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The Greenville PIONEER

Friday, December 16, 2022 • \$1.50

New Column!
Dr. Liz Boomhower
launches 'Back to
Better Health'

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LARGEST PAID CIRCULATED NEWSPAPER IN GREENE COUNTY

\$14.5M capital project passes by 4-1 margin



FILE PHOTO

Greenville voters overwhelmingly approved a \$14.5 million capital project for the school district last Tuesday.

By Melanie Lekocevic
Capital Region Independent Media

GREENVILLE — When voters headed to the polls Tuesday to vote on the proposed \$14.5

million capital project for the Greenville school district, they approved the measure by a large margin.

With 510 voters casting ballots, 398 voted in favor of ap-

proving the capital project, with 112 voting against it.

A second item on the ballot was whether to approve putting a high school student on the board of education, which also passed with overwhelming support with 413 “yes” votes and 93 “no” votes.

The \$14,480,000 capital project includes improvements to the elementary, middle and high schools, with the bulk of the work slated for Scott M. Ellis Elementary School.

The project will be funded through capital reserve funds and an \$11 million bond, but state aid that pays 72 cents on the dollar will cover the cost of the bond so the tax rate is not expected to rise as a result of the project, according to district officials.

Under 30% of the project cost will come from the district’s Capital Reserve Fund.

Many components of the proj-

ect are aimed at making safety improvements and enhancing programming at the schools, District Superintendent Michael Bennett said.

“We’d like to thank the Greenville Central School District community for coming out to support the capital project that will significantly improve many of the teaching and learning spaces at the elementary, middle and high school levels,” Bennett said. “We look forward to the day students will have the opportunity to learn, and our educators will have the opportunity to teach, in these new spaces.”

At the elementary school, the project will include construction of a new multi-purpose gym addition, transforming an existing multi-purpose room into a new music suite, and turning another classroom into a new art room.

An existing pre-kindergarten classroom will be enlarged, with

an in-class restroom installed, and classrooms in the front wing of the building would be renovated with new floors, refinished hardwood floors and new technology.

Safety improvements such as the creation of corridor connections leading to exit stairs on the first and second floors will also be made for use in potential emergencies.

Infrastructure improvements will include roof restoration, replacement of the heating system boiler, upgrades to ventilation in every classroom, electrical and plumbing improvements and masonry work on the building’s exterior.

Improvements at the middle/high school will include expansion of an art suite and other classroom renovations, with ventilation and a new exhaust fan added to the metal shop classroom and

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Santa and Mrs. Claus visit fans in Greenville

By Melanie Lekocevic
Capital Region Independent Media

GREENVILLE — Santa and Mrs. Claus visited with some of their biggest fans in Greenville.

Traditionally held on the day after Thanksgiving, the Jolly Ol’ Elf’s visit — with the Mrs. — is hosted each year by the Greenville Rotary Club.

Santa and Mrs. Claus arrived at the gazebo in Veterans’ Memorial Park with the help of their firefighter friends from the Greenville Volunteer Fire Company, who drove the holiday couple in a fire truck with sirens blazing.

After greeting children at the gazebo, singing “Jingle Bells” with the crowd and leading the lighting of the dozens of Christmas trees in the park, the Clauses led kids to nearby Prevost Hall for cookies, photos and raffles for gifts.

“This is their first time here. We are visiting family,” Sandra Cioffi said of her two kids. “They are very excited to see Santa. They have been here to Greenville many times, but we didn’t know this was happening until



LEFT: The park at the intersection of Routes 32 and 81, and the space in front of the Greenville Public Library, will remain ablaze with brightly lit trees through the holiday season. RIGHT: Santa and Mrs. Claus visited with some of their biggest fans in Greenville on the day after Thanksgiving.

we got here — the kids are very excited.”

The children’s aunt, local resident Barbara Walter, is a member of Community Partners of Greenville, which is spearheading the renovations of the historic Prevost Hall, where visits with Santa took place. The event was traditionally held at Prevost Hall years ago, but with the renovations and recent reopening of the building, this was the first time Santa made his visit to Prevost Hall in some

time.

“We have had other events here in Prevost Hall recently, such as concerts on rainy days during the summer and the Studio Art Tour, where we had art on the walls, but this is the first time we have had an event here in the building with kids in a long time,” Walter said. “It’s great to see them coming here and enjoying Prevost Hall.”

The visit with Santa and tree lighting ceremony are hosted

each year by the Greenville Rotary Club.

“It’s been a couple of years since we held this in Prevost Hall,” said Rotarian Deb Smith. “Last year we did it outside — it was freezing — and the year before we didn’t have it at all because of COVID, so this is the first time in this building in years.”

Some 35 free raffle tickets were given out to kids at the start of the program, but no child went

away empty handed.

“We have a gift for every single child,” Smith said. “We are also giving out a boys’ bike and a girls’ bike. We have 10 gifts for the raffles, and besides that every child will get a small toy to take home and a candy cane.”

The reason for holding the event each year was evident just by looking around the room, Smith said, pointing to a happy child.

“How could you not want to do this every year?” she said. “Look at these kids — look at these faces — how could you not want to do this every year?”

Rotarian Eileen Cuffe said seeing the happy faces made all the preparation and work worthwhile.

“I love the kids, I love Christmas and just seeing everybody so happy makes my day,” Cuffe said.

Hazel and Thatcher Welty were among the kids who visited with the Clauses and had their photo taken.

“Hazel has been here before

See SANTA, page 14



MELANIE LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA

81 years later, a salute to Pearl Harbor

By Melanie Lekocevic
Capital Region Independent Media

GREENVILLE — It has been 81 years since the fateful day of Dec. 7, 1941, when the Japanese military struck at Pearl Harbor in a surprise attack that one day later would lead to the United States entering World War II.

Veterans and their supporters in Greenville held the annual Pearl Harbor remembrance ceremony Wednesday evening at American Legion Post 291 to remember those lost and injured in the attack.

“Out of the devastation, our country came together and it was set in motion to defeat our enemy,” said Vietnam veteran Jim Wilcox, who hosts the service each year. “The men and women stationed at Pearl Harbor and its surrounding bases are an example of what heroes are made of



LEFT: Members of the Boy Scout Troop 42 Color Guard salute the flag during the annual Pearl Harbor remembrance service at the American Legion. Pictured, left to right, are Anthony Juzapavicus, 11, Colin Augstein, 17, and James Carroll, 11. RIGHT: Members of American Legion Post 291 and their supporters at the annual Pearl Harbor remembrance ceremony.

and why ‘Remember Pearl Harbor’ should remain forever in the hearts and minds of all Americans.”

On Dec. 7, 1941, the U.S. military base at Pearl Harbor, in Hawaii, was attacked by the Jap-

anese military, leaving 2,403 service members and civilians dead and another 1,178 injured. Two U.S. Navy battleships were sunk — the USS Arizona and the USS Utah — and 188 aircraft were destroyed.

The annual ceremony at the American Legion Post on Maple Avenue has been held for 30 years or so, always on the anniversary of the attack, and has grown over the years.

“It started out very small and

it has grown into this, and every year it’s a better turnout,” said American Legion Post 291 Commander Raymond Albin. “As a Navy veteran, this is near and

See PEARL, page 15



MELANIE LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA

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To have your organization's events added to our calendar, please enter them online at www.greenvillepioneer.com

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Community Calendar

DECEMBER 2022

- 19 - Greenville Town Board meeting, 7 p.m., at Pioneer Building, 11159 Route 32, Greenville.
- 19 - Greene County Legislature committee meeting - Economic Development and Tourism, Government Operations and Finance - 6 p.m., at county building, 411 Main Street, Catskill.
- 20 - Durham Town Board meeting, 7:30 p.m., at Durham Town Hall, 7309 Route 81, East Durham.
- 21 - Cairo Town Board workshop, 7 p.m., at Cairo Town Hall, 512 Main Street, Cairo.
- 21 - Greene County Legislature regular meeting, 6:30 p.m., at county building, 411 Main Street, Catskill.
- 26 - Greene County offices closed in observance of Christmas.

JANUARY 2023

- 2 - Cairo Town Board meeting, 7 p.m., at Cairo Town Hall, 512 Main Street, Cairo.
- 4 - Greene County Economic Development Corporation meeting, 4 p.m., at county building, 411 Main Street, Catskill.
- 5 - Cairo Planning Board meeting, 7 p.m., at Cairo Town Hall, 512 Main Street, Cairo.
- 16 - Greenville Town Board meeting, 7 p.m., at Pioneer Building, 11159 Route 32, Greenville.
- 18 - Cairo Town Board workshop, 7 p.m., at Cairo Town Hall, 512 Main Street, Cairo.

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New data highlights impact of tobacco control



COURTESY OF PEXELS

The state's Tobacco Control Program is launching a new campaign to fight tobacco marketing aimed at the minority and LGBTQIA+ communities.

ALBANY — New data from the state Department of Health shows that in 2020, the smoking rate among high school students reached an all-time low of less than 3%.

Since its inception in 2000, the New York State Tobacco Control Program has sought to eliminate secondhand smoke exposure, reduce adult smoking rates and prevent youth from starting to smoke through policy changes and education, according to Tobacco-Free Action of Columbia and Greene Counties.

A number of milestones have been reached in the past two decades, including the Clean Indoor Air Act, raising the age to 21, banning the sale of flavored vapes, prohibiting the sale of tobacco products in pharmacies, and eliminating the use of discount codes and coupons.

Now, NYS Tobacco Control Program is fighting Big Tobacco in a new way: by highlighting the way the industry targets minority communities with its deadly products. In the latest phase of the "It's

Not Just" Campaign, the Tobacco Control Program hones in on the way the industry has marketed its products to the LGBTQIA community, resulting in greater smoking rates and tobacco-related illnesses.

LGBT individuals are twice as likely to use tobacco products compared to their non-LGBT counterparts, and 70% of gay and transgender youth who smoke use menthol cigarettes. Menthol is not just a flavor. It makes smoking easier to start and harder to quit, and it's a manipulative way for tobacco companies to target, attract and addict LGBTQIA+ individuals.

"The LGBTQIA+ community has a long history fighting for justice and equality, and unfortunately the tobacco industry recognized how the fierceness of our community could make a profit," said Gabe Glissmeyer, project specialist with the National LGBT Cancer Network. "For decades, the targeted marketing of these products, combined

with the experiences of homophobia and transphobia and a lack of access to health resources, has continued to make this a social justice issue."

The deceptive tactics used by Big Tobacco were first uncovered through an internal marketing plan titled "Project SCUM (Subculture Urban Marketing)," which was intended to boost cigarette sales to the gay community and homeless population, according to Tobacco-Free Action. Although the name alone is indicative of how Big Tobacco views this population, the industry continues to infiltrate LGBT communities by advertising in gay publications; sponsoring Pride events, street fairs and film festivals; and funding HIV/AIDS service organizations.

To learn more, visit [learn more about how to help fight the injustice of menthol-flavored tobacco products, visit Not-JustMenthol.org](http://learnmoreabouthowtohelpfighttheinjusticeofmenthol-flavoredtobaccoproducts.visitNotJustMenthol.org).

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State Route 145, Preston Hollow
518-239-8544
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County Route 41, Greenville Center
518-966-4043
Greenville Center Baptist Church
County Route 41, Greenville
Durham-Oak Hill United Methodist Church
Route 22, Durham
518-239-6377
Medway Congregational Christian Church
Route 26, Climax
518-731-2106 & 518-731-8867
Christ Episcopal Church
State Route 32, Greenville
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Our Lady of Knock Shrine
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State Route 145, East Durham
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County Routes 403 & 405, South Westerlo
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Greenville Christian Church
State Route 32, Greenville
518-966-4519
St. John the Baptist Roman Catholic Church
State Route 81, Greenville
518-966-8317
Grapeville Baptist Church
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518-966-4265
Kingdom Hall of Jehovah's Witness
State Route 81, Greenville
518-966-8941
Dormansville United Methodist Church
Route 312, Dormansville
518-756-2812
Freehold Congregational Christian Church
County Routes 67, Freehold
518-947-8823
Trinity Episcopal Church
Albany Hill Road, Rensselaerville
518-797-5295
Westerlo Reformerd Church
State Route 143, Westerlo
518-797-3742
Sacred Heart Roman Catholic Church
Church Street, Cairo
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Police Blotter

Editor's note: A charge is not a conviction. All persons listed are innocent until proven guilty in a court of law. Charges can be amended or dismissed.

