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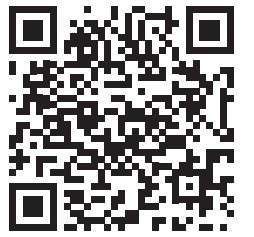
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Garden of the Month

See page A12



GOOD NEWS STORIES

## GOOD NEWS!: Class of 2023: End of one chapter, beginning of a new one



# CONGRATS, GRADS!

COURTESY OF GREENVILLE CENTRAL SCHOOL DISTRICT

The Class of 2023 takes to the stage for their commencement ceremony Friday evening.

By **Melanie Lekocevic**  
Capital Region Independent Media

GREENVILLE — The Class of 2023 at Greenville High School took to the stage Friday evening to accept their diplomas and move on to the next chapter in their lives.

The graduates entered the high school auditorium to the traditional “Pomp and Circumstance” as their families and loved ones cheered them on.

Principal Kristy Goergen opened the ceremony and thanked the teachers, faculty and families that made it possible for the graduates to get to this day — and to look ahead to the future that lies before them.

“Graduation marks the end of one era and the beginning of a new one,” Goergen said. “This bittersweet moment is filled with all kinds of emotions for the graduates and their loved ones. Today you stand on the threshold of a new chapter — a chapter filled with endless possibilities and uncharted territories. As you prepare to step out into the world, armed with knowledge, resilience and plans

See *CLASS*, page A6



COURTESY OF GREENVILLE CENTRAL SCHOOL DISTRICT

Graduates were surrounded by family and friends at Friday evening's commencement ceremony.



MELANIE LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA

Salutarian Benjamin Reinhard accepts his diploma.

## SUMMER CONCERT SERIES: Get ready to party

By **Melanie Lekocevic**  
Capital Region Independent Media

GREENVILLE — Summer is here and that means the annual concert series is getting ready to rock and roll.

The series of concerts is hosted by Community Partners of Greenville with funding from the town and other sources.

The Greenville Summer Concert Series got its start three years ago during the height of the COVID-19 pandemic and will launch its third season on July 11.

“This started during COVID,” said the series’ founder, Debbie Von Atzingen of Community Partners. “A few members in Community Partners and I were talking and we thought we wanted to do something for the community that was safe, where people could social distance. The town gave me a couple of thousand dollars and Brad Monkell helped me, and we scraped it together. It was a success.”

The following year, the group decided to expand and bring more variety to the musical genres featured and the concerts became so popular, upwards of 400 people attended at times.

“Last year we had really good variety and we had great weather — we had seven great days,” Von Atzingen said. “Everybody loves it and it’s nice to see people get together. Some come here and see Greenville for the first time, and for others it’s a chance to get together and meet their neighbors.”

The free concert series begins July 11 and runs through Aug. 22, and features music genres ranging from rock ‘n’ roll

See *CONCERT*, page A6

## GOOD NEWS!: Scout building dedicated in David Battini’s honor

GOOD NEWS STORIES

By **Melanie Lekocevic**  
Capital Region Independent Media

GREENVILLE — David Battini was a scoutmaster and a community volunteer for most of his adult life, and in recognition of his service, Boy Scout Troop 42 dedicated the Scout building on Route 32 in his name at a ceremony earlier this month.

Battini was the scoutmaster from 1971 to 2018.

Scouts — including 26 Eagle Scouts who trained under Battini over the years — and the community gathered on the lawn outside the small Scout building next to Prevost Hall for a ceremony, and



MELANIE LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA

Boy Scouts recite the Scout Oath at the start of the ceremony.

then headed inside the building to view a display of photos and other memorabilia portraying Battini’s many years heading Boy Scout Troop 42.

“We are gathered here today to honor a man who exemplified the phrase ‘leadership in service,’” current Scout-

See *BATTINI*, page A6



MELANIE LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA

Troop 42 Scoutmaster Colin Tumey opening the ceremony dedicating the Scout building on Route 32 in honor of former longtime Scoutmaster David Battini.

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# New/old pearls of wisdom: Part I

## Body, Mind & Spirit



PAT LARSEN

I'm often asked where my inspiration comes from to write as many columns as I manage to produce in a month's time.

I'm fortunate to have a lovely group of Baby Boomers and seniors to bring my fitness classes to and the discussions in class are always so interesting to be a part of and to learn from. So I owe a lot of love and thanks to each

of my students for inspiring topics.

I'm, in part, a teacher... but I'm always a student of life lessons and better ways in which to communicate and facilitate healing and deep, long-lasting relationships.

This particular topic comes from always having a notebook nearby and listening closely as people connect with each other from all over. If you listen, watch and connect yourself with others, it's amazing what pearls are constantly being shared.

WE are a very generous and caring generation.

So here are some lovely "pearls" from many different sources that bear repeating, re-reading, reminding yourself of and posting on the fridge if you're so inclined.

This one is from the book "The Four Agreements" that I've written about at length before. Just one of those very important agreements that we make with ourselves when we arrive.

### BE IMPECCABLE WITH YOUR WORD.

This refers to words that we say to ourselves. Everyday, the barbs we hurl, sometimes unknowingly, at ourselves.

Think about that. What better example to set for yourself and everyone around you to speak kindly of yourself. Say and mean nice things that are bolstering to your self-esteem. NOT, conversely, tearing yourself down... "Gee, I look awful today!" or "I'm bad at math!" and on and on.

Take the time to observe your own conversations and how it applies to yourself and make that one simple change and watch how others step up to that plate for themselves and you as well.

### LIVE LIFE WITH PURPOSE.

Our world is made up of an intricate web that connects us to opportunities to live our lives more fully. To live with

purpose is a gift of focus that we give to ourselves. Act on ideas rather than just let them pass you by and ultimately forget them over time.

Buy yourself a notebook and just jot down subjects that are of interest to you. It then becomes an excellent future reference to step up to when you need more inspiration. Listen to your internal voice. Ahhh, that's the way to get in touch with what makes you feel good, what you're excited about and then that becomes a starting line for the kick-off of that next chapter.

### RECOGNIZE MISTAKES OR MISTEPS AS LESSONS.

There's absolutely no reason to beat yourself up if you screw up.

Quickly reframe the situation for a future re-start.

### EXERCISE COURAGE.

Fear and worry will keep you from achieving the life goals you are trying to set

for yourself. They build in a wall that requires some very high hurdles that have to be climbed over before you ever hope to succeed.

Courage takes practice. It's like a muscle that you work that will improve over time. Identify the anxieties quickly and just as quickly say, "Thank you, but I've got this!"

Fear of making the wrong decision causes you to make no decision at all. Then there you'll be aimlessly scrolling on Instagram again, seeing somebody's else's courage climbing right over your ideas. Ouch.

Finally, for the purposes of this as a Part I of this topic...

### SEE THE POSSIBILITIES.

It's OK to exhibit a little healthy skepticism and that's quite natural, actually. Stepping out of that comfort zone can and most likely will give you those butterflies in the tummy. Just recognize it for

what it is... excitement. See yourself dreaming, playing out a scenario that you'd love to manifest in your life... I'm a huge fan of daydreaming.

Got in a lot of trouble from the nuns in school for that but ultimately it served me well.

### EVERY JOURNEY BEGINS WITH A SINGLE STEP.

If you're ready, start with these few pearls, make them your own and I'll be back with more next time around.

Pat Larsen has a passion for life and brings that excitement to classes and programs that she teaches weekly mornings at The Shamrock House in East Durham. Aside from being a syndicated columnist, Pat is a certified hypnotherapist specializing in an individual's story to achieve the healing that each seeks. Contact Pat at 518-275-8686 or via email at Pelarsen5@aol.com. To chat.

# Molinaro told broadband service still has holes

By David Lee

For Capital Region Independent Media

GHENT — U.S. Congressman Marcus Molinaro, R-19, on June 2 convened a "listening session" at the Ghent firehouse in Columbia County to help him learn about infrastructure and more specifically broadband communications.

"Rural communities can no longer be an afterthought. For too long, rural communities in Columbia County, Greene County, and across Upstate New York have had to deal with significant gaps in internet connectivity and deteriorating infrastructure," Molinaro said in a press release.

Molinaro serves on two committees: the House Agriculture Committee and the House Infrastructure and Transportation Committee. The meeting was designed to address issues and challenges of telecommunications and broadband internet access.

The telecommunications industry was represented by executives from Mid-Hudson Cable, Archtop Fiber, Spectrum, Consolidated



U.S. Rep. Marcus Molinaro, R-19 (pictured at table, left), addresses residents' concerns about broadband access at a listening session recently.

Communications and New York State Telecommunications Association, Inc. They said the high cost of the infrastructure needed to extend broadband service to those most in need of it were a barrier to progress.

According to the New York State Public Service

Commission Broadband Map, 97.4% of the population in the state is covered, according to the state map. In Greene County, the number is 90.5% coverage, with 88.4% of Greenville wired for broadband.

The number in the Greenville Central School District,

with large swathes of rural neighborhoods, is substantially lower at 73.2%. That means 26.8% of residents in the school district, totaling 1,192 people, do not have high-speed broadband access.

At the meeting, the representatives of consumers such

as farmers, schools, the hospital and town supervisors were in agreement that the COVID-19 pandemic, with the move to at-home learning and working, had exposed some of the shortcomings in telecommunications.

Speaking as a cattle rancher, Phil Trowbridge

emphasized how important internet connectivity is and also how expensive it is.

Andrew Ledoux, dean of Student Development at Columbia-Greene Community College said there were also connectivity challenges for local college students, and that in a survey conducted last year, 27% of students at the college indicated that cellular and internet access at home was a barrier for them.

Representing the health care community was Dr. Ronald Pope, vice president of Medical Services at Columbia Memorial Hospital. He said the two biggest challenges for telehealth were the problems with out-of-state providers where billing and accreditation across state lines may not be in accordance, and also HIPAA privacy issue and internet provider privacy regulations.

"We are struggling to find alternatives that patients can use easily," he said.

