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LARGEST PAID CIRCULATED NEWSPAPER IN GREENE COUNTY

Beauty's journey home

See page A4



Community Partners working to restore historic Prevost Hall



FILE PHOTO

Prevost Hall, used as a church until the 1990s, is undergoing a restoration project, with the leaky roof next on the agenda.

By Melanie Lekocevic

Capital Region Independent Media

GREENVILLE — Community Partners of Greenville is working on an ongoing initiative to restore historic Prevost Hall to its former glory.

The current project is to repair the leaky portions of the roof.

“We are getting estimates for repairing the roofing systems on the bell tower and then we will

be going out to bid for the entire roof project, but the bell tower is what has the leaks,” said Bill Von Atzingen, president of Community Partners of Greenville.

Von Atzingen told the Greenville Town Council at its Jan. 16 meeting that the organization has received two bids to repair the bell tower portion of the roof, and at press time was waiting on a third bid that could come in any day now.

“We have two bids and a third coming in,” Von Atzingen said after the meeting. “They are averaging around \$70,000.”

The town owns the building, but Community Partners has been the driving force in repairing and stabilizing the structure, Von Atzingen said.

The group is seeking to acquire grant funding to cover the

See PREVOST, page A2

Gallo honored this week as ‘Woman of Excellence’



CONTRIBUTED PHOTO

Karen Gallo is being honored this week as the “Suzanne Oldakowski Woman of Excellence” by the Greene County Chamber of Commerce.

By Melanie Lekocevic

Capital Region Independent Media

CAIRO — For Karen Gallo, being named a recipient of the “Suzanne Oldakowski Woman of Excellence Award” was personal.

Gallo, who has owned Karen’s Flower Shoppe in Cairo for nearly 39 years, knew Oldakowski and her family since she was a child, so the award had special meaning for her.

“This award is really special to me because I knew Suzanne Oldakowski,” Gallo said. “Suzanne was a big asset to our area. She ran the Bavarian Manor and I knew Suzanne and her family from when I was a child. Knowing her makes receiving the award so much more special to me.”

The Gallo and Oldakowski families were active in resort-related organizations when they were growing up, and even though Oldakowski was a few years older, the two women knew each other throughout their lives.

So when Gallo was awarded the “Suzanne Oldakowski Woman of Excellence Award” by the Greene County Chamber of Commerce, it brought back memories — and inspired a visit from Oldakowski’s daughter the day after the award was announced, Gallo said.

Gallo has owned Karen’s Flower Shoppe, on Main Street in Cairo, for nearly four decades.

“I was born and raised in Acra,” she said. “I went to SUNY Cobleskill after taking a BOCES program in Greenville when I was in high school.”

Gallo studied floriculture in college and has worked in the industry ever since.

“They had the floriculture program at Cobleskill back in the day. They don’t anymore, but they did back in my day.”

She got a job at a flower shop after graduation, and when that store closed, Gallo decided to forge her own path.

“The opportunity arose for me to open my



CONTRIBUTED PHOTO

One of the floral arrangements Gallo and her designers created.

own shop after the shop that I worked for closed, and I have been here ever since,” she said.

Karen’s Flower Shoppe now has five employees, including Gallo and three full-time floral designers who think up and create the stunning flower displays the store is known for.

“We are a full-service florist, which basically means that we deliver, we have the ability to wire flowers out of our town, we have a storefront and a gift shop,” Gallo said. “We do weddings and funerals and everything from birthdays to anniversaries to new babies, you name it.”

Gallo said working with flowers all day is a way to spread joy in the world.

“Flowers make you happy,” she said. “And you never do two arrangements the same — your creative juices and your ability to design is what makes it fun.”

Like any industry, there are trends in the floral business and Gallo and her designers stay on top of them.

“We keep up on today’s trends,” Gallo said. “Prior to COVID, there were lots of workshops in the Capital District that I was able to take our girls to. That hasn’t come back yet, but

See GALLO, page A2

Bob Beyfuss, gardening columnist, dies at 72



Bob Beyfuss

By Melanie Lekocevic

Capital Region Independent Media

Longtime local columnist Bob Beyfuss has died. Beyfuss was 72.

Beyfuss wrote the Weekly Gardening Tips column for many years. His work appeared each week in the Ravena News-Herald, Greenville Pioneer and many other local newspapers.

His death was announced by a friend, Tony Melluzzo, on Friday.

“Bob passed away yesterday while playing softball with his buddies in Florida,” Melluzzo wrote. “He collapsed on the field. They tried to revive him with CPR but he did not respond.”

Melluzzo remembered Beyfuss as a loving person.

Beyfuss wore many hats — in addition to his longtime column, he was an educator with Cornell Cooperative Extension of Columbia and Greene Counties for many years, sharing his extensive knowledge about gardening and, in particular, the cultivation of ginseng, which he specialized in. He retired from Cornell Cooperative Extension in 2009, but continued to teach classes, particularly on ginseng.

Cornell Cooperative Extension released a statement Saturday.

“For those who weren’t fortunate enough to have known Bob, he was a long tenured member of the CCE Greene staff, nationally renowned ginseng specialist, a talented educator and so much more to us personally and professionally,” according to Cornell Cooperative Extension. “Without Bob, there would be no Agroforestry Resource Center today in Acra.”

“Those of us who were privileged to call him a friend are heartbroken,” the statement continued. “As we deal with our collective loss, we will share special

photos, stories and thoughts from staff and volunteers of Bob over the next few weeks.”

Beyfuss’s gardening advice was renowned in the region, particularly for his expertise in the growing of ginseng, an interest that started early in his career.

He received a bachelor’s degree from Rutgers University in 1973, majoring in Botany, and a master’s degree in agriculture from Cornell University in 1987, where the title of his Master’s Project was “The History, Use and Cultivation of American Ginseng.”

He also wrote several booklets and fact sheets about the growing of ginseng and mushrooms, including “American Ginseng Production in NY State,” “The Practical Guide to Growing Ginseng,” “Ginseng Production in Woodlots,” and “Companion Planting,” among others.

Beyfuss traveled throughout the U.S. and Canada, sharing his knowledge of ginseng, a topic he felt passionately about.

In his final Weekly Gardening Tips column, Beyfuss wrote about being a “snowbird,” spending winters on the Gulf Coast in Florida and living the rest of the year in New York. He commonly shared his experiences and gardening knowledge about both regions of the country.

Beyfuss was also an Internationally Certified Arborist.

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FILE PHOTO

After the restoration project is complete, the ultimate goal is to transform historic Prevost Hall into a community center where concerts, plays, meals and other events can be held.

PREVOST, from page 1

cost of the roof repairs, he said.

"We are writing for historical grants because the building is on the National Historic Register and then hopefully the town can come up with some ARPA (American Rescue Plan Act) money or some other funding, and then we will try to offset that with donations," Von Atzingen said.

Prevost Hall, built in the 1860s, was previously used as a church and held its final religious services in the 1990s. For a time, a now-defunct arts group, All Arts Matter, used the building for various events, but by the 2000s, the building had become increasingly dilapidated.

Community Partners of Greenville set its sights on the building for restoration and historic preservation.

Prevost Hall is on both the National Register of Historic Places and the Greene County Historical Register.

In April 2021, the historic brass bell that was cast in 1874 and stood 54 feet above the ground was removed from the bell tower because the wooden structure that supported the bell's 1-ton weight was in poor condition and the bell was in danger of falling.

The bell tower continues to have leaks in inclement weather and has become the top priority for stabilization and renovation of the building.

Community Partners has also worked to restore the stained-glass windows in the former church. Of the eight windows, five have been repaired and Community Partners is looking to fix the three that remain unrestored.

"We are upgrading the windows," Von Atzingen said. "We have a contract with Bovard Studio from Iowa. They have already done five of the eight windows and we are working on a contract for the other three. There are wooden storm windows on there temporarily, just to preserve as much as possible, but these would be a long-term part of the renovation."

The group had received three bids for the stained-glass restoration project, including bids from companies closer to home — in Germantown and Albany — but the Iowa company submitted a "considerably cheaper" bid, he said.

"They work literally everywhere in America," Von Atzingen said. "They are one of the largest stained-glass window restoration companies in America, so this is what they do."

Other renovations to the building have included the construction of a new handicap-accessible bathroom, with plans to add a kitchenette as well.

The ultimate goal, Von Atzingen said, is to restore the building and convert it into a community center where events such as concerts, plays, meals and other activities can be held.

GALLO, from page 1

we do a lot of research to find out what the trends are through some of the organizations that I belong to, like the Society of American Florists. There are so many different ways of doing this now. I have great designers on staff here and we just like what we do."

Gallo was selected for the annual "Suzanne Oldakowski Woman of Excellence Award" for being involved, proactive, generous and supportive, according to the Greene County Chamber of

Commerce, where Gallo serves on the board of directors.

"Not only does she actively support Greene County's economy by regularly patronizing local businesses, she's quick to make recommendations and referrals to businesses in the community as well," according to a statement from the Chamber.

Gallo's contributions to the community make her a "woman of excellence," according to the group.

"Karen has a wonderful program called Petal It Forward,"

the group said. "Karen's Flower Shoppe distributes free bouquets throughout the community as a show of gratitude. She has said, 'The greatest measure of success is when you are in the position to give back.' We're so lucky Karen brings that kind of success to our community."

At press time, Gallo was scheduled to be inducted into the Chamber's Women Professionals Hall of Fame at the Women in Business Event scheduled for Thursday of this week at Old Factory Brewing in Cairo.

Stewart's Shops looking to hire part-timers

With a recession looming and rising inflation, it's no surprise that more people are taking on a second job to supplement their income.

Stewart's Shops' is looking to hire part-time employees throughout its stores.

Flexible scheduling and locations throughout so many rural and urban communities make it the perfect solution for those seeking part-time work and extra income, according to a statement from the company.

Stewart's partners enjoy interacting with their customers and they can work as little as one day a week and/or two hours a day, and some prefer just weekends,

according to the company.

Many Stewart's part-time partners enjoy the ability to work a few hours before or after their full-time jobs, and the company employs many stay-at-home moms and dads who work a "lunch shift," while their kids are at school.

Besides its flexible scheduling for part-timers, partners at Stewart's only need to average 20 hours/week to qualify for the Stewart's ESOP Retirement Plan. Individuals can supplement their income with part-time work at Stewart's Shops and save for retirement.

"I love working for Stewart's because they work around my

schedule," said Deb, a 20-year Stewart's partner. "I work full-time at the school and I am able to work one night a week at Stewart's."

According to Stewart's Shops president, Gary Dake, "As a stable company with a long history and growing future, we have many part-time job opportunities. Stewart's is a good option for so many because we can offer flexible scheduling, a fun environment, and our 'Shops are Closer to You.'"

Stewart's Shops is currently hiring for over 1,100 part-time positions.



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Local Church Directory

First Baptist Church of Westerlo Route 143, Westerlo 518-797-3927	Our Lady of Knock Shrine State Route 145, East Durham 518-622-3319	Grapeville Baptist Church Route 26, Climax 518-966-4265
Preston Hollow Baptist Church State Route 145, Preston Hollow 518-239-8544	Cornerstone Baptist Church State Route 145, East Durham 518-634-7095	Kingdom Hall of Jehovah's Witness State Route 81, Greenville 518-966-8941
Church of Jesus Christ of Latter Day Saints County Route 41, Greenville Center 518-966-4043	Asbury United Methodist Church State Route 81, Norton Hill 518-966-4181	Dormansville United Methodist Church Route 312, Dormansville 518-756-2812
Greenville Center Baptist Church County Route 41, Greenville	South Westerlo Congregational Christian Church County Routes 403 & 405, South Westerlo 518-966-5094	Freehold Congregational Christian Church County Routes 67, Freehold 518-947-8823
Durham-Oak Hill United Methodist Church Route 22, Durham 518-239-6377	Greenville Christian Church State Route 32, Greenville 518-966-4519	Trinity Episcopal Church Albany Hill Road, Rensselaerville 518-797-5295
Medway Congregational Christian Church Route 26, Climax 518-731-2106 & 518-731-8867	St. John the Baptist Roman Catholic Church State Route 81, Greenville 518-966-8317	Westerlo Reformerd Church State Route 143, Westerlo 518-797-3742
Christ Episcopal Church State Route 32, Greenville 518-966-5713	SEND US YOUR CHURCH LISTING!	Sacred Heart Roman Catholic Church Church Street, Cairo 518-622-3319

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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

■ Glenn Crews, 58, of Purling, was arrested Jan. 5 at 5:05 p.m. in Cairo and charged with second-degree menacing with a weapon and fourth-degree criminal possession of a weapon with intent to use, both class A misdemeanors. Crews was released on his own recognizance.

■ James Ross Reynolds, 32, of Hurley, was arrested Jan. 6 at 2:32 a.m. in Cairo and charged with two counts of second-degree criminal possession of a weapon/loaded firearm, a class C felony; third-degree criminal possession of a weapon with a previous conviction and third-degree criminal possession of a weapon/ammunition-feeding device, both class D felonies; seventh-degree criminal possession of a controlled substance, a class A misdemeanor; and third-degree aggravated unlicensed operation of a motor vehicle, an unclassified misdemeanor. Reynolds was issued cash bail in an undisclosed amount.

