

**TOP STORY**

## Caught on camera

Person suspected of breaking into cars is caught on home security camera, police investigating

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

**DELMAR** — Residents on NextDoor shared photos of a hooded figure apparently trying to break into cars during the wee hours of the night.

Susan Keefer, a resident of Country Meadows, a neighborhood off of Bender Lane, shared a grainy, night-vision photo of a slender figure in a bulky, oversized winter coat, a light face mask and long pants. The figure is also wearing a hood.

**Continues on page 2**

**ENTERTAINMENT**



**Manifest Destiny**

The man behind the Stitched fashion brand is conjuring a scene.

Story on Page B1

**INSIDE**



**Restaurant Week**

Guilderland Chamber tips its hat to local eateries.

Story on Page 3

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## From page 1 ... Candid camera

Kefer's camera first detected the person on Feb. 14, around 12:30 a.m. Someone returned on Feb. 21, around 2:30 a.m., and tried again. The person in both videos were dressed

**Susan Kefer's security camera captured this image of a stranger in her driveway.**

Provided

the same, leading Kefer to believe it could be the same person. Both times, the police were called. Police responded around 2:45 a.m. on Feb. 21, and made about five laps around the neighborhood, shining spotlights up each driveway.

"They weren't carrying a weapon and it almost looked like they looked directly at our camera the second time they were

here," Kefer said.

Across the Delmar bypass, a call to Bethlehem Police Department on Feb. 22 came in from Montrose Drive, a street in Kenholm Acres, about a suspicious figure allegedly breaking into a truck. Kate Laraway posted on NextDoor that she and her husband saw someone in their driveway at about 3:08 a.m. Laraway's husband called out to the figure as they closed the truck door and approached Laraway's car. The apparent burglar sauntered down the driveway, never looking

up, turned left and bolted toward The Crossway. Laraway said the person was wearing a black, hooded coat. It is unclear if it is the same person Kefer saw.

"We had about four calls this weekend about attempted break-ins and suspicious people on neighborhood streets," Bethlehem Police Cmdr. James Rexford said. "This is an ongoing investigation and BPD strongly encourages residents to lock their house and car doors when they are home."

### Hecate Energy Albany 1 LLC and Hecate Energy Albany 2 LLC, 40-Megawatt Solar Photovoltaic Generation Project, Town of Coeymans, New York

#### PRE-CONSTRUCTION NOTICE

This notice announces that, on or about March 19, 2021, Hecate Energy Albany 1 LLC and Hecate Energy Albany 2 LLC ("Hecate Albany") will begin tree clearing to prepare for the commencement of construction of the 40-megawatt solar electric generation facility located in the Town of Coeymans, Albany County, New York (the "Facility"). The commencement of tree clearing activities on or about March 19, 2021 is dependent on receiving the required approval on March 18, 2021.

This notice is being provided in accordance with Certificate Conditions 19 and 20 of the Order Granting Certificate of Environmental Compatibility and Public Need, with Conditions, issued by the New York State Board on Electric Generation Siting and the Environment on January 7, 2021 pursuant to Article 10 of the New York Public Service Law.

#### Construction Schedule

The tree clearing phase of Facility construction is scheduled to begin on or about March 19, 2021. It cannot begin without prior approval, which is expected to be addressed on March 18, 2021. Tree clearing activities which may result in discernable noise offsite will be limited to 7:00 AM to 6:00 PM Monday through Saturday, with the exception of certain activities which may need to occur during extended hours beyond this schedule.

#### Facility Development and Construction Manager

Philip Mooney  
621 W. Randolph St.  
Chicago, IL 60661  
833-529-6597  
solutions@HecateEnergy.com

#### Location of Facility Information

Information regarding the Facility can be found at the Facility's website [www.CoeymansSolarFarm.info](http://www.CoeymansSolarFarm.info) and the Department of Public Service's website [www.dps.ny.gov](http://www.dps.ny.gov) by going to "Search" and searching for case number 17-F-0617. Paper copies of Facility documents are also available at the Facility's local document repositories:

RCS Community Library  
95 Main Street  
Ravena, NY 12143

Bethlehem Public Library  
451 Delaware Avenue  
Delmar, NY 12054

#### Map of the Facility and Tree Clearing Transportation Routes



#### Brief Description of the Facility

Hecate Albany will construct the Coeymans Solar Farm, a solar electric generation facility, in the Town of Coeymans, Albany County, New York. The Facility is located on a 436-acre site between Route 9W and County Route 101 ("Facility Area"). The Facility will occupy approximately 220 acres of the Facility Area. The Facility will consist of photovoltaic solar panels and other infrastructure such as inverters, underground collection cables, two on-site collection substations, gravel access roads, and security fencing. All Facility components are located within the Facility Area.

#### Procedure and Contact Information for Registering a Complaint

Complaints by neighboring residents or others may be made through the following channels:

1. Calling the Facility's toll-free number (833-529-6597) or the phone number of the contractor or Facility representative listed above;
2. Speaking directly with Facility Personnel at the site entrance; or
3. Writing to the Facility representatives at the local site address or using the email address [contact@CoeymansSolarFarm.info](mailto:contact@CoeymansSolarFarm.info) as indicated on the Facility's website. A blank template for submission of a written complaint/comment is provided as Appendix A to the Facility's Communication and Complaint Resolution Plan, which is Appendix B to the Facility's Tree Clearing Plan.

#### Contact Information

**Siting Board**  
Honorable Michelle L. Phillips  
Secretary  
3 Empire State Plaza  
Albany, NY 12223  
[secretary@dps.ny.gov](mailto:secretary@dps.ny.gov)

#### Article 10 Coordinator

James Denn  
3 Empire State Plaza  
Albany, NY 12223  
518-474-7080  
[james.denn@dps.ny.gov](mailto:james.denn@dps.ny.gov)

## COMMUNITY

# Local chamber tips hat to eateries

Guilderland Chamber gears up for restaurant week

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

**GUILDERLAND** — When the Guilderland Chamber of Commerce reached out to its restaurants about what they needed, the reaction was mixed. So, as it's known for, the chamber decided to adapt the normal restaurant week format into something a bit less stressful for its members.

"Each restaurant has been affected differently by this past year," chamber executive director Danielle Walsh said, "[which is] why we decided on the 'appreciation week' format. This allows all restaurants in Guilderland the ability to participate without having to come up with a specific three-course menu. Some restaurants commented that they would not want to purchase food for a three-course menu that they could not guarantee they would sell."

Guilderland's restaurant week is taking place now and extends until Feb. 28. While each restaurant is allowed to stray from the normal three-course offerings, participating restaurants are required to advertise a specific special for the event.

Six restaurants will be featured: Route 20 Cafe,



Inferno Pizza, Nino's Deli and Subs, 100 Grill, Barcelona and Curry Patta. Menus range from authentic Pakistani cuisine to foot-long, overstuffed subs with sides.

Nadia Raza, owner of Curry Patta in Altamont, is excited for her restaurant week as a business owner. Her restaurant is two months old, but she's supported enough restaurant weeks in the past to understand the importance of the event's pull.