To contact U.S. Rep. Marc Molinaro, visit <https://molinaro.house.gov/>



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518-966-4043

Greenville Center Baptist Church  
County Route 41, Greenville

Durham-Oak Hill United Methodist Church  
Route 22, Durham  
518-239-6377

Medway Congregational Christian Church  
Route 26, Climax  
518-731-2106 & 518-731-8867

Christ Episcopal Church  
State Route 32, Greenville  
518-966-5713

Our Lady of Knock Shrine  
State Route 145, East Durham  
518-622-3319

Cornerstone Baptist Church  
State Route 145, East Durham  
518-634-7095

Asbury United Methodist Church  
State Route 81, Norton Hill  
518-966-4181

South Westerlo Congregational Christian Church  
County Routes 403 & 405, South Westerlo  
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518-756-2812

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518-947-8823

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518-797-5295

Westerlo Reformed Church  
State Route 143, Westerlo  
518-797-3742

Sacred Heart Roman Catholic Church  
Church Street, Cairo  
518-622-3319

Contact us at: [news@greenvillepioneer.com](mailto:news@greenvillepioneer.com)

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Columbia Memorial Health recently announced the graduation of 10 nurses from CMH's inaugural Nurse Residency training program

## Inaugural class of CMH Nurse Residency Program celebrates graduation

HUDSON — Columbia Memorial Health (CMH) last week announced the graduation of 10 nurses from CMH's inaugural Nurse Residency training program.

Nursing residency programs have been growing in hospitals across the nation as a means to better prepare new nurses to provide better patient care and enjoy greater job satisfaction.

The new graduates recently completed an intensive six-month curriculum at CMH focusing on a number of specific areas including quality improvement, patient safety, evidence-based care, professional development, communication skills, and adapting to and positively influenc-

ing workplace culture.

"Our nurse residency program was designed to help new nurses transition from academic preparation to bedside competency," said Stephanie Hisgen, CMH's chief nursing officer and vice president for Patient and Clinical Services. "The nurse residency approach recognizes that new nurses need a far more structured and supported transition to bedside care so they can provide safer and higher quality care. The approach also better ensures new nurses can succeed, feel rewarded and advance in what is a dynamic and stressful environment."

According to the U.S. Bureau of Labor Statistics, new-to-practice nurses are leaving the

nursing profession at rate of nearly 17% within their first year and up to 30% within their first three years. Nurse residency programs have proven to be an effective counter to these troubling trends.

A study published by the Institute of Medicine entitled "The Future of Nursing: Leading Change, Advancing Health," concluded: "Learning experiences that build professional relationships, incorporate strong support from preceptors, mentors, and nursing leadership, provide respect, and build confidence, are all linked to positive perceptions of job satisfaction and are integral components of a healthy work environment which has been

identified as a predictor of improved nursing retention."

CMH President and CEO Dorothy Urschel said, "The combination of an aging population and a considerable national workforce shortage has placed a great deal of burden on our nurses, especially those who have just started their careers. We developed this program to better prepare our nurses to succeed clinically and professionally, and to respond to the needs of our nurses and nurse candidates to help them lead rewarding and fulfilling careers as caregivers."

The next class of new nurses will begin training in July, with subsequent classes every six months thereafter.

## Living with wildlife

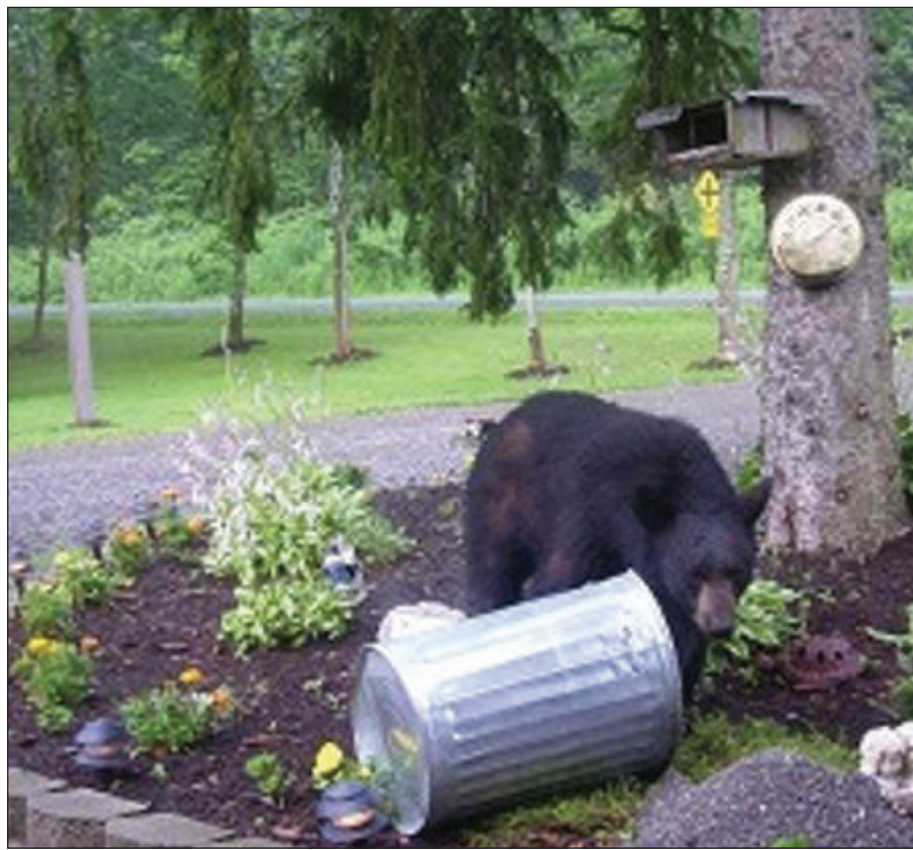
Being able to observe wildlife close to home is a treasured experience for many people, but sometimes wildlife can get too close or even cause property damage, according to the New York State Department of Environmental Conservation.

Woodchucks in the garden, squirrels or other critters in the attic, bears rummaging through garbage and tearing down bird feeders, and skunks under the shed are but a few of the problems people may encounter.

There are steps you can take to enjoy wildlife from a distance and reduce the chance that conflicts occur.

- R - Remove food sources: Do not feed wildlife, remove all feeders and suet in the spring and summer, secure or remove garbage immediately and wait until the day of trash pick-up to bring outside, and feed pets indoors.

- E - Eliminate cover and shelter close to homes and buildings: Remove or recycle piles of junk and stash brush, logs and firewood away from your house or other buildings; mow tall grass near houses or other



CONTRIBUTED PHOTO

The DEC offers tips for preventing wildlife from being drawn to your property and causing a nuisance.

buildings.

- P - Put up barriers: Use chimney covers and soffit vents, fence in areas such as gardens and underneath decks, and seal entry holes that lead into the house.

- E - Excite or agitate: Use visual repellents such as scarecrows or lights, or create noise by

yelling or using noisemakers (be sure to check noise ordinances in your area).

- L - Legally remove or "take": Contact a licensed Nuisance Wildlife Control Operator (NWCO) to remove problem wildlife from your property or remove or "take" nuisance an-

imals on your own in accordance with New York state laws and regulations. Visit the DEC website at [dec.ny.gov](http://dec.ny.gov) for more information on what species may legally be taken and under what conditions you may do so.

## 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

- Sumra Sefadine, 21, of Albany, was arrested June 11 at 11:05 a.m. in Cossackie and charged with second-degree introducing contraband into a prison, a class A misdemeanor. Sefadine was issued an appearance ticket.

- Tyler Gregory, 28, of Hudson, was arrested June 12 at 9:48 p.m. in Athens and charged with operating a motor vehicle with a blood-alcohol content over 0.08%, an unclassified misdemeanor. Gregory was issued an appearance ticket.

- Jaylon Kent, 21, of Cossackie, was arrested June 13 at 10:29 a.m. in Cairo and charged with

second-degree assault, a class D felony. Kent was held.

- Norman Venigas, 33, of Cossackie was arrested June 13 at 10:48 a.m. in Cossackie and charged with first-degree knowingly making/possessing dangerous contraband in a prison, a class D felony. Venigas was held with no bail.

- Melissa Andersen, 39, of Earlton, was arrested June 13 at 5:21 p.m. in Cossackie and charged with operating a motor vehicle impaired by drugs, an unclassified misdemeanor. Andersen's arrest status was not reported.

- Travis Wilson, 21, of Freehold, was arrested June 14 at 12:44 a.m. in Cairo and charged with driving while intoxicated and aggravated driving while intoxicated with a blood-alcohol content over 0.18%, both unclassified misdemeanors. Wilson was issued an appearance ticket.

## Nominations open for Bethlehem Chamber annual awards

DELMAR — The Bethlehem Chamber of Commerce will hold its 38th annual awards celebration on Thursday, Oct. 26, at the Colonic Country Club.

Bethlehem and the surrounding areas have a wealth of outstanding businesses, business leaders, youth entrepreneurs and organizations, and the Chamber would like to recognize the best of the best at the celebration.

Anyone may nominate a business, business person, youth or organization for honors in the following categories: Lifetime Achievement Award; Chamber Business or Business Person of the Year; Community Spirit Award; and/or Young Entrepreneur Award. Self-nominations are also acceptable.

There is an online form accessible from the Chamber's home page at [www.BethlehemChamber.com](http://www.BethlehemChamber.com). Forms must be submitted by 5 p.m. on Wednesday July 5, 2023.

The Lifetime Achievement Award honors a person or business from Bethlehem that has made positive contributions in their profession/industry for a number of years. The nominee will have demonstrated long-term and significant business success and will have shown strong and active community involvement. The nominee shall have displayed character, integrity, drive and dedication to the community.

The Chamber Business or Business Person of the Year recognizes the achievement and extraordinary community contributions of local businesses/persons. A business/person having a positive impact on the economic, cultural, civic and humanitarian advancement of the community will be considered. The business/person or not-for-profit should be a member in good standing with the Bethlehem Chamber of Commerce. A list of members in good standing can be found through the Directory page on the Chamber's website.

The Community Spirit Award recognizes any individual, business or non-profit, organization or school organization that has dedicated time and energy toward making Bethlehem a better place to live, work and play. The individual will have had a positive impact through their involvement in the community.

Bethlehem's Young Entrepreneur Award recognizes a young volunteer, entrepreneur (under the age of 25) or youth business venture for their contributions to the community. The nominee shall have performed outstanding service to the Bethlehem community and/or by their actions are excellent role models for their peers.

Questions may be directed to the Chamber office at [info@bethlehemchamber.com](mailto:info@bethlehemchamber.com) or by calling the office Monday through Friday from 9 a.m. to 5 p.m. at 518-439-0512.

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## Obituaries



**Arthur Wesley Maxwell**

Arthur Wesley Maxwell (aka Skip, Sonny, Max), 78, of Westkill, passed away peacefully at home on June 16, 2023.