■ Victoria Elizabeth Pues, 24, of Wallkill, was arrested Jan. 6 at 2:32 a.m. in Cairo and charged with seventh-degree criminal possession of a controlled substance, a class A misdemeanor. Pues was issued an appearance ticket.

■ Glenn Crews, 58, of Purling, was arrested Jan. 6 at 10:23 p.m. in Cairo and charged with second-degree criminal contempt/disobeying a court order, a class A misdemeanor. Crews was released on his own recognizance.

■ Lindsey Buttles, 46, of Rancho Palos Verdes, California, was arrested Jan. 6 at 11:12 p.m. in

Tannersville and charged with operating a motor vehicle with a blood-alcohol content over 0.08% and driving while intoxicated, both unclassified misdemeanors. Buttles' arrestee status was not reported.

■ Michael Oquendo, 25, of Catskill, was arrested Jan. 7 at 12:07 a.m. in Catskill and charged with resisting arrest, a class A misdemeanor. Oquendo's arrestee status was not reported.

■ Dennis Foster, 47, of Climax, was arrested Jan. 7 at 9:01 p.m. in Cossackie and charged with two counts of fifth-degree criminal possession of a controlled substance/cocaine, a class D felony; three counts of seventh-degree criminal possession of a controlled substance, a class A misdemeanor; and one count of manufacture of drug-related paraphernalia, a class A misdemeanor. Foster was held with no bail.

■ Melissa Manna, 43, of Hudson, Florida, was arrested Jan. 7 at 9:10 p.m. in Cossackie and charged with fifth-degree criminal possession of a controlled substance/cocaine, a class D felony, and seventh-degree criminal possession of a controlled substance and manufacture of drug-related paraphernalia, both class A misdemeanors. Manna was released on her own recognizance.

■ Angeline Elshazly, 28, of Islip Terrace, was arrested Jan. 7 at 9:34 p.m. in Hunter and charged with operating a motor vehicle with a blood-alcohol content over 0.08% and driving while intoxicated, both unclassified misdemeanors. Elshazly's arrestee status was not reported.

■ Dennis Smith, 63, of Catskill, was arrested Jan. 7 at 11:22 p.m. in Catskill and

charged with driving while intoxicated and operating a motor vehicle with a blood-alcohol content over 0.08%, both unclassified misdemeanors. Smith was issued an appearance ticket.

■ An unidentified 18-year-old, of Brooklyn, was arrested Jan. 8 at 1:18 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. The individual was issued an appearance ticket.

■ Kimberley Printup-Reid, 49, of Buffalo, was arrested Jan. 8 at 12 p.m. in Cossackie and charged with second-degree possession of contraband in a prison, a class A misdemeanor. Printup-Reid was released on her own recognizance.

■ Kristen Garzone, 36, of Troy, was arrested Jan. 8 at 2:08 p.m. in Catskill and charged with operating a motor vehicle impaired by drugs, an unclassified misdemeanor. Garzone's arrest status was not reported.

■ Crawford Boice, 29, of Hudson, was arrested Jan. 11 at 3 a.m. in Catskill and charged with tampering with physical evidence, a class E felony, and seventh-degree criminal possession of a controlled substance, manufacture of drug-related paraphernalia and seventh-degree criminal possession of a controlled substance, all class A misdemeanors. Boice was issued an appearance ticket.

■ Akilah Charles, 32, of Binghamton, was arrested Jan. 11 at 12:55 p.m. in Cossackie and charged with second-degree introducing contraband into a prison, a class A misdemeanor. Charles was issued an appearance ticket.

■ Amanda Lees, 31, of Athens, was arrested Jan. 12 at 1:37 a.m. in Athens and charged with operating a motor vehicle with a blood-alcohol content over 0.08% and driving while intoxicated, both unclassified misdemeanors. Lees' arrest status was not reported.

■ Ivan Serrano, 45, of Catskill, was arrested Jan. 12 at 11 a.m. in Ulster and charged with fourth-degree grand larceny, a class E felony, and second-degree possession of a forged instrument, a class D felony. Serrano was held.

■ Jennifer Lyles, 46, of South Cairo, was arrested Jan. 12 at 9:26 p.m. in Catskill and charged with driving while intoxicated and third-degree aggravated unlicensed operation of a motor vehicle, both unclassified misdemeanors. Lyles was released to a third party.

■ Leah McPeak, 30, of Port Ewen, was arrested Jan. 12 at 9:39 p.m. in Catskill and charged with driving while intoxicated and aggravated driving while intoxicated with a blood-alcohol content over 0.18%. McPeak was issued an appearance ticket.

■ Nichola Barnes, 49, of Brooklyn, was arrested Jan. 14 at 12:23 p.m. in Cossackie and charged with second-degree introducing contraband into a prison, a class A misdemeanor. Barnes was issued an appearance ticket.

■ Francis Ashby, 44, of Climax, was arrested Jan. 14 at 10:41 p.m. in Athens and charged with four counts of seventh-degree criminal possession of a controlled substance, a class A misdemeanor. Ashby was issued an appearance ticket.

■ Amanda Kennedy, 30, of

Climax, was arrested Jan. 14 at 10:35 p.m. in Athens and charged with four counts of seventh-degree criminal possession of a controlled substance, a class A misdemeanor. Kennedy was issued an appearance ticket.

■ Ryan Boyde, 29, of Catskill, was arrested Jan. 16 at 2:28 a.m. in Catskill and charged with third-degree assault with intent to cause physical injury and criminal obstruction of breathing, both class A misdemeanors. Boyde was issued cash bail in an undisclosed amount.

■ Averyoun Comithier, 22, of Latham, was arrested Jan. 16 at 10:58 a.m. in Cossackie and charged with second-degree introducing contraband into a prison, a class A misdemeanor. Comithier was issued an appearance ticket.

■ Cassandra Oliver, 32, of Catskill, was arrested Jan. 17 at 8:50 p.m. in Catskill and charged with driving while intoxicated and operating a motor vehicle with a blood-alcohol content over 0.08%, both unclassified misdemeanors. Oliver's arrest status was not reported.

■ Daniel Laforge, 40, of the Bronx, was arrested Jan. 17 at 8:38 p.m. in Cairo and charged with third-degree bail jumping, a class A misdemeanor. Laforge was issued cash bail in an undisclosed amount.

■ John Abbate, 47, of Hunter, was arrested Jan. 17 at 10:57 p.m. in Hunter and charged with operating a motor vehicle with a blood-alcohol content over 0.08% and driving while intoxicated, both unclassified misdemeanors. Abbate was issued an appearance ticket.

Stewart's Shops announces 12 months of 'Make Your Own' Prize Contests

Stewart's Shops is ringing in 2023 with a 12-month "Make Your Own" Prize Contest series.

Each month throughout 2023, the company will host a Stewart's themed online contest. Stewart's Shops is known for their Make Your Own Sundaes and Make Your Own Coffee, and now customers can Make Their Own

Prize if they win.

Stewart's themed online contests will be announced the first Friday of every month on Stewart's social media channels and StewartShops.com. Twelve lucky contest winners will have the option to choose between a year's worth of Stewart's award-winning ice cream or a year's worth

of Stewart's award-winning coffee.

The "Make Your Own" Prize Series will conclude with its final prize being, not only their choice of a year's worth of ice cream or coffee, but the winner will have the opportunity to take a private tour of the Stewart's dairy plant with Gary Dake, president

of Stewart's Shop, as their tour guide.

The January "Make Your Own" Prize contest details are posted on the Stewart's Shops website and their social media pages. For each additional month, contest details will be posted on Stewart's Shops social channels and StewartShops.com.

Contest prizes will be provided in the form of Stewart's gift certificates. Winners who select a year's worth of ice cream will receive 52 half-gallon ice cream certificates, and winners who select a year's worth of coffee will receive 180 12-ounce coffee certificates and a \$280 Stewart's My Money Card.

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Empire State Fellow applications accepted through April 3

ALBANY — The application period for the 2023 class of Empire State Fellows is now open.

The prestigious program attracts exceptional and diverse talent from New York state and across the country to serve in high-level positions in the administration of state government. Since the program's inception 11 years ago, graduates of the Empire State Fellows program have gone on into senior roles, including deputy commissioner, deputy secretary and chief of staff positions throughout state agencies.

The Empire State Fellows Program is a full-time leadership training program that prepares the next generation of talented professionals for careers as New York state policymakers. The incoming class of Empire State Fellows will serve from September 2023 to September 2025, and receive an annual salary of \$85,000, plus a generous benefits package.

At the end of the fellowship, a performance review process will identify Empire State Fellows that will be given the opportunity to continue to serve as leaders in New York state government after completing the program.

The Governor's Office will appoint each Empire State Fellow to work directly with a commissioner, deputy commissioner, or other high-level policymakers at a New York state agency or authority, or in the Executive Chamber.

Work assignments offer Fellows unparalleled experience collaborating with senior officials and participating in the policy-making process.

While taking part in the work of state government, Empire Fellows will participate in educational and professional development programs that will help them to serve as effective and ethical government leaders.

The educational component

of the Empire State Fellows Program kicks off with an orientation course in September 2023. Educational coursework will continue on a semi-monthly basis. Meanwhile, professional development activities, including a mentoring program and regular meetings with Cabinet members and other government leaders, will enhance Empire Fellows' collaboration with policymakers.

Applicants should have a minimum of five years of full-time professional experience, demonstrated leadership skills, managerial experience is a plus and applicants may come from all professional backgrounds.

Applications opened Jan. 1, and will be accepted through Monday, April 3. Read more information on how to apply at www.ny.gov/new-york-state-fellowship-programs/empire-state-fellows-program.

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Playing it safe

This very well might come off as a bit of a rant. I do go off on these tantrums on occasion and no, I'm not sorry.

Sometimes, I'm in a quandary understanding my own generation. You will know who you are soon enough as I unwind and take another sip of coffee before continuing.

So, we're the Baby Boomers, right? By definition we're born from a post-war era between 1946 and 1964. Most are now between 56 and 74 years of age. We're the resourceful by nature, typically hard-working individuals who define ourselves by our professional accomplishments. We are independent, competitive, goal oriented, experienced and we value relationships.

We are the cool kids. The socializers, the travelers, the love-of-life people, the researchers who have made so much possible for our kids to do better and be better in their lives. Right?

Then why, oh why, are we now

succumbing to a resignation as we get older to the aging process stripping us of our desire to live our best lives each and every day? Why? Is it because we're "playing it safe?"

We've become "soft," as the captain described his army men in the familiar "White Christmas" movie back in the day... as a way of stirring up and shaking off the difficulties of life.

If today the sun is shining and the sky is blue, are we lamenting about an ache and pain, constantly complaining like it's a shock that we're experiencing to our dignity. Do you recall your Grandma ever complaining like our generation does? Never! The previous generation kept on going, pushing forward, knowing that you rest you rust...and so they created activities for the mind and body to embrace.

OK, now I'll explain what set me off. It's daunting to hear over and over again that people spend their days awaiting the next doc-

BODY, MIND & SPIRIT



PAT LARSEN

tor's appointment. There seems to be little to no pushback or questioning the long exhaustive list of tests that get scheduled for even the minor aches and pains. How many are scheduled for body part replacements these days? When did that major surgery become the norm?

OK, I know many are brought back to a state of wellness through these procedures. I've just never heard of so many now needing

these procedures well in advance of the suggestions to find safe and effective exercise and movement programs along with weight-loss measures to reduce the pressure on failing joints.

I also wonder where the gentlemen are from back in the day who attended and enjoyed all those church and community dances. Now I hear excuses that these lads don't want to be the only "guy" in the class.

(Head shake and eye roll here with me...!) Is that why these gents leave this planet earlier than the ladies? Perhaps.

I'm so proud and happy to be part of a region right here in Greene/Schoharie/Albany/Northern Ulster counties that many a Baby Boomer calls home. Right here, close by, there are places to participate in community efforts that I'm sure any Baby Boomers would love to be a part of. Right at The Shamrock House there is my fitness program, two mornings a week, that are designed specifical-

ly for our generation. Early evenings on Thursdays there is country line dancing every week. Let's not forget Irish set dancing, which is akin to a very cool Irish square dance. There's bands and parties that truly blesses our area, especially as we head toward spring. So very much to be a part of and to live our lives as they were intended to be lived.

I hope you're encouraged by my intention for this column. Let's show the young'uns how to do it! Traditionally speaking, we're all they've got left to the simplicity and splendor of life as we celebrate every day.

Pat Larsen is a sometimes crabby, always loving and welcoming fitness instructor that brings every '50s and '60s music to classes to facilitate your healthy movement. GUYS? What are you waiting for to join me?

This is your personal invitation. OK?

Please contact Pat at 518-275-8686 or via email 518-275-8686.

Beauty's journey home

Horses of Unbridled



SUSAN KAYNE

Imagine that in your golden years, after doing all that had been asked of you by people you trusted, accepted and worked alongside, you find yourself in a life-or-death crisis, and not even one of them show up to help.