"My family and I would always print out all the menus and make a plan to hit as many places as we could during the week," Raza said. "It's so important to my family to support these businesses and to be one of the businesses being

*"Each restaurant has been affected differently by this past year. [Which is] why we decided on the 'appreciation week' format. This allows all restaurants in Guilderland the ability to participate without having to come up with a specific three-course menu."*

— Danielle Walsh,  
chamber executive  
director



Route 20 Café's special for restaurant week includes monster subs that come with all the fixings, a side and boasts Boars Head meats and Prinzo breads.

Provided

showcased this year is really special."

Raza's story is unconventional in the restaurant industry; she was in dentistry for 18 years before taking maternity leave last year. As she and her husband were caring for a newborn during a pandemic, Raza decided she wanted to pursue her dream and open a restaurant showcasing the food she loves most.

"My husband built this entire space for me and we've had such tremendous success so far," Raza said. "You walk into Curry Patta and the warmth and coziness just hits you. You're in an elegant restaurant but you're enjoying the comforts of home."

Curry Patta is offering a three-course meal, which

includes veggie samosas, butter chicken and sooji ka halwa amongst other options.

Sue and Dan Lofrumento, owners of Route 20 Cafe, are also pretty new to the business. While the cafe has always been a newsstand with the option to purchase quick fare, the family-owned cafe expanded and turned into a full kitchen last February. Sue Lofrumento said she's thankful they took the plunge, as they wouldn't have survived without the business from the cafe.

"The chamber was a huge help in revamping our image and getting the word out about our renovations," she said. "They came and did a ribbon-cutting ceremony, which helped us tell people

they are still getting all of the same features from the newsstand. We're just evolving with what seems to be working."

Route 20 Cafe's offerings include overstuffed foot-long subs featuring Boars Head meats and Prinzo breads. Each sub comes with lettuce, tomato, onion, choice of dressing and a side.

"We are still that corner store where people can purchase lottery tickets, grab a bite to eat and gather with loved ones," Lofrumento said. "The fact that our workforce is only our family means we're able to keep things extra safe and make sure we're part of the solution to stop the spread of coronavirus."

## GUILDERLAND WINTER RESTAURANT APPRECIATION WEEK

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■ POLITICS

# Demos run with incumbent-heavy slate

David DeCancio is running for town board, VanLuven seeks third term as supervisor

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

**DELMAR** — Local Democrats were first out of the gate by naming their slate of candidates for November.

The Bethlehem Democratic Committee announced six candidates, all but one — including Town Supervisor David VanLuven — are incumbents. The lone plus one, David DeCancio, will essentially be vying for Republican Jim Foster's seat on the town board.

"We have a diverse group of public servants with roots in the community, deep track records of expertise and results, and demonstrated commitment to delivering for Bethlehem," shared BDC Chair Joanne

Cunningham in an emailed statement. "Bethlehem could not ask for a more top-tier group of public servants."

In addition to the town supervisor position, voters will decide upon two board positions, highway superintendent, town justice and town clerk. The endorsement selections were made after a months-long recruitment process that invited Democrats in the Town of Bethlehem to submit letters of interest for BDC endorsement, an interview process conducted by the Executive Committee of the BDC and overwhelming votes of support from the BDC earlier this month.

"We are particularly excited about the newest member of our slate, David DeCancio, a Selkirk

resident with an incredible track record of service to community. David is a showcase of exactly the kind of person we want to see in public service," Cunningham stated.

The endorsed slate of candidates includes VanLuven, for town supervisor; Marc Dorsey, for highway superintendent; Maureen Cunningham, town board; DeCancio, for town board; Andrew Kirby, for town justice; and Nanci Moquin, for town clerk.

DeCancio is new to local politics but has been visible in community endeavors, including volunteer work for Bethlehem First Night and a vocal advocate for the Selkirk Fire District's 2020 Building Project Bond.

"Growing up, my parents instilled in me the importance of giving back to the community as a way to repay this great country that welcomed and provided us with hope and

opportunity." DeCancio said. "That's why for the past two decades I've been an active member of our community."

The incumbent-heavy list includes two candidates seeking just their second terms in office, one of whom cited how challenging that first term was.

Dorsey, who took office at the start of last year, faced several challenges unique to 2020. The highway czar praised his team for facing down a massive cleanup after a rare, October windstorm and an above average winter season, with a staff cut down by the COVID-19 pandemic.

"This year has been enormously challenging for the Highway Department and I am so proud of our team," Dorsey said, adding that his staff was cut by 10 percent, nor did he have his usual roster of seasonal

workers. "I am looking forward to continuing to serve Bethlehem's residents."

Maureen Cunningham's first term in office is most noted for her efforts related to racial justice and diversity, and her push for installing clean energy infrastructure.

"I am so proud of the many positive strides forward we have made in recent years, from expanding parklands and installing clean energy infrastructure to updating our comprehensive plan and prioritizing diversity and racial justice," she said.

In contrast to those with fledgling careers at Town Hall, Kirby seeks his third term on the bench, and Moquin is looking for her seventh run. Though Town Hall has been closed to the public since last March, Moquin and her staff issued 100 marriage licenses. Continuing town services

despite the pandemic was a point of pride for VanLuven, too.

"I'm impressed and proud of the COVID-inspired innovation and resilience of our town government, and I'm proud to have been part of it as we've adapted to keep delivering services during the pandemic and economic collapse," he said.

VanLuven seeks his third term as town supervisor. He ran uncontested in 2019.

Town Republicans have until the end of the month to submit their endorsements for Election Day.

## Correction

A story covering a recent town board meeting in last week's edition stated the incorrect given names for Town Board Member Dan Coffey and Bethlehem Democratic Committee Chair Joanne Cunningham.



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■ POLITICS

# Cuomo's handling of COVID earns positive nod in poll



The latest Siena College poll paints Gov. Andrew Cuomo in a good light, but the survey was taken before news that the U.S. attorney in Brooklyn and the FBI launched investigations into how his administration handled data of long-term care residents who died of COVID-19.

Gov. Andrew Cuomo

Voters split on nursing home data controversy but poll taken before latest news cycle

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

**LOUDONVILLE** — While the majority of New York voters approve of how Gov. Andrew Cuomo is handling the pandemic in general, they are split on his re-opening plans and vaccine rollout and most think he did a bad job of transparency when it came to nursing home data, according to a recent poll by the Siena College Research Institute.

Overall, voters approve of how the governor has handled the pandemic, 61-34, down from 63-32 last month. He gets positive grades for communicating with the public, 67-33, and providing accurate information, 61-36.

But just 39 percent approve of his handling of nursing homes, which has made national news over

the past two weeks, while 55 disapprove. For months, the governor refused to release data on how many nursing home residents died and then only released data about those who perished at the residences and not those who were infected at the home and not a hospital or other location.

The simmering controversy boiled over with a scathing report by Attorney General Letitia James that said the actual number was 50 percent higher than reported and then a recorded phone call that captured the governor's staff telling members of the Legislature they were not provided the information because of a potential investigation by the federal government.