He was born on Dec. 6, 1944, to the late Arthur Arnold Maxwell and Edna Perry (Stockwell). He was predeceased by his son Arthur A. Max-

## Arthur Wesley Maxwell

well. Art was an avid hunter, fisherman and billiards player. He loved everything about the outdoors. He enjoyed riding his Harley in his younger years and riding bulls and broncos at Carson City Rodeo. He loved playing guitar, making everyone

laugh and telling stories of his life. He was a retired heavy equipment operator but was definitely a jack of all trades.

Arthur left behind his wife of 30+ years, Linda Maxwell (Gantert), daughter Victoria Arnold of Catskill, son Edward Maxwell of Cossackie,

daughter Marie McCusker and fiancé Eugene VanAlstyne of Earlton, daughter Lois Ciccollella of North Carolina, and ex son-in-law Joseph Ciccollella of Schodack, son Steven Woodbeck and wife Colleen Woodbeck of Athens, as well as many beloved grandchild-

dren, great-grandchildren, friends and family that he loved and idolized so much. He was supported by so many of his friends and family.

The family will have a celebration of life service at a later date.

## Reaching a younger generation with the allure of STEM

By **Melanie Lekocevic**  
Capital Region Independent Media

GREENVILLE — The fields of science, technology, engineering and mathematics are among the fastest growing sectors of the economy, and students at Greenville High School and their peers are looking to encourage their younger schoolmates to get on the bandwagon.

Members of the Spartanbots, the high school's FIRST Lego League robotics team, traveled to Ravena-Coeymans-Selkirk High School recently at the request of their peers on the Ravena Rattlesnakes team to spread the word about robotics and get more kids interested in the field.

Students from Greenville, Ravena and other Capital Region FIRST teams pooled their resources to hold a demonstration of robotics and other STEM fields — Science, Technology, Engineering and Mathematics — to give students in the community exposure to robotics and related disciplines.

“Ravena has asked us to help out with this event for a couple of years now,” said Scott Gardiner, an administrator at Greenville High School and the Spartanbots adviser. “It’s to spark an interest in younger kids in the school in robotics and STEM in general.”

Kindling an interest in science and technology is key, Gardiner said.

“In our country, we have a shortage of kids going into STEM and we try to encourage them to show them it’s not only practical for our real world, but it’s a lot of fun, too,” Gardiner said.

The Spartanbots is a team open to students in Greenville Middle and High Schools, so kids can start early and compete through their high school years and even into college.

“They can come in and stay with the league right from the beginning and learn about math, science, technology, programming and building,” Gardiner



**Students from Greenville High School traveled to Ravena-Coeymans-Selkirk High School to demonstrate robotics and other STEM fields and spur an interest in younger students.**

said. “Our team is divided into four different departments — we have programmers, we have builders, we have a creative group that works on the PR (public relations) side — design work, pamphlets, presentations and all the different things that convey and communicate what we are trying to do — and then we have a logistics team that picks up the slack of everything else that doesn’t fit into one of the other three groups.”

The demonstration was hosted by the Ravena Rattlesnakes, led by team co-captains Elizabeth Robertson and Max May, to spur an interest in the field for younger students.

“Our goal is to get the community more involved with STEM and FIRST,” Robertson said. “We are just trying to get more kids into robotics and to see how cool it is, and then try to get them to join a team or look into robotics and STEM. It is the wave of the future.”

“We want to get more kids wanting to do robotics and start more teams to get everyone involved in this,” she added.

In addition to the robotics teams from Greenville and Ravena, there were also teams from Niskayuna, Ballston Spa and Chatham.



**Students from Greenville High School traveled to Ravena-Coeymans-Selkirk High School to demonstrate robotics and other STEM fields and spur an interest in younger students.**

Roughly 40 FIRST teammates from around the Capital Region participated in the demonstration.

In competitions, the teams are on opposite sides of the aisle, but during the demonstration at RCS, they were united in a single purpose — increasing awareness and exposure to STEM fields and robotics in particular.

The robotics teams ran stations of activities geared to students of all ages, giving kids a chance to try out the robots and learn what goes into creating the technology they see in real life every day.



**MELANIE LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA**  
**Students from Greenville High School traveled to Ravena-Coeymans-Selkirk High School to demonstrate robotics and other STEM fields and spur an interest in younger students.**



**MELANIE LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA**  
**Which toy car is the most aerodynamic and the fastest? FIRST teammates know.**

Greenville Board of Education President Tracy Young is a “den mother” for the Spartanbots and has volunteered with the group since its inception.

“I have been involved in robotics for years now,” Young said. “I was one of the parents that got involved when we first started to bring the club together.”

The idea for the Spartanbots first came about when Young’s daughter, Josephine Content, and several of her peers became interested in robotics and wanted to learn more about the field.

“It started because my oldest daughter, who just graduated from college and is an engineer and is now

going for her master’s in robotics, was part of the initial group that wanted to start a robotics club multiple years ago when she was going into high school,” Young said. “She worked with the superintendent and the high school principal to start the club. I told her I would volunteer. When she graduated, some of the students were asking me if I would still be involved and I said of course I would. I love seeing the kids be interested in technology and seeing what they can do.”

“You can do it,” she advised students. “If you can dream it, you can do it.”

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# Rescued royalty: Cupola's path from darkness to light

## Horses of Unbridled



SUSAN KAYNE

A captured smile. A sense of personal triumph. Deep inside, your heart sighs. She is finally here. She is safe. Eager to share this joy, you post snapshots on Facebook — Cupola, the latest rescue, this majestic mare, has arrived at Unbridled.

As you send her photos to supporters, the heat of her breath shields you from the chill that nips at your hands. One photo after another, like a comforting mantra; she's here, she'll survive! Lost in the moment, you cannot perceive her silent despair. In time, you see it in the stark images on your phone.

As your digital wall fills with kind words and emojis, the weight of Cupola's absence presses down on you. The light that should kindle her eyes is conspicuously absent. Her profound emptiness is almost palpable. To the casual observer, she might seem beautiful. But through her eyes, you see a broken soul.

Before fatigue forced her to rest, she paced her new confines with restless energy. Cupola, unacquainted with her surroundings, sees you as just another stranger on a journey that has dealt her only unkindness.

Before her arrival at Unbridled in New York, she was stuck in the oppressive silence of the slaughter pipeline. In the weeks prior, she passed through several states until her travels stopped at the New Holland Auction in Pennsylvania.

On Nov. 29, 2020, Unbridled rescued Cupola from Rotz Livestock, the horse meat dealer who bought her along with several other mares at the auction. Purchased by the pound and slated for slaughter, Rotz had already weighed, tagged and cleared Cupola for shipment to Mexico. There, while conscious, workers would stab her in the back until her spinal cord snapped, and she collapsed. Then, she would become part of a ruthless



Cupola with her friends Baby and Lady.

cycle, the one that sends tens of thousands of Thoroughbreds to a gruesome and violent death.

Before this grim path, Cupola was for a short time valued as a broodmare. She passed through the Keeneland Sales and had two foals: a filly in Kentucky in 2019 and a filly in Indiana in 2020. When she failed to conceive for a third consecutive time, her owner, Dawn Martin, a breeder and trainer from Indiana, discarded her along with two other mares. Uncared about and unprotected, the trio of Martin mares ended up in New Holland, Pennsylvania, to be sold by the pound amid a sea of unwanted horses.

Cupola first saw the light of day on March 14, 2013. Born at Juddmonte Farm in Kentucky, she is a third-generation homebred for Prince Khalid bin Abdullah of Saudi Arabia. The prince invested in Cupola a quarter of a century before she was born with the purchase of her great-granddam, Nijinsky Star, for \$700,000 at the 1987 Keeneland November Sale. Her sire, Mizzen Mast, a stakes winner of over \$500,000, is also a home-bred of the prince. So magnificently pedigreed is Mizzen Mast that the Prince purchased his mother in 1984 at the Keeneland July Select Yearling Sale for \$2,200,000. The lineage has since birthed several world champions for Juddmonte, a global entity with three farms in England, two in Ireland, and two in the United States.

But what significance does this hold for Cupola? None of it kept her

safe from falling prey to the slaughter pipeline.

What does her vacant gaze say? Behind her eyes, does she wonder where her foals have gone? In her mind, do their fading cries still echo? Does she retreat to that happy place of playful trots alongside her own dam in the sun-dappled meadows of Juddmonte? Or is her vacancy the haunt of chains, forced mating, and the betrayal of countless faces that moved her from one indifferent hand to another? This is the life of Cupola, a mare born to a prince, in the Sport of Kings.

Horses have an impressive memory. Their sophisticated social cognition in recognizing and remembering relationships, relatives and varying degrees of social affiliation for every member of their group, both horse and human, is well documented.

For example, horses can recognize and remember recorded whinnies of familiar herd members and distinguish these whinnies from those of horses they do not know (Lemasson, et al. 2009). The same goes for people. Horses, having been introduced to a novel person only through a photograph of their face, can recognize them in real life at a later time. The horses will respond with either curiosity or avoidance, depending upon the emotion that was portrayed on the photograph in the original exposure (either joyful or angry). (Proops et al., 2018; Trösch et al., 2020).

When you touch Cupola, even the softest ca-



CONTRIBUTED PHOTO

Cupola and her two friends, Baby and Lady, were all adopted together after living at Unbridled for 11 months.

ress frightens her. At just seven, a mere quarter of her natural lifespan, she resembles a creature shocked into submission. Despite her attempts to engage, every time she has extended trust, a callous indifference trumped her effort.

Sanctuary at Unbridled gave Cupola the sustenance she needed to restore her health and the time she required to regain her dignity. She found gentle companionship in Baby and Lady, forming an especially tender bond with Baby. Both had endured the trauma of early separation from beloved family mem-

bers. Traditional weaning at big breeding operations tears apart mares and foals, breaking their bonds, hearts and spirits.

Baby, wrenched from her mother's side prematurely, and Cupola mourning the loss of her cherished offspring, took comfort in each other. They nuzzled and played together. And they grazed and slept side by side, reclaiming their agency and inherent worth.

After 11 months at Unbridled, in a fairytale twist, Cupola, Baby and Lady were all adopted together. Today, they live forever safe and cherished at Zorro's Crossing Sanc-

tuary, a beautiful 70-acre estate in Georgia. Their past suffering now seems like a fading nightmare as they embrace their new chapter, filled with safety, love and happiness.

As of this writing, Cupola's first foal, born on April 19, 2019, has earned over \$30,000 and continues to race in Louisiana. Her name is Layla's Song. It is the hope of Unbridled to one day reunite Cupola with her two daughters.