Like our own elderly, senior horses are often perceived to be a burden to care for, instead of being embraced as blessings among us. The most marginalized of the equine species are older mares who had been used for breeding. When they are no longer able to stay pregnant, they are at the highest risk of slaughter.

When Beauty came to the attention of Unbridled in January 2021, she had been sorted for slaughter. She was frightened and trembling to stay warm. Her thick black coat of fur wasn't sufficient to protect her malnourished body from the unseasonable cold spell sweeping across Louisiana.

The bright oval USDA labels glued to the top of her tail and the right side of her neck signified that she had been weighed and

cleared for shipment to slaughter. On the horse meat broker's lot her identity had been exchanged for a barcode and her life's worth priced upon the flesh clinging to her bones.

Her enlarged and heavily calcified right ankle looked like an old racing injury. Her rounded belly and extended udder were those of a veteran broodmare. The only clue to anything about her were patches of gray, silver and white hair clustered around her eyes and across her delicate cheeks. She was old.

Beauty was defenseless against the apathy and indifference that surrounded her. Yet amid a sea of strange people and unknown horses, she searched for a familiar face. Who was she looking for? What memory gave her hope when the world she had served had turned its back on her?

The horse meat broker called her by number: 850C. Likely her hip number when he bought her at a local livestock auction. Her ebony coat could be likened to Black Beauty, so the team at Unbridled called her BEAUTY, and set about to save her life.

Securing Beauty's safety was the first step in her long journey home to Unbridled. On Jan. 30, 2021, when Chester and Gail Markowitz learned of Beauty's terrible fate, they stepped in and funded her rescue.

The slaughter pipeline is a Petri dish of highly contagious sickness. Strangles, the most prevalent, is like COVID in humans.



COURTESY OF SUSAN KAYNE

Beauty recently celebrated her 25th birthday in her new home.

Beauty would require quarantine, careful nourishment, and veterinary care to strengthen her for transport to Unbridled.

When Beauty arrived in April 2021, her attitude was upbeat. She pranced around the paddock. Her nostrils flared and her tail lifted in the wind. Her attitude belied the needs of her fragile body — she needed to gain 250 pounds to achieve a healthy weight.

Beauty is petite and elegant like an Arabian or a Morgan. Research on the tattoo under her upper lip confirmed her real identity. Beauty is a Thoroughbred. She was born on Jan. 4, 1998, in Florida. Her registered name is BANK SHOT.

As a two-year-old she sold for \$75,000 in a training sale in Oca-



COURTESY OF SUSAN KAYNE

Beauty, a horse rescued from the slaughter pipeline by Unbridled Thoroughbred Foundation, with advocate Michelle Brown.

la. Racing only at the age of five, Beauty debuted on Jan. 17, 2003, at Santa Anita in California. In that same year, she raced 16 times while crossing the country. On Oct. 23, she ran for the last time in a \$2,500 claiming race in Charles Town, West Virginia.

After her final race, Beauty's chain of custody went cold. Her injured ankle limited her use for riding. She was used for breeding, but not Thoroughbreds. No foals from her are registered through the Jockey Club.

She may have been a surrogate, or reciprocal mare. She is tiny and gorgeous — she may have been used to produce show ponies. Her history post-racing, and how she landed in the slaughter pipeline, may never be known.

On Jan. 4, 2023, Beauty celebrated her 25th birthday. She is in excellent health and weight, socializing with her girlfriends Joy and River, gentle grooming, finely shredded apples and carrots, and soft peppermints are among her favorite things. Her teeth are few, so her treats must be bitesize. Beauty is now the equivalent of an 80-year-old human.

Amid the great tragedy of our culture of use is that when mares like Beauty grow old, barren and unsound they often disappear into the slaughter pipeline. They are erased and denied the dignity of being seen for the immutable gift of their equine spirit that remains.

Beauty's story invites us to ask ourselves some uncomfortable questions.

Grandma Mackey's Diary

1951 life in Medusa

Transcribed from her diary by Kathy Saurer Osborne

Sunday, Jan. 13:

Clear. Chuck came about 1 o'clock. Stayed for the night (the rest of it) and went home for a little while. Back to base this P.M. I went to church. Della Clapper's funeral was today at 2 P.M. at Greenville. Wedding plans being made! Joyce has a beautiful new ring, matching her wedding ring (Christmas present).

Monday, Jan. 14:

Cloudy. I didn't hang out the wash. Too damp and cloudy. Ironed some and hand washing. Crocheted on pillowcase lace for Joyce's cases. Don and Stubby went to Troy to see the "Great Atlas" wrestle. Chev. stopped when we got to Gedney's and wouldn't start again. Waited until Don came he gave me a push and I got home OK. A little late. Gene was washing dishes.

Tuesday, Jan. 15:

Cloudy again. Wash still in the baskets. Put lace on the pillowcases and started more. Did some ironing. Children in school. Gene and Stubby went to Albany. Brought out the goods etc. for Joyce's wedding dress. Ethlyn Bates is making it.

Wednesday, Jan. 16:

Clear. Dried the laundry and

brought it in. Aired some and put it away. Ironed some and mended. Gene has a cold. Crocheted. Addie called on his way to Mr. Whitbeck's funeral (Pauline Mathias' father). Called Lite. They are all alright.

Thursday, Jan. 17:

Sleet. Did the ironing, Gertrude her dress. Cleaned congoleum and the stairs down and sewed on lace on a pair of Joyce's pillowcases. She has 10 or 11 pairs & washed five sweaters for Joyce. Lite, Philip, Joann and Queenie stopped in a few minutes on their way from Middleburgh. Fixing the Buick and Queenie has been in the hospital for a few days. I have a little cold.

Friday, Jan. 18:

Clear. Cleaned and dusted. Crocheted, etc. Joyce came with Don. He took TV to Tony's and

brought Joyce back with him. Then went for TV again. Adele at Eleanor Tanner's until the B.B. game. She came home from there. Adrienne paid the taxes for me, \$48.96. Sent for a house-dress (Sears).

Saturday, Jan. 19:

Clear. Made two pies and finished lace and put it on the pillowcases. Put out wash and brought it in. Gertrude at Nick Harold's. He came for her and brought her back. Joyce had the first fitting for her wedding dress. We go to Calista's for the C.P. Later: Came home in the snow and sleet. Got 1st. Red watering pot. Plastic.

Sunday, Jan. 20:

Cloudy. Have a cold and didn't feel very well but Gene and I went to church. Rested and visited in the P.M.

Monday, Jan. 21:

Clear. A fine day. Took Joyce to Greenville and this time I got home alright. Ironed and Gene washed and put out the clothes for me. It was only 20 above this A.M. Got down to 16 before sun-up! Children did odd jobs and cleaned their room.

Tuesday, Jan. 22:

Snow. Rain tonight. Ironed and got ready to go to Lite's. They came for me about 4 P.M. Had cream and ginger ale.

Wednesday, Jan. 23:

Cloudy. Lite did eggs. I ironed, mended and trimmed paper for JoAnn's room. Visited, washed dishes, etc.

Thursday, Jan. 24:

Clear. Lite did more eggs. I helped her. We got them all done. JoAnn at school half a day. She did the cleaning with the vacuum and I washed dishes and cleaned

the sinks. We got home about 9 P.M. They gave us eggs, milk and a rice pudding. They have too many eggs.

Friday, Jan. 25:

Cloudy. Cleaned congoleum and used the vacuum, dusted, etc. Joyce came with Don. She works tomorrow. Stubby went to Hudson for his "nose!" No operation! Dr. Little says so! Joyce is looking for Chuck tonight sometime. Adele at the B.B. game at Saugerties (?). Addie called this P.M.

Saturday, Jan. 26:

Cloudy. Fog. Did everyday work. Went with Mr. and Mrs. Eufemia, Chuck and Joyce to the Commodore at Cairo to see about the reception. Nothing doing there. This P.M. they went to "Lick Lock." Better luck but not for sure. Don home at 4 P.M. Adrienne has a cold. Mine is better.

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GARDENING TIPS

BY BOB BEYFUSS 

Editor's Note: We are saddened to announce the death of our friend and columnist, Bob Beyfuss. Bob passed away Jan. 12 while doing something he loved — playing softball with his friends in Florida. He will be missed. This will be his final column.

Winter tips to be safe

Although it has been a pretty mild week, eventually the snow and cold weather will return. Please be very, very careful when shoveling snow!

An hour spent shoveling heavy snow is more strenuous than running full speed on a treadmill. Every winter, many seemingly healthy people have fatal heart attacks while shoveling snow. Your heart attack risk even lasts for about an hour after you come inside. Breathing cold air diverts blood away from your internal organs to your skin and this can trigger a heart attack.

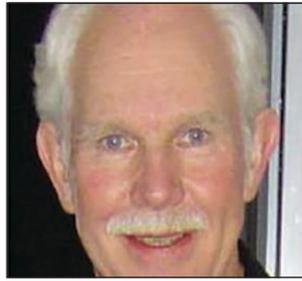
You may feel just fine while doing this chore, but quit before you get even a little tired or begin to sweat, and try to avoid shoveling when it is really cold or windy. Seniors are particularly at risk, as are people with other health issues, or COVID.

In a previous column I neglected to mention that there are some de-icing products that are advertised as being "pet friendly." There are actually no products that are 100% safe for your pets,

either from ingestion or skin contact, but some are less corrosive and damaging to paws than others. If your dog will tolerate them, doggie boots are the best protection for your dog's feet from rock salt and the elements.

Before you spend the big bucks to buy any of these products, make sure they are not just re-packaged common items. If the ingredients are mostly sodium chloride (rock salt) or calcium chloride, you can buy them much cheaper than special blends. Some of these other pet-friendly products will contain propylene glycol, which is a type of antifreeze, as is ethylene glycol. Ethylene glycol is highly toxic to dogs, however, and propylene glycol is not. Both are sweet tasting and some dogs will readily consume either of them. Be very careful handling any car antifreeze if you have pets!

Neither is particularly good at melting ice or snow, however. They lower the freezing point of water, but they don't melt ice very well in very cold weather,



compared to calcium chloride. At 30 degrees, one pound of rock salt will melt 46.3 pounds of ice, but at 0 degrees, the same pound of salt will melt just 3.7 pounds of ice.

Salty brines, containing either rock salt or calcium chloride, are often used as pre-treatment when snow is expected. Beet juice is sometimes added to these brines to make them more effective at lower temperatures.

Another ingredient you may see listed is urea. Urea is a concentrated nitrogen fertilizer containing about 46% nitrogen and it does melt ice and snow. It is also

relatively non-toxic to animals.

Actually, any chemical garden fertilizer, such as 10-10-10 or 5-10-5, will melt snow in a pinch. The downside of using urea is that if applied anywhere near grass, such as along a walkway, the grass adjacent to the walk will grow like crazy for several years afterwards! It may need to be mowed two or three times as often as grass that is further away.

I made that mistake years ago when I used some garden urea on my driveway to melt ice. I am not fond of lawn mowing in general, so I was not happy to have to mow these places so often. I thought it was only a temporary reaction to the urea, but the grass grew like mad for the next two whole seasons!

Now that the grass has gone dormant and most of the snow has melted, this is a good time to fertilize large trees on your lawn, or in your backyard. Only apply fertilizer if the tree has been declining or appears to have stopped growing.

Measure the circumference

of the tree at about 4 foot high and apply one pound of 10-10-10 or the equivalent per inch of circumference. If you are using something like urea, which is 46% nitrogen, you will only need to apply about 1/4 pound per inch of circumference. If you are using 5-10-10, apply two pounds per inch of circumference. An organic fertilizer, such as dried blood, which is about 12-0-0 would use about one pound as well.

The best way to apply it is to poke holes in the turf with something like a crowbar. The holes should be 6 inches deep to get the fertilizer beneath the root zone of the grass. Measure the amount of fertilizer you need in a pail and start poking holes about 6 feet from the trunk, in a circle around the tree. Fill each hole with the fertilizer. After making the first circle, repeat the process a couple of feet further away and continue making circles of holes extending beyond the dripline until you have used the entire amount.

WHITTLING AWAY by Dick Brooks

Stagnation isn't a bad thing

As I gracefully meander down the path of life, the farther I meander the more I find that certain things annoy me.

Change is one of those things. I used to enjoy change, but it seems to make more sense to leave some things the way they were intended to be — like furniture.

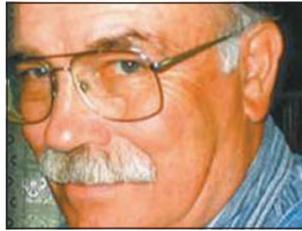
The design of a room should be settled upon shortly after moving into a house. I'm not against input from the other members of the family or any other source, for that matter, but once the design is decided upon, I think the furniture should then be bolted or screwed securely to the floor. It should remain that way until the Day of Judgment. This would prevent the after dark toe stubbing, dancing and language lessons, although

this seems to amuse Telly, my faithful canine companion.

Another example of change just for the sake of change occurred this week when I was driving past a new car dealership. There was a line of the new models shining in the sun. Casper the Friendly Kia is, to me, the ultimate car design — simple, functional and sturdy.