STATE POLICE

■ Markeeta Perkins, 32, of Rensselaer, was arrested Nov. 19 at 11:10 a.m. in Coxsackie and charged with second-degree introduction of contraband into a prison, a class A misdemeanor. Perkins was issued an appearance ticket.

■ Paul Bodnar, 50, of Hohokus, New Jersey, was arrested Nov. 19 at 3:52 p.m. in Jewett and charged with driving while intoxicated, reckless driving and aggravated driving while intoxicated with a blood-alcohol content of 0.18% or more. Bodnar was issued an appearance ticket.

■ Shane Neer, 40, of Acra, was arrested Nov. 19 at 9:31 p.m. in Greenville and charged with first-degree aggravated unlicensed operation of a motor vehicle, a class E felony, and driving while intoxicated and operation of a motor vehicle with a blood-alcohol content over 0.08%, both unclassified misdemeanors.

■ Joshua Shackley Bungay, 33, of Albany, was arrested Nov. 20 at 1:37 a.m. in Greenville and charged with driving while intoxicated and operating a motor vehicle with a blood-alcohol content over 0.08%, both unclassified misdemeanors.

■ Adam Auger, 25, of Leeds, was arrested Nov. 20 at 2:38 a.m. in Catskill and charged with operation of a motor vehicle with a blood-alcohol content over 0.08% and driving while intoxicated, both unclassified misdemeanors. Auger's arrestee status was not reported.

■ Jimmy Ceveda, 44, of Hillside, New Jersey, was arrested Nov. 19 at 9:10 p.m. in Catskill and charged with third-degree assault and second-degree unlawful imprisonment, both class A misdemeanors. Ceveda's arrestee status was not reported.

■ Robert Thompson IV, 50, of West Coxsackie, was arrested Nov. 20 at 11:12 p.m. in New Baltimore and charged with operating a motor vehicle with a blood-alcohol content over 0.08% and driving while intoxicated, both unclassified misdemeanors. Thompson was released to a third party.

■ Steven Zelubowski, 31, of Acra, was

arrested Nov. 21 at 6:38 p.m. in Cairo and charged with criminal possession of a firearm, a class E felony. Zelubowski was issued an appearance ticket.

■ An unidentified 18-year-old, of Yonkers, was arrested Nov. 23 at 4:08 p.m. in Coxsackie and charged with first-degree knowingly introducing dangerous contraband into a prison, a class D felony. The individual was issued an appearance ticket.

■ Connie Herbert, 56, of Cairo, was arrested Nov. 24 at 12:42 a.m. in Durham and charged with driving while intoxicated, an unclassified misdemeanor. Herbert was issued an appearance ticket.

■ Nico Tarsia, 30, of Leeds, was arrested Nov. 24 at 2:04 a.m. in Cairo and charged with operating a motor vehicle with a blood-alcohol content over 0.08% and driving while intoxicated, both unclassified misdemeanors. Tarsia was issued an appearance ticket.

■ John Russell Maglio, 32, of Conway, South Carolina, was arrested Nov. 24 at 9:36 p.m. in Cairo and charged with seventh-degree criminal possession of a controlled substance, a class A misdemeanor. Maglio was issued an appearance ticket.

■ Allie Farwell, 28, of Conway, South Carolina, was arrested Nov. 24 at 9:36 p.m. in Cairo and charged with driving while ability impaired by drugs with a prior conviction, a class E felony, and third-degree aggravated unlicensed operation of a motor vehicle, an unclassified misdemeanor. Farwell was issued an appearance ticket.

■ Amanda Carr, 23, of New York City, was arrested Nov. 26 at 6:25 p.m. in Coxsackie and charged with third-degree criminal possession of a controlled substance/narcotics with intent to sell, a class B felony; first-degree introduction of dangerous contraband into a prison, a class D felony; and second-degree introduction of contraband into a prison, a class A misdemeanor. Carr was released on her own recognizance.

■ Eric Wager, 57, of Hudson, was arrested Nov. 27 at 2:39 a.m. in Catskill and charged with fifth-degree criminal possession of a controlled substance/cocaine, a class D felony; manufacture of drug-related paraphernalia and seventh-degree criminal possession of a controlled substance, both

class A misdemeanors; and second-degree aggravated unlicensed operation of a motor vehicle, an unclassified misdemeanor. Wager was issued an appearance ticket.

■ Michael Larosa, 23, of Leeds, was arrested Nov. 27 at 8:21 a.m. in Catskill and charged with criminal mischief/intent to damage property, a class A misdemeanor. Larosa was released on his own recognizance.

■ Ashley Drum, 39, of Ashland, was arrested Nov. 27 at 8:47 p.m. in Catskill and charged with second-degree criminal impersonation, seventh-degree criminal possession of a controlled substance, manufacture of drug-related paraphernalia and third-degree bail jumping, all class A misdemeanors. Drum was held with no bail.

■ Ronald Victor Munster, 57, of Farmingville, was arrested Nov. 28 at 9:40 p.m. in Hunter and charged with driving while intoxicated and operating a motor vehicle with a blood-alcohol content over 0.08%, both unclassified misdemeanors. Munster was issued an appearance ticket.

■ Billy Bender, 34, of Cairo, was arrested Nov. 29 at 8:04 p.m. in Cairo and charged with petty larceny, a class B misdemeanor. Bender was issued an appearance ticket.

■ Jonathan Laga, 41, of Leeds, was arrested Nov. 30 at 7:24 a.m. in Cairo and charged with third-degree assault/recklessly causing physical injury and second-degree obstruction of governmental administration, both class A misdemeanors. Laga was released on his own recognizance.

■ Nathaniel Galloway, 32, of Catskill, was arrested Dec. 1 at 10:15 p.m. in Coxsackie and charged with driving while intoxicated and operating a motor vehicle with a blood-alcohol content over 0.08%, both unclassified misdemeanors. Galloway was issued an appearance ticket.

■ John Joyce, 29, of Earlton, was arrested Dec. 2 at 3:07 p.m. in Cairo and charged with acting in a manner injurious to a child less than 17, a class A misdemeanor. Joyce was released on his own recognizance.

■ Justyne Patterson, 24, of Earlton, was arrested Dec. 2 at 3:07 p.m. in Cairo and charged with acting in a manner injurious to a child less than 17, a class A misdemeanor. Patterson was released on her own

recognizance.

■ George Sander, 59, of Leeds, was arrested Dec. 2 at 3:32 p.m. in Catskill and charged with driving while intoxicated, an unclassified misdemeanor. Sander was released on his own recognizance.

■ John Witbeck, 74, of Catskill, was arrested Dec. 3 at 1:12 a.m. in Catskill and charged with operating a motor vehicle with a blood-alcohol content over 0.08% and driving while intoxicated, both unclassified misdemeanors. Witbeck was issued an appearance ticket.

■ Jessica Olds, 30, of Schenectady, was arrested Dec. 3 at 12:18 p.m. in Coxsackie and charged with first-degree knowingly introducing dangerous contraband into a prison and fifth-degree criminal possession of a controlled substance with intent to sell, both class D felonies, and second-degree introducing contraband into a prison, a class A misdemeanor. Olds' arrestee status was not reported.

■ Keyonie Debranche, 20, of Ridgewood, was arrested Dec. 3 at 11:45 a.m. in Coxsackie and charged with second-degree introducing contraband into a prison, a class A misdemeanor. Debranche was issued an appearance ticket.

■ Robert Jangrow, 68, of Catskill, was arrested Dec. 4 at 12:37 p.m. in Catskill and charged with second-degree criminal contempt/disobeying a court order, a class A misdemeanor. Cash bail was set at \$1,000.

■ Tekeya Robinson, 27, of Far Rockaway, was arrested Dec. 4 at 12:33 p.m. in Coxsackie and charged with second-degree introducing contraband into a prison, a class A misdemeanor. Robinson's arrestee status was not reported.

■ An unidentified 17-year-old, of Albany, was arrested Dec. 4 at 1:38 p.m. in Coxsackie and charged with second-degree introducing contraband into a prison, a class A misdemeanor. The individual's arrestee status was not reported.

■ Sean McNulty, 50, of Cairo, was arrested Dec. 4 at 8:44 p.m. in Catskill and charged with second-degree criminal contempt/disobeying a court order. McNulty's arrestee status was not reported.

CMH unveils renovated patient care, education space

CATSKILL — A newly renovated patient care and education space has been unveiled at the Greene Medical Arts building in Jefferson Heights.

Columbia Memorial Health originally purchased the Greene Medical Arts building in 2012 and has since invested more than \$12 million to renovate a total of 60,000 square feet, or more than half of the building, according to CMH.

The GMA building houses numerous primary and specialty care practices, as well as laboratory and medical imaging services, and serves as a health care services hub for the people of Greene County.

"The recent addition of Robert Schneider and his entire clinical and administrative team, including primary care practices in Cairo, Tannersville, and Coxsackie, helped drive the decision to make additional space available in Catskill at Greene Medical Arts," said CMH President and

CEO Jay P. Cahalan.

Cahalan called out the good work of Chief Financial Officer Bryan Mahoney who worked with private funding partners and the New York State Department of Health to secure critical state funding, with both of those sources coalescing to make the project possible, according to CMH.

CMH Chief Financial Officer Bryan Mahoney thanked the key players for their assistance in making the project a reality.

"We're grateful to our funding partners at the state and at the Bank of Greene County for their pivotal role in making this project possible," Mahoney said. "This was a complicated funding scenario which the bank handled very capably."

Bank of Greene County President and CEO Donald Gibson said, "I am proud of the Bank of Greene County's long history of working with CMH to make our com-



CONTRIBUTED PHOTO

CMH leadership and business leaders cut the ribbon recently on the new patient care and education space in the Greene Medical Arts building in Jefferson Heights.

munity better. This project is yet another example of CMH bringing world class medical care to our local community!"

CMH worked on the project with contractor Dick Oliver at AOW Construction; in-house facilities leadership of Greg

Beckman, CMH's manager of Engineering Services; and on the clinical and administrative leadership of the CMH Care Center team, according to a statement from CMH.

Learn more at www.columbiamemorialhealth.org.

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Hinchey bill expands student loan forgiveness for young farmers



COURTESY OF PEXELS

Legislation sponsored by state Sen. Michelle Hinchey, D-46, makes it easier for young farmers to get student loan forgiveness for college debt.

KINGSTON — State Sen. Michelle Hinchey, D-46, announced the signing of her bill to expand eligibility under the New York State Young Farmers Loan Forgiveness Incentive Program.

The bill helps alleviate the student debt burden by providing grant awards for individuals who obtain an undergraduate degree from a New York state college or university and plan to pursue a

career in farming, Hinchey said.

Previously, eligibility for the New York State Young Farmers Loan Forgiveness Incentive Program was contingent on the applicant having graduated from college within the previous two years.

Under bill S4082-Hinchey, that eligibility barrier is removed and is replaced with the quali-

fication that an applicant must not have previously farmed for more than 10 consecutive years.

"With the average age of a New York farmer ever increasing, the future of our food supply and our ability to keep this leading economic driver in place largely depends on helping the next generation of farmers enter this extremely high cost-to-enter field," Hinchey said.

"I thank Gov. [Kathy] Hochul for signing my bill with Assemblymember Lupardo expanding eligibility through the NYS Young Farmers Loan Forgiveness Incentive Program, making it more feasible for young people to start a career in farming while having more money in the bank to invest in their businesses," Hinchey continued. "I'll continue to bolster smart economic incentives that put a young and diverse generation of farmers in the best position to lead the charge of New York's top industry."

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Obituaries

Antoinette Marie Breitenbach

WESTERLO — Antoinette Marie Breitenbach passed away on Nov. 6, 2022, at the Hospice Inpatient Unit at St. Peter's Hospital, Albany, New York.