Susan Kayne operates the horse rescue organization Unbridled Thoroughbred Foundation, on the border of Albany County and Greenville.

## Positively Speaking

# James Armistead Lafayette

## Positively Speaking



TOBY MOORE

In 1748, James Armistead was born into the world, and his life was far from ordinary.

James was born into slavery, designated as "property" of the Armistead family, a well-established and prominent family in Virginia that owned a vast plantation and many different businesses.

Little did they know this enslaved man would become one of the greatest American heroes ever.

Amidst the darkness of slavery, James learned to read and write, unlike many of his fellow

enslaved people. James' ability to read and write was invaluable as the Revolutionary War was heating up and would prove to be the key that unlocked his path to freedom.

By 1781, the colonies were amid a fierce war for independence against England.

The British, led by the infamous Lord Cornwallis and his army of redcoats, were making devastating raids and attacks on the Continental Army and their cities. Under the command of General George Washington, the colonies fought bravely alongside their French allies, but it seemed as though victory was slipping from their grasp.

To turn the tide of the war, Washington sent the Marquis De Lafayette from France to reinforce the Continental Army's position in Virginia. Lafayette, a seasoned military leader, knew the Continental Army alone was

no match for British forces; he had to think outside the box.

Although enslaved people weren't allowed to fight, Lafayette recruited James; he was determined to utilize every advantage and was eager to learn more about the enemy's plans.

Together they devised a plan to infiltrate the British camp and gather vital information from within. James knew the stakes were high and was willing to take the risk.

James posed as a runaway slave and offered his services to Cornwallis, desperate for a chance to serve the British army, and Cornwallis believed him.

Day after day, as he served dinner to Lord Cornwallis and his generals, he gained their trust and listened in on their secret plans. With every word, he memorized their strategies, studied their maps and learned their procedures. He was like a

fly on the wall, unnoticed but always present, always listening.

Cornwallis and his generals had no idea that the servant before them was not just an enslaved man but a spy working for the Continental Army.

As the war was getting closer to its climax, the Battle of Yorktown, every piece of information James gathered was crucial for the Patriots to win. He was determined to help win the war and secure his freedom.

He provided the Marquis with detailed information about the location and strength of British troops, their supply lines, and plans for escape or reinforcement.

Armed with this information, The Marquis launched a bloody siege against the British army in Yorktown. The siege lasted for several weeks, as the Continental Army and the French allies bombarded the British positions

with artillery.

The Patriots could anticipate the British's every move and turned the tide of the battle. Defeated, Cornwallis surrendered, and the Battle of Yorktown was over.

James' bravery and dedication to the cause of freedom for himself and our nation played a vital role in the defeat of the British.

This victory might have never been possible without James' bravery and dedication as a double agent. His actions as a spy during the war were instrumental in securing freedom for the colonies and served as a powerful example of resistance against slavery and oppression.

He defied the notion that enslaved people were merely passive victims and showed that they, too, could actively fight for their liberation.

Some believe that James and the Marquis

kept in touch. Fifty years later, when the Marquis was on a rockstar tour of American cities, almost 100,000 people showed up to see him; James was there and was embraced by the Marquis as a hero while the crowds roared with approval. James took the last name Lafayette in honor of his relationship with the Marquis de Lafayette.

James Armistead Lafayette's story remained largely unknown for many decades. It was in the 20th century that historians began to acknowledge his role in the war and his significance as a symbol of courage, determination and resilience.

Although he's no longer here, I wish to say to James, "Thank you for your service."

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

CLASS, from page A1

for success, remember that you have the power to shape your own future.” Goergen offered advice as the newly minted graduates step out into the world beyond high school — take calculated risks, overcome your fears, build friendships and stay in touch with old friends, don’t be afraid to ask questions or ask for help, and keep an open mind when planning for the future, among others.

“You are the architects of your own destiny,” she concluded.

Salutatorian Benjamin Reinhard thanked the staff and teachers, and congratulated his fellow graduates.

“At the end of the day, it is your hard work that put you on this stage this evening,” Reinhard said. “As we all progress in this new phase of our lives, I think we all share one similar goal, along with the vast majority of people on this earth — to be happy. Happiness will look different for all of us. Some may chase wealth, others may strive for success. Some might simply start a family. Whatever it may be, we all want to be happy.”



COURTESY OF GREENVILLE CENTRAL SCHOOL DISTRICT

The graduates make their way down the auditorium aisle to the traditional “Pomp and Circumstance.”

He also shared advice his father impressed upon him, and advised his fellow graduates to follow it as well.

“Work hard and have fun,” Reinhard said.

Class valedictorian Nuala Kappel said leaving high school and friends behind was difficult, and the idea of leaving their comfort zone was daunting, but is “necessary for each of us to reach our full potential.”

“We must be bold enough to leave our comfort zone behind in order to live our lives to the fullest,” Kappel said.

“The beginning of the rest of our lives begins today, with letting go of all that is familiar.”

She advised her fellow students to transform fear into excitement.

“Follow your dreams and passions to the fullest extent possible, be true to yourself no matter the circumstances,” she said. “The future is uncertain and while it may seem scary, I hope that each of you will turn that fear into excitement for all that you will accomplish.”

District Superintendent Michael Bennett addressed the crowd before



COURTESY OF GREENVILLE CENTRAL SCHOOL DISTRICT

The Class of 2023 celebrated the end of one era and the beginning of a new one.



MELANIE LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA High school principal Kristy Goergen handed out diplomas.

the graduates lined up to accept their diplomas.

Bennett said the Class

of 2023 was an “amazing group” of young people who worked tirelessly to

get to this day.

“Today marks the culmination of your years of hard work, resilience and personal growth,” Bennett said. “It is a testament to your determination, dedication and the countless obstacles you have had to overcome. Each one of you has faced unique challenges and yet, here you stand, poised and ready to embark on the next chapter of your lives. As you reflect on your high school journey, remember the moments that have defined you — the friendships forged, the lessons learned, and the experiences that have shaped your character.”

Bennett urged the graduates to cultivate a thirst for knowledge, embrace the power of curiosity and intellectual exploration, foster empathy and compassion, and advocate for equality.

“The world you are about to enter is filled with immense possibilities and challenges, but do not be disheartened for within each challenge lies an opportunity for growth,” he said. “Embrace the unknown, for it is in stepping out of your comfort zone that you discover your true potential.”

CONCERT, from page A1

to country, top 40, oldies and more.

“We have all sorts of music — it’s a little bit of a different lineup and we have some new bands this year,” Von Atzingen said. “We will have Church Street Catering and Stewart’s [Shops] will be giving ice cream on some nights.”

The concert series is

co-sponsored by the Town of Greenville and CREATE Council on the Arts. Community Partners also donates money to the cause, and last year they hosted 50/50 raffles to raise more money to support the series.

Concerts are held at Veterans Park at the corner of Routes 81 and 32, and performances are from 6 p.m. to 7:30 p.m. Concertgoers are advised to bring a lawn chair

for seating.

The opening night of the series will be July 11 and will feature the Lustre Kings performing rock ‘n’ roll, followed by In The Dust, New York Players, Onkor, Tailgate, ROADHOUSE 60, and concluding with Hell or High Water on Aug. 22.

Last year, in the event of inclement weather concerts were moved indoors at Prevost Hall, but this year there

will be no alternative site and no rain dates, so in the event of poor weather, the concerts will be canceled.

Check cpog.org or the Community Partners’ Facebook or Instagram pages for updated information if the weather is questionable.

There is no cost to attend the concerts.

Here is a full list of the concert schedule this summer:

- July 11: Lustre Kings, rock ‘n’ roll
- July 18: In The Dust, country
- July 25: New York Players, top 40/dance
- Aug. 1: Onkor, ‘70s to today
- Aug. 8: Tailgate, modern country
- Aug. 15: ROADHOUSE 60, oldies/’60s
- Aug. 22: Hell or High Water, rock

Volunteers are always appreciated to help organize and set up the concerts each week, and Von Atzingen is also looking for an apprentice to learn how to coordinate the summer concert series.

She is also hoping to expand the series to hold concerts in the spring or fall as well.



MELANIE LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA Visitors check out photos and memorabilia on display in the Scout building after the dedication ceremony.

BATTINI, from page A1

master Colin Tumey said to open the ceremony. “My friend and scouting mentor Dave Battini was the consummate volunteer who gave his time and talents to anyone who asked.”

Tumey said he met Battini when he joined the troop as a youth in 1972, and eventually became Battini’s assistant scoutmaster. Over the years, he watched as Battini racked up an impressive array of some of scouting’s most prestigious adult awards.

Battini was awarded the District Award of Merit, the Silver Beaver Award, the Vigil Honor of the Arrow and the American Legion Scouter of the Year Award.

Along with serving as Troop 42’s scoutmaster for 47 years, Battini also volunteered extensively in the community as a charter member of the Greenville Rescue Squad, as a volunteer with the Greenville Fire Police, and for the county’s Meals on Wheels program, among other activities.

A sign with Battini’s name is now posted above the Scout building’s door with the slogan “Leaders Created Here,” “because that is what he did here as scoutmaster of Troop 42,” Tumey said of Battini.

During his tenure, Battini traveled with the troop to every state in the Union with the exceptions of Alaska, Hawaii and Rhode Island, and their travels even sent them



MELANIE LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA Tumey and Battini’s longtime friend, Assistant Scoutmaster David Stuhr from Troop 54 in New Jersey, cut the ribbon at the building’s dedication. They are joined by 26 of the 70 Eagle Scouts mentored by Battini over his 47 years of service.

overseas to Australia, England and South Korea.

The list of activities and skills Battini worked on with the troop was extensive, including camping, hiking, canoeing, fishing, ice fishing and first aid, as well as “countless numbers of hours in community service in the Greenville area,” Tumey said.

Under Battini’s leadership, 70 young men rose to the rank of Eagle Scout, the highest rank that can be achieved in scouting.

Greene County Sheriff Peter Kusminsky presented the scouts with a citation from Assemblyman Chris Tague, R-102, who was unable to attend the service because he was called back into legislative session.

Naming the building in Battini’s honor was a fitting tribute, Kusminsky said.

“The dedication of this building will create an everlasting memory of the man that Dave was,” Kusminsky said. “His service and dedication to the Boy Scouts was unmatched and serves as an example for all of us to follow.”

Most of Battini’s adult life was devoted to Boy Scouts and his community, the sheriff said.

