Episodes

range from analysis on the current administration to comprehensive breakdowns on candidates, to overall conversation about the importance of being involved in our democracy. The men also have experts weigh in; recently, Reichman interviewed Richard Born, a professor at Vassar College, and Lawrence Lessig, a professor at Harvard University.

"I think the amazing thing about the podcast is it shows how our opinions on different things evolve and our ability to use facts to support that change," Reichman said. "We will think someone is a sure-fire win and suddenly things will change and we will sit down and discuss how it happened."

In "Generation Elect"'s history, the podcast has garnered over 3,000 plays.

"We can't live in an echo chamber because that's not how our democracy works. We have to encourage dialogue and be able to see the good points on both sides. It's about what's best for as many people as possible."

— Henry Reichman,
Generation Elect host

Continues on B12

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LIFESTYLE

Need help reining in holiday spending



Six ways to stick to a holiday budget

The holidays are an exciting, fun and joyful time of year. And for many people, the holidays also are expensive.

According to the Motley Fool Company, a financial wellness resource, the average American spent \$882.45 on Christmas gifts, food, decorations, travel, and other holiday-

related expenses in 2019. Around 56 percent of gift shoppers set a budget for holiday spending, but only 64 percent stuck to it. In addition, 21.5 percent of respondents went into debt due to holiday shopping.

Who doesn't want to have a super holiday with delicious foods on the table and lots of presents to share with family and friends? While that's tempting, such a bounty should never result in financial peril. These six strategies can make it easy to establish and stick to a budget this holiday season.

1. Budget for everything. When working out holiday spending plans, factor in all of the expenses associated with the holidays — not just the most obvious, like gifts. Costs for gas, parking lot fees, greeting cards, postage, travel expenses, and much more should be included in your final number.

Who doesn't want to have a super holiday with delicious foods on the table and lots of presents to share with family and friends? While that's tempting, such a bounty should never result in financial peril.

Continues on B14

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From page B8 ...

One for all

Roeder and Reichman find themselves pitching it to their classes and friends; Roeder was getting ready to pitch to his AP psychology class the day after this interview.

Roeder and Reichman also find it critical to stress the importance of voting down the ballot. While the recent federal election had citizens flocking to the polls in droves, many

voters neglect to research the candidates that are running in local elections, like representatives, senators or town board members. Rarely does one see a ballot where one issue is being voted on; even with school board elections, there are usually purchases or resolutions at the bottom or on the back of the ballot. Because these races are much closer to home, Reichman said these

"I think the reason why we work so well together is because we have such different interests. I tend to be very election focused, where Henry is so educated on things like the Mueller report and different investigations into the current administration."

— Griffin Roeder,
Generation Elect host



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elections affect each voter on a much closer basis than that of the president. Right now, the boys are keeping an eye on Susan Collins and the Georgia runoffs.

“Our main thing is we encourage people to stay engaged with the places they get their news from,” Reichman said. Roeder agreed, adding the key to diving into the political world is keeping an open mind and learning as much as you can about both ideologies and the places you read from. Even fringe movements, Roeder said, are worth exploring



because they give context to a broader picture and allow a person to create a more well-rounded opinion. However, it’s also important to discern motives from elected officials and the media.

“We can’t live in an echo chamber because that’s not

how our democracy works,” Reichman concluded. “We have to encourage dialogue and be able to see the good points on both sides. It’s about what’s best for as many people as possible.”

To listen to “Generation Elect,” visit Spotify, Apple Podcasts or Stitcher.

◀ The collective voice of a new generation of civic minds can be heard on “Generation Elect,” an amateur produced podcast featured on Spotify, Apple Podcasts and Stitcher.

Henry Reichman

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From page B10 ... Holiday shopping tips

2. Determine how much you can spend. Money for gifts and other holiday expenses should ideally come from your disposable income. Look at your finances in advance of the holiday season and figure out how much

extra cash you have for the holidays, and use that figure to determine how much you should spend. Find ways to make up any deficit by curtailing expenses like dining out or entertainment extras. Many people plan to use credit

cards to pay now and worry about the aftermath later. Only use credit cards if you have the money in the bank and can pay off the entire bill when the balance due is in January.

3. Set a spending limit for individuals. Based on your numbers and how much you plan to spend overall, start allocating money to categories, including gift recipients.

Come up with a spending range for each person and stick to it.