Antoinette, Ann (Nettie as she was known growing up), was born in 1930, at the family home in Queens, New York, the daughter of the late Joseph and Theresa Reibaldi. She was married in 1950 to Matthew L. Breitenbach.

Ann was a loving mother, grandmother and great-grandmother who had a playful, happy nature. She had a wonderful sense of humor. She loved to talk and reminisce about her family in Queens and share stories of her family. She was thoughtful, intelligent, a devoted wife and mother, and had a talent for doing anything and everything she needed to do to take care of the family. She could also, however, show her temper when pushed too far.

She was a wonderful cook and came from sturdy Italian stock. She was successful at everything she chose to do. After marriage, she left her New York City family to move to upstate New York to follow the dreams of her hus-



Antoinette Marie Breitenbach

band. At various times Ann was a farmer, ran the family-owned Greenville Corner Restaurant, and in her "spare time" was a Cub Scout den mother, a member of the Women's Auxiliary of the Westerlo Volunteer Fire Department, and a medical billing clerk at Albany Medical College.

When her husband Matt became blind at age 35, she was his source of support and strength.

She is survived by son Matthew (Terry), daughter Diane (Wayne); four grandchildren, Mark, Mandy, Brenna and Janelle; eight great-grandchildren, Miles, Dashiell, Chase and Fidelis; Max

and Alex; and Carmela and Cecilia; sister-in-law Louella, nieces, Nobalee and Nadine; nephew, Wayne; and numerous cousins.

Ann's family would like to extend special thanks to the wonderful, loving caregivers at the Loudonville Assisted Living Residence and St. Peter's Hospital (SPH) Inpatient Hospice Unit. They made her comfortable and peaceful, and helped all of us as we watched mom pass through her transitions through the final days of her life.

Calling hours were Thursday, Nov. 10, from 4-7 p.m. at the A. J. Cunningham Funeral Home, 4898 State Route 81, Greenville. Funeral Mass was Friday, Nov. 11 at St. John the Baptist Church, 4987 State Route 81, Greenville, followed by burial in Greenville Cemetery.

Please, we ask that in lieu of flowers, please send donations to SPH Inpatient Hospice Unit, 315 S. Manning Blvd, Albany New York 12208 or Loudonville Assisted Living at 298 Albany Shaker Road, Loudonville, NY 12211. Condolences can be posted at ajcunninghamfh.com.

Bridget Gaughan

GREENVILLE — Bridget Gaughan, 95, passed away peacefully on Wednesday, Nov. 30, 2022.

She was born on April 2, 1927, in Galway, Ireland, to the late James and Mary Moran Gilmore. When she was 20 years old, Bridget moved to New York City, where she worked various jobs in Manhattan, including at St. Patrick's Cathedral as a housekeeper for the priests, as a nanny, and as a bank teller.

She loved taking care of children and did volunteer work for abandoned children at the Foundling Hospital in Manhattan. Bridget was a member of the Irish



Bridget Gaughan

American Club.

In addition to her parents, she was predeceased by her husband, Patrick Gaughan, on Aug. 8, 2015; her son, James Gaughan; and by

her siblings, Marion, Christine, John, Vincent, and Kathy.

Bridget is survived by her children, John (Joanne) Gaughan, Marie (Ray) Medlar, and Gerry (Anne) Gaughan; 15 grandchildren; and her sisters, Julie and Peggie.

Calling hours were held on Sunday, Dec. 4, from 2-5 p.m. at A.J. Cunningham Funeral Home, 4898 State Route 81, Greenville. A funeral Mass was held on Monday, Dec. 5, at 11 a.m., at St. John the Baptist Church, 4987 State Route 81, Greenville, followed by burial in Greenville Cemetery.

In lieu of flowers, donations can be made to the New York Foundling, Attn: Development, 590 Avenue of the Americas, New York, NY 10011. Condolences can be posted at ajcunninghamfh.com.



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Thruway launches process to raise statewide tolls



COURTESY OF NYS THRUWAY

The Thruway Authority is launching the process to consider toll hikes in 2024 and again in 2027.

By Melanie Lekocevic

Capital Region Independent Media

ALBANY — The Thruway Authority has launched the process to raise tolls on the statewide roadway.

The Thruway Authority's board of directors on Monday announced the proposed new tolls would remain frozen in 2023 and

would go into effect in 2024.

Under the proposal, the base E-ZPass rate would increase by 5% on the Thruway beginning Jan. 1, 2024.

The toll rate would increase again by another 5% in January 2027.

Drivers without E-ZPass would pay higher increases. Under the current rating structure,

non-E-ZPass drivers who pay by mail are charged 15% higher toll rates compared to E-ZPass users; that differential would increase by 75% under the proposed plan.

For drivers without E-ZPass, the rate would increase from 5.1 cents per mile for passenger vehicles to 8.6 cents by 2027.

The rate increase would differ on the Gov. Mario M. Cuomo Bridge, formerly the Tappan Zee Bridge. The bridge's toll would increase 50 cents each year between 2024 and 2027, and would be \$7.75 per crossing by 2027.

The last time tolls were raised on the Thruway was in 2010.

The board's vote Monday is the first step in increasing tolls and will begin the process of setting up public hearings and gathering public comment, with a final vote by the board expected within the next year.

"The Thruway Authority and its incredible team of employees work hard every day to hold the line on spending and present a balanced budget that ensures

the continued viability of the system," said Thruway Authority Executive Director Matthew Driscoll. "As a tolling authority, we receive no federal, state or local tax dollars to support our operations."

If enacted, the toll changes would be the first adjustment to toll rates for E-ZPass customers in 14 years, according to the Thruway Authority.

"We have not seen a system-wide toll increase since 2010, and now is the time to move ahead with this financial plan so that we can meet our growing capital investment needs while continuing to provide our customers with the safe and reliable highway they've come to expect."

The proposed increase comes following a five-year "Needs Assessment" report conducted in 2021 that indicated an additional \$470 million in capital projects were needed that could not be supported by existing operations.

"It's based on the fact that 85% of the Thruway's roadway

base dates back to its original construction, highlighting the need for heavy maintenance, reconstruction and rehabilitation activities to keep the riding surface in a state of good repair," according to a statement from the Thruway Authority.

Among the needed improvements are renovations to many of the Thruway's 815 bridges, which are an average age of 55 years old, with 75% of them older than 60 years. Within the next decade, 85 bridges will need to be replaced, according to the Thruway Authority.

The proposed toll increases would maintain the 40% discounted commuter rate afforded to E-ZPass users who enroll in the commuter plan.

To submit comments on the proposed toll hike, email toll-comments@thruway.ny.gov or mail to Toll Comments, c/o Legal Department, New York State Thruway Authority, 200 Southern Boulevard, P.O. Box 189, Albany, NY 12201-0189.

Editor's Note: The Greenville Pioneer is excited to welcome new columnist Dr. Elizabeth Boomhower to our paper! Dr. Boomhower, who operates a health and wellness center here in Greenville, will present a monthly column entitled "Back to Better Health," with tips and advice on improving your health and well-being. Welcome, Dr. Boomhower!

Are you stressed?

Trying to be healthy in a world that seems to make it easy to be sick and stressed is a challenge, to say the least. It's my job to be a beacon of hope and guidance in the frustrating, confusing, and overwhelming journey to be as healthy as we can.

As a chiropractor, my doctorate status is unique and allows me to function within a holistic, conservative care approach to healing the body. Chiropractic is the science, philosophy and art of adjusting the body into its most optimal function and form through working directly with the nervous system, which controls everything.

The Central Nervous System is your brain and spinal cord. The Peripheral Nervous System includes all other nerve tissue in the body controlling movements and sensations. Specifically, movement can be either voluntary or involuntary, for example, reaching to grab your phone versus breathing or blinking. Involuntary patterns have been inherited through generations of our human ancestors. These involuntary pat-

terns are dictated by sympathetic and parasympathetic responses to stimulus — I'm sure we've all heard of "fight or flight" and "rest and digest," which refers to these responses, respectively.

The sympathetic and parasympathetic balance is essential to our body's optimal function. If you have any wearable tech such as a smart watch, whoop band, or Oura ring, you will be able to visualize your Heart Rate Variability (HRV), which is the measure of your balance. Too often we are in a sympathetic state, and have a lower HRV. Running from one meeting to the next, fueling with excessive caffeine, not eating enough, eating poor quality food, eating while driving, multitasking, overexercising, using phones and television in the evening hours... Are you stressed just reading this?! I certainly am.

In the 21st century technological age, we tend to be unbalanced, with the scales tipped to the sympathetic systems being in overdrive. We have an invisible lion chasing us that is our overburdened calendar, nonstop email

Back To Better Health



DR. ELIZABETH BOOMHOWER

inbox, and endless to-do list and we cannot heal when we're being chased by a lion. This is the danger of chronic stress. Whether it be mental or physical, we must keep our body's perceived stress in balance so that we have the opportunity to heal.

Here are my top recommendations:

- Prioritize your sleep. Getting to bed consistently is better than early one night and late the next. Pick a reasonable bedtime and try to stick to it. Practice

good sleep hygiene, which can look like no blue light two hours before going to sleep, developing a wind-down routine that includes relaxing activities, and perfecting your environment with the temperature, light and noise that you prefer to sleep to. Try to get at least seven hours of sleep, which optimizes your chance of getting into REM and slow-wave sleep states, which repair both your mind and body.

- Pause before meals. Those who choose to pause in prayer before their meal may not realize the health benefits of that devotional practice, however you don't have to be religious to tap into your health here. Taking a minute before you begin eating to take a deep breath in, filling your lungs entirely, then exhaling all the way, and maybe doing this a few more times, will help prime your body to drop into a parasympathetic or "rest and digest" state. Bonus points for doing it after your meal as well. This is optimal to properly digest your food. If you struggle with bloating and gassiness after eating, this is one

thing to try and see if you recognize any noticeable differences!

- Come to Catskill Valley Chiropractic: A Center For Wellness! Massage, yoga and chiropractic can all help to stimulate the parasympathetic nervous system. Engaging in and prioritizing relaxing activities regularly can help your body more easily drop into a parasympathetic state. It's essentially like building any habit - the more you do it, the stronger the neural pathway gets, the easier it is for you to get there. Any regular relaxation practice or combination can help fortify this pathway. My favorites are definitely massage, yoga and getting adjusted, but also walking, spending time in nature, reading and journaling are some other practices I enjoy.

Adding in small practices such as tuning into your breath, going to sleep 30 minutes earlier, and prioritizing some relaxation can go a long way to facilitate healing in the body.

Until next time, I wish you less stress so that you can be at your best!

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Editor's Note: After a brief hiatus, we are delighted to welcome back columnist Pat Larsen and her column, Body, Mind & Spirit... Connections.

The joy is back!

Perhaps I'm being just a bit overly enthusiastic, but from my vantage point here in Greene County, New York, I'm witnessing a wonderful resurgence of the kind of holiday spirit typically witnessed at this time from years gone by. It's palpable everywhere I go. People are smiling happily again and wishing each other a warm greeting and a wish for the best that this holiday, in 2022, has to offer.

Even the downside of the ridiculously higher prices, pretty much everywhere, does not seem to be able to dampen the inner happiness and holiday spirit this year. Thank goodness!

Making "do," living with less and re-framing those former gift-giving frenzies of just a few years back is not dampening the holiday believers who relish the idea of a return to the traditions that impacted our former years and the true meaning of Christmas and all holidays celebrated at this time of year.

All of this reminds me of one of my very favorite Christmas tales, "A Christmas Story," written by Charles Dickens. The written words contained within this binding is indeed adorned with

the eloquently poetic descriptions of that time period, but the 1960s movie adaptation is and will remain the embodiment of all that this story represents in the true visual form of the period in which it was written.

There have been many interpretations that I've read explaining what each of the characters and story line represents in this book, but the one that is my favorite is called the "Dickens Principle or Process" and I offer that as a treat now to ponder and reflect upon as the season richly unfolds.

Tony Robbins, author, coach and philanthropist, has taught this principle at seminars around the world. I love this particular reflection.

Grab a cup of tea or whatever you prefer to sip and relax into these concepts now and imagine how you might fit into this storyline in these modern times. This is truly a way of tapping into your subconscious mind and that can create a deeper sense of awareness, heightening your joy at this time of year. Worth a try? Sure.