His new relatives have a chrome mouth. Casper didn't even acknowledge them as family members and we left wondering, why mess with perfection? I think I now understand why Henry Ford produced the Model T for so many years.

People tell me we change things to make them better. I'm using a computer to type this, but in the cellar is the portable type-



writer I used in college. This is my third computer, this thing can do things that I don't even know it can do.

It frequently does things all on its own. It highlights my errors and constantly chides me for mistakes. I can function with it, we have worked out sort of a co-existence kind of a deal where I won't hit it with a hammer if it meets my meager needs.

Other than replacing the rib-

bon occasionally, the typewriter sits and waits faithfully. It has never been serviced or adjusted and cost less than three months' worth of dial-up services for the computer.

It pleased me when I read recently that one of my heroes, Andy Rooney, typed his columns on a typewriter made in the 1920s.

They have even changed the basic needs. Have you tried to buy a pair of blue jeans lately? We're not talking designer jeans here, we're talking a pair of light canvas pants for doing work in. I don't want to buy a pair of pants with someone else's name on them. I don't want floral embroidery and I certainly am not going to pay a hundred dollars for a pair full of holes or a pair that comes pre-faded.

All I wanted was a pair of dark blue jeans cut to fit a mature shape like mine to dig in the garden in, and it was hard to find them.

It's not that I'm getting grumpy in my advancing years, it's just that there seem to be more dumb things going on in the world and those of us who know better should speak up and tell them how to do things right!

Could it be that maybe I AM getting grumpy? Nah!

Thought for the week — "The idea is to die young as late as possible." — Ashley Montagu

Until next week, may you and yours be happy and well.

Reach columnist Dick Brooks at whittle12124@yahoo.com.



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Positively Speaking

Learn to lead

Lately, I have been trying to read more. I bought a book I have been told to read many times, but I have never been interested enough until now. Reading it has caused me to have significant reflections on the last few years.

Do you have a dream you want to accomplish? Does it seem too big? Does it seem like maybe if you tried to accomplish it, you would be biting off more than you can chew?

It would be wise for you to examine the conditions before you commit. Look at the market you are trying to enter, give yourself and your abilities an honest assessment, read the necessary materials, and listen to the experts. These will serve as your roadmap that you can navigate to success should you decide to commit.

I never thought the dream I was trying to accomplish was too big, but I heard from my business partner that my dad confessed to him early on that he thought what

we were trying to accomplish may not be possible!

One of the chapters in the book discusses that to navigate successfully to your dream, you will need to find a balance between faith with facts! Some people have their heads up in the clouds so high that they never bother to look at the facts.

It is essential to assess the situation and strike a balance. Also, you do not want to be so fact-oriented that you cannot dream and have faith, but knowing the facts of the situation will keep you grounded and let you know if you need to scale it back.

Once you find the balance between faith and facts and decide to keep moving forward, it is important to realize something. It was the biggest realization I have had in a long time, a reality check.

For the last few years, I have worked with a team of people who are all experts in their field to accomplish a big vision. I believe

Positively Speaking



Toby Moore

in the dream and what we are doing; I have balanced the faith with the facts, and I was naive enough to think that is all I needed: a great team and a grand vision.

I learned something while reading this book that I should have known, and maybe subconsciously, always have known. Just because you have an excellent vision for the future, a great team, have balanced faith with facts, and are willing to work hard to make your dream a reality

does not mean you will get there.

The book I am talking about is "The 21 Irrefutable Laws of Leadership" by John C. Maxwell.

In it, I discovered something quite profound. No matter how positive you are, how beautiful your vision is, or how hard of a worker you are, you will never rise higher than your leadership ability.

If your vision is a 10 but your leadership is only a 5, you will only accomplish half of your vision. Wow! If you have a big dream, you would like to accomplish, that should send shivers down your spine.

It is not the size of the vision and the execution of it that will ensure success. It is not your work ethic; it is not your positive attitude. All of these are essential, and combined, these qualities will take you a long way, but one of the determining factors in how far you can advance your vision is your ability to lead!

According to Maxwell, your success will never surpass your leadership ability. Your leadership level is the cap on how high you can take your vision.

That made me nervous to read that; I have never thought of myself as much of a leader.

The book was worrisome in many ways, but also provided strong reassurance.

Maxwell says, "Champions don't become champions in the ring, they are merely recognized there... If you want to see where someone develops into a champion, look at their daily routine."

In the same way that investing in the stock market will not make you instantly rich, you can never become a leader in a day. It only happens through consistency, regular learning, practice, and focus. You can learn to lead!

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

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Oak Hill & Vicinity...

By Mary Lou Nahas

Oak Hill, past and present



CONTRIBUTED PHOTO

LEFT: The Mattice Law Office (1830s) houses a boutique department store with designer fashions, knits, a food hall and gifts from around the world. **CENTER:** The Ford store houses Pidgin, which offers antiques, vintage, books, furniture, glass and textiles. **RIGHT:** The Lyman Tremaine Lodge Hall is now home to the Yellow Deli, a popular restaurant with a porch overlooking the Catskill Creek, which originally attracted much of the industry to Oak Hill.



CONTRIBUTED PHOTO

The Tripp buildings (1830 and 1888) are open as an antique and collectibles shop. They are somewhat like a museum, with the original counters and shelves.



CONTRIBUTED PHOTO

The Rudd-Winnie house is the home of Wild Flower, a florist and gift shop.

I recently saw on Instagram a photo of a deserted, decaying local historic house which many people have loved and mourned for years.

People do mourn the decay of lovely buildings. One person commented on how many deserted properties there are in the area, but that slowly some are being restored. Oak Hill is an incredible example of a place where that is happening, the person wrote.

Since I live in Oak Hill I was touched and pleased by the comment. If you have not been to Oak Hill recently, please come out



CONTRIBUTED PHOTO

The DeWitt Hotel, which burned, was rebuilt, turned into an antique mall and then a bed-and-breakfast, now is home to Amaya, an upscale event space and guest house.

Route 81 and take a look.

Oak Hill was settled before the American Revolution. It early became known as an industrial center. Ray Beecher, the Greene County historian in 1991, wrote a brief history of Oak Hill. Today I'm using his remarks for the history.

"Availability of an ample supply of water power both from the Catskill Creek and from its tributaries, did not escape the attention of these settlers," Beecher wrote. "One might expect the normal

building of saw, grist and fulling mills — this was the pattern of pioneer communities — but Oak Hill went far beyond that, becoming a center for iron foundry work."

"Throughout the nineteenth century, Oak Hill produced an incredible amount of manufactured goods," Beecher continued. "Joseph Wright is credited with operating both a grist mill and a saw mill on the Saybrook. The DeWitt's utilized the stream, known in 1867 as Kelsey Creek, which still bisects the Village. Nearby was the Campbell and Scofield Plow Manufactory. In 1844, the latter was acquired by Sheldon Cheritree and expanded to include other iron products. He also took title to the adjacent DeWitt grist mill... At the end of the Civil War, in 1865, the Cheritree Empire Foundry would burn, but it would soon be rebuilt, and would continue down the years making the Climax brand plow and other specialties."

Daniel Peck established the first tannery at Oak Hill, just west of the settlement. The Dean's Mill area, east of the village on Catskill Creek, also contained a DeWitt grist mill, while on the opposite side the Levi Tremaine tannery operated in conjunction with a Mr. Dwyer.

After that tannery closed down, industrialist Kimball used the building to produce malleable iron. This operation and site were taken over by Calvin Adams, the son of Thomas Adams, Oak Hill's first nail maker. Alert to the advantages of New York state incorporation laws, in 1862, Adams, William Paddock, N.C. Whitcomb and S.R. Potter formed a stock company. The latter three eventually bought out Adams' franchise. Potter sold his share to Winchel and Dietz. This foundry employed between 20 and 30 men.

Other businessmen producing products for sale at Oak Hill in the 19th century include George Flower (saw mill, carding, fulling and dye works), Wellington Peck (tannery), Gifford and Potter (counter scales and miscellany) Hiram Hurd and William Bullcock (iron furnace) Dean's Mills on the Catskill Creek easterly of the village, was first established by a Mr. Egbertson in the 1930s. Silas Dean, son of miller Jeremiah Dean of New Baltimore, took over the operation in 1876.

In the late part of the 19th century, the mill's flour, packed in wood barrels, was shipped as far away as Jamaica in the West Indies.

"Over the generations, Oak

Hill has witnessed a substantial change in ownership of stores and service establishments," according to Beecher. "The Tripps were located in the upper end of the Village, while the Fords displayed and sold good at the eastern section. Beers' Atlas of 1867 identifies J. Terbush, a harness maker, with his shop in the Cleveland building. S. Ives had all kinds of goods. R. Arnold was a boot and shoemaker."

The businessmen built the homes, many of which still line the main street.

Doug Tompsen, in a speech in 1995 at the dedication of the Historic Oak Hill sign, added a few more comments: "Besides the mills for lumber and grain, there were five iron foundries, two tanners and a plaster mill. In the 1830s, the Catskill and Canajoharie railroad came through town. There were doctors, dentists, lawyers and even Page T. Hoagland's newspaper, the Oak Hill Record. There was a pool hall, three bottling works, three hotels. There were two fraternal organizations with meeting houses. The was an opera house where people saw plays, musicals and watched movies. Then the turnpike was paved with cement; electric, telephone and cable TV poles went in. Oak Hill became part of the modern era."

That is the back story. What is Oak Hill today? There have been a number of peaks and valleys over the years: We have lost some buildings, some are being left to decay. There is still much to be done, but enough has been done that someone could say Oak Hill is an incredible example of saving historic buildings.

Today a number of businesses are operating out of historic buildings that have been restored: The opera house restored by Sam Stickler is a restaurant run by the Twelve Tribes; the DeWitt hotel has been remodeled into a upscale guest house; Ford's store houses Pidgin, an upscale mercantile that brings visitors from literally all over the world.

Wild Flower, a florist and gift shop, is housed in a historic house. Mattice, a boutique department store housed in an 1830s law office, offers designer fashions, knitwear, household goods, foods and gifts from around the world. I U Tripp is an antique and collectible store in the 1830s and 1888 Tripp buildings that retain their original fixtures.

Other properties have sold and been restored for homes, several now housing people from downstate, some of whom are here only on the weekends; others live

here full-time. Some residents were literally born here.

Two houses function as bed-and-breakfasts. Several homes have work being done on them at the current time. There are a couple of properties for sale and I heard just this week of one that will be for sale in the fall.

I don't expect Oak Hill to become a foundry or manufacturing center again. In fact, that must have been terrible with foundries burning, waste being dumped into the creeks. Widening and paving the state highway, while it brought us into the modern world, did create problems of traffic and lack of parking. There is only one parking lot in town and that is owned by the Yellow Deli. The town is careful not to allow businesses to operate without some parking and to have adequate septic systems.

In September 2017, Oak Hill was designated as a State and National Historic District, which has allowed property owners to get tax credits for improving structures in the district. There is a New York Main Street program that provides financial resources and technical assistance to communities to strengthen the economic vitality of the state's traditional Main Streets and neighborhoods. The New York Main Street grant program provides funds to units of local government and not-for-profit organizations that are committed to revitalizing historic downtowns, mixed-use neighborhood commercial districts and village centers.

Other towns in Greene County have successfully received these grants. Is this something that could help Oak Hill? Likely, but there has been no one to take the initiative to make this happen. It is not simple or easy. I have twice been with groups who have approached the county about Oak Hill's receiving such a grant. They have indicated that it is likely we would qualify but we would need the backing of the town and someone to take responsibility for the project and so far, we have not had that.

Is that something we even want? With funds always come strings and rules to follow. For years, some people did not want a National Register District for fear that it would raise taxes. Some property owners today do not want any business near their homes.

In the meantime, thank you to all the folks who have come to town and saved many historic buildings. If you have not been to Oak Hill recently, come and visit.

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CATEGORIES*

- ◆ Top 5 Women ◆ BIPOC (Black, Indigenous & People of Color)
- ◆ Youth (ages 15-21) ◆ Businesses

You may also submit a video presentation for your nomination. Please email a .mov or .mpg to wdewsjr@gmail.com. If you have any questions please contact Warren Dews Jr. at 413-212-0130.

Nominations will be accepted through Feb. 28, 2023.

Winners will receive an award and an invitation to a dinner ceremony in their honor in March.

*We are looking for nominations among people who live, work or were raised in our services areas of southern Albany County, Columbia County and Greene County.



The **News-Herald**

Communities where nominations can come from in Albany County include Ravena, Coeymans, Coeymans Hollow, Selkirk, Medusa, Rensselaerville, Westerlo, Bethlehem, Delmar and Glenmont.

The **PIONEER**

In Greene County, individuals and businesses can be nominated from Greenville, Cairo, Durham, New Baltimore, Coxsackie and Athens.

THE COLUMBIA Paper

In Columbia County individuals and businesses can be nominated from all of Columbia County.