4. Pay in cash as much as possible. It's easy to know what you're spending when using cash as opposed to credit. There is some risk with carrying around cash, but that risk may be offset by the benefit of spending only what you can afford to spend.

5. Track all purchases.

Save the receipts and keep a running total of expenditures so you can see how your spending is measuring up to your budget. If necessary, scale back on one category if you've tipped the scales in spending on another.

6. Shop sales and deals. High-end stores may have the impressive tag, but their prices can set you back. Instead, look

for comparable gifts at discount stores and other retailers. Also, if you must use a credit card, use one that earns you a cash-back bonus for added savings.

A holiday budget is a must to avoid overspending and finding yourself in debt early next year.

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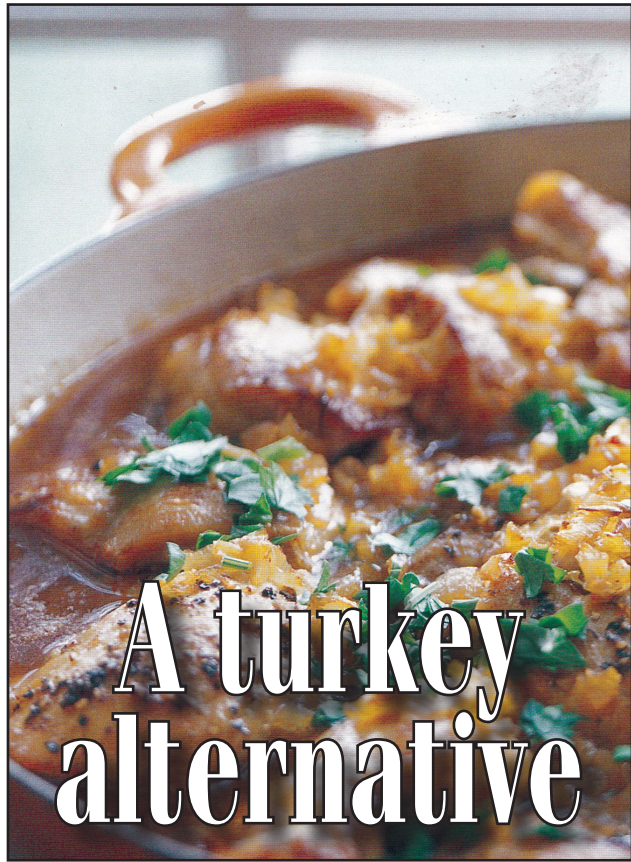
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A turkey alternative

FOOD and VINO

Thanksgiving is steeped in traditions involving familiar foods. Thanksgiving may look a little different this year, and certain customs may need to be modified.

This recipe for “Poulet au Vinaigre” from “Simple Soirées: Seasonal Menus for Sensational Dinner Parties” (Stewart, Tabori & Chang) by Peggy Knickerbocker takes about an hour to get on the table and it’s a flavorful dish that can be a succulent and special option for holiday meals.

Poulet au Vinaigre

INGREDIENTS: Serves 6 to 8

- 12 chicken thighs (about 3 to 4 pounds), bone in
- Salt and freshly ground black pepper
- 4 tablespoons unsalted butter
- 2 tablespoons olive oil
- 6 shallots, minced

- 6 cloves garlic, minced
- 1/2 cup apple cider vinegar
- 1 1/2 cups dry white wine
- 1 tablespoon tomato paste
- 1 1/2 cups chicken stock, preferably homemade
- 1/2 cup chopped Italian parsley

INSTRUCTIONS:

Season the chicken generously with salt and pepper to taste. In a large, deep skillet (big enough to hold all chicken fairly close together; or use two skillets), melt 3 tablespoons of the butter in 1 tablespoon of the olive oil over medium-high heat. Brown the chicken for about 8 minutes, turning so both sides get nicely browned. Transfer the chicken to a deep, broad, ovenproof casserole that can go from the oven to the table. Remove the skillet from the heat and pour off most of the fat.

Preheat the oven to 375 F. Place the skillet back over medium heat

and add the remaining 1 tablespoon butter and 1 tablespoon olive oil. Add the shallots and garlic and cook for about 1 minute, or until they become translucent. Add the vinegar and wine, and stir up the crispy bits that have stuck to the bottom of the pan. Allow the liquids to cook down a bit, stirring occasionally, for about 8 minutes. Whisk in the tomato paste and let the sauce simmer and condense, about 5 minutes more. Then add the chicken stock, a little at a time. Keep stirring to mix well.