So the moral message of this novel is that "all human beings" have the opportunity to behave in

BODY, MIND & SPIRIT



PAT LARSEN

kinder ways toward one another. Sounds about right.

With that as our starting point, let's consider the lead character, Ebenezer Scrooge, initially hating Christmas and having no tolerance for Christmas spirit. He states he can't afford to make merry because his role is to support the establishments that then support the poor. This guy just had a very bad attitude.

But then he's visited by three ghosts on Christmas Eve who show Mr. Scrooge what his attitude and actions were actually doing to him and to the others around him that cared deeply for

him.

Here's the scoop: The Ghost of Christmas Past, with his glowing crown, symbolizes the "mind and represents memory."

A vision of the past from Ebenezer's life was shown to him as a reminder of the joys that the holidays represented to him before he embarked on the weightiness of his role as a leader in his town.

He saw that he did indeed love the holidays and the frivolities of this time period and he felt that peace and happiness fill him up from that time period again.

This experience was then followed by the Ghost of Christmas Present, which represented generosity, empathy and the true embodiment of the holiday season. To be present with others, to witness joy and allow it to fill you up as well... all very relevant to today's world. Maybe that's what is happening now, and explains why the JOY WAS BACK!

Finally, and in my opinion, just in case Ebenezer didn't pay close enough attention to the first two ghostly characters' messages, the Ghost of Christmas YET to BE came sashaying down the lane, representing a fear of death

and a moral reckoning.

This visual message that life had just gone on without so much as a mention of Ebenezer after his death because of his disconnect to understanding the part he played in his own life and the life of others hit home the hardest. He realized that he could be a part of the festivities by sharing and embracing the joys that others were willing to share with him. Joy became contagious.

Poof, snap, and here we are again back to today... post-pandemic celebrations abound all around, we're able to be among those we hold dear to us and we can recognize that whether it's Victorian times or a digital world, the attitudes we adopt toward the holidays matters.

Pat Larsen is a licensed dance fitness instructor specializing in senior, baby boomer and elder wellness and programs. Ongoing classes at The Shamrock House, East Durham. She is a certified hypnotherapist with an emphasis on transformational healing through story. Sessions by appointment. Contact Pat at 518-275-8686. Follow her on Facebook (Pat Larsen) or via email at Pelarsen5@aol.com.

History marker slated for O'Hara's Cemetery



MELANIE LEKOCEVIC/
CAPITAL REGION INDEPENDENT MEDIA
Peter O'Hara, one of the descendants of the original Peter O'Hara, who fought in the War of 1812 and created O'Hara's Corners.

By Melanie Lekocevic
Capital Region Independent Media

GREENVILLE — A historic marker is slated to be installed at O'Hara's Cemetery in the spring.

Town Historian Don Teator introduced the topic at the November meeting of the Greenville Town Council and said property owner Peter O'Hara — a descendant of the original Peter O'Hara Sr., who came to the United States around 1800 — wanted to install the marker on the historic property.

The cemetery is located at O'Hara's Corners, on the western edge of the town, near the border with the town of Durham.

"One of our oldest pieces of history is the spot we know as

O'Hara's Corners," Teator said. "I consider it to be the prettiest corner in Greenville."

O'Hara, who still lives in the area his namesake ancestor settled in more than 200 years ago, offered a brief history of the property and how it came to be in his family.

"Peter O'Hara came here and was in the War of 1812," O'Hara said. "He was very proud of that because when he died, in the Catskill paper his obituary mentioned that he was able to fight his old enemy when he fought in the War of 1812."

O'Hara's ancestor was born in Ireland in 1775 and joined a group that sought to free Ireland from English rule and eventually moved to France, according to an

online newsletter from the Greenville Local History Group, dated June 2015. O'Hara ultimately moved to the fledgling United States, where he fought on the side of the Americans against the British.

O'Hara worked the property now known as O'Hara's Corners and planted many of the trees that still stand today on Red Mill Road.

The present-day O'Hara explained how the property came to be a cemetery.

"The cemetery was decided by him to the Albany Diocese and it was the first cemetery in the area consecrated by the bishop of Albany, who then went on to become the first cardinal of America," O'Hara said of his ancestor.

"It became a burying ground for the local Catholic population. There was supposed to be a church built there, but then it was decided it was too far out of town and so St. John's and St. Mary's (churches) were built."

The history of the site will be detailed in the historic marker, which O'Hara purchased and the town will install. O'Hara maintains the site.

"You maintain that cemetery so nicely, it's one of the prettiest corners in the town of Greenville," Town Supervisor Paul Macko said. "It is meticulously taken care of. I think it's a wonderful idea."

The marker is expected to be installed in the spring.

DEC: Birdfeeders can go back up

ALBANY — For many bird-watchers in New York, Nov. 30 was an important date: the day that backyard bird feeders can go back up.

To avoid conflicts with bears, the state Department of Environmental Conservation highly recommends only feeding birds from Nov. 30 to April 1.

There are many natural sources of winter food for birds including birch catkins, spruce and fir cones, dried seed heads from na-

tive grasses and flowers, and lingering fruits on plants. Bird feeders can supplement these natural foods and may attract more birds to your yard.

A simple tube feeder with black oil sunflower seed is a great place to start. Depending on where you live, you might expect to see chickadees, nuthatches, juncos and goldfinches. Adding suet is a sure bet to draw in woodpeckers.

To provide a source of water,



COURTESY OF DEPARTMENT OF ENVIRONMENTAL CONSERVATION
With bears in hibernation, now is the time to put up birdfeeders to attract feathered friends to your yard.

try installing a birdbath heater or bubbler and regularly refreshing the water.

If you are drawing wild birds into your yard with feeders, try these tips to keep birds safe:

- Providing nearby cover such as evergreen trees, native shrubs or even discarded Christmas trees;
- Placing feeders away from windows and making windowpanes bird-safe with screens, netting, decals, or

vertical tape;

- Regularly cleaning feeders to avoid spreading disease;
- Securely storing bird seed indoors;
- Keeping cats indoors;
- Feeding pets inside to avoid inadvertently attracting feral cats, rodents or other wildlife; and,
- Taking down feeders in the spring to avoid bear conflicts.

Donate blood during holiday season

As more people make travel plans to celebrate with family and friends this year, the American Red Cross asks donors to set aside a time to give blood or platelets for patients waiting for care over the holidays.

Throughout the season, several factors can disrupt the ability of the Red Cross to collect enough blood for patients across the country.

- Travel: According to a recent study, nearly half of Americans plan to travel over the holidays this year, which may negatively impact the blood supply if fewer people come out to donate.

- Seasonal illness: The U.S. is seeing a rise in respiratory illnesses like the flu and RSV, which can decrease the availability of healthy donors.
- Weather: Parts of the country have already seen storms bring several feet of snow this year. Winter weather often leads to hazardous road conditions, canceling blood drives and making it dangerous for donors to venture out to give.

It's important for donors — especially type O blood donors and platelet donors — to give now to ensure hospitals have the blood they need through

the end of the year. Schedule an appointment by using the Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

As a thank-you, all who come to give blood Dec. 16 to Jan. 2 will get a long-sleeved Red Cross T-shirt, while supplies last.

Upcoming blood donation opportunities in Greene County:

- Cairo: Jan. 3, from 1-6 p.m., at Resurrection Lutheran Church, 186 Main St.
- Coxsackie: Dec. 28, from 2:30-7:30 p.m., at Gospel Community Church, 121

Mansion St.

To schedule a donation, download the American Red Cross Blood Donor App, visit RedCrossBlood.org, call 1-800-RED CROSS (1-800-733-2767) or enable the Blood Donor Skill on any Alexa Echo device to make an appointment or for more information.

All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in.

Individuals who are 17 years of age in most states (16 with parental consent where allowed

by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood and platelet donors can save time at their next donation by using RapidPass to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at RedCrossBlood.org/RapidPass or use the Blood Donor App.

State to restrict some neonicotinoid pesticide products

ALBANY — The state Department of Environmental Conservation announced plans to reclassify certain neonicotinoid (neonic) pesticide products as "Restricted Use" effective Jan. 1. Every pesticide product used, distributed, sold or offered for sale in New York must be registered by the DEC. Mainly, pesticides are classified as either general or restricted use pesticides.

Restricted use pesticides can only be used by a private or com-

mercial certified applicator possessing New York state issued certification.

Neonicotinoid pesticides, or "neonics" are neurotoxic insecticides. Neonics affect the nerve cells of insects, often causing paralysis and death of the insect.

Neonics are systemic insecticides, transported by water and absorbed throughout all parts of the plant including roots, foliage and flowers.

Honeybees, butterflies, bee-

bles, birds, and other pollinators are attracted to fruit and flowers. Pollen and nectar are major sources of food for these creatures. Plants and seeds treated with neonicotinoid pesticides have the ability to transport the insecticide to the fruiting and flowering parts of the plant. Insect species come in contact with neonics during foraging and feeding activities.

Pollinators contribute to the sustainability of the environment and play an important role in the

health of the state's economy in agricultural production. As such, DEC and NYS Department of Agriculture and Markets have collaborated to publish the 2020 New York State Pollinator Protection Plan Update as an educational resource base for the public.

Pesticide products containing imidacloprid, acetamiprid, and thiamethoxam that are labeled for foliar, outdoor use, and/or seed treatment will be reclassified as "restricted use" pesticides in New

York state at the start of 2023. This reclassification will ensure proper use by trained, licensed applicators and also require sales and use data of neonics to be annually reported to the DEC.

For more information on the January 2023 reclassification of neonic pesticides, visit DEC's Bureau of Pesticides Management webpage at dec.ny.gov.



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Looking for a summer job in 2023?

The state is hiring park rangers for the summer of 2023.

Apply by Dec. 31 to be considered for outdoor work next summer, with positions available across the state.

Park rangers assist park managers by protecting patrons and park property. Their duties are wide-ranging in scope including patrolling campgrounds, beaches, cabin areas, marinas, trails and park buildings; assisting with camping and boater registration and permits; confirming park entrances and exits are secure; helping with general security services for large events such as concerts, fairs, including monitoring and screening attendees or providing traffic and crowd control; and assisting with traffic management during peak periods.

Park rangers respond to calls for assistance, summon emergency responders as needed and ensure that patrons and property are safe and secure until police arrive. In addition, Rangers would administer basic first aid as trained and assist police with search and rescue efforts and fire prevention and suppression activities.

In addition to their regular duties, park rangers may periodically assist staff at toll booths and



CONTRIBUTED PHOTO

New York state is currently hiring for summer park ranger positions.

perform bank runs and audits. Rangers also assist site staff in maintaining and closing facilities, swim facility safety, and similar.

Park rangers are subject to the provisions of the Security Guard Act of 1993, are unarmed, and have neither peace nor police officer status. Park rangers are generally hired to work from mid-May through Labor Day; some jobs may be extended beyond Labor Day at select locations.

The recruitment process runs from October to December. Inter-

views will be conducted during January and February. Current salary for a park ranger is \$20.56 an hour.

Positions for park rangers exist in all eleven regions of the New York State Park system: Allegany, Central, Finger Lakes, Genesee, Long Island, New York City, Niagara, Palisades, Saratoga, Taconic, and Thousand Islands.

Candidates must:

- Be at least age 18 at time of appointment;

- Have a high school diploma or its equivalent;
- Have a valid driver's license when expected to drive state vehicles;
- Meet certain physical and medical requirements;
- Be of good moral character and successfully complete a background investigation;
- Successfully complete 24 hours of Security Guard training provided by Parks;
- Possess basic computer and smartphone skills; and,

- Have a valid New York state issued ID. Please note: A New York State Driver License meets this requirement. Those with a driver's license issued by another state, or those who do not have a driver's license, are required to have a valid New York state Non-Driver ID to meet the qualifications to apply for a New York State Security Guard License.

Fees apply: Candidates are required to pay for background fingerprinting (\$101.75) and NYS Security Guard License Application Fee (\$36).

All uniforms and equipment are provided and must be returned at the end of the season. Uniforms may only be worn while on duty and any issued equipment can only be used for official state business. Park rangers are expected to present an image consistent with and act in accordance with the mission of the agency.