The poll was taken from Feb. 7 to Feb. 11, the phone call was first reported by the New York Post on Feb. 11.

In a significant shift from last month, voters say, by a 46-36 percent margin, the worst of the pandemic is over, rather than the worst is still to come. Last

month, voters said 55-31 percent that the worst was still to come.

Meanwhile, between 16 percent of those polled across the state have been vaccinated, 59 percent say they plan to get vaccinated and 22 percent say they will not. There are distinct racial and income disparities across the board, Greenberg said.

"Although 20 percent of white voters have been vaccinated, only 10 percent of Black voters and 5 percent of Latino voters have been," Greenberg said. "Only 9 percent earning less than \$50,000 have been vaccinated, compared to 14 percent who earn between \$50,000 and \$100,000, and 25 percent of those earning over \$100,000."

Just 17 percent of Democrats plan to get vaccinated and 21 percent of independents do not while 35 percent of Republicans say they will not, according to the poll. Eighteen percent of white voters say they will not

**Continues page 12**

## DELMAR MARKETPLACE

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**BUSINESS**

# Record cash flow for Owens Corning

Generated record operating cash flow of \$1.1B in 2020

**TOLEDO, Ohio** — Owens Corning reported consolidated net sales of \$7.1 billion, a decrease of 1 percent, compared with 2019. Fourth-quarter 2020 consolidated net sales were \$1.9 billion, an increase of 14 percent, compared with the same period in 2019.

Full-year 2020 net loss attributable to Owens Corning was \$383 million, or \$3.53 per diluted share, compared with net earnings attributable to Owens Corning of \$405 million, or

\$3.68 per diluted share, in 2019. The company's 2020 results included non-cash pre-tax impairment charges of \$987 million recorded in the first quarter driven by the near-term economic uncertainties associated with the COVID-19 pandemic. Adjusted earnings in 2020 were \$566 million, or \$5.21 per diluted share, compared with \$500 million, or \$4.54 per diluted share, during 2019. Full-year 2020 adjusted EBIT was \$878 million, an increase of \$50 million compared with 2019.

Fourth-quarter 2020 net earnings attributable to Owens Corning were \$232 million, or \$2.13 per diluted share, compared with \$73 million, or \$0.66 per diluted share, in fourth-quarter 2019. Fourth-quarter 2020 adjusted earnings were \$207 million, or \$1.90 per diluted share, compared with \$125 million, or \$1.13 per diluted share, during the same period one year ago. Fourth-quarter 2020 adjusted EBIT was \$306

million, an increase of \$102 million, compared with the same period in 2019.

"Our global team demonstrated great flexibility and resolve to deliver strong financial results in an unprecedented year. These results showed the strength of our businesses and the earnings power of our company," said Chairman and Chief Executive Officer Brian Chambers. "In 2021, we will continue to focus on the health and safety of our teams, serving the needs of our customers, and positioning the company for long-term success."

## Other Highlights

Owens Corning sustained a high level of safety performance in 2020, with a recordable incident rate of 0.61, an 8 percent improvement compared with 2019.

Owens Corning continues to be recognized as a leader in environmental, social and

governance (ESG) matters. In November, the company earned a place on the Dow Jones Sustainability World Index (DJSI World) for the 11th consecutive year and was named Industry Leader for the DJSI World Building Products group for the eighth straight year.

## 2021 Outlook

The key economic factors that impact the company's businesses are residential repair and remodeling activity, U.S. housing starts, global commercial construction activity, and global industrial production.

The company expects the COVID-19 pandemic will continue to create market uncertainty.

In the near term, the company expects continued strength in the U.S. residential housing market with commercial and industrial markets recovering at a slower pace.

**Continues page 12**

With more than 360 employees in its Selkirk plant, Owens Corning is Bethlehem's fourth largest employer according to Town data.

Owens Corning

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LIBRARIES

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There is still time to register for one of our Kindness Kits for Kids. The kits include a free book for your child to keep and one to give to a friend, along with other crafts and fun activities. Kits are available for children up to age 11; BCSD residents only; one per child. You will need your library card to get started, and you will be contacted once your kit is ready to be picked up. To sign up for your Kindness Kit, visit [www.bethlehempubliclibrary.org/kindness-matters/kindness-kits-for-kids](http://www.bethlehempubliclibrary.org/kindness-matters/kindness-kits-for-kids). Our Kindness Kits are generously co-sponsored by the Friends of Bethlehem Public Library.



include Facebook Pages for Business; Introduction to Google Apps Suite; Introduction to Microsoft Excel; Introduction to Windows 10; Digital Organization Sampler; Email Marketing with Mailchimp; and Polling, Quizzing, Signups and more with Google Forms.

To see what's available or to sign up, visit [bit.ly/2M5lMnU](http://bit.ly/2M5lMnU).

## Warm up with storytime

All winter and into spring, you'll find some of your favorite storytime and early literacy programs on Zoom. Bring your baby, toddler or preschooler and join us online for stories, music and activities. Some programs will even have crafts or activities to do together that you can pick up at the library in advance.

Connect with all your library friends virtually! Winter and Spring Potpourri programs take

## Expand your digital literacy

The Upper Hudson Library System is hosting dozens of online digital literacy classes through GoToMeeting. These classes are available at no cost to library cardholders in the system, including Bethlehem. Now you can brush up on some of those skills that look great on a resume. Classes



Coming soon: Library staff are busy packaging and organizing seeds for the 2021 seed library launch in March. Seeds will be available to request online and picked up curbside. Stay tuned for details.

Kristen Roberts

place on a Tuesday or Wednesday at 2 p.m. Visit our online calendar at [bethlehem.librarycalendar.com](http://bethlehem.librarycalendar.com) for dates and times.

## Trustee candidate packets available

Nominating petition forms and informational packets are available at the library through curbside

pickup or digitally by e-mailing [information@bethpl.org](mailto:information@bethpl.org) for candidates interested in serving on the Bethlehem Public Library Board of Trustees. There is one seat on the 2021 ballot, currently held by incumbent Harmeet Narang, who is seeking another 5-year term on the board.

Petitions will need at least 98 signatures of voters

residing in the Bethlehem Central School District. Petitions must be filed with the District Clerk, Bethlehem Central High School, 700 Delaware Ave., Delmar by 5 p.m. on April 19. The election will be held Tuesday, May 18.

## New Facebook page

Don't forget to follow

us on over to our new Facebook page at [www.facebook.com/BethPL!](http://www.facebook.com/BethPL!) Our new page features all of the latest library news, information about library services and upcoming events, and a way to engage with fellow library fans.

## Library hours and more

No-contact curbside pickup is now available seven days a week. Staff are also available by phone and e-mail. Please email or give our Information Desk a call at [information@bethpl.org](mailto:information@bethpl.org) or call (518) 439-9314 and we do everything we can to get your questions answered.

Curbside hours are currently:

Monday-Thursday, 10 a.m.-7 p.m.

Friday, 10 a.m.-6 p.m.

Saturday and Sunday, 1-5 p.m.

Visit our website at [www.bethlehempubliclibrary.org](http://www.bethlehempubliclibrary.org) for hours of service and building updates.