Pour the sauce over the chicken. Bake for 35 to 45 minutes until the chicken is very tender, turning the chicken pieces halfway through, so that both sides are infused with the sauce. Remove one thigh and cut into it to make sure it is done and no red juices flow from the cut.

Remove the casserole from the oven, sprinkle the parsley on top, and serve.

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Got a case of the holiday blues?

Strategies to overcome seasonal affective disorder

Winter can be an awe-inspiring time of year. Snow-covered landscapes and opportunities to enjoy sports like skiing and snowboarding make winter a favorite time of year for nature enthusiasts and athletes.

As fun as winter can be, many people struggle with the transition from warm weather and long, sunny days to cold weather and reduced hours of sunlight. Sometimes mistaken or misidentified as the “winter blues,” this phenomenon is known as seasonal affective disorder, or SAD.

What is seasonal affective disorder?

According to the



National Institutes of Mental Health, SAD is a type of depression. The NIH notes that a person must meet full criteria for major depression coinciding with specific seasons for

at least two years to be diagnosed with SAD. The American Psychiatric Association says symptoms of SAD can be distressing and overwhelming and even interfere with daily

functioning.

The APA notes that SAD has been linked to a biochemical imbalance in the brain that’s prompted by shorter daylight hours and less sunlight in winter. As the seasons change, a shift in a person’s biological internal clock or circadian rhythm can lead to them being out of step with their normal routines. That can contribute to various symptoms, including:

- Feeling sad or depressed
- Loss of interest or pleasure in activities once enjoyed
- Changes in appetite, usually eating more and craving carbohydrates
- Loss of energy or increased fatigue despite increased sleep hours
- Increase in purposeless physical activity or slowed movements or speech that may be noticed by others
- Feeling worthless or

guilty

- Difficulty thinking, concentrating or making decisions
- Thoughts of death or suicide

Overcoming SAD

The weather can’t be changed, but people can speak with their physicians about the following strategies to overcome SAD.

- **Light therapy:** According to the APA, light therapy involves sitting in front of a light therapy box that emits a very bright light. In the winter, patients typically sit in front of the box for 20 minutes each morning, and they may see some improvements within one to two weeks of beginning treatment. Light therapy is usually continued throughout the winter.
- **Medication:** The APA notes that selective

serotonin reuptake inhibitors, or SSRIs, are a type of antidepressant that are sometimes prescribed to treat SAD.

- **Spending time outdoors:** People with SAD who don’t typically spend much time outdoors when the temperatures dip may notice their symptoms improve if they make a concerted effort to spend time outdoors in winter.

- **Rearrange rooms in the home:** The APA notes that rearranging rooms and furniture in a home or office to allow more natural light in during the daytime can help improve symptoms of SAD.

SAD is a legitimate concern for millions of people across the globe. Working with a physician to overcome SAD can help people successfully transition to days with fewer hours of sunlight.

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NATIONAL GRAND PRIZE: TRIP FOR 2 TO HAWAII! WEEKLY PRIZE - FATHEAD OF YOUR CHOICE!

CAN YOU BEAT OUR V.I.P.s?

 Mike Gollinger Crossroads Ford This Week: 5-8 Overall Points: 92-55	 Dave Endy Steiner's Ski • Bike This Week: 5-8 Overall Points: 93-55	 Susie Carrk McAddy's Pub This Week: 5-8 Overall Points: 95-52	 Frank Bolognino Roma Foods Importing Company, Inc. This Week: 10-3 Overall Points: 85-64
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COMPETE WITH OUR MEDIA PANEL ON NFL PICKS!

 Stefanie Markiewicz Spotlight News Advertising Representative This Week: 6-7 Overall Points: 99-48	 John McIntyre Spotlight News Publisher This Week: 8-5 Overall Points: 92-57
 Michael Hallisey Spotlight News Managing Editor This Week: 6-7 Overall Points: 96-51	 Kaitlin Lembo Spotlight News Engagement Coordinator This Week: 8-5 Overall Points: 95-51



VOLUNTEERING HANDS

—

Employees of Heritage Environmental got their hands dirty planting garlic at the Patroon Land Farm recently.

Michael Hallisey / The Spot 518



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