The UpStater.com

Community GUIDEBOOK



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Community Calendar

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

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JANUARY 2023

- 28 - "Best of the Beatles: 1968-1970" will be performed at 8 p.m. at The Orpheum Performing Arts Center, 6050 Main Street, Tannersville. Tickets can be purchased online at www.catskillmtn.org or by email at the box office at boxoffice@catskillmtn.org or by calling 518-263-2063. Tickets purchased ahead are \$25 for adults, \$20 for seniors and \$7 for students. Tickets purchased at the door are \$30 for adults, \$25 for seniors and \$7 for students. Visit www.catskillmtn.org for more information.
- 29 - Virtual performance: Academy of Fortepiano Performance International, "Pianos and the Salon in the 18th Century." Links will be posted the week before the salon at www.catskillmtn.org. Free.

FEBRUARY 2023

- 1 - Greene County Economic Development Corporation meeting, 4 p.m., at county building, 411 Main Street, Room 427, Catskill.
- 2 - Cairo Planning Board meeting, 7 p.m., at Cairo Town Hall, 512 Main Street, Cairo.
- 6 - Cairo Town Board meeting, 7 p.m., at Cairo Town Hall, 512 Main Street, Cairo.
- 7 - Durham Town Board workshop, 7:30 p.m., at Durham Town Hall, 7309 State Route 81, East Durham.

- 12 - Performance: Lviv National Philharmonic Orchestra of Ukraine, 2 p.m., at The Orpheum Performing Arts Center, 6050 Main Street, Tannersville. Tickets can be purchased online at www.catskillmtn.org or by email at boxoffice@catskillmtn.org or by phone at 518-263-2063. Tickets purchased ahead are \$25 for adults, \$20 for seniors and \$7 for students. Tickets purchased at the door are \$30 for adults, \$25 for seniors and \$7 for students. Visit www.catskillmtn.org for more information.
- 15 - Cairo Town Board workshop, 7 p.m., at Cairo Town Hall, 512 Main Street, Cairo.
- 18 - Greene County Fire Advisory Board meeting, 7 p.m., at Greene County Emergency Control and Training Center, 25 Volunteer Drive, Cairo.
- 20 - Greenville Town Board meeting, 7 p.m., at Pioneer Building, 11159 Route 32, Greenville.
- 20 - President's Day, Cairo Town Hall closed.
- 21 - Durham Town Board meeting, 7:30 p.m., at Durham Town Hall, 7309 State Route 81, East Durham.
- 25 - Fasching and Karneval Weekend at Riedbauer's Resort, similar to a German Mardi Gras, at 9:30 p.m., at 57 Ravine Drive, Round Top.
- 25 - Closing Reception: "Faces of Catskill: Portraits by David McIntyre," 4-6 p.m. at CREATE, 398 Main Street, Catskill.

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Obituaries

Sandra L. Eddy

GREENVILLE — Sandra Lumb Eddy, 80, passed away on Monday, Dec. 19, 2022.

Born on January 12, 1942, in Shrewsbury, Massachusetts, she was the daughter of Ralph Lumb and the late Phyllis Wetherbee Lumb. She was the devoted wife of the late Ralph Bromley Eddy, the beloved mother of Erik Ralph Eddy (Margery) of Glenmont and Elizabeth Anne Eddy Smith (Michael) of Corinth, Texas, and grandmother of Jackson Sayers Eddy, Gabriel Bromley Smith, and Nathaniel Carman Smith. She is also survived by siblings Joy Holland, Cheryl Drescher, Randall Lumb, Richard Lumb, Linda Warner, Steven Lumb, and Bonnie Lillis, and numerous nieces and nephews.

A graduate of Clark University in Worcester, Massachusetts, and University of New Hampshire in Durham, New Hampshire, Sandra taught at several schools for the deaf in New Hampshire, New York and Maryland. She also served as office administrator for



Sandra L. Eddy

Mill Creek Parish United Methodist Church in Derwood, Maryland, where she was a member for many years.

However, her primary focus was on raising her family. Her greatest joy was her relationships with her three grandsons, and she reveled in all of their accomplishments. She demonstrated her commitment to her family and friends in countless ways, always offering love, kindness, generosi-

ty and support.

In 2002, Sandra retired to Greenville, New York. There she became an active member of the Asbury United Methodist Church of Norton Hill, serving on many committees and the Board of Trustees.

She was a lover of books, often hosting book clubs at her home. She enjoyed nature and the outdoors, traveling to many national parks and birdwatching from her new sunroom. She loved all types of music, singing in choirs, and playing handbells. One of Sandra's proudest moments was seeing her husband, son, and grandson sing together at Proctor's Theatre. She was the consummate hostess and organizer of family reunions.

A memorial service for family and friends will be held in summer 2023. In lieu of flowers, contributions can be made in Sandra's name to the Asbury UMC Memorial Fund, P.O. Box 599, Greenville, NY 12083. Light a candle at ajcunninghamfh.com.

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Ice safety tips



COURTESY OF PEXELS

With a milder than usual winter, the DEC recommends taking precautions before heading out onto the ice for a day of ice fishing.

Much of New York is experiencing a milder than usual winter, leading to unsafe ice conditions on many waters, so the Department of Environmental Conservation is urging people to be extra cautious when heading out for a day of fishing.

ICE-FISHING TIPS

- Four inches of solid, clear

ice is a safe thickness if venturing out on foot. Be sure to periodically check the thickness as you move further out.

- Avoid ice near open water or around docks. Dock owners often use bubblers to prevent thick ice from forming and damaging them.
- Carry ice safety picks. They

can help you pull yourself out of the water should you break through the ice. Store-bought or homemade work just fine.

- Let someone know where you're going to fish and when you plan on returning.

Getting out there during the hard water season is fun, but definitely not worth risking your life.

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New York's Office of Children and Family Services estimates that 130,000 children around the state live with a grandparent, an aunt or uncle, or other family member. Some even live with close family friends. When a family member or close family friend assumes the responsibility of caring for a child, that's called Kinship Care.

Perhaps you are a kinship care provider, or know someone who is. If you are, you do it for all the right reasons. **Because you care.** But there's good news. St. Catherine's Center for Children has launched a new program to support kinship caregivers in Albany, Schenectady, Greene and Ulster Counties. The program connects caregivers like you to a variety of community and public support services, providing you with the tools you need to succeed. Want to learn more? Call us at the number below, or email kinshipcare@st-cath.org

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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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Greenville wrestlers edge past Maple Hill

SCOREBOARD

SPARTANS

41

VS

WILDCATS

36

By **Melanie Lekocevic**
Capital Region Independent Media

GREENVILLE — Greenville's wrestlers edged past a strong Maple Hill team in an

away meet Jan. 12. The Spartans defeated the Wildcats 41-36. Greenville's Connor Aloisi won in the 102-pound weight class, pinning Maple Hill's Finley Pearsall in 1 minute. Eric Heath defeated Michael Vanderwall by pin in 1:12 in the 138-pound category, and Kieran Cullen won 20-4 against Kaiden Santana in the 145-pound weight class. In the 160-pound division, Greenville's Joseph Davis pinned Linus Wilson-Leedy in 1:38,

Devin O'Connor pinned Anthony Sturgis in 1:31 in the 172-pound weight class, and Greenville's Jack VanGordon pinned Anthony Berrio in 3:39 in the 215-pound category. The Spartans' Colton Quinn won by forfeit in the 110-pound weight class. Also competing for Greenville were Colby Beers, Deacon Brown, Trevor Flensted, Kaleb Petit and Sawyer Peak, who lost their matches. With the win the Spartans

stand in third place in the Patroon Conference with a 5-6 overall record and 4-2 in-league play. The Coxsackie-Athens Riverhawks are in first place with an overall 11-2 record and are undefeated in conference play with a 6-0 record. Standing in second place are the Maple Hill Wildcats with a 12-6 overall record and the team is 5-1 in in-league play. At press time the Spartans were expected to compete against Watervliet-Cohoes in a home meet on Jan. 26.

COURTESY OF DEPARTMENT OF ENVIRONMENTAL CONSERVATION

Now that deer-hunting season is over, you may be tempted to feed deer to help them get through the winter. The state DEC urges people to refrain from feeding deer.

Now that white-tailed deer hunting seasons have ended throughout most of New York state, it may be tempting to be-

Consequences of feeding deer after hunting season ends

gin feeding deer to "help" them through the winter. However, feeding deer during the winter or other times of the year is unnecessary, prohibited in New York, and can have very negative consequences for deer, your neighbors, and surrounding wildlife habitat. During the winter, deer mainly rely on woody vegetation (known as woody browse) for their nutritional needs. The digestive enzymes in a deer's stomach change in the winter to better digest this browse. If deer are provided with unnatural food sources such as corn or hay after this change in diet has occurred, it can result in deer becoming ill or even dying.

Deer will eat the unnatural food source, but can develop acidosis (grain overload disease) or enterotoxemia (Clostridium overgrowth) disease because they can't digest the food properly. Both diseases can result in the rapid illness and death of deer even though their stomachs are full. Deer also gather around food sources in winter, which can increase the risk of spreading disease. For example, if a deer infected with chronic wasting disease (CWD) visits an artificial deer feeding site it will shed CWD prions (protein) in its saliva directly on the food, which can infect oth-

er deer that feed there. Deer gathering at these sites can also increase the risk for deer-vehicle collisions and deer-related damage to landscape plantings, orchards, and tree farms. Habitat improvement, especially the creation of shrubland and young forest habitat, is a good way to help deer and other wildlife so they have food to eat all year. For a list of tree and shrub species that deer prefer to eat in winter that you can promote on your property, visit DEC's winter deer foods page at dec.ny.gov.

Small-game hunting opportunities

With big-game seasons coming to a close across the state, it's the perfect time to take to the field in pursuit of abundant small-game hunting opportunities. While afield, you can help DEC better manage wildlife by reporting observations and harvests of the more elusive furbearer and small-game species. DEC is collecting observations of snowshoe hare, fox squirrels, weasels, marten, fisher, bobcat and otter. These data help to better understand the distributions of these species, improving the state's management. The help of hunters with these efforts is appreciated.

PROTECT NY'S RABBITS AND HARES

Rabbit hemorrhagic disease virus 2 (RHDV2) is a highly lethal and easily transmissible disease that impacts rabbits and hares. It is spread through direct contact between rabbits or contaminated materials (including hunting equipment, shoes, etc.). RHDV2 is extremely hardy, able to survive freezing temperatures and remain contagious on surfaces for three months. Although RHDV2 does not pose a risk to humans or other species, it represents a significant threat to New York's wild rabbit and hare populations. Hunters can help protect these species by following the steps outlined below:

- Avoid contact with domestic

rabbits.

- Wear disposable gloves when handling rabbit and hare carcasses.
- Properly dispose of rabbit carcasses in trash that's taken to a landfill or by burying deep enough to prevent scavenging.
- Disinfect all hunting gear after out-of-state travel with a 10% bleach solution.
- Avoid travel to states that have confirmed RHDV2 outbreaks, and do not bring rabbit carcasses killed in other states to New York.
- Avoid transporting rabbits or hares to train hunting dogs.
- Although dogs cannot get sick from RHDV2, they can transmit the virus, so minimize

COURTESY OF PEXELS

The Department of Environmental Conservation is asking small-game hunters to be on the alert for rabbit hemorrhagic disease virus 2, which is highly lethal and easily transmissible to rabbits and hares.

contact between dogs and rabbit carcasses.

- Immediately report sick rabbits or unusual rabbit mortalities

to DEC's Wildlife Health Program (518-478-2203; wildlife@dec.ny.gov).

DEC: Exam dates set for hunting, fishing, camping licensed guides

New York State Department of Environmental Conservation (DEC) Commissioner Basil Seggos has announced exam schedules for individuals seeking to become licensed guides. The DEC is offering exams for guiding in camping, fishing, hiking, hunting, whitewater rafting, canoeing or kayaking, and rock or ice climbing. "Licensed guides play a crucial role in safely introducing New Yorkers to the many natural

treasures around them," Seggos said. "I encourage outdoor enthusiasts who want to pass on their knowledge to others to take the exam and grow their environmental stewardship." A guide must be at least 18 years of age. Guides offer services for hire, directing, instructing or aiding others in a variety of recreational activities. DEC's Special Licenses Unit administers licensing of outdoor guides. Applicants are not required to

be New York state residents to receive a license. To provide enhanced access to examinations, DEC is offering licensed guide examinations online in 2023. Dates and registration details are below:

- Feb. 3, 2023 - 8 a.m. to 11 p.m. Registration must be received by Feb. 1, 2023;
- March 11, 2023 - In-person examinations will be offered at the New York State Outdoor Guides Association winter ren-

dezvous meeting. Registration must be received by March 4, 2023;

- March 31, 2023 - 8 a.m. to 11 p.m. Registration must be received by March 29, 2023;
- May 12, 2023 - 8 a.m. to 11 p.m. Registration must be received by May 10, 2023;
- June 23, 2023 - 8 a.m. to 11 p.m. Registration must be received by June 21, 2023;
- July 7, 2023 - 8 a.m. to 11 p.m. Registration must be re-

ceived by July 5, 2023;

- Sept. 15, 2023 - 8 a.m. to 11 p.m. Registration must be received by Sept. 13, 2023; and
- Oct. 13, 2023 - 8 a.m. to 11 p.m. Registration must be received by Oct. 11, 2023.