— Kristen Roberts

# Let's Talk About Fish with Cornell Cooperative

Presented by Karen Roberts Mort, of Cornell Cooperative Extension, the Library will host a virtual program on fishing in New York State. The NYS Department of Health issues fishing advisories and detailed maps. Join us at 6:30 p.m., Thursday, March 11, as we learn how to put this DOH



information to use. There may even be some healthy and delicious cooking tips.

## Candy Dioramas

Students in grades 5 through 9 are invited to create a favorite book scene,

using Peeps. You can pick up a small bag of mixed candy from the Library after 11 a.m., Friday, March 19. That will get you started as you add more supplies from your own pantry. Build a backdrop from recycled cardboard, use small toys as props, and get out the art supplies to bring your book scene to life! Email us a photo of your creation to

be entered into our virtual exhibit in April.

## Music and Movement

Come join Ms. Lisa's Musik, at 10 a.m., Saturday, March 13, to welcome spring with a morning of song and dance. For ages 18 months to 5 years, with parent/caregiver, please

register online to receive the Zoom link.

## Take & Make

Students in grades K through 4 are invited to join Miss Lisa for a play with, and then eat, your food program. Miss Lisa will post a short video to get you going on this project, which will be available virtually

starting 11 a.m., March 15. When you're finished making your funny face food, be sure to send us a picture before you dig in!

Curbside appointments are available. Please call Monday through Friday, 11 a.m. to 4 p.m. Call 518-765-2791 to schedule your curbside pickup.

— Lynn Kohler



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LIBRARIES

# Guilderland Library board wants you

The Guilderland Public Library Board of Trustees currently has four vacancies: two five-year terms, one four-year term, and one three-year term. Interested parties who are age 18+ and reside within the Guilderland School District are encouraged to email [pio@guilderlandlibrary.org](mailto:pio@guilderlandlibrary.org) or call 518-456-2400 ext. 112 to obtain an information packet. Candidate nomination forms, including signatures from qualified voters, are due to the Guilderland Central School District clerk by Monday, April 19. The board candidate and budget vote will take place on Tues. May 18, at the five Guilderland elementary schools, in conjunction with the school district vote.

## Podcasts

Podcast enthusiasts: get on the ground floor of our first "Earbuds and Book-



marks" virtual gathering on Saturday, Feb. 27, at 3 p.m. Each month, we'll listen to a different podcast, then connect to discuss. February's selection is "A Hot Dog is a Sandwich" with Josh Scherer and Nicole Hendzade. Please register in advance on our website for the link to participate. Go to: <https://guilderlandlibrary.org/eab> for details on upcoming programs and additional resources.

"How Did You Find It?" - GPL's new monthly podcast - explores books, libraries, information, entertainment and everything in between. You'll find it on Spotify, Google Podcasts, Pocket Casts, Breaker, RadioPublic; and hopefully soon, on Apple. We welcome your input and

suggestions at: [podcast@guilderlandlibrary.org](mailto:podcast@guilderlandlibrary.org). In addition, a 12-page compilation of podcast options for various interest areas may be found at: <https://bit.ly/GPLPodcastList>.

## Power Your Job Search

Are you using technology to your best advantage in your employment search? Discover new job opportunities using Google Search, and learn how to organize and enhance your job search experience using G Suite tools. This online workshop will be held Thursday, March 4, at 7 p.m. via GoTo Meeting. Please provide an email address when registering on the Events tab of our web-

site; we'll email the meeting link to participants the day of the program.

## Night Owls Online

Alex Trebek, the beloved longtime host of "Jeopardy!" who succumbed to cancer in November, is the subject of our next Night Owls Online book discussion group on Monday, March 8, at 7:30 p.m. Please reserve a copy of his autobiography, *The Answer Is...Reflections on My Life*, and register on the Events tab of our website. For assistance placing a hold, call us at 518-285-0050 or email us at [ask.librarian@guilderlandlibrary.org](mailto:ask.librarian@guilderlandlibrary.org).

## Phone Number Update

Our general / reference phone number 518-285-0050, and circulation / curbside phone number 518-285-0671 will be in

use through Tues. March 9. Beginning Wed. March 10, we will use our main phone number only: 518-456-2400. Please use this number to contact GPL. Any calls to other numbers will be forwarded.

## Tax Help

Though TaxAide sites like ours are not providing services this year, we have compiled a list of handy resources at: <https://bit.ly/GPLTaxes>. Federal and state tax forms and instructions are available for pickup during curbside hours inside our Normanskill Room. Please follow the signs and use the side entrance.

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## Computer Coaching

Our one-on-one coaching for Apple products and résumé preparation continues through March! Maximize your usage of an Apple Watch, iPhone, Macbook, or Apple TV; or get assistance with our website's Learning Express tool to craft your résumé. Register for an hour-long appointment Tuesdays at 6:30 p.m. or Thursdays at 10:00 a.m. on the Events tab of our website.

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114510\_4

## From page 5 ...

### Cuomo

get vaccinated, 34 percent of Latino and 37 percent Black voters will not.

### Cuomo

Despite the recent negative news cycle regarding COVID in nursing homes, the governor still has a 56-39 percent favorability rating, down a bit from 57-39 a month ago. His job performance rating is 51-47, compared to 56-42 in January.

If the election were held today, 46 percent say they are prepared to re-elect Cuomo to a fourth term if he runs in 2022 while 45 percent say they would prefer someone else.

The issue of Cuomo's extraordinary executive powers has come up over the past two weeks with some legislators saying it should be rolled back. According to the poll, the majority of Democrats across the state, 73-18, say he should keep them while most independents 47-40, and an overwhelming number of Republicans,

70-22, say they should be rescinded.

### COVID relief

According to the poll, New Yorkers, 75-18, strongly support President Joe Biden's \$1.9 trillion

*If the election were held today, 46 percent say they are prepared to re-elect Cuomo to a fourth term if he runs in 2022 while 45 percent say they would prefer someone else.*

COVID relief plan. It would funnel millions to local municipalities and school districts to help offset the pandemic's financial toll and provide qualifying individuals a check worth up to \$1,400. The House has taken up his bill and depending on what the Senate does, a version could be passed by the end of next month.

"Three-quarters of

New Yorkers, including 91 percent of Democrats, 71 percent of independents and 45 percent of Republicans — support Biden's \$1.9 trillion COVID relief plan, even though they 'may or may not agree with all of the components,'" Greenberg said. "Other than Republicans and conservatives — both are virtually break-even — at least two-thirds of every other demographic group support the plan."

### Odds & Ends

- Biden's first job performance rating as President is 55-38 percent, thanks to a 79 percent positive rating from Democrats.

- In his first month in office, Biden has a 65-29 percent favorability rating, up from 62-32 percent in January. He is viewed favorably by 90 percent of Democrats and 53 percent of independents, while 68 percent of Republicans view him unfavorably.

- By a 61-33 percent margin, voters wanted to see the U.S. Senate convict former President Trump in his second impeachment trial.

## From page 6 ...

### Owens Corning, SABIC

General corporate expenses are estimated to be between \$135 million and \$145 million.