“Being active in the Boy Scouts for most of his life and up until the time of death shows just how much time and how much the development of values and morals in our youth meant to him,” Kusminsky said. “He dedicated his life to ensuring that



MELANIE LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA Battini’s awards and other memorabilia were on display in the newly renamed David Battini Scout Building.

scouts would be prepared for the future and I’m sure that Dave’s influence on every scout he encountered will have an impact on their lives and will do so for generations to come.”

Troop 42 Committee Chairman Steve Mataraza said Battini’s dedication to his community was evident throughout his life, including his work as a teacher, with scouting and with local groups. He was also passionate about ice fishing, history, cooking and first aid, Mataraza added.

“Dedicating this building in Dave Battini’s name is a fitting reminder of who this man was and where he could be found almost every Wednesday night for nearly 50 years,” Mataraza said,

adding that he will always be remembered “by those he led, and those who led beside him.”

Battini’s longtime friend David Stuhr, assistant scoutmaster of Troop 54 in New Jersey, said he first met Battini in 1966 and said his cooking skills, particularly camp cooking, were exceptional.

“He was as good a cook in the campgrounds as most people are in the kitchen,” Stuhr said. “He was one of the brightest guys I ever met in my life. His knowledge of history was remarkable — his knowledge of military affairs was the best of anyone I have ever known. He was the closest thing to a Renaissance man I have ever met.”

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# ATTENTION COEYMAN'S RESIDENTS

Did you know that Long Energy is actively seeking approval from the Coeymans Planning Board for propane storage on Route 9W? This project has garnered significant attention, with multiple articles in the Times Union covering the latest developments. However, our progress has hit a roadblock. On April 26, 2023, the project approval vote resulted in a deadlock (3-3).

We want to emphasize that we have meticulously adhered to all legal requirements and have gone above and beyond to anticipate and accommodate the wishes of your community. As one Board member astutely stated during the April 26th meeting, "When I fall back to the code, the site plan section and the special-use section, if I went through that, they are in compliance with everything."

We deeply value the support of our customers, and we remain committed to offering more competitively priced fuel and service. By granting approval for this propane storage, we can enhance our ability to meet the energy needs of the community efficiently and effectively.

We appreciate your continued support and kindly encourage you to voice your opinions and help us tell the Town Planning Board to

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# Oak Hill & Vicinity...

By Mary Lou Nahas



CONTRIBUTED PHOTO

Heather Ridge Farm store is in an early farm house that looks much like it did when it was a dairy farm.



CONTRIBUTED PHOTO

Growing up, Carol Clement wanted to live on the top of a mountain. This picture with the original barn, which is no longer standing, shows how it was when she first came.

## Two farms in Oak Hill and Vicinity

By Mary Lou Nahas

For Capital Region Independent Media

For the last Greenville Pioneer I wrote about five farms in Durham. Today, I want to share the story of two farms in Potter Hollow: Heather Ridge Farm and Potter Hollow Garden.

Heather Ridge Farm, located at 989 Broome Center Road, high in the Catskill Mountains, is located on old dairy pastures with hundreds of ancient apple trees.

Carol Clement, owner, wrote, “We’re a new farm that’s 200 years old. It’s a traditional ‘hill farm,’ where every field is on an angle. There are both woods and open fields, many springs and small ponds. We’ve been here a mere 30 years, at first farming part-time, and going full-time and open to the public since 2003.”

“All our animals and birds (and bees!) are lovingly raised in small groups on pasture in the fresh air with mountain spring water. The cattle and lamb are entirely grass fed, and the pigs, chickens and turkeys have all the fresh grass, apples, acorns, bugs and worms they want, as well as being supplemented with a natural grain mix we have custom-made to order.”

“Our farm garden offers a variety of vegetables and herbs. We use organic growing methods, but we are not certified. As we restore our ancient orchards, we have apple wood to create a delicious smoke for barbecues.”

Carol, who grew up in the Saugerties area where her family operated a resort, has been here since 1979. As a young adult, she worked in New York City in film making and marketing, never imagining she would be a full-time farmer.

She liked the idea of homesteading: having a big garden, animals, living in harmony with the land; a way to be here without ruining what was here. She wanted to leave the land in better shape than when she got here. When she was growing up at her parent’s resort, she liked to go out and look at the open fields and up to Overlook Mountain.

So she came here, still going back and forth to New York City to work several days a week. She found a farm owned by Wilson and Marion Hulbert, who were ready to retire. They liked her ideas and were willing to allow her to get her financing together rather than sell the farm to someone who wanted to develop it into small vacation properties.

Soon after she came, farming in the area changed. In 10 years, there were no dairy farms. The grange closed. So, Carol, an individual who is smart, hard-working and creative, changed her initial plan. She created Heather Ridge Farm, her own hospitality business on the top of a mountain. John joined her and together they have spent almost 20 years of very full-time work running Heather Ridge Farm and the Bees Knees Café.

Now they want more flexibility and time for themselves, and in typical Carol fashion, that all takes a lot of planning.

“Being a relatively small and diverse business, we have the ability to adapt and pivot as the times demand,” she said. “Our farm store will continue



CONTRIBUTED PHOTO

Potter Hollow Garden is located down the hill. The old farm house, newly painted, has a crop of garlic growing in the front yard.

to be open, stocked well with pork, lamb, goat, beef, as well as woolen goods, eggs, honey and other products, as usual. This year, we will continue to raise our sheep, goats, beefers and laying hens. Our llamas, alpacas and donkeys are an integral part of the animal mix. We will not be raising meat chickens or turkeys this year.”

“There are jobs that have been put off too long, and some original structures that need total revamping. There is infrastructure that needs updating for the sake of the land, the animals and the farmers. We want to lime our pastures. We want more fencing. We want to expand our grazing areas. We want more shelters. We want to streamline our work with the best regenerative practices possible. We want to renovate our cabins for renting, and make repairs on our buildings. We want to plant more trees. We want to be open to new ideas, projects and people.”

Chef Rob, who worked with Carol for a number of years, is continuing to make prepared food for the farm store for customers to take home., but they will not reopen the cafe as it has been in the past.

However, starting on Saturday, June 24, they began offering the Summer Kitchen: light fare, soups, a changing variety of offerings, seasonal pies, hot and cold beverages. The Summer Kitchen will be informal, open only on Saturdays 11 a.m. to 2 p.m.

The past couple of years have pointed out what’s important to them, she said. They want to continue to move ahead, evolve and be innovative, she said. And all her loyal customers and friends are delighted.

Now I’m going the let Rachel Stults, the owner of, Potter Hollow Garden, tell her story:

“I grew up in the San Francisco Bay Area, in the 1980s and ‘90s; when I was 19, I moved to New York City, then to Philadelphia, and later to a small hamlet on the south shore of Long Island, right across the road from a wonderful organic mixed vegetable farm. Ever since, my life has been largely about finding a way to live closer to the land, grow my own food, and share it with others,” Stults said.

“When I moved from Long



CONTRIBUTED PHOTO

An old postcard of the creamery next door shows the activity in the town in days past.

Island to Catskill in 2016, I spent a lot of my time driving around the countryside. I happened upon Oak Hill and in I.U. Tripp I found out about Heather Ridge Farm and the Bees Knees Café, up on top of the hill above Preston Hollow. I visited the Bees Knees many a Sunday for three years, and of course, the road to Heather Ridge Farm took me right through Potter Hollow.”

“Potter Hollow captured my imagination. It’s a ghost town now, with many abandoned and neglected old buildings, few people, and no commerce. But it is pretty obvious that it was a bustling little place back in the 19th and 20th centuries. Indeed, there are historical accounts as well as memories of people still living now that attest to this. And it was not only the old buildings, but the landscape itself that struck me. Potter Hollow has a strong sense of place. It’s easy for me to imagine early settlers, and earlier indigenous people, walking along beside the stream, deciding to stop when they got to the hollow and set up camp there. When you come to Potter Hollow, you get the feeling you have arrived somewhere. It’s very pleasant and feels like a suitable habitat for humans and other living things. So, for those three years of driving up to the Bees Knees, I fantasized about buying one of those old buildings, making Potter Hollow my home, and working to revive it.”

“Several years ago, I was very fortunate to come into some money that made it pos-

sible for me to actualize my dream. My great grandmother, Rose Olga Tritt, in 1910 started a jewelry shop on Fifth Avenue in New York City. It was successful; her daughter and son-in-law (my grandparents) continued to operate the jewelry shop in midtown Manhattan until the 1980s, when they retired. I inherited shares of Olga Tritt, Inc., which I used to buy the property in Potter Hollow and start my farm.”

“The property I bought is about 12 acres, right in the heart of the hamlet, next to the old creamery, between Potter Hollow Creek and Scott Patent Road (Route 362). It was cleared for pasture (except for a few magnificent trees left for shade), probably starting in the late 18th century. Now much of it has reverted to woods. My vegetable garden is on a nice flat little piece of cleared land next to the creek.”

“I am on Mohican land, specifically hunting and foraging territory of the Catskill Indians. In the colonial period, Catskill Mohicans traveled between their major communities below Freehold and places in the Schoharie Valley along an important footpath that followed the Catskill Creek. Like other nearby related peoples, the Mohicans maintained open woodlands for hunting and foraging with the practice of intentional burning, evidenced by white oaks and other plant species.”

“Today on the property there are three early buildings still standing (others lost): house, barn and shed. I am hoping to

make the house suitable for use as a café and inn, with a commercial kitchen and dining room on the first floor, and rooms for sleeping and working above. In collaboration with Chef Melissa Pelletier (another newcomer to Potter Hollow), we are planning to open a café with breakfast and lunch service on weekends starting next spring.”

“In terms of commerce, Potter Hollow Garden operates a very small-scale diversified farm. ‘Diversified’ means we do a little of this, little of that. Our commercial activities belong to three general categories: growing vegetables, raising and breeding Icelandic sheep, and offering on-farm experiences for visitors. The agricultural items we produce (or will produce) and sell are fresh produce, prepared food, and lamb meat, fiber, pelts, and breeding stock.”

“This year the vegetable garden consists of eight beds, 100 feet long and 2.5 feet wide. The general goal is to grow a diversity of top-quality vegetables and specialize in out-of-the-ordinary varieties and very fresh produce that can’t be found at the supermarket.”

“We will be starting a small flock of six Icelandic ewes this summer. The sheep will come to us from Knoll Farm in Waitsfield, Vermont. Icelandics are a very old mountain sheep breed—considered a primitive breed, which means their natural instincts have not been bred out of them. They are more intelligent and wilder, and less docile and tame than many other breeds. The breed is vigorous, hardy, fast-growing, adaptable, with excellent mothering, and proven to thrive in low-input pasture-based systems. This makes them suitable for our farm, where they will eat only pasture plants, hay and minerals (no grain).”