If you have any questions or would like more information, please call 518-474-5030, email ParkRangerRecruitment@parks.ny.gov or mail NY State Parks, Human Resources/Employment, Albany, New York 12238.

Firearms hunting season open in northern, southern zones



COURTESY OF DEPARTMENT OF ENVIRONMENTAL CONSERVATION

The firearms hunting season is here and the DEC encourages hunters to enjoy making memories afield.

ALBANY — Hunting season, and particularly deer season, evokes many feelings for hunters across New York, according to the state Department of Environmental Conservation.

With the firearms seasons open in both the northern and southern zones, hunters are once again enjoying the beauty of the state's fields and forests, pursuing white-tailed deer.

Deer are by far the most popular game animal in the state, and over 550,000 people buy licenses each year for an opportunity to hunt them. Hunters from all walks of life will be out looking to fill freezers and capture mem-

ories.

Some hunters will be headed to a tent camp in the state's wilderness areas or staying with family in a simple cabin on a few acres in farm country. Some hunters will be trying to get a deer in the few hours they have between work shifts and others will be taking advantage of the precious few weekends during the season. Some hunters will be entering their first deer seasons and others will be living their last.

Irrespective of where you hunt or how you hunt, regardless of whether you hold out for a larger buck or take the first deer you see, it's important to enjoy yourself

and others around you, according to DEC. While the deer may be the main attraction, it's the people and places you experience that create the memories that stick with us.

If you listen to enough "hunting" stories, you'll quickly realize that giant bucks and groaning meat poles are often not the main characters in the tale!

Slow down, be safe, follow established hunting regulations, and be in the moment, according to the DEC. Hunting is more than filling a tag and DEC hopes you have a great season regardless of how you choose to experience it.

Social Security Matters

What are my wife's benefits while I'm living and as my widow?

Dear Rusty:

I will be 70 in January and my wife will be 65 in February, at which time we will both go on Medicare.

I am currently working, and my approximate Social Security benefit will be around \$2,900. My wife was a stay-at-home mom and, therefore, has minimal Social Security benefits on her own. At 65 she is eligible for \$870 and at full retirement age will qualify for \$990.

A few questions: if she starts to draw benefits at 65, what would be her total spousal benefit? If she waited until her full retirement age, what would the amount be? Of greater concern, what would be her survivor benefit given the same criteria as mentioned above.

Signed: Planning Ahead

Dear Planning Ahead: Based on the Social Security amounts in your email, your wife is eligible for a spousal benefit while you are both living.

Her spouse benefit when she claims will consist of her own Social Security retirement benefit plus a spousal boost to bring her payment to her spousal entitlement. Spouse benefits are computed using full retirement age (FRA) benefit amounts, so if your age 70 benefit is "around \$2,900" then your FRA (age 66) benefit amount (known as your "primary insurance amount") should be around \$2,225.

Your wife's base spousal boost would be the difference between her FRA amount and 50% of your FRA amount, so her total benefit, if taken at her full retirement age, would be about \$1,112 (her \$990 plus a \$122 spousal boost). But taken at age 65, both her own benefit and her spousal boost would be reduced. At age 65 your wife's total benefit would be around \$963 (her own \$870 plus a reduced spousal boost of about \$93).

Regarding your wife's survi-

SOCIAL SECURITY MATTERS



RUSSELL GLOOR

vor benefit as your widow, if she has reached her full retirement age (66 years and 8 months), at your death she would get the same amount you were getting when you died—the \$2,900 you will get by claiming at age 70. Your wife's survivor benefit as your widow will replace the smaller spousal amount she was receiving while you were both living. Since your

wife will be already collecting a spousal benefit from you, if she has reached her FRA when you pass your wife will be automatically awarded her survivor benefit at that time.

If she hasn't yet reached her FRA when you pass, the spousal portion of her benefit will stop, but she can request a reduced survivor benefit early. In that case her early survivor benefit will be actuarially reduced by 0.396% for each month before her FRA it is claimed. If you were to die in the month your wife turns 65, her early survivor benefit would be about \$2,668.

One final thought about Medicare: If you continue to work and have "creditable" health care coverage from your employer, you can defer enrolling in Medicare Part B (coverage for outpatient services), thus avoiding the Part B premium, until you stop working. If your wife is covered under your "creditable" employer health care

plan, she can also defer enrolling in Medicare Part B until that coverage ends ("creditable" is a group plan with at least 20 participants). However, enrolling in Medicare Part A (coverage for inpatient hospitalization services), for which there is no premium, is mandatory to collect Social Security after age 65.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisory@amacfoundation.org.

Hinchey bill to protect farmland, food security signed into law



COURTESY OF PEXELS

Legislation penned by state Sen. Michelle Hinchey, D-46, is designed to protect farmers and agriculture.

KINGSTON — State Sen. Michelle Hinchey, D-46, last week announced the signing of her bill (S8889A) to create the Agricultural and Farmland Viability Protection Fund, which will bolster efforts to protect agricultural land from being permanently removed from farming to make way for solar development.

Currently, all solar projects re-

ceiving funding through NYSERDA's NY-Sun incentive program that site projects on active farmland must pay a penalty, which currently goes into the state's General Fund.

The new bill, S8889A-Hinchey, requires that all penalty money collected be deposited instead into the new Agricultural and Farmland Viability Protec-

tion Fund and allocated to state and local farmland protection programs.

"With the climate crisis changing the face of agriculture as we know it and rendering top food producing states, like California, unequipped to respond, New York must act now to protect local farmland and ensure a stable food supply for our region," Hinchey said.

The legislation will benefit local farms while continuing to promote renewable energy goals, the state senator said.

"I thank Gov. [Kathy] Hochul for signing my bill to create the Agricultural and Farmland Viability Protection Fund and look forward to ensuring that we continue to work to create a future centered on locally sourced, healthy food and incentivize smart solar development without eliminating our finite agricultural resources," Hinchey said.

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Arts in Our Schools

EDITOR'S NOTE: This is the launch of a new column for the Greenville Pioneer — a photo gallery of artwork created by students in the Greenville Central School District. We hope you enjoy it.



IB Year One, watercolor. Artist: Avonlea P.



Drawing & Painting, oil pastels. Artist: Jillian A.



IB Year One, acrylic painting, watercolor, collage. Artist: JoHanna C.



IB Year One, acrylic painting and oil pastels. Artist: Kimber M.



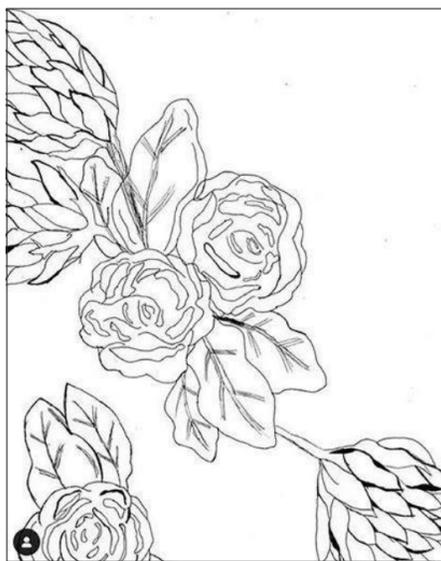
IB Year One, oil pastels. Artist: Jillian A.



IB Year One, acrylic paint. Artist: Mikaela C.



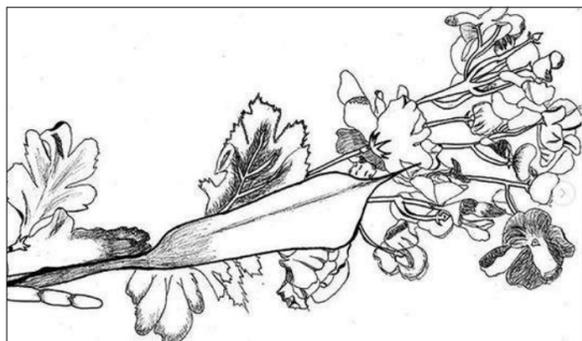
Photography, digital photo. Artist: Unknown student.



Drawing & Painting, micron pens. Artist: Kaylee L.



Drawing & Painting, micron pens. Artists: Koda L. and Claire L.



Drawing & Painting, micron pens. Artists: Lily M. and Natalie G.

Be A Better Gardener

Going Dutch? A look at a very different relationship with nature

By Thomas Christopher
For Capital Region Independent Media

When American gardeners like me look abroad for inspiration, we typically turn to England. Recently, though, I was put in touch with a very different scene by garden design transplant, Carrie Preston.

Twenty-some years ago, as a newly minted graduate of Delaware Valley College with a degree in Horticulture and Sustainable Agriculture, Carrie's wandering feet took her around the world and eventually to the Netherlands, the heart of the European nursery industry.

What she discovered there was far more than fields of daffodils and tulips. She found a vibrant and progressive garden design tradition that was actively exploring new ways to connect people with nature.

Carrie settled in to learn, and she spent the next two decades in the Netherlands, eventually starting what became an influential and popular garden design firm of her own, Studio Toop.

Foundational to contemporary Dutch garden design is the heritage of the Bauhaus, a German architectural school of the early 20th century. Its bold, simple and functional style was brought back to the Netherlands by Mien Ruys, a pioneering female landscape architect who was a central figure in Dutch garden design from the 1920s until her death in 1999.

Ruys' innovation was to marry a Bauhaus layout with a lush, naturalistic planting. Her display of 30 model gardens, "Tuinen Mien Ruys" in Dedemsvaart, remains a place of pilgrimage.

A key to understanding contemporary Dutch garden design is the fact that, according to Carrie Preston, the Netherlands is the most densely populated nation in the world after Bangladesh. Accordingly, gardens are very compact; Carrie Preston says the average Dutch garden extends over just

60 square meters, less than 700 square feet. In such a setting, nature becomes very precious.

What defines nature, though, is different than in the United States. Carrie reminded me of an old saying that "God made the world, but the Dutch made Holland." That is, most of the present-day Netherlands is land reclaimed from the sea or marshes.

Added to that is that even what was originally dry land has been shaped by millennia of grazing and cultivation. There are not the wilderness remnants characteristic of the United States. Nor is there anything like our aspiration to restore ecosystems to the state they enjoyed before human intervention.

Add to that, Carrie said, the fact that summers in the Netherlands have recently been much hotter and drier.

She and her Dutch peers, Carrie noted, are enthusiastic about planting species native to the region, to bolster populations of insects and birds. However, they are not averse to including non-native plants that serve the human need for beauty or practical purposes if they are compatible with the site and with ecological functioning.

As the climate has changed, Dutch designers are also drawing on plants from warmer, more arid regions, which are likely to grow better in the future.

The Dutch relationship to nature is enthusiastic. Carrie spoke of a 22-square-mile tract of land that was set aside from land reclaimed in the 1950s and 1960s. A huge expanse for this land-poor country, this became a haven for a rich bird population.

To keep the land open, grazing animals equipped to the wild species that inhabited the Netherlands in ancient times were introduced. Wild ponies, red deer and cattle roam free. Managing this landscape is still a work in progress, but it is significant in that it represents an attempt to create a



COURTESY OF DARIA FROM TASKARMY.NL

The Netherlands is not just the land of tulips, it's also the land that has much to teach about sustainability.

functioning ecosystem in the midst of humanity and does support much self-introduced wildlife and biodiversity.

As the world grows increasingly urban, and climate change and human activities disturb even undeveloped lands, Carrie suggests, the Dutch model may have more relevance in many situations than our American longing for restored wilderness.

"This idea that you can create biodiversity, and that you can create nature, is very much a Dutch sensibility, and I think this is what the Dutch can offer the world as we move forward with climate change ... as climate changes quickly and we have to adapt, we need to garden," she said.

Meanwhile Carrie is, after 24 years in the Netherlands, relocating to the Pyrenees, the mountain range that straddles the French and Spanish border. She wants space for a garden of her own, and also to apply her skills to larger tracts, but still with an emphasis on human and natural integration through thoughtful, strategic management.

To listen to more about Dutch gardens

with Carrie Preston, log onto the "Growing Greener" podcast on the Berkshire Botanical Garden website at berkshirebotanical.org.