Capital additions are expected to be approximately \$460 million, below depreciation and amortization of approximately \$480 million.

Interest expense is estimated to be between \$120 million and \$130 million.

The company estimates an effective tax rate of 26 percent to 28 percent, and a cash tax rate of 18 percent to 20 percent, both on adjusted pre-tax earnings. The expected cash tax rate is up from guidance in prior years as available income tax credit carryforwards were substantially utilized by the end of 2020.

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advancement of a broad range of insulation, roofing and fiberglass composite materials. Leveraging the talents of 19,000 employees in 33 countries, Owens Corning provides innovative products and sustainable solutions that address energy efficiency, product safety, renewable energy, durable infrastructure, and labor productivity. These solutions provide a material difference to the company's customers and make the world a better place. Based in Toledo, Ohio, USA, the company posted 2020 sales of \$7.1 billion. Founded in 1938, it has been a Fortune 500® company for 66 consecutive years. For more information, please visit [www.owenscorning.com](http://www.owenscorning.com).

### SABIC reports \$500M profit

SABIC recently announced its revenue for the fourth quarter of 2020 reached SAR 32.85 billion (\$8.76 billion), compared with SAR 29.30 billion (\$7.81 billion) in the

previous quarter.

Meanwhile, a net profit of SAR 2.22 billion (\$0.592 billion) represented an 104% increase in net income quarter-over-quarter.

The company also confirmed annual profits of SAR 40 million (\$10.67 million). Annual company revenues totaled SAR 116.96 billion (\$31.19 billion), compared to SAR 135.40 billion (\$36.1 billion) in 2019.

Yousef Al-Benyan, SABIC Vice Chairman and CEO, said: "Despite the challenges posed by COVID-19 throughout last year, we have demonstrated the success of our business model and its ability to enhance our resilience, boost our operational excellence, and strengthen our global supply chain and presence."

SABIC also provided an update on the progress being made with Saudi Aramco in the identification of areas of synergy and collaboration that will create value for both parties. This follows Saudi Aramco's acquisition of a 70 percent stake in SABIC in June 2020.

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**A look back**

A visual look at Stitched's fashion day event at the Times Union Center.

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Look for our Special Section ...

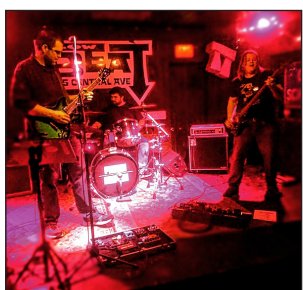
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■ **FASHION**

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**Waiting**

Son of a Gun releases new music as it waits to play live.

Page B3



**Many hands**

Biz group understands many hands make light work.

Page B4



**ABCs**

What protein, carbs, fat do for your body.

Page B10



**Manifest destiny**

Mike Schinnerer, the man behind the Stitched fashion brand, is conjuring a scene

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

ALBANY — Manifesting one's own success is Tony Robbins-level advice people drop thousands of dollars to hear, but you need only read this article on Mike Schinnerer to witness the reality of it.

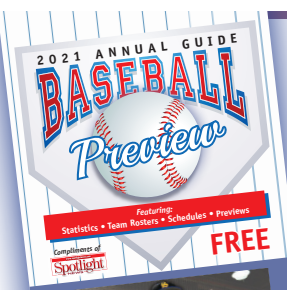
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**Continues on page B4**

**Let's Play Ball!**



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*This digest is referenced to all season long by fans!*



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▶ quote of the week

"If you're not going to be paid for what you do, or for what you love, you've got to create the opportunity by yourself."

— Mike Schinnerer, Stitched

PEEK A-BOO

The Egg has a way of photobombing every shot of the Albany skyline.




cpgettys / instagram



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RECENTLY ANNOUNCED

# Ready and waiting to take the stage

Son of a Gun releases new EP

By KAITLIN LEMBO  
lembok@spotlightnews.com

ALBANY — It's a tale that's indicative of the past 11 months. Band releases album before COVID-19. Band forced to quarantine and can't promote the album. Band spends quarantine putting out new music instead of sitting and waiting.

Capital District musicians have truly made lemonade this year with the restrictions placed on them and Son of a Gun is no different. The three-piece unit, featuring Ben Sokol, Tyler Treacy and Rob Piccola, released its latest EP, Turn to Dust, earlier this month.

"Our release last year was really about wanting to put a full-length album out and create good work," Sokol, Son of a Gun's lead singer, said, "whereas this time we really wanted to dive into each individual song and work with people who are masters at mixing."

Turn to Dust features four songs: "Cry All Night," "Watch and Wait," "Turn to Dust" and "Find the Seam." The EP has a rooty rock feel to it and is the perfect length to keep you enthralled while wanting more. I found myself most attracted to "Cry All Night," but also found each song to be pivotal to the EP's experience and not be considered frivolous.

Son of a Gun is the

king of not being frivolous; because there's only three members, each member carries equal weight, bassist Treacy said. As the band's literal bottom line, he finds his groove by formulating bass parts that give an edge while still complementing the song's needs.

"Ben will upload an acoustic rendering to the group's shared Google Drive and we will sit down as a team and put the song together," Treacy said. "What makes the three of us work so well together is how we are able to scale each person's part together."

Son of a Gun also allows its members to let their hair

*"We do this to play music with people and perform. We're ready to touch up some last-minute things and then get on stage however we can."*

— Rob Piccola, Son of a Gun



Son of a Gun comprises Ben Sokol, Tyler Treacy and Rob Piccola. The trio released its latest EP, "Turn to Dust," earlier this month and they believe the project is a collection of four, stellar songs that creates a quality, final product.

Son of a Gun

down, something drummer Piccola appreciates. While he admits his drumming is more reserved in his other projects, he's able to focus on technical playing here and create a more layered feel to his work.

"I wouldn't say each song is meant to be connected in

a story, but I find this EP to be more cohesive in that each song is up to par with the others to create a solid finished product," Piccola said. "I love that we have a level of informality here that gives us the freedom to dig our heels into something."

All Son of a Gun needs is an audience; all three men agreed they are ready to take the stage whenever it's deemed safe. One thing is for sure: playing virtual shows only satiates the performing hunger for so long.

"We do this to play

music with people and perform," Piccola concluded. "We're ready to touch up some last-minute things and then get on stage however we can."

To purchase Turn to Dust, visit <https://www.sonofagunband.com/>.

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## From page B1 ... Stitched

Schinnerer brushed the dust off his Stitched brand earlier this month with the launch of a new, online monthly magazine. From the rip off it's February 1 start date, it shines a New York City vibe on a local fashion scene. Didn't know we had a local fashion scene? It's not there. Not yet.

Stitchedny.com picked up where Schinnerer last left off. A glitzy MTV-style video cuts and transitions between the flashy models and high energy rock stars featured in his ambitious fashion show at Times Union Center in 2019. The man responsible for throwing high-end masquerade galas for charity wielded his

proverbial wand, corralled a who's who list of local personalities around fashion designers with ties to the area.