To register, directions are available on DEC's 2023 Licensed Guide Exams Registration website. Applicants will receive an email acknowledging registration and an additional one-time link for use to access the website on the date of the exam.

Upon successful completion of the exam(s), applicants will receive information on applying for the appropriate guide license, including an application form. Please do not send applications or fees prior to passing the examination(s). An outline of exam content, a study guide, and additional information can be found on the DEC Licensed Guide Program website. The Fieldbook, a reference book published by the Boy Scouts of America, is also recommended and can be found at a local library or bookstore. A list of current New York State Licensed Guides is available online at dec.ny.gov. For questions or assistance, contact the Special Licenses Unit at NYS DEC Special Licenses Unit, 625 Broadway, Albany, NY 12233-4752; Phone: 518-402-8985, Fax: 518-402-8925; Email: SpecialLicenses@dec.ny.gov.

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National Bank of Coxsackie announces internal promotions



Jamie Casterlin



Paul Sumigray

Bank of Coxsackie with over 10 years of commercial underwriting experience from Sunmark Credit Union.

Both employees strongly contribute to the success in the Commercial Credit Department at NBC, according to the bank.

"NBC is excited to begin expanding into the Capital Region market," said Chief Credit Officer Charlene Slemp. "The commercial underwriting team is gearing up for a record year in 2023, and Jamie Casterlin's promotion to AVP/Credit Manager will be critical. In her new role, she will manage the commercial pipeline and coordinate portfolio management."

Slemp continued, "Paul Sumigray brings years of credit underwriting experience. His promotion to Senior Commercial Underwriter is well-deserved, and we look forward to Paul's continued dedication and the level of expertise he brings to NBC's customers."

COXSACKIE — The National Bank of Coxsackie announced they have internally promoted two of their Commercial Credit Department staff members — Jamie Casterlin and Paul Sumigray.

Jamie Casterlin was promoted to AVP/Credit Manager from Commercial Credit Analyst. Casterlin has been with National Bank of

Coxsackie for six years, starting out as a Business Development Officer, then moving in the Credit Department. Prior to that, she was a Branch Manager for NBT Bank in the Middleburgh area.

Paul Sumigray was promoted to Senior Commercial Underwriter from Commercial Credit Analyst. Sumigray came to National

Want to raise and release pheasants?



COURTESY OF DEPARTMENT OF ENVIRONMENTAL CONSERVATION

The state offers a program where landowners who want to raise and release pheasants can help increase pheasant hunting opportunities.

The cold winter months couldn't be a better time to start thinking about warmer spring weather, and with that the arrival of pheasant chicks hatching at the Reynolds Game Farm, according to the state Department of Environmental Conservation.

Once again, pheasant chicks will be available through the DEC's Day-Old Pheasant Chick Program. In 2022, this program provided 30,000 free chicks to approved applicants.

Although the chicks are provided for free, there are several important requirements to consider if you would like to participate:

- Release sites must be open to public pheasant hunting and you must get signed permission from the property owner or land manager (for public lands).
- Release sites must be large enough to hold pheasants (i.e., a small 5-acre field is unlikely to be suitable).

The applicant must have suitable pens to raise the chicks until they are released into the wild.

For more information on the program requirements and useful information on how to build pens, please read the Day-Old Pheasant Chick Program Guide (PDF) at dec.ny.gov.

This program wouldn't exist without the public's help, and through volunteers increases fall hunting opportunity in the face of diminished wild populations. In addition, it provides an educational experience through animal husbandry and the outdoors.

The department will again be utilizing its online application at dec.ny.gov. Applications must be submitted by March 25 and anyone with questions about eligibility for the program can contact their regional wildlife office or the Reynolds Game Farm at 607-273-2768.

Sunmark employees donate \$14K to local groups



CONTRIBUTED PHOTO

Employees of Sunmark Credit Union contributed a combined \$14,000 to local charities in 2022.

LATHAM — More than 180 Sunmark Credit Union employees contributed a combined \$14,000 to local charities in 2022 through the credit union's employee donation program, "Make Your Mark for Charity."

This annual program was a component of Sunmark's 85th anniversary "Make Your Mark" campaign, which donated a total of more than \$85,000 to local charities and non-profits in 2022, recognizing the credit union's 85 years of serving its members and communities.

Organizations were selected based on the results of a staff-wide survey circulated at the beginning of 2022 in which ten non-profits were chosen (one designated per month). The remaining two months were allocated to a holiday giving program and the

National Credit Unions 4 Kids organization.

This voluntary contribution program allows employees who wish to participate the option of a biweekly donation.

The Sunmark Charitable Community Foundation was responsible for distributing the funds to the following charities:

- Things of My Very Own
- CU4Kids
- Regional Food Bank of Northeastern New York
- Our Community Cares
- Special Olympics New York
- Boys & Girls Clubs of the Capital Area
- Ronald McDonald House Charities of the Capital Region
- Matthew 25 Pantry
- Bernard & Millie Duker Children's Hospital at

- Albany Medical Center
- Alliance for Safe Kids
- Veterans and Community Housing Coalition
- Sunmark Adopt a Family Program for Safe Inc. of Schenectady

Funds received through the program are either given as a monetary donation or used to purchase supplies or other "wish list" items requested from the organization. Additionally, the Sunmark Charitable Community Foundation supports the recipients through other events that correlate with the charity for that month.

Learn more about Sunmark's "Make Your Mark" campaign and donation accomplishments by visiting www.sunmark85.com.

NY's Foam Ban: One year in

On Jan. 1, 2023, New York state celebrated the one-year anniversary of the start of the Expanded Polystyrene Foam Container and Polystyrene Loose Fill Packaging Ban.

Polystyrene foam is a concern for people and the environment. It is a top contributor of environmental litter and is not accepted in most recycling programs in New York state because the foam is difficult to recycle and has a low value.

NY's foam ban protects the environment and communities, and supports sustainable materials management in the state, according to the Department of Environmental Conservation.

Covered food service providers can no longer use foam bowls, cartons, hinged "clamshell" containers, cups, lids, plates, trays and other single-use foam containers designed or used for prepared food and beverages. Examples of food service providers:

- Food service establishments;

- Retail food stores;
- Caterers and mobile food service establishments;
- Delis;
- Grocery stores;
- Restaurants;
- Cafeterias;
- Coffee shops;
- Hospitals, adult care facilities, and nursing homes; and,
- Elementary and secondary schools, colleges and universities.

In addition, no manufacturer or store is allowed to sell, offer for sale, or distribute packing peanuts in the state.

If you observe banned foam containers or packing peanuts in your community, you may submit a complaint using the Polystyrene Foam Ban Complaint Form. Please be aware that some covered food service providers and facilities have financial hardship waivers that allow them to use foam products.

FOAM-FREE ALTERNATIVES

Many foam-free alternatives exist and DEC encourages the use of reusable, recyclable and compostable items, source reduction, and items made using recycled content where possible.

To learn about different foam-free alternatives you can review DEC's Foam Alternatives Reference Guide. One year in, this comprehensive guide has been recognized as a resource that can be used to assist communities not just in New York state, but across the country to help more places "Go Foam Free!"

To mark another milestone for containers and packaging, DEC has also begun implementing a prohibition on intentionally added PFAS in food packaging.

For questions about New York's foam ban email foam-ban@dec.ny.gov or visit DEC's Go Foam Free website for more detailed information.

College and Military Corner

Madison Gerken, of Rensselaerville, was named to the dean's list for the fall 2022 semester.

Two local students, Cecelia Winn, of Westerlo, and Arianna Orso, of Cairo, were named to the Fall 2022 President's List at Southern New Hampshire University.

New Baltimore resident Carrie Morgan has been named to the dean's list for the fall semester at Southern New Hampshire University.

Angelina Rini, of Greenville, was initiated into the University at Albany Circle of Omicron Delta Kappa, the National Leadership Honor Society.

The following area students were named to the dean's list at SUNY New Paltz for the fall semester: Isabella Antonelli, of Greenville; Djuna Dechert, of Earlton; Madeline Dewsbury, of New Baltimore; Bridget Rose, of Westerlo; and Earl Thomasson, of New Baltimore.

Walter Leonard Sutton, of Rensselaerville, has been named to the dean's list at Clarkson University. Sutton is a junior majoring in environmental science and

policy.

Round Top resident Nylah Terrante, a finance major at SUNY Canton, earned Part-Time Honors during the fall 2022 semester.

Eli Larson, of Earlton, received President's List Honors at SUNY Canton. Larson is a mechatronics technology major.

Kadie Galewaler, of Cairo, was one of more than 40 SUNY Oneonta students who provided sports and exercise workshops to local children during a new "Little Red Dragons" program held Nov. 28 to Dec. 5, at the Oneonta Boys and Girls Club.

Cairo resident Victoria Kingman, assigned to the Headquarters and Headquarters Company, 42nd Expeditionary Combat Aviation Brigade, received a promotion to the rank of sergeant in the New York Army National Guard.

Lauryn Williams, of Earlton, had her artwork featured in "Project Open Call: Fall 2022," a group show of new work submitted by current SUNY Oneonta students in the Martin-Mullen Gallery.

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Living On Purpose

Knowing when to hold on and when to let go

By Dr. William Holland

For Capital Region Independent Media

When it comes to being knowledgeable, it's not how much we know, but how much we understand.

It's one thing to have bags of information seeds stacked up in the barns of our minds, but more importantly, how many seeds of truth have been planted and nurtured to take root within our conscience?

Even the devil himself has more knowledge about God than the average person, but he does not allow it to change who he is. It's called selective thinking, where facts are learned and accumulated but not acted upon.

This is where we see a critical difference between knowledge and wisdom. Just because we read about how to live a victorious Christian life does not mean we will automatically be converted into a victorious overcomer. We must absorb His Word through

our perception and into our spirit, all the while learning how to surrender our will and discipline our carnality.

Be wary of powder-puff messages that only talk about strolling through life and enjoying the overflowing storehouses of blessings. They do nothing to awaken our desperate need to be a living sacrifice for God.

The Christian life is a constant challenge. In fact, the more serious we become about taking up our cross, the more difficult it will be.

If we are genuinely born again, our spirit is connected with God's spirit and we have a wonderful opportunity to channel His energy into us. If we can prevent our old corrupt nature from talking us out of it, we can be saved from ourselves, but it's going to take a burning passion and a total commitment to live God's way.

Being a follower of Jesus means we are accepting a golden opportunity to transform the

way we think, which will literally change who we are.

Persistence and even stubbornness can be good if we incorporate them into following Christ more intensely. Yes, being stubborn for God can be considered faith, however being stubborn against God is an attitude of rebellion. He appreciates us for being determined, but when He tells us no and we still keep pushing forward, we fall into the dangers of disobedience.

There have been times in my life when I did not know if I should stop believing or if I should keep pushing. I've had doors slammed in my face and my share of disappointments, but I kept knocking even to the point of trying to force them open with a crowbar.

Maybe God never intended for them to open and my demolition attitude just made things worse. Or maybe He wanted to see if I knew the difference between a vision and a whim.

Whatever the case, the key to avoiding resentment and confusion and knowing if the dark side is working against us or if the Lord is directing us, is spiritual discernment. Wisdom and understanding come from seeking God's still, small voice with all of our heart and mind.

Pray and research thoroughly before you move forward. If you are standing at a crossroad and not sure where to go, do something positive while you are waiting for His confirmation. If you've been seeking His direction and have not heard anything, I once heard someone say, "While waiting for a door to open, keep praising Him in the hallway."

You might sense the need to begin a personal fast in order to become more sensitive to His voice. Fasting is not always just about food but can be the denial of other activities as you dedicate quiet time alone with Him.

Just how desperate are you? By the way, this is personal and

there is no need to broadcast it on social media. When you list all the requirements associated with your goals, you may realize you are simply not ready to proceed at this time, or maybe not at all.

Yes, God can move mountains, but since He is the one who created our destiny, our ideas may not be the same as His. He can influence others, give us favor and create divine appointments, but it's our spiritual awareness that brings us into the position to receive.

He is preparing a path for you behind the scenes that can utilize your strengths and will be a perfect fit for you, however your obedience and patience are critical factors as you follow HIS plans and not your own.

Dr. Holland is a Christian minister, author and community outreach chaplain. Read more about the Christian life at billy-hollandministries.com.

My View

Time to reform medical liability system; 'Grieving Families Act' is not the way to do it

By Samuel Flemister, M.D.

For Capital Region Independent Media

As reported in a recent Times Union news story, Gov. Hochul continues to contemplate signing a measure (S74A/A6770) that would significantly alter New York's wrongful death laws.

As written, S74A, known as the "Grieving Families Act," vaguely identifies who's eligible to recover damages in wrongful death claims and the types of losses and damages for which plaintiffs may receive compensation.

The legislation would impact all areas of liability, including

medical liability, and lacks important payout caps adopted by many of the nearly 40 other states with these types of laws.

It's no secret that New York's medical liability system is broken, failing both practitioners and patients. It's wasteful, costly, inefficient and inconsistent.