Be-a-Better-Gardener is a community service of Berkshire Botanical Garden, located in Stockbridge, Massachusetts. Its mission, to provide knowledge of gardening and the environment through a diverse range of classes and programs, informs and inspires thousands of students and visitors each year. Thomas Christopher is a volunteer at Berkshire Botanical Garden and is the author or co-author of more than a dozen books, including *Nature into Art* and *The Gardens of Wave Hill* (Timber Press, 2019). He is the 2021 Garden Club of America's National Medalist for Literature, a distinction reserved to recognize those who have left a profound and lasting impact on issues that are most important to the GCA. Christopher's companion broadcast to this column, *Growing Greener*, streams on WESUFM.org, Pacifica Radio and NPR and is available at berkshirebotanical.org/growinggreener.

GARDENING TIPS

BY BOB BEYFUSS 

In my recent column I wrote about some of the disasters I had with my 2022 vegetable garden, mostly due to my own fault, but some also due to the unprecedented hot and dry weather parts of our region experienced.

I forgot to mention another blunder, which was hooking up a soaker hose to my 250-gallon rainwater storage tank and then forgetting to close the valve overnight. Soaker hoses are great tools to apply water slowly over a period of hours, but leaving them on for 24 hours or so is not a good idea. In my case I lost most of my stored rainwater before I realized I had left it running!

On the plus side, my 20-year-old asparagus patch of “Jersey Knight” once again performed beautifully and I feasted on fresh asparagus from early May until the Fourth of July. The flavor is excellent, and this variety is resistant to rust, crown rot and fusarium. It also performs well in my heavy, clay soil.

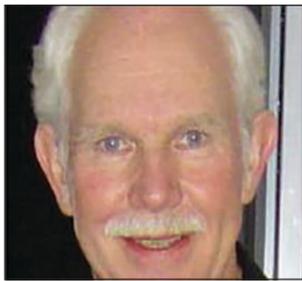
This is an all-male variety that does not produce any female spears, which can be distin-

guished from the male shoots by the round, red berries the females produce. The advantage of this trait is that the plant does not expend any stored energy trying to ripen seed. The downside is that no new seedlings are produced, so no replacement plants can be established.

I use table salt to reduce weeds, which may also help prevent crown rot, since asparagus is remarkably tolerant of salt while many annual weeds are not! Only well-established beds, at least three years old, should be “salted” at a rate of about 2 pounds of rock salt per 100 square feet. I apply it in late spring, as many annual weeds are germinating.

Backyard asparagus is pretty much pest-free, except for occasionally being damaged by Japanese beetles and asparagus beetles, which are easily controlled by spraying an insecticide after the harvest season, or hand picking them as you are harvesting early in the season. My local deer seem to ignore them and even chipmunks, rabbits and woodchucks usually avoid them.

The good news!



Here are some tips for growing asparagus. First, allow no weeds to compete. This is accomplished by diligent hand weeding early in the season, salting and applying a heavy mulch over the winter. My preferred winter mulch is sugar maple leaves, which are often available free at curbsides where many people bag them up for pick up by the town or village. I hope to go leaf stealing this weekend if I get the chance.

Avoid using oak or beech leaves, as they tend to mat and do not break down as sugar maple leaves do. I will use as much as a 10-inch layer of sugar maple leaves now, which breaks down

to 3 inches or so by next summer. Asparagus is also a pretty heavy feeder, so I added a 50-pound bag of rabbit manure to the bed last week.

I tried a new onion variety this year called “Candy,” which also suffered from the drought, as well very uneven growth. I got some really large onions, but most were stunted and small. Next year I will go back to “Sweet Sandwich.” My leeks did well and they are the only remaining crop left to harvest, as I finish cleaning up my garden.

On June 3, I planted seven seeds each, of four different bush-bean varieties: Roma (a flat podded, Italian variety), Golden Butterwax (yellow pods), Royal Burgundy (purple pods) and Earli-Blue (green pods). All performed very well and matured within a few days of each other, with the best-tasting, in my opinion, being Golden Butterwax. This yellow variety is also the earliest and most prolific, followed by Royal Burgundy. I did not care as much for Roma or the green variety.

One 10-foot row of beans produces far more than I can eat! My “Detroit Dark Red” beets and multicolored (rainbow) carrots, also planted on June 3, also did pretty well, despite the drought.

Finally, I must thank my friends and especially my neighbor, Sally, who gave me some very late transplants of winter squash that did reasonably well. I will be bringing some butternut and spaghetti squash with me to Florida!

Sally gave me an “heirloom” (unnamed) paste-type tomato that, despite being transplanted in late July, produced an excellent crop of the largest, meatiest canning-type tomatoes I have ever seen! I harvested more than a dozen hard, very green fruit in early October. I put them in a paper bag with an apple and within three days, these green tomatoes turned red and they tasted wonderful!

I will save seed from one of these fruit for next year’s garden!

WHITTLING AWAY by Dick Brooks

Dear Santa,

It’s almost December, time to write to you, so here I am again.

I hope after all these years, you’re not tired of reading my letters. I don’t write many letters, in fact this is the only one I’ve written this year but you’re one of my oldest friends and I like keeping in touch.

How’s Mrs. C and the elves? All happy, healthy and busy, I hope. How has your health been? Aging isn’t quite as much fun as I thought it was going to be and health issues become more important. You, being a few hundred years older than me, I was just wondering if the cold climate you live in was giving you the same kind of aches and creaking joints that the oncoming winter weather

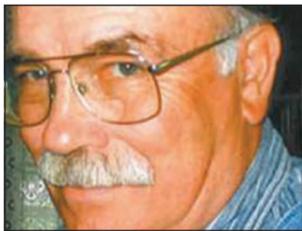
gifts me with frequently.

Stay warm and get your flu shot, I worry about you.

I’d like to apologize for all the “Gimme” letters I wrote you in my younger years and I’d like to sincerely thank you for all the gifts you’ve brought me over the span of time you’ve made your yearly visits to my house.

The years have given me the wisdom to see that those gifts have nothing to do with the presents you left under the tree. It’s funny, I can’t even remember most of the presents but the memories you left are some of my most prized possessions. I frequently flip through my mental card file under “Christmas” and pause to revisit the wonderful, wondrous Christmases of my

Old friend



childhood and the early morning air once again fills with wrapping paper as my brothers, my sister and I attack the present pile under the tree while our exhausted parents sipped much-needed coffee on the couch.

A flip forward and I’m the one with the coffee, sitting next to my wife, listening to the sounds of pleasure and surprise. Treasures don’t have to be gold and jewels.

This has been a hard year for this old dirt ball we live on. Our family is doing well, our children are on their own and we’re so proud of them and their accomplishments. Our parents share the holiday in our memories and my beautiful Queen remains my best friend, so all is well with us.

We can handle Christmas on our own this year if you need to spend more time with the folks who need you. What with hurricanes, earthquakes and wars, there are so many people who need your attention and help more than we do that we’d understand if you didn’t make it to our house.

It would be nice if after your busy season is over, you’d stop by for a visit, though. Bring your wife and some of the elves, if

you’d like. I just know our wives would hit it off, they could gather at the piano with the elves and sing Christmas songs and maybe talk my daughter into doing a solo for us. You and I would sit listening on the couch with an adult beverage and talk about old times. I’d really like that!

Well, I’ve taken up enough of your time. There are so many small ones out there that really need a present this year that I’ll let you get back to work.

Thank you once again, Old Friend, and I’ll write again next year.

I love you,
Dick

Reach columnist Dick Brooks at whittle12124@yahoo.com.

Grandma Mackey’s Diary

1951 life in Medusa

Transcribed from her diary
by Kathy Saurer Osborne

1951

Sunday, Dec. 2:

Fair and warm. Gene and I went to church. Chuck came and he and Joyce went on to Eufemia’s. Had dinner and Mr. and Mrs. Ernest Millett called. Chuck came and went back.

Monday, Dec. 3:

A fine day. Joyce and I had breakfast. I took her to Greenville. Took Gertrude to Lewis and left for Albany 8:40. We got there about 9:40 and I hurried to the court house. Got discharged right away. Shopped and had dinner at O’Connors. Good! Finished shopping and came home. Stopped at Delite’s a little while. Harold and Theresa brought Gertrude home about 7:30. Don stayed at Greenville and fixed his car lights. HB, CT

Tuesday, Dec. 4:

Fair. Did some ironing and hand washing and ironing. Crocheted, etc. Don, Gertrude and Adrienne went for the new television stand. It’s much better than the marble top table.

Wednesday, Dec. 5:

Fair. Did everyday work. Lite, Philip and JoAnn came in their new Chev. truck. We had a visit. She brought me eggs. Gertrude went to the L.A.S. and the Stanley brush party. Went with Addie to the oyster supper at Potter Hollow Grange. Nice supper, nice time, saw Kelly.

Thursday, Dec. 6:

Cloudy. Cleaned bedrooms and dusted and oil-mopped congoleum.

Friday, Dec. 7:

Fair. Cleaned and dusted living rooms. Crocheted, etc. Joyce came with Don. Expects Chuck Sunday A.M.

Saturday, Dec. 8:

Fair. Made two pies. Joyce at Gene’s when Chuck came. He tried to surprise her. They went to the movies. Adele to roller skating. Addie and I to Grace Hunt’s for the card party. I got booby again and Addie first. Joyce and Chuck are here tonight.

Sunday, Dec. 9:

Rain. Chuck and Joyce went to church. I stayed home. Addie came over and we called on Mr. and Mrs. Rarick. On to “Red’s” for supper. Chuck and Joyce here in evening.

Monday, Dec. 10:

Fair. Took Joyce to Greenville. Hung out wash. Mr. Fingerle came and is doing the bathroom floor.

Tuesday, Dec. 11:

Cloudy. Did the ironing, aired the clothes and put them away. Put a hem in Adrienne’s skirt.

Adrienne, Don and Gertrude have gone to Tony Werner’s for the new television stand. Finished the lace edge on a handkerchief. December 11 Carl came home! Ironed and did everyday work. Went with Ada and Ivan to Carol Sing at Cornwallville Methodist Church. Nice time.

Wednesday, Dec. 12:

Rainy. Did everyday work. Crocheted, etc. Got meals and helped Gertrude where she wanted to go. She went with Louise to the Ladies Auxiliary and the Stanley party. Tiny and I finally got officers for the Ladies Auxiliary. It was a hard time finding them. Washed windows. Saw Carl. Joyce is coming home with Chuck tonight.

Thursday, Dec. 13:

Cloudy. Cleaned bedrooms and did everyday work. Adrienne goes babysitting at Bates’ tonight. Chuck stayed here and then he and Joyce went over there for the

day. Came back about 6 and is going to stay tonight.

Friday, Dec. 14:

Cloudy, snow. Cleaned living rooms. Joyce and Chuck were going to Albany but his father wanted him to take the convertible to be fixed so Joyce came back here. Washed and did some pressing, etc. He and Joyce have gone to the B.B. game. Quite a lot of snow. The plow is out tonight. Adrienne and Adele have gone to the B.B. game, too. We have our Christmas shopping nearly finished. JoAnn has been sick but is better. Delite called this A.M. Glands!

Saturday, Dec. 15:

Fair and cold. Don and family went to Catskill and Joyce and Chuck to Albany, and I stayed at Delite’s. Had a good visit. Joyce and Chuck got their shopping done. They have gone to the movies tonight. Stubby in watching wrestling.

Positively Speaking

By Toby Moore

For Capital Region Independent Media

It’s a hard lesson to learn, but not everyone you encounter in life will be for you. You’ll meet people who will never see eye to eye with you. They could be family members, co-workers or business partners.

It’s fantastic when you have a relationship with someone who believes in you, compliments you, and sees the good in everything you do. It’s good to be validated, and it’s good to be around people who cheer you on, see your vision, and believe in what you’re trying to accomplish.

It’s a good thing to have these people in your life; after all, I’d never suggest that you spend your time with someone who brings you down, doesn’t value you, and enjoys seeing you fail.

Sometimes, when we sur-

round ourselves with people who love us, it’s hard to understand or accept a situation where someone is the opposite — they don’t like you, don’t believe in your vision, and can’t see the good in what you’re doing. No matter what you do, it seems to be wrong.