That last part is what's important, because where he sees area colleges cultivating tomorrow's trendsetters, he sees that talent migrating down to New York City's 7th Avenue. There's no market in Albany to support it, and he sees no reason for that to be true.

"All those things that were happening in a big city were not happening here. For whatever reason," Schinnerer said, a Rotterdam native, Mohonasen graduate, and someone who is well aware of Albany's collective inferiority complex. "I just wanted to show that we could do it. That was the big one, was going to Stitched in the Times Union Center. I took a huge risk on that, financially. I just said, if I'm going to do this in the Albany area — which I think we can — I'm going to do it big. That's basically my attitude with doing these projects; is to go in big or don't do them at all."

Stitched

Schinnerer is a sports

guy who went rumblin'-bumblin'-stumblin' into a fashion career. As an undergraduate, he was tasked with finding his own internship. His advisor told him to think of three companies and pick up the phone. From there, the fledgling was kicked out of the nest to fly on his own.

His first choice was Sports Illustrated. The Michael Jordan fan had an eye for magazines, and what better destination than to land a position at the top sports weekly in the world? Queue up that Frank Sinatra record and get set to lay the needle down.

It was the 90s. AOL had yet to help the internet lay waste to the print industry. SI was on the newsstands what ESPN was to cable television. It boasts nearly 3 million subscribers and more than 20 million readers picked it up week after week. It was kicking out eye-popping pictures from award-winning photographers capturing images that would instantly become icons, and later, statues.

Athletes, growing ever more conscious of their brand, knew of SI's impact. It's no longer a secret how Jordan and SI photographer Walter Iooss, Jr. collaborated to set up the jump man shot from the 1988 NBA Slam

**Locals interested in a life of fashion may start out at local colleges, but ultimately pick up and leave for New York City and beyond. There's an effort to bring them back.**

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### CLUES ACROSS

- One of Noah's sons
- Openings
- Rising from the dead
- Expressions for humorous effect
- North American country
- Flowed over
- Tags
- Long-lasting light bulb
- Off-Broadway theater award
- Khoikhoi peoples
- Beloved movie pig
- South Dakota
- Tai language
- Get free of
- Afflict
- Transmits genetic information from DNA
- Commercials
- Digits
- Expression of sympathy
- Bleats
- Swiss Nobel Peace Prize winner
- Vegetable
- Turf
- Disorganized in character
- Takes
- Rules over
- More fervid
- Sweet drink
- Cry loudly
- A friendly nation

### CLUES DOWN

- A title of respect in India
- His and \_\_\_
- Employee stock ownership plan

- A type of bond (abbr.)
- Acting as if you are
- Affirmative
- Not caps
- Type of medication
- Monetary unit
- Private school in New York
- Small stream
- A person of wealth
- Exclude
- Someone who vouches for you
- Vegetable part
- Gov't lawyer
- Term to address a woman
- Swiss river
- About senator
- \_\_\_ Paulo, city
- Native American tribe
- "Titanic" actor
- Campaign for students' rights (abbr.)
- Capital of Senegal
- Slang for military leader
- Football's big game
- Women who threw themselves on funeral pyres
- Equally
- Forest animal
- Heavy stoves
- Releasing hormone (abbr.)
- Song
- Type of pickle
- Offer in return for money
- Soviet Socialist Republic
- Burns wood (abbr.)
- Beloved singer Charles
- Three-toed sloth

Answers on Pg. B9



Dunk Contest. Iooss did it out of necessity. He needed to capture his Airness' face. Hundreds of photographs have archived that contest-winning dunk. In SI's popular poster series, it used photographer Andy Bernstein's shot. Jordan's face is somewhat blurred as he soars right-to-left through the frame. Iooss' shot, taken from the baseline where Jordan directed him to be, is tack sharp. That attention to detail, aided by a conversation with his subject three hours before, has allowed the photo to be published in the magazine many times over.

Schinnerer reached SI's creative director to pitch an internship opportunity. He was told the magazine didn't host interns. He didn't let the person off the phone, though. He asked, instead, to travel down to the office for a sample interview. Just to gain the experience. They accepted.

"When I got in there, I kind of knocked his socks off with my design work," Schinnerer said.

Two days later, he received a phone call. "You're our intern, now."

He started as a design intern, and soon helped with photography. Julie Campbell's office was close by. Campbell was the founding editor of the magazine's swimsuit issue that reached 70 million readers each year. Her covers made household names out of Carol Alt, Kathy Ireland and more. As much power as she wielded, Schinnerer described her as "very nice," and would often catch up with her in casual conversations as they walked by. One day she tapped him on the shoulder with a favor to ask. The magazine wanted to do an online chat featuring models Heidi Klum and Tyra Banks on America Online. She needed help. It was a starstruck moment that would lead the college undergrad down a prophetic path.

"Heidi Klum. Tyra Banks," Schinnerer said. "They were in the office. Talking. To me." He'd field the questions and type back out as each of the supermodels answered. He took the opportunity to ask his own questions. "Back then is when I started asking questions about fashion."

For seven years,

Schinnerer's name appeared on the mastheads of several Gotham-based publications, including SI, Rolling Stone, Maxim and The Source. Before he was done with SI, he'd design both the swimsuit edition's 50th anniversary edition and a Michael Jordan commemorative edition that he was able to hand deliver to his childhood idol.

Since moving back to the Capital District in 2001, Schinnerer has bookended 26 fashion shows between his first at the National Museum of Dance & Hall of Fame in Saratoga Springs and a second Stitched event in Hudson shortly before virus-related shutdowns. In the similar vein as his Maxim roots, he launched a calendar and resource guide featuring dozens of local models. He said it was to show people hung up on a Smallbany perspective, "that cool things can happen here as well. You just need someone to push it."

The switch was flipped on Stitchedny.com on February 1. Without any previews or marketing, the site garnered 1,600 unique views in the first 24 hours. Schinnerer's staff includes Managing Editor Mell Meus, Webmaster Ben Hayden, Video Director Thom Williams, and several contributors. He said the focus of his editorial content will continue to be on fashion trendsetters with ties to the Capital District, all the while directing eyes back here. He's envisioned



a Fashion Row down Albany's Pearl Street before. He's continuing to push cool things out, energizing the region into embracing its talent.

"You and I have talked many times about how I don't think the arts are supported that well in Albany, especially financially," he said. "If you're not going to be paid for what you do, or for what you love, you've got to create the opportunity by yourself."

Mike Schinnerer (with the mic, center bottom) is no stranger from creating something out of nothing. He orchestrated an annual masquerade gala for five years, followed by a larger-than-Albany fashion event at the Times Union Center in 2019. His latest venture will shed light on local fashion talent, some of whom left for New York City. StitchedNY.com is a glitzy online magazine with the intent to capture people's attention from both near and far.

Stitched

## SUDOKU

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Answers on Pg. B9

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■ COMMUNITY

# Many hands, light work in small biz

New York Small Business Development Center is still kicking

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

**ALBANY** — It's no secret that small business was disproportionately affected by COVID-19 restrictions. While big business can afford the means to transfer its staff to remote workstations and bear the brunt of skyrocketing PPE costs, small businesses in the Capital District are in the precarious position of being a huge part of the area's economic lifeblood while not having as many resources and not enough cash flow to accommodate.