Based on those concerns, the New York State Society of Orthopaedic Surgeons (NYSSOS) for years has joined a vast chorus of organizations in calling for the development of a comprehensive package of medical liability reforms that improve patient access to care, enhance patient-physician communication, facilitate im-

provement of patient safety and quality of care, reduce defensive medicine, decrease liability costs and fairly compensate negligently injured patients.

S74A will do little to facilitate these goals. In fact, one recent actuarial study has estimated that this legislation could increase New York's already high medical liability premiums by as much as 40%.

Moreover, Diederich Healthcare's 2020 report identified New York as the national leader in malpractice payouts, which in 2019 exceeded \$661 million. The study further found New York second in the nation on a per capita basis in

payouts.

Advancing the legislation as written will only fuel more unpredictable and inequitable compensation amounts from case to case that are not necessarily related to medical negligence or adverse events.

But the most troubling issue with the legislation is not the dollars, it's the impact that these already high costs have on patient care.

More than 30 hospitals already receive extraordinary financial assistance from the state to sustain patient care services, and if this bill is signed in its current form, we risk hospital, emergen-

cy room, primary care and urgent care closures.

These consequences will most severely impact safety net care providers in underserved communities, placing those with below-average access to quality care at risk and compromising the social equity the bill's proponents seek to achieve.

The Governor should use a veto as an important pause to reconsider a more balanced approach and bring New York into alignment with other states that have applied necessary and reasonable restrictions to similar legislation. Otherwise, the bill will reverse the state's current investments in its health care workforce, threaten retention and growth in this sector of our economy and harm New Yorkers across the state by jeopardizing access to vital health care services.

This would include orthopaedic high-risk patients such as the elderly or persons with physical trauma.

For these reasons, NYSSOS has joined with numerous other organizations and industries to urge Governor Hochul to veto this bill.

We also encourage policymakers to address liability reform with a more thoughtful and balanced approach to achieve comprehensive reform as other states have recently done, proving that consensus can be forged to protect patients as well as the health care system and physicians.

To provide a more meaningful context, consider that in her inaugural address Governor Hochul pledged to address what she termed "the affordability crisis in New York State."

This is a critical concern as a new census report found New York had the greatest population loss of any state between July 2021 and July 2022, with 180,000 New Yorkers leaving.

Enacting S74A will only further incentivize an exodus the state can ill afford by driving insurance cost increases in nearly every sector, including health insurance, automobile insurance and virtually every type of liability insurance.

A veto of S74A provides the Governor with a clear opportunity to address this crisis. We encourage her to do so, swiftly.

Samuel Flemister, M.D., is president of the New York State Society of Orthopaedic Surgeons and a board-certified orthopaedic surgeon.

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GOOD NEWS!:

Local Grange honored as among tops in nation



By Melanie Lekocevic

Capital Region Independent Media

SELKIRK — Sometimes, doing the right thing has its rewards.

The Bethlehem Grange received national recognition for its work in the community and has done so for six years running.

At the same time, two of the Grange's most active members were honored by the state for their work both with the Grange and elsewhere in the community.

The two awards were presented at Sunday's meeting of the Bethlehem Grange No. 137, which is based on Maple Avenue in Selkirk.

Grangers Jackie Schrom and Charles Ryan Jr. are the first members of the Bethlehem Grange to receive the award.

"The Gerald M. Eastman Award was first given in 1978 and is presented annually to an individual Granger or a Grange couple who exemplify Christian principles and influence others in a positive way," Bethlehem Grange President Carol Carpenter said to open the ceremony. "It's important to note that this award differs from Granger of the Year in that it encompasses service not only to the Grange, but to mankind and throughout the local and greater communities because of their Christian way of life."

Carpenter submitted the application to the New York State Grange, which made the decision to honor Schrom and Ryan this year.



LEFT: Bethlehem Grange President Carol Carpenter, left, presents the Gerald Eastman Award to Charles Ryan Jr. and Jackie Schrom, awarded by the New York State Grange. RIGHT: New York State Grange President Stephen Coye, right, presented the Distinguished Grange Award, a national distinction, to Vernon Starr, vice president of the Bethlehem Grange, and Carol Carpenter, president of the Bethlehem Grange.



MELANIE LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA

The list of community services and contributions by Schrom and Ryan is long and ranges from making quilts for the Ronald McDonald House to "adopting" and assisting a homebound senior to raising collections for a Vermont-based dog rescue that matches dogs with veterans and first responders with post-traumatic stress disorder.

"Our honored couple this year have spent countless hours in projects benefiting not only the Grange and the greater community, but personal human needs as well," according to a statement by the Bethlehem Grange. "This senior couple, Grangers for less than a decade, have demonstrated a level of fraternalism not seen in many who have been members for many years."

Among the projects Schrom and Ryan have taken on include transporting a homebound senior to medical appointments and with housework, even purchasing him a new microwave; making quilts

and pillowcases for Ronald McDonald House; and assisting the Grange with its many projects, from installing a handicap ramp to collecting bottles and cans for various fundraising purposes.

Ryan said they do what they do not for the glory, but to help people.

"Jackie and I are always telling people that we don't want the limelight put on us because we don't do it for that," Ryan said. "We do it because we love the people that we do it for. My favorite thing I tell people is 'thank you for helping us to help others.' I say that all the time."

The Bethlehem Grange itself was also honored Sunday with the Distinguished Grange Award, one of 24 Granges around the country to receive the honor for 2022, according to the National Grange website.

Only one other Grange in New York — based in Stanford — was selected for the honor.

This was the sixth year in a

row the Bethlehem Grange was selected. Bethlehem Grange President Carol Carpenter submitted the application for the award and New York State Grange President Stephen Coye presented the honor Sunday.

"The National Grange has a program called the Distinguished Grange program, which all Granges in the state and the nation are entitled to apply for," Coye said. "Bethlehem applied and has received this award for several years... Out of the 150 or so Granges in the state, we just had two that qualified this year."

Among the many projects the Grange has completed include building the handicap ramp to better distribute dinners during the COVID-19 pandemic; installing a flag receptacle for worn and tattered flags that need to be decommissioned; sending Christmas cards to overseas troops; repairing and painting the Grange building; and countless projects to aid people in the community

and beyond.

The Grange is also collecting returnable bottles and cans and donating the proceeds in March — which will be Girl Scout Month — to two area troops to travel to Florida and Paris, respectively.

"We are workers," Carpenter said. "We are a very active Grange, and for having only 10 members, we get a lot done."

The Bethlehem Grange is now gearing up to celebrate its 150th anniversary, which will be on March 17, 2024, and is looking for ways to honor the milestone.

The many projects the Bethlehem Grange carries out qualified them for the award so many years in a row, Coye said.

"They have just put service as No. 1 and that is what this award is about," Coye said. "They go out into the community and do things that other people aren't doing. They do what needs to be done."

Social Security Matters

About the 'Restricted Application for Spousal Benefits Only'

Dear Rusty:

You wrote an article about a man who was collecting spouse benefits but was applying for his own benefit at age 70, under an old law. What are the circumstances surrounding that gentleman's ability to collect spousal benefits? Why was he eligible? And was he working clear up into the age of 70 before applying for his own Social Security?

Signed: An Inquiring Mind
Dear Inquiring Mind:

The "old law" under which the gentleman in the article was collecting only a spousal benefit from his wife is no longer available to anyone born after Jan. 1, 1954, which means it is largely unavailable to those applying for Social Security today. Here's how the "old law" worked:

It was once possible for someone who reached their full retirement age (FRA) of 66, who had not yet applied for their own Social Security, and whose spouse was already collecting SS retire-

ment benefits, to file a "restricted application" to collect only spousal benefits. This enabled a higher earning spouse to claim a spouse benefit (only) without claiming their own SS retirement benefit, thus allowing the latter to continue to grow in value. That resulted in the higher earning spouse collecting half of their spouse's FRA benefit, at the same time maximizing their personal benefit to be claimed at a later age (usually at age 70).

Such was the case for the gentleman in the article you refer to — his wife had claimed her own SS retirement benefit earlier, and the husband had filed a restricted application for spouse benefits only. The husband collected a spouse benefit from his wife while his own SS retirement benefit continued to grow.

Now, as he was turning 70, he was ready to switch to his maximized personal SS retirement benefit. His work status was insignificant because he had already

SOCIAL SECURITY MATTERS



RUSSELL GLOOR

reached his full retirement age when he filed the restricted application, but by delaying the claim for his own SS benefit he earned Delayed Retirement Credits (DRCs). The DRCs made his personal age 70 benefit 32% higher than his benefit would have been had he claimed it at age 66.

This strategy wasn't documented as a specific option under

old Social Security law; rather, it was a "loophole" that many took advantage of because Social Security law at the time didn't prevent it.

In other words, Social Security law, as written years ago, allowed anyone who had reached their full retirement age to file a restricted application for spouse benefits without filing for their own benefit. That (along with another option known as "file and suspend") was considered a loophole and was eliminated by the "deemed filing" provision of the Bipartisan Budget Act (BBA) of 2015.

The BBA stipulated that those who turned 62 after 2015 (those born after January 1, 1954) would, whenever they filed for benefits, be automatically deemed to be filing for all Social Security retirement and spousal benefits available to them at the time. And that essentially eliminated the "restricted application for spouse benefits only" option for anyone

born after Jan. 1, 1954.

The gentleman in the article was born in 1952, thus eligible to take advantage of the loophole. Today, only those born before Jan. 2, 1954, who are not yet collecting Social Security but have a spouse who is, are eligible.

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 ssadvisor@amacfoundation.org.

Fitness Concepts

The forgotten vitamin

When you think about vitamin supplements, which ones automatically come to mind? Most people will say vitamin C, D or E.

But of the 13 vitamins essential for optimal health, we rarely hear about the importance of vitamin K and its vital role in the prevention of cardiovascular disease, cancer, Alzheimer's, diabetes and osteoporosis.

While it's not known to be one of the most common deficiencies (like vitamin D), it can be very serious, causing issues like bone loss, excessive bleeding in the GI tract, blood in urine and more.

"And older adults — particularly older men — are the age group that consumes the least amount of vitamin K," said Sarah Booth, Ph.D., from the Jean Mayer USDA Human Nutrition Re-

search Center on Aging at Tufts University.

Discovered in 1929 by Danish scientist Henrik Dam, vitamin K is actually a group of compounds, the most important ones being vitamin K1 and K2.

Produced by plants, vitamin K1 plays a key role in helping the blood clot and is also essential for building strong bones and osteoporosis prevention. Vitamin K supplements are not absorbed well by the body. So your best bet is to include lots of vitamin K-rich foods such as broccoli, Brussels sprouts and dark leafy greens in your diet.

Vitamin K is also a natural cancer fighter and is effective in reducing the risk of prostate, colon, stomach, nasal and oral cancer. One study found that high



MARY SCHOEPE

doses of vitamin K helped patients with liver cancer stabilize and improve their liver function.

A study in Integrative Medicine points out that vitamin K helps prevent hardening of arteries because it keeps calcium out of the arteries, not allowing it to

form into hard, dangerous plaque deposits. Studies have also shown that people who increase their intake of vitamin K have a lower risk of cardiovascular disease and stroke mortality.

Can vitamin K stop Alzheimer's disease or dementia? Not necessarily, but studies have shown that eating leafy greens keeps individuals' minds a decade younger. In a cognitive study of over 950 older adults, researchers found that individuals who ate one or two servings of mustard greens, spinach, kale or collards daily had the same mental ability as individuals 11 years their junior.

There is mounting evidence that vitamin K2 can improve bone health and reduce the risk of bone fractures, especially in postmeno-

pausal women who are at risk for osteoporosis. According to recent research, men and women with the highest intake of vitamin K2 are 65% less likely to suffer from a debilitating hip fracture compared to those with the lowest intake of vitamin K2.

Vitamin K2 is produced by the good bacteria in your gut and can also be found in high-fat dairy and fermented foods such as sauerkraut.

Just like salt goes with pepper and wine goes with chocolate, vitamin K should always be paired with vitamin D whenever possible. However, if you use blood-thinning medication, please consult your health care practitioner.

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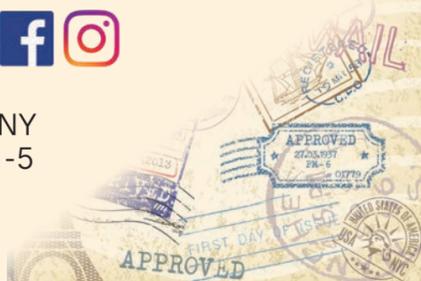


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Be A Better Gardener

Staying true to our cider tradition

By Thomas Christopher

For Capital Region Independent Media

Thirty-five years ago, a treasure hunt in the New York Botanical Garden library paid off big time for me.

That library houses one of the greatest collections of botanical and horticultural literature in the world, and a sympathetic librarian had given me access to “the stacks,” the back rooms where books are stored.

I was working my way randomly down the aisles when I pulled from the shelf a small booklet of 119 pages published in 1911: “The Cider Maker’s Hand Book” by J.M. Trowbridge.