“In addition to growing crops and raising sheep, we want to bring visitors to Potter Hollow to experience the place and eat the food we produce. We currently operate a seasonal farm store in our barn on weekends 10 a.m. to 3 p.m., where we sell our own produce, as well locally sourced dry goods, dairy, eggs and meat, pastries by Chef Melissa, and hot coffee and tea. We produce a special event every month or so. We are working toward opening a café next year, and we also plan to develop and offer educational experiences for visitors, such as walking tours and workshops.”

“I operate a farm business for practical reasons — but what I do is much more primitive and far less technologized and less commercial than what is normally considered farming. I am interested in finding out how small I can go and still be productive and profitable enough to carry on. I don’t want to hire people and pay them wages. I would prefer to partner with people who have their own enterprises and find ways to work together and support each other.”

“Potter Hollow Garden is my way of living the Good Life, which for me means living primitively, tending my flock and my garden — and sharing it with others.”



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# Community Calendar

## JULY

- 1 - Outdoor Workshop: Fairy Garden Day: Fairy House Construction Made Simple, 10 a.m., at Mountain Top Arboretum, 4 Maude Adams Road, Tannersville. Children must be accompanied by an adult. Cost: Members are free, suggested donation of \$10 for non-members. Pre-registration required at [www.mtarboretum.org/events/fairy-house-construction-made-simple](http://www.mtarboretum.org/events/fairy-house-construction-made-simple)
- 2 - Performance: OMNY Taiko Drummers, Japanese traditional drumming, 6:30 p.m., at Orpheum Performing Arts Center, 6050 Main Street, Tannersville. Performance is free but reservations are strongly recommended at [boxoffice@catskillmtn.org](mailto:boxoffice@catskillmtn.org) or by calling 518-263-2063.
- 3 - Cairo Town Board meeting, 7 p.m., at Cairo Town Hall, 512 Main Street, Cairo.
- 4 - Independence Day. All town offices closed.
- 5 - Greenville Planning Board meeting, 7 p.m., at Pioneer Building, 11159 Route 32, Greenville.
- 6 - Cairo Planning Board meeting, 7 p.m. at Cairo Town Hall, 512 Main Street, Cairo.
- 7 - First Fridays Catskill. All day, Main Street, Catskill.
- 8 - Performance: Cecile McLorin-Salvant performs her Quintet, 7:30 p.m., at Orpheum Theater, 6050 Fourt 23A, Tannersville. 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. Call 518-263-2063 or email [boxoffice@catskillmtn.org](mailto:boxoffice@catskillmtn.org) to purchase tickets.
- 9 - Lecture: Beer, Brewing and Bronck, at 1 p.m., 3 p.m. and 5 p.m. Admission fee \$10. Reservations are suggested at <https://www.gchistory.org/>
- 13-16 - Grey Fox Bluegrass Festival, all weekend, at 1 Poultney Road, Oak Hill. Tickets vary.
- 15 - Catskill Mountain Shakespeare: "As You Like It," evenings at 7:30 p.m., matinees at 2 p.m., at 7970 Main Street, Hunter. Tickets are \$35 for adults, \$20 for students. Need-based discounts are available.
- 16-22 - Taste of the Catskills Irish Arts Week, all weekend, 2267 Route 145, East Durham.
- 16 - Third Annual Let's Ride to Benefit Our Veterans, 9 a.m. to 6 p.m., at Red Rooster Restaurant. Cost is \$20 per person or \$30 per couple. Call 518-755-7928 for more information.
- 17 - Greenville Town Board meeting, 7 p.m., at Pioneer Building, 11159 Route 32, Greenville.
- 18 - Lecture: The Palenville Cemetery, 7 p.m., at Vedder Research Library, 90 County Route 42 (off Route 9W), Coxsackie. Suggested donation of \$10.
- 18 - Durham Town Board meeting, 7:30 p.m., at Durham Town Hall, 7309 Route 81, East Durham.
- 19 - Cairo Town Board workshop, 7 p.m., at Cairo Town Hall, 512 Main Street, Cairo.
- 21 - Cairo Town Board workshop, 7 p.m., at Cairo Town Hall, 512 Main Street, Cairo.
- 23 - Lecture: The Twilight Inn Fire, 1 p.m., at Twilight Park Clubhouse, 5132 Route 23A, Haines Falls. Registration required at

[mthsdirector@mths.org](mailto:mthsdirector@mths.org) or 518-589-6657.

- 27-30 - Greene County Youth Fair, all weekend, at Angelo Canna Town Park, Mountain Avenue, Cairo. Free admission.
  - 30 - Catskill Mountain Shakespeare: "As You Like It," evenings at 7:30 p.m., matinees at 2 p.m., at 7970 Main Street, Hunter. Tickets are \$35 for adults, \$20 for students. Need-based discounts are available.
- ## AUGUST
- 2 - Greenville Planning Board meeting, 7 p.m., at Pioneer Building, 11159 Route 32, Greenville.
  - 3 - Cairo Planning Board meeting, 7 p.m., at Cairo Town Hall, 512 Main Street, Cairo.
  - 4 - Hunter International Music Festival Faculty Concert, 7:30 p.m., at Doctorow Center for the Arts, 7971 Main Street, Hunter. 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. Call 518-263-2063 or email [boxoffice@catskillmtn.org](mailto:boxoffice@catskillmtn.org) to purchase tickets.
  - 4 - "We'll Meet Again": A Victory Days WWII Bond Rally, 7 p.m., at Windham Centre Property, State Route 23, Windham. Free admission. Period attire is encouraged.
  - 5 - "Cheers for the Red, White & Blue: America's Music Landscape 1776-1976", 7 p.m., at Windham Civic Centre, Route 23, Windham. Tickets are \$10 and can be purchased at the door or ahead of time by calling 518-734-5655.
  - 7 - Cairo Town Board meeting, 7 p.m., at Cairo Town Hall, 512 Main Street, Cairo.
  - 10-12 - Catskill Mountain Jubilee, at Blackthorne Resort, 348 Sunside Road, East Durham.
  - 16 - Greene County Free Drive-Up Rabies Clinic, 5-7 p.m., Angelo Canna Town Park. Call 518-719-3600 to pre-register.
  - 16 - Cairo Town Board workshop, 7 p.m., at Cairo Town Hall, 512 Main Street, Cairo.
  - 18-20 - Sunflower & Sangria Festival, 11 a.m. to 7 p.m., at Meadowbrook Farm Catskills, 513 Route 67, Leeds. Tickets are \$15, two sunflowers included; kids 5 years and under are free; leashed, friendly animals are welcome.
  - 19-20 - German Alps Festival, at Michael J. Quill Irish Cultural and Sports Centre, 2267 Route 145, East Durham. Ticket information and entertainment lineup is available at [germanalpsfest.com](http://germanalpsfest.com). There is a 20% discount for tickets purchased online.
  - 21 - Greenville Town Board meeting, 7 p.m., at Pioneer Building, 11159 Route 32, Greenville.
  - 26 - Cornhole for a Cause Tournament, benefits In Flight in support of people with intellectual and developmental disabilities, at Dutchman's Landing, 10 Main Street, Catskill. Cornhole is pay-to-play at \$20 to \$40, but free for spectators to come enjoy the day. Register to play at <https://inflightinc.org/events/cornhole-for-a-cause-fundraiser/>
  - 26 - Led Zeppelin tribute band performance, 7-11 p.m., at Nussy's Bier Garten at Riedlbauer's Resort, 57 Ravine Drive, Round Top. Free admission and free parking; no outside food or beverages on the property.

To have your organization's events added to our calendar, please enter them online at [www.greenvillepioneer.com](http://www.greenvillepioneer.com)

## Grandma Mackey's Diary

1953 life in Medusa

Transcribed from her diary by Kathy Saurer Osborne

### • Sunday, June 29:

Rain. A beautiful rain. Chuck and Joyce started for Virginia about 10:30. Stopped at Eufemia's and she 'phoned good-bye again from there. They are stopping in N.J. to see Grandma and Grandpa Eufemia and for a rest. Hope they get there alright. I helped fix Communion. Adrienne went to church. Don and Adrienne went to see Gertrude, after supper they took Adele's sax to her. A young fellow who works at Evam Moore's brought Ruffie home and backed into my fence. They wrecked the gate good.

### • Monday, June 30

A fine day. Adrienne and Janet went to Albany with Guerdon. Gene did the washing. It dried nicely. I changed Joyce's bedroom around. It looks better. Am tired moving furniture. Am going out for dinner tonight with Addie and tomorrow over to Delite's until Wednesday

night. Mrs. Moore called up about the fence. The fellow feels very badly about it. They started work on Carl's house in earnest this morning.

### • Tuesday, July 1:

Clear. Got Don's breakfast and put up his lunch. 'Lite came about 9:15. I ironed for her and we did eggs, etc. After tea we went to Gallopville to Zimmer's to order fall pullets and on to "Dutchers" for ice cream. Had a nice ride.

### • Wednesday, July 2:

Clear. Did everyday work. 'Lite finished the ironing. Did up all the eggs in the P.M. They are ready to go tomorrow as Friday is the Fourth of July. 'Lite, Philip and Joann brought me home. Gertrude was here when I arrived.

### • Thursday, July 3

Clear. Very warm. Cleaned bedrooms and congoleum and upper hall. Gene in visiting and looking over

her cherries. Helped take care of Gertrude. Adrienne is fixing her room and went swimming this P.M. Had a letter from Joyce. They arrived all right in Virginia. Had flats. Chuck got his wallet back, papers, dollar bill and all. Gertrude, Don and Adrienne have gone to see Adele. Took her bicycle to her. Don doesn't have to work tomorrow.

### • Friday, July 4:

Clear. Warm day. Cleaned living room rugs, did some hand washing, ironed Don's shirt, etc. Adrienne went on a picnic with the young people. Don, Gertrude, Adrienne, Adele and I went to Clearview and saw the races and fireworks. They were pretty, the fireworks. Huck Spaulding won three races. Saw Abbie Clark pick up some money. It belonged to Walt Ormsbee and he got it back.