The New York Small Business Development Center, located on the State University of New York



**Rad Soap Co. founder Sue Kerber and her family are one example of a small business who has used the pandemic to their advantage.**

File photo

at Albany's campus, is an expert in small business dealings. The organization has always provided tools for small business owners, however Katherine Baker, interim director of the NYSBDC, said the group's

goals have shifted with the same end goal in mind.

"What we've seen with small businesses and [paycheck protection plan] funds is them using the money to retain staffing and

make sure employees keep their benefits during such a scary time," Baker said. "Because the PPP money is helping businesses cover staff costs and benefits, it frees up cash flow a bit for them to get innovative and in many cases, invent some really ingenious ways to stay open."

Baker said the ideas range from expanding goods/merchandise lines, enhancing services offered and diving into new territory all together. While COVID-19 has taken its fair share of small business, Baker said the NYSBDC met with 700 new clients last year, a feat she calls "remarkable" compared to non-pandemic years.

"Some of these businesses have been able to achieve some of their highest successes yet during the pandemic," she continued. "We're seeing a lot of food-based businesses

move their products to retail and market and finding success there because the business is able to sell its product on a national scale."

The national scale is important for any business; Baker said most small businesses are only about to reach within five miles of their location. When a restaurant jars its sauce for Hannaford shelves, a soap company employs a local distribution company to ship its products nationwide or a grocer is able to accommodate the needs of haggard residents by incorporating curbside services to its regular offerings, the business stands a better chance of making an indelible mark on the community.

Baker breaks down the current pandemic into three phases: crisis, recovery and resiliency. We are about a year into crisis mode, she

said, and will probably be in this situation for a while longer. NYSBDC's goal is to keep moving the wheels toward recovery and using these methods to give businesses the resiliency they have from their innovative tactics.

"I do think in many cases, we are starting to see some speckles of recovery flowing into the economy, especially with people feeling their extra free time is a great time to start a business they are passionate about," Baker concluded. "I had a client tell me the other day we've pushed e-commerce forward about five years in just a few months from the pandemic and they're right. This time will only serve businesses well if they've been able to capitalize on unique, innovative ways to keep the doors open and their customers coming back."

## HOROSCOPES

February 2021  
 Week 4

**ARIES - MAR 21/APR 20**

Aries, you may be falling behind on keeping resolutions, but that is alright. It's easy to get back on track once you set your mind to it. Ask a friend to keep you accountable.

**TAURUS - APR 21/MAY 21**

Taurus, right now your mind is focused on "the more the merrier" but you have to find ways to safely connect with others. Keep everyone's health in mind.

**GEMINI - MAY 22/JUN 21**

It may have seemed like the last few months of 2020 flew by, Gemini. A new year provides a chance to restart, slow down and smell the proverbial roses.

**CANCER - JUN 22/JUL 22**

This week can prove to be epic if you just go with the flow a little bit, Cancer. Let others take the lead and simply follow along. You never know where things will lead.

**LEO - JUL 23/AUG 23**

Leo, figure out how to align your priorities with what you do for a living. It could mean changing careers. Even though it may seem risky right now, start exploring the waters.

**VIRGO - AUG 24/SEPT 22**

Virgo, some down time and R&R can do a body good. Ask your partner to cover for you and then reciprocate so you can both unplug and refresh.

**LIBRA - SEPT 23/OCT 23**

Libra, a midweek business proposition or a real estate endeavor may present itself. This could lead to some exciting changes for your family.

**SCORPIO - OCT 24/NOV 22**

You don't mind defending your opinions or your ideals, Scorpio. In fact, you are highly skilled at constructive conversation. Your negotiation tactics may be put to the test.

**SAGITTARIUS - NOV 23/DEC 21**

The early part of the week may be pretty uneventful, but things heat up as the week progresses, Sagittarius. You may not have time to do everything you desire.

**CAPRICORN - DEC 22/JAN 20**

Boredom isn't a bad thing when you desire a respite, Capricorn. While others may be looking for ways to chase away cabin fever, you may be perfectly content snuggling in.

**AQUARIUS - JAN 21/FEB 18**

Unexpected partnerships can yield some amazing results, Aquarius. This may be the opportunity you are looking for at this juncture in your life. Push ahead for the time being.

**PISCES - FEB 19/MAR 20**

Pisces, momentum swings in your favor and you can sail through all of your tasks and goals in record time. Enjoy the ride.



## FOOD and VINO

**C**rêpe is the French word for “pancake.” Crêpes are delicate, batter-based and savory or sweet creations that can be eaten at various times of the day. Crêpes may be enjoyed at breakfast filled with fresh berries, or as a dessert bursting with a luscious cream.

While French crêpes are widely known, various cultures have their own variation of this super-thin pancake, including the Bavarian region of Germany. Palatschinken and Pfannkuchen are German/Austrian crêpe varieties. German and Austrian crêpes are slightly thicker than French ones, but not nearly as thick as American pancakes. Enjoy this recipe for “Palatschinken (Crêpes),” courtesy of Little Vienna, an online recipe blog.

### Palatschinken (Crêpes)

#### Ingredients: Yields 5

- 2 large eggs
- 1 cup milk (8 fl. oz., 240 ml)
- 1 cup all purpose flour (3 1/2 oz., 130 g)
- 1/4 teaspoon fine salt
- 1/4 teaspoon vanilla extract (optional, omit for savory fillings)
- Butter, ghee or neutral tasting oil for coating the pan
- Apricot jam for the filling
- Confectioner’s sugar for dusting

#### Instructions

Whisk the eggs using a hand whisk in a medium bowl until lightly beaten. Add salt, vanilla extract (if used) and about 1/3 cup (80 ml) of the milk (just eyeball) and stir until combined.

Add flour and whisk until you get a smooth batter. The batter should be thick and tough so you can barely whisk it. Add a little of the remaining milk if it is too hard to stir. Lumps have no chance in thick batters.

Gradually add in the remaining milk while whisking.

Heat an 8-inch (or larger) nonstick pan over medium heat. Add 1/2 teaspoon butter (or oil) and spread it carefully with a spatula to coat the bottom of the pan evenly. This is important; otherwise, the butter will disturb you when swirling the pan for distributing the batter.

Pour 1/3 cup batter (for an 8-inch pan, more for larger pans) into the center of the pan and swirl to spread evenly. Once the bottom side is golden in color, flip it with a spatula and cook the other side for about 15 seconds. Invert onto a plate — the browned side should touch the plate, you should see the pale side. This way the nice-looking side will be outside when you roll it.

Repeat with the remaining batter, adding 1/2 teaspoon of butter/oil for every crêpe. If the batter thickens over time, add a little milk. You can keep the ready ones warm on a plate in the oven at low temperature.

Spread each Palatschinken with Apricot jam (or other filling) and roll it from one side to the other. Dust the Palatschinken with confectioner’s sugar and serve with a fork and spoon (the spoon serves as a knife).