When I encountered a person who didn’t seem to like me in my younger years, I’d go out of my way to please them and win them over. I’d talk endlessly with other friends to try and understand the situation. It brought me down, made me feel like something was wrong with me, and gave me a feeling of low self-worth.

Although being around people who aren’t for you is terrible, it can also be a valuable learning experience. When we are only around people who compliment and comfort us, it’s easy to gain a dependence upon people to make us feel good.

We can become dependent, almost addicted to the compliments of others, just like a drug.

I know I used to be like this. If I went a day or two without someone telling me how great I was, I’d wonder if I did something wrong. I especially had this problem as a young actor. If a few people didn’t tell me that my performance was terrific after a show or a film, I would feel low, as if I had no talent.

It was also hard to learn that constructive criticism wasn’t a put-down and that it was good to receive honest criticism.

If you’re this person, you should know that your value doesn’t come from how others think and speak about you.

The fact is, people can let us down, even friends and family. They don’t have the superhuman ability to always be there for you and keep you in a happy state of

mind 24 hours a day, seven days a week. When you depend on people to give you your self-worth, eventually you’ll be let down.

It’s good to have friends who support you, but it isn’t their job to always keep you in a happy, healthy state of mind. The responsibility ultimately falls on you. Learning self-sufficiency and how to have self-confidence are one of the best things you can do for yourself and your loved ones.

I read a quote today, I don’t know who said it: “Not everyone is going to like you, no matter how hard you try, so don’t waste your energy trying to please everyone; instead, focus on being your true, authentic self.”

If someone doesn’t like you and tries to make you feel bad, that doesn’t mean your life has no purpose, or you won’t fulfill your destiny. Your life purpose does

not depend on how others think and feel about you. Your real self-worth comes from a higher place and your thoughts and feelings about yourself.

Take the responsibility you may have put on others to make you feel good and put it on yourself. If someone doesn’t praise you, you can praise yourself. Next time someone says or does something that makes you feel bad, you can say, “it doesn’t matter what they think about me; I know I’m valuable and have a purpose in this life, and I will accomplish it no matter what they say.”

When you learn to take responsibility for your feelings, people will probably begin to like you more!

Toby Moore is a columnist, the star of the Emmy-nominated “A Separate Peace,” and the CEO of Cubestream Inc.

Self-confidence

Fitness Concepts

Ditch those extra pounds

Sometimes weight gain can be explained by stress, lack of exercise, changes in eating habits and increased alcohol consumption, particularly during the highly stressful couple of years during the pandemic.

However, there are some less obvious underlying issues such as chronic inflammation, stress, hypothyroidism and lack of sleep that may be responsible for the extra weight gain. This post will address some of the unintentional factors that might be at the root of the problem.

The first one is chronic inflammation. Chronic inflammation interferes with your brain's response to the satiety hormone leptin. If your brain doesn't re-

ceive this signal that you've had enough to eat, you keep eating. However, by making some key changes in your diet you can reduce inflammation in your body, lose weight and lower your risk of developing degenerative diseases.

Reducing inflammation begins by eliminating your intake of processed foods, fried foods, refined carbohydrates and sugar. However, by following a high fat/low carb diet not only reduces inflammation and cravings, it also improves fat burning and even has many anti-aging properties, too!

Another commonly misdiagnosed condition affecting mostly women is hypothyroidism. Pro-



CONCEPTS IN FITNESS
MARY SCHOEPE
duced by the thyroid gland, the hormones T-3 and T-4 have an enormous impact on your health, affecting all aspects of your me-

tabolism and other vital functions such as body temperature and heart rate.

When your thyroid gland fails to produce enough of these hormones, the result is a slow metabolism and fat storage. Symptoms related to an underactive thyroid include fatigue, sensitivity to cold, constipation, dry skin or joint pain. If you suspect you have an underactive thyroid, ask your doctor to run a complete thyroid panel to get a proper diagnosis.

In times like these it seems that everyone experiences some sort of stress in their lives. And when you are stressed, the fat-storing hormone cortisol is released, resulting in increased cravings and

appetite. Researchers found that on average, women who reported one or more stressors burned 104 fewer calories than non-stressed women. This could result in an 11-pound weight gain in one year. Stressed women also had higher levels of the fat-storing hormone insulin, resulting in unintentional weight gain.

When you're stressed out, incorporating healthy lifestyle habits such as practicing mindful eating, incorporating stress-reducing strategies and exercise can help break the cycle.

When you're empowered with the right information, you can become your own personal health detective and say goodbye to weight gain for good.

Living On Purpose

Man shall not live by bread alone

By Dr. Billy Holland

For Capital Region Independent Media

One of the popular topics that readers contact me about are concerns associated with food shortages and higher costs.

I realize no one has a crystal ball to see into the future, but we have plenty of websites that are encouraging everyone to stockpile food and water. The prepping movement has been warning the public for years to prepare for such a crisis and of course, many have created profitable businesses by selling everything a person would need if something like this were to happen.

I'm sure many of you are like us that have friends and family members who have food and water reserves, and my wife and I believe it's wise to have some extra provisions in case of an emergency.

The price of food and fuel are high, and many families are feeling even more financial stress.

I'm involved with a weekly food distribution ministry in my hometown where we receive food from area grocery stores and a local co-op three times a week, then we give it out to homeless shelters, the elderly, and those in need. Our team has a burden to make sure everyone in our community can at least have something good to eat.

It's one thing to tell someone to be blessed and something else to activate our faith and make sure they have the provisions they need. Jesus said in Matthew 25 that when you give to the needy, you have given to Him.

We know that political wars and sanctions can disrupt food chains as weather, plant diseases, fuel and fertilizer costs, and pestilences can also contribute to shortages. By the way, I've often wondered why governments pay farmers not to grow their crops.

We read in Matthew 24:6 about the scarcity of food: "For nation will rise against nation,

and kingdom against kingdom, and there will be famines and earthquakes in various places."

And Revelation chapter 6 talks about a quart of wheat costing a day's wage and implies there will be a time when war and famine will give way to inflation due to supply and demand.

For those who love God, we know we can trust Him in the difficult times and that He hears our prayers and will provide for our needs. Paul related in Philippians chapter 4 about maintaining contentment and being at peace with God in times of need or prosperity.

There is an amazing story found in I Kings chapter 17 where God intervened for the prophet Elijah and miraculously provided food and water. The Lord commanded ravens to bring him meat and bread twice each day and supplied him with fresh water from a brook called Cherith. When fear surrounds us and

life feels uncertain, it's easy to doubt that our creator is really with us, but the same God who is with us during good times is the same God who is with us during times of uncertainty. This example should encourage us to know that He is always watching over us and desires to take care of us like we take care of our own children.

In closing, may we remember that famines and food shortages are not only about empty shelves at our local market, but there is also a spiritual famine happening today with God's word and it will only become worse.

Most people are not really interested in having their conscience being convicted of sin but believe there is no such thing as a universal standard of divine truth. Even many religious individuals would rather listen to inspirational messages that compromise and justify living however they want.

Things that are socially ac-

cepted today would have been an outrage in the Christian world just 50 years ago. Instead of God's followers taking a stand and defending His foundational realities, the majority now makes excuses and negotiates to make everyone happy.

II Timothy chapter 4 warned us this would happen, and it has. John 6:33-35 Jesus says: "For the bread of God is he which comes down from heaven, and gives life unto the world. Then said they unto him, Lord, evermore give us this bread. And Jesus said unto them, I am the bread of life: he that comes to me shall never hunger; and he that believes on me shall never thirst."

And in Matthew 4:4: "But he answered, it is written, man shall not live by bread alone, but by every word that comes from the mouth of God."

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Christmases Past in Oak Hill & Vicinity



CONTRIBUTED PHOTO

Durham Methodist Church will host a Christmas Eve service this year at 7 p.m.

By Mary Lou Nahas

For Capital Region Independent Media

In December I always like to look back on Christmas in Oak Hill and Vicinity. I've never found any information on how the DeWitts, who came from Ulster County around the time of the Revolution, or the settlers from Connecticut on Meeting House Hill celebrated Christmas. If anyone has references to share, please let me know.

Fortunately, there is information in old store ledgers and diaries to give us information from other years. And even the memories of people my age can continue the story.

On Christmas Day 1867, Alfred Tripp's store in Oak Hill did a rather brisk business. George L. Boughton purchased a vest pattern and trimmings for \$2.16. William Paddock's wife Norma bought a book for 18 cents. Ira Thorp treated himself to a pound of tobacco for 15 cents. Warren DeWitt bought one white chamber for 62 cents and a half pound of candles for nine cents. M.B. Mattice, the lawyer, had Charley pick up one-half gallon of molasses for 40 cents, one lamp tube for nine cents and one lamp wick for two cents.

Israel Dewitt got a gallon of molasses (80 cents), 3 pounds of coffee sugar (51 cents), and one ball of cotton (15 cents). Abram Plank bought a butter firkin for \$1.63 and 2 ¼ pounds of butter for 49 cents. Ransom Slocum sold \$1 worth of butter to pay toward his store balance and purchased 18 yards of calico for \$2.88 and one spool of thread for eight cents.

William Alger got 12 ½ pounds of flour and some salt; Hiram Alger's wife picked up 12 gallons of molasses, one pound of raisins, and 1 ounce of cinnamon. Walter Cheritree's wife bought salt, 1 ounce of nutmeg; 2 pounds of sugar and one bottle of lemon extract (24 cents).

What they did with their Christmas purchases and how they spent the rest of the day, you can decide.

On Christmas 1886, Hallenbeck-Ford (Fords' Store of that time) was open for business. Their ledger shows that Calvin Orr bought \$ 2.38 worth of holiday goods. I wish they had told us what the holiday goods were. Stewart Hough also spent \$1.15 on holiday goods when he paid by cash his \$10 bill.

The rest of the day's business seemed to have little to do with Christmas. Will Olmstead purchased one handkerchief 85 cents; W.B. Mackey one book for 75 cents, an album for 50 cents. Joe Chittenden spent \$1 on C-slip (not sure what that was or if I just can't read the handwriting in the ledger). Orson Winans settled his bill by cash, \$4. S. Osborn purchased a dish pan for 35 cents. Mrs. B.O. Graham got coal hod for five cents, C O Shutts—one pair rubber for \$2.75. R E. Moss purchased an assortment of dishes: pin 75c, 4 vases and two plates 60c, 2 c and s 50, vase 20, cup 25 c. Lovina Hollenbeck got one lamp for \$2.50 and Mrs. L.J. White a lamp chimney for nine cents.

Ford and Hallenbeck appear to have been closed on Christmas 1887. There are entries in the ledger for Dec. 24 and Dec. 26, but none for Dec. 25, 1887.

Hulda Bates from Bates Hollow, grandmother of Linda Mormile, wrote in her diary about 1900 that on Dec. 22 she "went to the Christmas tree and had a nice time." The young man she would later marry walked her home from the Christmas tree. On Christmas Day her diary entry was: "Helped with work — not much of any account."

Edward Lounsbury, who lived with his daughter Anna and her

husband Floyd somewhere near Oak Hill, wrote on Friday, Dec. 23, 1910: "Floyd and Anna went to Oak Hill and got some Xmas presents. Saturday, Dec. 24: "Going up to Cousin Omar's to hold Xmas. Had a good visit."

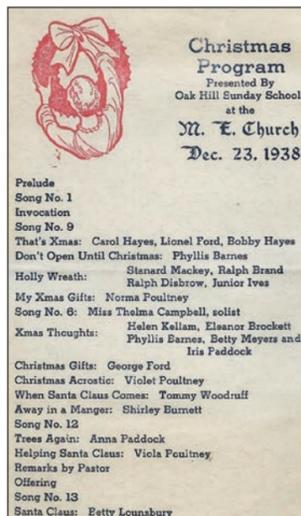
Norma Fleischer has shared a story describing a Christmas in Potter Hollow and Manokill in 1921: "It had been decided that I could miss a few days of school and go help my Grandparents prepare for Christmas. When you are six years old getting ready for Christmas is almost as exciting as the day itself." She tells how her grandmother said, "Tomorrow we will make cookies and popcorn balls." She went with her grandfather to select and cut the tree, which they brought home on a bobsled and stored in the woodshed overnight before decorating it the next day. In the evening they made popcorn balls of molasses, butter and a little maple syrup, and strung popcorn and cranberries together to make a rope of red and white to decorate the tree.