### • Saturday, July 5:

Clear. A.M. cool and

nice. Put up Don's lunch. Got breakfast for Don, Gertrude and I. Helped Gertrude to breakfast, etc. Got wash together and did some of Don's socks by hand. After dinner Delos took me to E. Durham for my permanent. Of course, Don didn't come home at five and Delos and Gene came and got me. Don came about 11:30 from Kiskatom. He's building a walk-in freezer cooler down there. Eddie Boomhower came for Adrienne and they went for a ride. Gerry Yerberry brought our milk 10:45 P.M.

### • Sunday, July 6:

Clear. A beautiful day. Adrienne and I went to church. Rested and slept P.M. Very warm. The folks went to see Adele in the evening. Don heard that Carrie Bates died this A.M. Eleanor is vacationing in the south and they have to locate her.

### • Monday, July 7:

Clear. Very warm. Gene

did the washing. I hung it out and brought it in and put away the rough things and ironed some. Adrienne and Gene went swimming in the P.M. Adele called on the phone. Don't know when Carrie's funeral is.

### • Tuesday, July 8:

Cloudy. Light rain. Did the ironing. Bought a pair of fleece sheets from Gene for Don's bed. Watched All-Star game, National vs. American league. Nationals won.

### • Wednesday, July 9:

Rain. Still raining. Addie called up and asked me to go to Albany so I went. We had a nice rainy time. He bought me a nice umbrella. Don had to go out again after supper. He brought the red truck home. Adrienne and Gene cleaned out all the papers and junk and burned it. The basement looks real nice. Had a letter from Joyce. Gene had one, too. They are all right.

### • Thursday, July 10:

Rain. Fair this P.M. Cleaned bedrooms and hall. P.M. went to Carrie's funeral with Ruth Bell. The church was full. Saw Kelly a few minutes. He's all right. Gene went to Albany this P.M. with Rachel. Adele is home tonight for a little while.

### • Friday, July 11:

Clear. A fine day. Cleaned living rooms. Put out wash, ironed three shirts. Did a little hand washing, etc. Philip had to go to Dean's and 'Lite and JoAnn came for a little while. We had a good visit. Eisenhower and Nixon are the Republican candidates for president and vice president.

### • Saturday, July 12:

Clear. Dusted and ironed a little and got meals, etc. Adele called up. Don went to the races. Very warm, but nice in the house.

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## Garden of the Month

GREENVILLE — The Clematis Garden Club of Greenville has selected the beautiful gardens of Carol and Jerry McDonald of Coeymans Hollow for Garden of the Month.

The McDonalds purchased their 130-acre homestead in 1995, established their gardens and built their stunning home with stone and wood resourced from their property.

Jerry and Carol have developed a paradise of meandering wood trails, shade gardens, beautiful stone walls, extensive flower gardens for pollinators plus productive vegetable and herb gardens.

Their orchard consists of apple, persimmon, peach, pear, plum and nut trees.

The spring-fed pond, dug in 1997, is completely bordered by bright yellow iris and perennials and is stocked with grass carp to keep the pond vegetation at bay.

Jerry is well known for cultivating mushrooms and is currently growing shiitake and oyster mushrooms.

Their beautiful gardens were featured on the Town of Coeymans' 350-year Celebration Garden Tour.

The Clematis Garden Club of Greenville has members from Greene, Albany and Schoharie counties, meets the third Friday of the month at the American Legion Hall and guests are always welcome.

For more information, please call Jean Horn at 518-966-4260.



The spring-fed pond was dug in 1997 and is a central focus of the property.



CONTRIBUTED PHOTO

The Garden of the Month was also featured on the Secret Gardens of Coeymans Tour celebrating the 350th anniversary of Coeymans earlier this month.



CONTRIBUTED PHOTO

Jerry and Carol McDonald enjoy their Garden of the Month.



CONTRIBUTED PHOTO

The 130-acre property of Jerry and Carol McDonald was selected for the Garden of the Month by the Clematis Garden Club.

## Sunmark Credit Union launches Sunmark Wealth Management

LATHAM – Sunmark Credit Union, a full-service, community-chartered credit union serving New York through financial services and education, announced recently the launch of Sunmark Wealth Management, a comprehensive suite of financial planning and management products and benefits.

Previously known as Sunmark Life Stage Advisory,

Sunmark Wealth Management provides customized, easy-to-understand advice and guidance in support of financial goals.

Sunmark Wealth Management clients benefit from personalized investment reviews and recommendations tailored for their individual situations, goals and objectives. Products and services available to indi-

viduals and businesses include retirement planning; IRA rollover services; investments; employee and employer retirement plans; employee benefits; estate/legacy planning; business continuation; and education planning and funding.

“With the introduction of Sunmark Wealth Management, we are reinforcing our commitment to the credit union

philosophy of ‘people helping people’ by providing the communities we serve with access to professional guidance to help them work toward their financial goals,” said Frank DeGraw, president/CEO for Sunmark Credit Union. “From opening their first savings account, to depositing their first paycheck, and all the way through retirement and beyond, Sunmark

Credit Union is committed to delivering lifelong value and convenience to our members. And through Sunmark Wealth Management, we can offer individuals and businesses the tools and resources they need to work toward financial success.”

For more information about Sunmark Wealth Management, visit [www.sunmark.org/investments](http://www.sunmark.org/investments).

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# SPARTAN STRONG NEWS

The Greenville Pioneer • Friday, June 30, 2023

B1

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**CONGRATS**  
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*We wish you all the best!*



# Columbia Memorial Health's annual Ball raises \$615K



CONTRIBUTED PHOTO

The annual CMH gala honored former president and chief executive Jay P. Cahalan, pictured with his wife, Leila.

HUDSON — Hundreds of benefactors and friends joined together on June 3 to attend the Columbia Memorial Health Foundation's Annual Ball at the Locust Hill Barn, raising more than \$615,000 to support CMH's network of health care services in Columbia and Greene counties.

The annual gala honored former president and chief executive officer Jay P. Cahalan for his 28 years of dedicated service to CMH and featured a live auction to raise funds to support a new Women's Specialty Services Center that will offer consolidated gynecology services in one location in the CMH Medical Office Building in Hudson.

"We are once again humbled by the magnitude of support provided by our Annual Ball

attendees, sponsors and donors," said Anne Schomaker, chair of the Columbia Memorial Health Foundation. "The impact of the funds raised is matched only by the morale boost the Ball generates when we see how much the community values what the entire CMH team does every day to improve the health and well-being of our patients. Every gift and every gesture of support makes us stronger and is greatly appreciated."

The bond between the health care facility and the community it serves is key, said Dorothy Urschel, CMH president and chief executive officer.

"The success of the Annual Ball is a tribute to the bond between CMH and our community," Urschel said. "These are challenging times for

health care providers, reminding us that we cannot succeed alone and that the support and participation of our community is a vital component of providing quality care as close to home as possible. Thank you to everyone who attended and contributed to this year's Annual Ball."

Dr. Edward Marici, Chief of Gynecology at CMH, said, "The Women's Specialty Services Center will be a centralized hub for women that is specifically designed to provide the most advanced, integrated and responsive gynecological care possible. The donations made to the Center at the Annual Ball's live auction are greatly appreciated as they will help us offer a superior experience that comprehensively addresses both the

clinical and non-clinical needs of our patients."

According to a statement, the CMH Foundation said it is grateful to the Ball's host, The Kneller Family, and to all donors and Ball attendees, including featured Sponsors Kneller Insurance Agency, Mid-Hudson Cable, USI Insurance Services & PMA, and major sponsors: Community Care Physicians, Jay and Leila Cahalan, Bank of Greene County, Columbia Memorial Medical Staff, Deborah E. Lans & Sharon E. Grubin, New York Oncology Hematology, and Dorothy M. Urschel.

To make a contribution or to learn more about the CMH Foundation visit [www.givecmh.org/events](http://www.givecmh.org/events) or contact Barbara Klassen at [bklassen@cmh-net.org](mailto:bklassen@cmh-net.org).

## Atlantic sturgeon: Studying the Hudson River's largest fish

Each June, biologists from DEC's Hudson River Fisheries Unit study the endangered adult Atlantic sturgeon when the fish return to the Hudson River to spawn.

Atlantic sturgeon, the largest fish species in the Hudson River Estuary, are anadromous, which means they hatch in freshwater, spend most of their lives in saltwater, and return to freshwater to spawn.

Atlantic sturgeon may live more than 60 years, reaching a weight of 800 pounds and a length of 14 feet. They are armored with bony plates, evidence of a

lineage extending back to the age of dinosaurs.

Sturgeon are bottom feeders, using whisker-like barbels on the underside of their snouts to find food — chiefly worms, insects, crustaceans and small fish — that are sucked up in their tube-like mouths.

The fisheries crew set nets to catch the sturgeon, carefully moving the fish from the nets into a large pen in the Hudson, tied to the boat. Crew members then weigh and measure each fish, determines its sex, and scan them for an electronic tag, called a PIT tag (Passive Integrated

Transponder Data tag). If no tag is detected, a crew member inserts one into the base of the dorsal fin.

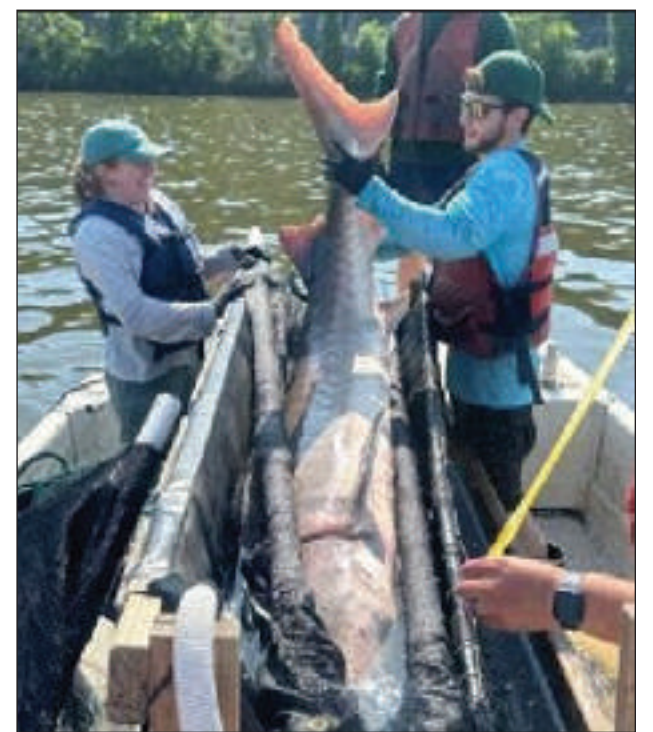
The sturgeon are immediately released back into the Hudson River as soon as they are examined.