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# NIPPERTOWN'S 2021 MARCH "MUSIC" MADNESS



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KATANI

The Jagaloons

C.K. and the Rising Tide

The Pine Boys

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Eastbound Jesus

The Sea The Sea

Corry Loveday

Bad Mothers

Reese Fulmer

Bendt

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**MUSIC**

## March 'Music' Madness

More than 150 bands nominated for inaugural contest

ALBANY — More than 150 musicians were nominated for Nippertown's inaugural March "Music" Madness contest set to go today, Wednesday, Feb. 24.

The slate of names is chock full of the usual suspects sprinkled in with some new names. The tournament will focus more on the up-and-coming names in the scene, purposely excluding larger, touring acts or who have appeared on national television recently. Each will go up against a virtual opponent as fans vote for their favorites in an attempt to run the gauntlet through to the end.

Bands have the opportunity to win various prizes made available by sponsors, including up to \$250 cash and more. Prizes also include the following opportunities:

**Top Winner:** Three-day session at White Lake Music and Bridge Road Entertainment, including, recording, editing and mixing package — all studio instruments, equipment, engineer, pre-session consultation provided.

**Runner-up:** Four-hour recording session at Troy Saving Bank Music Hall.

**Top two finalists:** Live stream event hosted by High Peaks Event Production, in which bands will receive a high definition video of the session and a copy of the multi-track recording.

**Top four finalists:** Streaming event hosted by the Palace Theatre in Albany after the conclusion of the tournament.

Sponsors include Denis Entertainment Group, Laboom Entertainment, Putnam Place, The Dona Frank Team Select, Sotherby's Int'l Realty, Nanola, The Hollow Bar + Kitchen, Guthrie/Bell Productions, Caffè Lena, The Cock 'n Bull, and Troy Savings Bank Music Hall. Prizes will be \$250 for the Winner, \$150 for the Runner-up, \$100 for 3rd and 4th place Semi-finalists, and \$50 for 5th through 8th place.

Our local March "Music" Madness features 64 musicians/bands from the Capital Region and includes artists from multiple genres.

Voting will take place each week on Nippertown.com from Wednesday to Saturday. Bands who advance will be announced on Wednesdays in The Spot 518, as well as, on Nippertown.com. Michael Hallisey (The Spot 518) and Jim Gilbert (Nippertown) will also discuss results live on their Facebook Live program every Wednesday night at 8 p.m.

CLASSIFIED DEADLINE: Thurs. at 10 A.M. | Please note: holiday weeks will have earlier deadlines, please call ahead.

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

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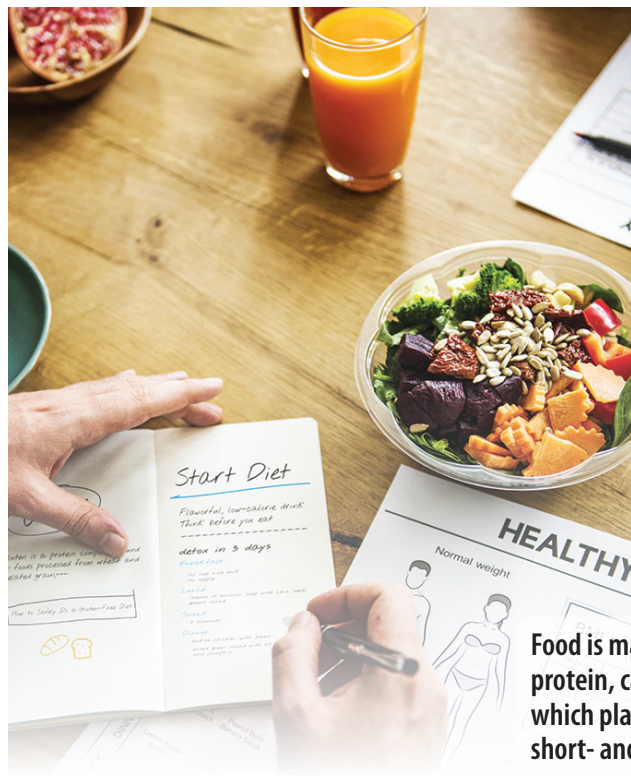
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**HEALTH and FITNESS**



# The ABCs of nutrition

What protein, carbs, fat do for your body

A nutritious diet is a vital component of a healthy lifestyle. When paired with physical activity, a nutritious diet can serve as the foundation for a long, healthy life.

The Academy of Nutrition and Dietetics defines nutrition as how food affects the health of

**Food is made up of macronutrients like protein, carbohydrates and fat, each of which play different roles in promoting short- and long-term health.**

the body. Food provides nutrients that are vital for survival. Food is made up of macronutrients like protein, carbohydrates and fat, each of which play different roles in promoting short- and long-term health.

• **Protein:** Protein provides the body with amino acids that are essential for growth and development. The amino acids found in protein also help the body maintain itself and help body tissue recover after certain activities, including exercise. Protein also plays a vital role in immune system function, helping the body

to fight inflammation and infection. The AND notes that beef, pork, chicken, game and wild meats, fish, seafood, eggs, soybeans, and other legumes are great protein sources.

• **Carbohydrates:** Carbohydrates do for the body what gasoline does for an automobile. Carbs provide the body with the energy it needs to function at peak capacity. The carbs found in foods like whole grains, rice, potatoes, bread, and more deliver sugars and starches that provide the carbs the body needs for energy. That energy is vital when moving around

during the day, but it's also essential when the body is at rest, as it ensures the heart continues to beat and facilitates digestion.

• **Fat:** The dietary fat found in oils, nuts, milk, cheese, and other foods provides structure to cells and prevents damage to cell membranes. The AND also notes that oils and fats absorb fat-soluble vitamins like vitamin A, which is vital for healthy eyes and lungs.

A nutritious diet is a building block of a healthy lifestyle, and no healthy diet is complete without protein, carbohydrates and fat.

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### A LOOK BACK

Scenes captured from the Stitched fashion show at the Times Union Center in September 2019. For more, visit our Spotted Gallery at TheSpot518.com.

Diego Cagara / The Spot 518

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LOADED, Back Up Camera, Navigation, Power Heated/Cooled Black Leather Seats, Power Moonroof, 67,553 Miles.  
**\$15,995**

**2016 FORD EXPLORER LIMITED**



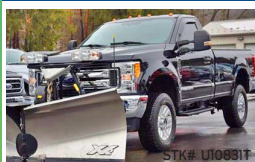
AWD, 4dr SUV, LOADED, Heated/Cooled Power Black Leather Interior, Navigation, SONY Sound, SATT Radio, 44,136 Miles.  
**\$25,852**

**2016 HONDA PILOT EX L**



AWD, 4dr SUV, Heated Tan Leather Interior, Side Mirror Cameras, Power Windows/Locks/ Mirrors, 50,427 Miles.  
**\$23,900**

**2017 FORD F-350 FX4**



6.7L, Powerstroke Diesel w/ Fisher V Blade Plow, 4X4, 6 Speed Auto, Snow Plow Package, Remote Starter, 41,947 Miles.  
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