By the 1930s, the Sunday School programs at churches were community events. On Dec. 23, 1937, the Oak Hill Methodist Church Sunday School presented a long and elaborate program. The choir sang and the pastor gave the invocation. Then Ralph Brand recited "Christmas Wishes"; George Ford, "A Secret"; Junior Ives, "A Present to Bossy Cow;" Edward Vedder did



CONTRIBUTED PHOTO

Carolers gathered in East Durham in past years.



LEFT: Christmas programs at the Oak Hill Methodist Church involved the whole community. Programs were printed by Ratch's Rural Pressed and saved in scrapbooks. RIGHT: The Bates Christmas Service featured folks of all ages and even a dog!



CONTRIBUTED PHOTO

"A Christmas Welcome. Betty Lounsbury and Peter Lounsbury did recitations. Lionel Ford did A Surprise for Santa"; Carol Hayes, "Will Xmas Never Come."

Stannard Mackey recited "The Best Place"; Ralph Disbrow, "Pussy's Appetite"; Shirley Burnett, "Christmas Happiness." Thomas Woodruff presented "What I'd Do"; Phyllis Barnes did "East and West"; Violet and Viola Poultney told "What the Stars Say"; and Norma Poultney did "The Story Best of All." In addition, there were two plays, a distribution of presents, and several songs.

By Dec. 24, 1961, the Oak Hill Methodist Christmas Party for the church school was held in the church at 4 p.m.

"Santa Claus will join us at the party. We hope that all of the parents will come and bring their children," announced the bulletin.

The church also held a candlelight service on Christmas Eve.

Bob Boellner, who lived in Oak Hill as a boy, said his best Christmas gift was a transistor radio. Anna Hamm remembered a toy stove as her best gift. Mary Rose Johnson said the "best present we ever got, as far as I'm concerned, was a pony my dad got us and had to hide it at Cochran's farm until Christmas!" Mary Rose also remembers singing Christmas carols at the nursing home.

Ryan Frank, who "grew up in the hills of Cornwallville," remembers watching "It's A

Wonderful Life" on VHS every Christmas Day when "my daddy got home from work. Looking back, it all seems so wonderful. I'm very thankful that I've had so many fantastic Christmases in the hills, and so many lovely people to spend them with."

Earlier in December this year there was Christmas in Durham sponsored by the Durham Task Force with cookies and hot chocolate, Santa and gifts. At a service in the Bates church there were many songs, children portraying the Christmas story, and Santa. There will be a Christmas Eve service at 7 p.m. at the Durham-Oak Hill United Methodist Church, Routes 145 and 22, to which all are invited to attend.

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I wanted to thank everyone within the Ravena / Coeymans / Selkirk communities for their continued support over the last year. It has been difficult at times but we have managed to get through it and provide a helpful community service. We are back to regular business hours Mon - Fri 10am - 5pm / Sat 10am - 3pm / Closed on Sundays

Currently, with the volume of bottles and cans we are only taking drop offs - bring in your empties, place them in a designated area, we take your name and then give you the earliest time frame to come back or any time thereafter to collect your money. Since opening in July 2018, we have helped raise approximately \$52,500, which is almost 924,000 bottles/cans for 50 different organizations which anyone can donate to.

We look forward to servicing the community in the future. If you have any questions regarding operation, donations or fundraisers please reach out....

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CAPITAL, from page 1

asbestos abatement in the band classroom. Exterior masonry work and roof repairs are also components of the project.

The \$14,480,000 project budget includes \$11,908,904 for work planned at the elementary school, and \$2,571,096 at the middle/high school. Alternate "wish list" items that will be done if there is money

left over come to \$1,437,546.

To pay for the project, \$2,600,500 would come from the district's capital reserves, and \$11,879,500 through a bond. The bond payments would be covered by state aid, according to Chris DeCarlo of Bernard P. Donegan Inc., the district's bond consultant, who provided financial information during one of two public question-and-answer sessions the district held prior to the vote.

PEARL, from page 1

dear to my heart."

Three scouts from the Boy Scout Troop 42 Color Guard carried in the U.S. flag at the start of the ceremony, followed by the benediction from the Rev. Jerry Adinolfi.

"We gather together this evening some 81 years after the horrific surprise attack upon the United States naval base at Pearl Harbor, Hawaii, to remember the heroic lives of those 2,403 military and civilian personnel who were killed on that fateful day of Dec. 7," Adinolfi said. "Indeed, this was promptly labeled by President [Franklin] Roosevelt a day of infamy."

Each year, services are held around the nation remembering the day and honoring those who were lost.

"Most of the time when we think of Hawaii, we think of sandy beaches and palm trees and resorts, but on Dec. 7, we as a nation think back to a Sunday morning 81 years ago and remember what was happening on that island paradise," Wilcox said. "Americans were dying as planes of Japanese rained down death and destruction on them."

The attack led America into the war and united the nation, Wilcox said.

"Yes, the Japanese had struck a mighty blow to America, but in doing so had

brought the country together as never before," Wilcox said. "The sleeping giant was awakened and about to start on a path that would eventually see Japan brought to her knees for this act of aggression."

Boy Scout Troop 42 Scoutmaster Colin Tumey said the troop has been participating in the annual ceremony for a long time. American Legion Post 291 has been the sponsoring organization for the troop for 70 years.

"We work closely with the Legion as our sponsors and we have been coming here to do this for many years," Tumey said. "Every year they ask some of our boys to come and we are honored to do it. It's very nice working with the Legion members and I think it's good for the boys to remember a little bit of our history."

For Albin, keeping the memories of the loss and sacrifice alive is key.

"I want people to know this shouldn't be forgotten. There are kids today in school that don't even remember 9/11, so we need to educate the youth and let them know about this day," Albin said.

Those who died and were injured in the attack, and those that followed, should be honored for their service, according to Wilcox.

"They all should be remembered as heroes," he said.

The district appreciates the community's approval of the project, Bennett said.

"This vote comes after a long history of capital project approvals in the district," Bennett said. "We truly appreciate the trust our school community has in our team. Now that the voters have approved the project, the work is just beginning. We will continue to keep the community apprised of the status of this project on our school website."

With the project now approved by voters, the plans will next be finalized and submitted to the State Education Department for their approval. Work is expected to begin in May 2024 and is scheduled to be completed in November 2025.

For more information on the project and to view high-resolution renderings of the plans, visit www.greenvillesd.org/page/capital-project-2022.

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K&J: Our names are Karen Neville and Joe Frechette, and we are a family owned full service florist, plant shop and gift shop located at 276 CR 405! We are full service which means that we do everything from your everyday bouquets/arrangements to your events and sympathy arrangements. We offer exotic snacks, imported from several other countries that have been a hit! Several different hand made gifts, gift baskets, local honey and beeswax soap and lip/body balm, high quality CBD products, local art, gift cards, pokemon cards, sports cards, records, home decor, plant gardens, ferns, goldfish plants, pothos, ivy and more.

We do offer delivery, and plan to host



painting nights and craft events! We are trying to work with as many local vendors as possible for some of our "stuff", and pride ourselves on reusing/repurposing as much as possible!

Tricia: When and why did you decide to start this business venture?

K&J: Both of us became burnt out with our careers, we love flowers and houseplants, and we wanted to go into business for ourselves and provide our community with a local place to get the freshest flowers. We also decided to start the paint nights and special events to bring a few things to the area that we thought were missing.

Tricia: What are some things you're excited about offering?

K&J: Besides the exotic snacks (which is a super cool thing that people can't get anywhere else around here), we have a local artist and we plan to host some really fun events like paint nights for adults where people can get together and have some fun with their friends and be guided through some simple painting techniques, and go home with a one of a kind piece of art that they create! We are also planning some paint and snack events more geared towards kids and family as well. We are also working on some crafting nights, bouquet design classes, and more!

Tricia: Are you on social media? How can we find you?

K&J: We are on Facebook, Instagram, and tik tok, and can be contacted via our business email or phone (518-291-6565).

Keep an eye on our website and facebook page for upcoming bouquet design classes, wreath making classes, and more painting events!

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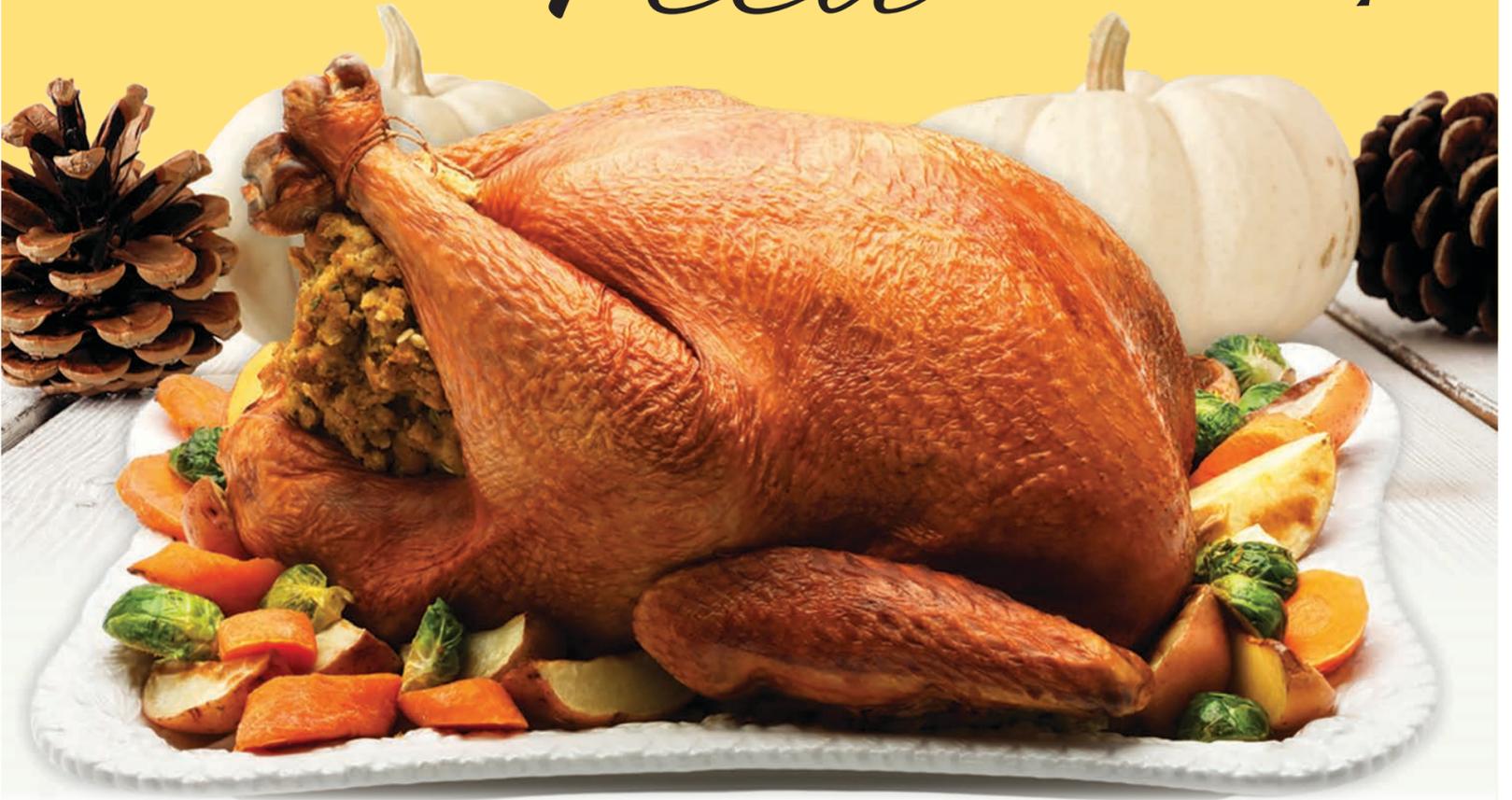
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