This was not, as I at first supposed, a book about the sweet beverage you find at roadside stands in the fall. When I began reading the booklet, I quickly learned that for Trowbridge and his contemporaries, “cider” automatically meant a fermented beverage, what we would today call “hard cider.”

The book soon immersed me in a discussion of tools and techniques, as well as tips on the most suitable apple varieties. The old-time makers did not, I learned, rely on the sort of sweet, mild fruits we currently stuff into lunch boxes. European cider makers classically use apple varieties developed especially for cider making, many of which are distasteful when eaten right off the tree.

American cider makers more often relied on dual-purpose fruits, such as Baldwin, an heir-

loom apple still found in some New England orchards. Baldwins are pleasant when eaten out of hand, but are assertive enough that when their sweetness is eliminated by fermentation, they still present a complex and delicious flavor profile.

American cider makers also tended to rely on blends, with different apples supplying different qualities. Golden Russet, or Roxbury Russet, might be included to add sprightliness to the result, and crab apples were often tossed in to contribute tartness, tannin and a touch of bitter.

My wife, Suzanne, and I began to scavenge apples and borrow the use of a small apple crusher and hydraulic cider press at a farm to make our own cider for fermentation. I also began to meet other cider makers who were re-viving hard cider as a celebration of the Northeastern autumn.

For example, I got to know Stephen Wood and Louisa Spencer of Farnum Hill Cider in Lebanon, New Hampshire, who had grafted the apple trees in their orchard to classic cider apples of English as well as American origin, and who were producing hard cider blends as complex and delicious as any wine you might find at your local liquor store.

Other pioneers included Judith and Terry Maloney of West County Cider, who were working with an orchard near their home in Colrain, Massachusetts, to produce varietal ciders based on pressings of a single apple variety. A renaissance of hard cider

making had begun.

Many of the brands that have emerged are quite good. A couple of negative factors, though, have dogged contemporary American cider making. One is a dearth of good, grown-for-the-purpose cider apples. You can make hard cider from leftover dessert apples, just as you can make wine from Concord grapes. The results in both cases, however, are poor. Cider makers using this inferior fruit typically compensate for the resulting lack of flavor by dosing their product with additives such as cranberry juice or spices such as ginger. I’ve found these make-shifts to be heavy on sugar and lacking in subtlety. The best that can be said for them is that if consumed in sufficient quantity, they will make you drunk.

Another problem has been the recent fashion for “natural” ciders. Many makers decided a few years ago that rather than inoculating the freshly pressed juice with a selected strain of yeast, they would let wild yeasts naturally present on the apples dominate the fermentation process. The idea seems to be that this more “natural” approach somehow makes the cider a better reflection of its terroir. In my experience, though, the result is far more likely to be a murky, vinegary beverage that varies drastically from batch to batch.

Me, I’ll stick to Farnum Hill’s carefully choreographed confections, which are widely distributed now and can also be purchased by mail order. Or I’ll drink my



CONTRIBUTED PHOTO

Columnist Thomas Christopher in his newly planted orchard, where he’s growing apples for traditional cider.

own, less sophisticated but honest cider. We’ve got 10 gallons of a Baldwin/Russet blend (inoculated with a champagne yeast) fermenting in our basement right now that my wife and I will bottle next month.

And last spring we planted our own little orchard of 20 dwarf cider apples. We are DIYers, but we also believe in doing it right.

The *Growing Greener* podcast is available at the *Botanical Garden’s* website, *berkshirebotanical.org*. *Be-a-Better-Gardener* is a community service of *Berkshire Botanical Garden*, located in Stockbridge, Mass. 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*.

AG offers tips to prevent mail theft

NEW YORK – New York Attorney General Letitia James issued a consumer alert to warn New Yorkers about mail theft and to provide recommendations from the United States Postal Service (USPS) to protect themselves from this federal crime.

There has been a recent rise in mail theft, especially checks, credit cards and other financial documents being stolen from mailboxes. In some instances, there have even been reports of individuals stealing mailboxes.

Mail theft can lead to identify theft, deed theft, and serious invasions of financial and personal privacy that harm New Yorkers.

James sent a letter to USPS Postmaster General Louis DeJoy outlining her concerns and urging more resources be used to combat these thefts.

“Stealing mail is a violation of privacy, it is a federal crime, and it causes real problems,” said

James. “When bad actors steal people’s mail, they have access to personal and financial information that can lead to identity theft, destroyed credit ratings, and serious harm to completely innocent New Yorkers. I urge everyone to remain vigilant, and to protect themselves, their information, and their mail by following our important tips.”

The Office of the Attorney General (OAG) has received complaints that financial documents — such as checks, credit cards, and banking statements — were stolen from USPS mailboxes. The stealing of documents with personal and financial information can lead to additional crimes, including deed theft.

Last month, Attorney General James broke up a deed theft ring that stole three homes worth more than \$1 million in total from elderly, vulnerable homeowners in the Queens neighborhoods of Ja-

maica and St. Albans.

James recommends the following tips from USPS:

- Always pick up your mail promptly when delivered. Do not leave it in your mailbox overnight. If you are expecting checks, credit cards, or any other financial items, ask a trusted friend or neighbor to pick up your mail.
- If you did not receive a check or any other valuable mail you were expecting, contact the issuing agency immediately.
- If you change your address, you should immediately notify your respective post office and anyone with whom you do business with via mail.
- Inform your post office when you’ll be out of town, so they can hold your mail until you return.
- Consider signing up for USPS’ Informed Delivery service, which provides email noti-

fications for incoming mail and packages.

If you suspect your mail was stolen or see a mail theft happening, contact police immediately and then report it to postal inspectors by calling 877-876-2455.

If you see glue, tape or any other sticky substances on a mailbox, report it to your post office, postal inspectors, or the New York Division of the U.S. Postal Inspection Service (USPIS). The USPIS can be reached at 212-330-2400.

James urges anyone who believes their personal information may have been compromised to take the following steps:

- Monitor your credit. Credit monitoring services track your credit report and alert you whenever a change is made, such as a new account or a large purchase. Most services will notify you within 24 hours of any

change to your credit report.

- Consider placing a free credit freeze on your credit report. Identity thieves will not be able to open a new credit account in your name while the freeze is in place. You can place a credit freeze by contacting each of the three major credit bureaus:
 - Equifax — 888-766-0008
 - Experian — 888-397-3742
 - TransUnion — 800-680-7289
- Place a fraud alert on your credit report. A fraud alert tells lenders and creditors to take extra steps to verify your identity before issuing credit. You can place a fraud alert by contacting any one of the three major credit bureaus.
- Additional Resources. If you believe you are a victim of identity theft, submitting a complaint with the Bureau of Internet and Technology or call 800-771-7755.

DEC summer camp registration opens April 2

New York State Department of Environmental Conservation Commissioner Basil Seggos has announced that online registration for the 2023 Summer Camps program will open Sunday, April 2, at 1 p.m.

Applications should be submitted through the online registration program available through a link from the Summer Camps website at dec.ny.gov. Parents and guardians are also advised to monitor this site to complete registration forms and encouraged to register early since spaces fill up quickly.

“DEC’s Summer Camps program has a long tradition of introducing youth to the outdoors through fun, hands-on, minds-on activities that create lifelong connections to nature,” Seggos said. “Our camps provide increasingly rare opportunities for children to unplug and immerse themselves in the natural world. Kids at DEC Summer Camps are guided by highly qualified staff in hiking, canoeing and overnight camping

adventures each week.”

Now in its 76th year, the Summer Camps program offers week-long adventures in conservation education for children ages 11-17. DEC operates four residential camps for children: Camp Colby in Saranac Lake (Franklin County); Camp DeBruce in Livingston Manor (Sullivan County); Camp Rushford in Caneadea (Allegany County), and Camp Pack Forest in Warrensburg (Warren County). Opening specific camps is dependent on staff availability.

Camp capacities will be reduced again this next year to provide the safest experience possible. New and returning individual campers will be limited to one week of camp. If spaces remain available after May 26, campers will be allowed to sign up for multiple weeks. Eligible campers who were unable to enjoy camp in 2022 due to camp closures will receive priority registering in 2023.

Camps Colby, DeBruce, and Rushford will offer two weeks

of programming for children ages 14-17. Camp Colby and Rushford will offer five weeks for ages 11-13, and Camp DeBruce will offer four weeks. Camp Pack Forest will host children ages 14-17 for five weeks and ages 11-13 for two weeks. The complete schedule of camp opportunities for different age groups is available on the Summer Camps website.

Campers will have the opportunity to participate in a wide variety of outdoor adventures and are encouraged to try new things. Activities may include fishing, bird watching, fly-tying, archery, canoeing, hiking, camping, orienteering, and hunter safety education. One hunter education program of gun, bow or trapping is offered at each camp during four of the weeks. Class size is limited for hunter education programs and campers must sign up for it during registration and complete the homework in advance.

Along with adventure experiences, DEC campers engage in fun, hands-on activities and out-

door exploration focused on field, forest, stream and pond ecological principles. Campers may collect insects in a field, use nets in a stream, investigate soil composition, measure tree sizes, or practice taking field notes and writing in journals. Trips to nearby State lands might include kettle bogs, State Parks, fish hatcheries, or nature museums.

Camp Pack Forest will offer “Outdoor Adventure Week” during Week 4 (July 23-28). DEC encourages teens aged 14-17 who love being outdoors to sign up for this popular program that will help deepen their enjoyment and widen their horizons at Camp Pack Forest. During this week, campers will develop hands-on outdoor skills that go above and beyond the traditional camp week. In addition to our typical camp activities, campers may be engaged in team and trust-building activities, forestry, citizen science, conservation science, and more. Guest DEC and natural resource professionals will intro-

duce campers to a variety of career options.

All four camps offer at least six one-week sessions (Sunday to Friday) beginning July 2; Camp Colby, Rushford and Pack Forest will operate for seven weeks. One week of camp remains \$350 per child for 2023, and includes meals, trips and a camp T-shirt.

In addition to inviting parents to register their children to participate in the DEC environmental education Summer Camps program, sporting clubs, civic groups and environmental organizations are encouraged to sponsor one or more children for a week at camp. Information about becoming a sponsor and managing sponsor accounts is available on DEC’s website at dec.ny.gov.

For more information, please visit the DEC’s website, email EducationCamps@dec.ny.gov, visit “NYS DEC Summer Camps” on Facebook or write to: DEC Camps, 3rd Floor, 625 Broadway, Albany, New York 12233-5256.

Mendelssohn Club of Albany opens auditions for spring

DELMAR — The Mendelssohn Club of Albany is holding auditions for male singers interested in joining the club for the spring semester of the 2022-23 season.

Interested tenors and basses are invited to rehearse with the club on Wednesday evenings at 7:15 p.m. at the New Covenant

Presbyterian Church, 916 West-ern Ave. in Albany.

Prospective members are invited to sing with the club during subsequent rehearsals in January to become acquainted with the music, conductor and members of the club. Rehearsals are held every Wednesday, and auditions will take place near the end of

January or early February.

For more information, please visit the Mendelssohn Club online at www.mendelssohn.org or e-mail the club at info@mendelssohn.org.

A Capital Region tradition since 1909, the 60-voice male chorus is the area’s longest continually performing arts group.

The club is composed of men from the Capital District, Hudson Valley and Berkshire regions, and performs a full range of male choral selections from around the world.

From Lincoln Center to the Mormon Tabernacle, the Mendelssohn Club of Albany has performed in over 85 different loca-

tions.

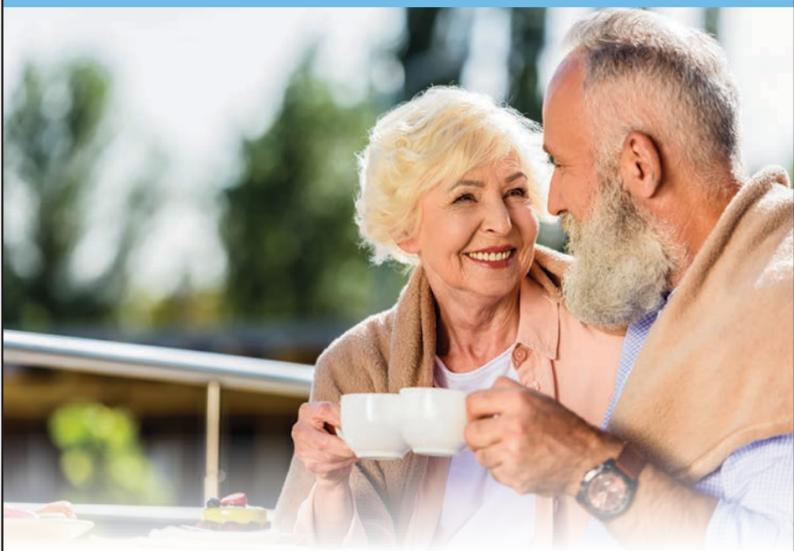
The Mendelssohn Club will perform its traditional spring concert on Friday, May 19, at Chancellor’s Hall in Albany.

For more information about The Mendelssohn Club, find it on Facebook, or visit www.mendelssohn.org.



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