PIT tags can be scanned to help learn more about sturgeon movement and behavior while in the Hudson, helping scientists learn what areas they use while in the river and how often they spawn. The tags also can be scanned and detected by other scientists in other rivers along the East Coast. Atlantic sturgeon migrate as far south

as Georgia and as far north as Canada's Bay of Fundy, so the tags give scientists clues about where sturgeon migrate from place to place.

The Hudson River currently supports the largest population of Atlantic sturgeon along the Atlantic Coast, estimated to be approximately 1,000 fish.

Find out what it's like to go out with the fisheries crew while they work to study Atlantic sturgeon by watching DEC's Facebook Live post from the Hudson River on June 2. The fish are collected under National Marine Fisheries Service (NMFS) permit No. 20340.



COURTESY OF DEPARTMENT OF ENVIRONMENTAL CONSERVATION  
Biologists from the state DEC are studying the endangered Atlantic sturgeon as the fish return to the Hudson River to spawn.

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# Social Security Matters

## Will the family maximum limit my benefits?

### SOCIAL SECURITY MATTERS



**RUSSELL GLOOR**

**Dear Rusty:**  
I have a question about the family maximum SS retirement benefit.

As I understand it, if the breadwinner is drawing retirement benefits or is deceased, the family maximum is calculated from a formula that yields a figure between 150% and 188% of the breadwinner's primary insurance amount — his or her monthly benefit if claimed at full retirement age. That age is 66 and four months for people born in 1956 and will gradually increase to 67 over the next few years.

Is this calculation only applicable at full retirement age (in my case 66 and four months) or is it still applicable if I delay taking SS until 68 or 70? My assumption is the "breadwinner" is the spouse with the higher in-

come.

**Signed: Planning My Retirement**

**Dear Planning:**

The family maximum applies only when more than one dependent is collecting benefits from the record of a worker who is either deceased or collecting Social Security retirement benefits (the "breadwinner"). That might typically be a spouse and a minor child, multiple minor children, or, perhaps, multiple children and a spouse as well.

The family maximum doesn't apply, for example, when both a current spouse and an ex-spouse are collecting benefits from that "breadwinner" — only when

a current spouse and minor children are collecting, too.

The family maximum also does not apply when only one dependent (e.g., a spouse) is collecting benefits from the "breadwinner," or when no dependents are collecting benefits on the "breadwinner's" record.

Neither would the family maximum restrict your benefit if you wait until you are age 70 to claim your maximum personal benefit.

So, if your concern is that the family maximum might limit your or your wife's benefit if you wait until age 68 or 70 to claim, you can discard that concern.

You are correct that the family maximum formula,

when it applies, yields a maximum total limit of 150% to 188% of the worker's "primary insurance amount" or "PIA," which is the amount the worker is due at full retirement age (FRA). And, as you know, your FRA is determined by your year of birth.

If the family maximum applies because multiple dependents are collecting SS benefits on your record, Social Security will determine your maximum family dollar amount, deduct your PIA (your FRA benefit) from that amount, and the remainder would be available to be shared equally among your multiple dependents.

But if no one else, or only your wife, is collecting bene-

fits on your record, the family maximum does not apply.

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# Fitness Concepts

## The best vitamins to boost metabolism

### Concepts in Fitness



**MARY SCHOEPE**

Congratulations on making a conscious decision to live a healthier lifestyle! You've started exercising, cut out processed foods and cut down on your alcohol consumption. In the first

few weeks you've likely seen incredible changes in your energy levels, you're sleeping better and your clothes aren't so snug.

And then, one day, it came to a screeching halt!

As a nutrition coach, I understand how discouraging (and common) this is. But I also know that in many cases, hitting a plateau usually indicates that your body has one or more vitamin deficiencies.

After completing a seven-year nutrition study of more than 18,000 Americans, researchers discovered that 40% of Americans are deficient in vitamins A, B12, C, E and a whopping 80% have

low vitamin D levels.

So, the question is, will treating these deficiencies jumpstart your weight loss efforts? Let's find out!

Vitamin A is most commonly known as a beauty solution because it helps to improve the health and look of your skin. But it's also a vital component for weight loss. Vitamin A is crucial because it's linked to the regulation of fat cells and the satiety hormone leptin.

Made by your fat cells, leptin decreases your appetite, prevents overeating and signals your body to burn more calories. Found in fresh produce,

vitamin A is the support system you need to make it to the weight loss finish line!

Another vitamin essential to your weight loss pit crew is vitamin D. According to a 2019 article published in BMC Gastroenterology, low levels of vitamin D are associated with metabolic syndrome, a serious health condition that puts you at higher risk of developing cardiovascular disease, diabetes, stroke and bone loss. While very few foods (egg yolks, mushrooms) contain vitamin D, taking a supplement or using a UV lamp during the fall and winter months

is recommended.

What's the first vitamin you turn to whenever you feel like you're getting a cold? And now vitamin C may also help you win the battle of the bulge for good. The authors of a study published in the Journal of the American College of Nutrition point out that vitamin C "increases body fat oxidation during moderate intensity exercise and those with a deficiency may have a harder time losing weight."

Vitamin B12 is another vital component you need on the road to being healthy. Found in numerous animal products,

vitamin B12 is not only responsible for enhancing your energy levels, but is also required for proper red blood cell functions and helps convert your body's fat and protein into energy.

Here's the bottom line: While eating right can significantly lower your risk of developing a vitamin deficiency, it's not an iron-clad guarantee that you're getting optimal nutrition.

Ask your doctor about comprehensive nutrition panels that measure levels of vitamins, minerals, enzymes and other nutrients essential to your health and well-being.

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# Living On Purpose

## A lifestyle of solitude and simplicity

By Dr. William Holland Jr.  
For Capital Region Independent Media

There is much to be desired when it comes to spending time alone.

It's only been in the last few years that the floodgates of voices have been opened to everyone at any time. Yes, we can see there have been written scrolls from thousands of years ago, and books were printed around the year 1200, but this information was not widely circulated.

Through the years printing continued to expand and when newspapers became available, the masses were given a new realm that would inspire and influence their thinking.

Take for example, in the early 19th century when many people lived in remote

areas, they had no idea what was happening in the world. This isolation allowed them to concentrate on what they needed to do, which was physically difficult, but they were not filled with stress or fear about politics or social issues.

When the radio was invented, families would sit around and listen to a variety of opinions and ideas. Later came the television that planted visual seeds within the mind and further persuaded the conscience. Was it invented for information or mind control?

We know in the last 100 years, the world has changed dramatically. There have been many wonderful advances in technology and at the same time, we wonder what the plans are of those who control them.

Social media and the internet have become such a part of our lives that I'm not sure what any of us would do without them. These higher forms of communication are accepted as making us more intelligent, but could they also be distracting and hindering us from walking with God?

The greatest gift in the history of the planet is Jesus Christ and there is nothing more valuable than the privilege to walk and talk with Him. I have noticed in my life that I spend much more time watching and listening to others than having an ear to hear what His Spirit is saying. It's obvious there is a competition going on here for our attention, and like programmed robots, the masses are addicted to the system.

If someone were to unplug from the internet and television, they would be considered demented. However, what if someone believed II Corinthians chapter six is God demanding for us to separate from the world and spend our time meditating with Him? Isn't this what Satan is trying to stop?

From July 1845 to September 1847, Henry David Thoreau withdrew from the noise and chaos of civilization with the desire to meditate and write. He built a cabin and lived alone in a remote area just south of Concord village, Massachusetts, on the shores of Walden Pond. In the quiet solitude, he found the wonders of God's nature and the peace of His presence.

As we purpose to be aware and listen in the sim-

licity of honesty we too can hear and know divine truth. Listen to his words:

"I left the woods for as good a reason as I went there. Perhaps it seemed to me that I had several more lives to live, and could not spare any more time for that one. It is remarkable how easily and insensibly we fall into a particular route and make a beaten track for ourselves. I had not lived there a week before my feet wore a path from my door to the pond-side; and though it has been five or six years since I trod it, it is still quite distinct. It is true, I fear that others may have fallen into it, and so helped to keep it open. The surface of the earth is soft and impressible by the feet of men, and so with the paths which the mind travels. How worn and dusty, then, must be the high-

ways of the world, how deep the ruts of tradition and conformity. I did not wish to take a cabin passage, but rather to go before the mast and on the deck of the world, for there I could best see the moonlight amid the mountains. I do not wish to go below now. I learned that if one advances confidently in the direction of their dreams, and endeavors to live the life which they have imagined, they will put some things behind, and will pass invisible boundaries."

I realize that most people lead busy lives, but do we not have the choice to decide how ensnared we are with the world? Are we in control or are we being controlled?

Read more about the Christian life at [billyhollandministries.com](http://billyhollandministries.com).

## 'Next Step' hunting, trapping courses offered free

New York State Department of Environmental Conservation Commissioner Basil Seggos announced that DEC's Hunter Education Program (HEP) is now offering "Next Step" courses in seven disciplines for those who have completed a hunter education, bowhunter education, or trapper education certification course.

"The newly introduced Next Step courses are an ideal way for new hunters and trappers to gain skills and confidence through additional education and hands-on experience even if they do not have a mentor to help them get started," Seggos said. "I encourage anyone recently certified or looking to refresh or build on their hunter education knowledge to register today."

Taught by HEP staff and certified HEP instructors, Next Step courses are offered in seven topic areas: rifle; shotgun; crossbow; archery use and marksmanship; fur handling; land trapping; and water trapping.

Each four-hour course focuses on safety techniques and offers students hands-on experience learning practical skills from knowledgeable instructors. The "hands-on" aspect of the courses, coupled with smaller group sizes, allows for more one-on-one instruction.

Course participants will spend time putting what they've learned into practice on the range or in field exercises, which will help build confidence and comfort with the tools and techniques of hunting and trapping while reinforcing important safety habits.

Courses are:

- Firearms courses (rifle or shotgun) — Learn about different types of rifles or shotguns, hands-on instruction in safe firearm handling and safe zones of fire, loading and unloading rifles or shotguns, shooting positions and stances, and target practice on the range;
- Crossbow and archery courses — Learn about the parts of a crossbow or bow, how to hunt



"Next Step" courses on hunting and trapping are offered free to qualified individuals by the Department of Environmental Conservation.

safely with a crossbow or bow, how to shoot a crossbow or bow, and target practice on the range; and.

- Trapping (water trapping or land trapping) and fur handling courses — Learn safe, efficient and humane trapping techniques for various fur-

bearers trapped in the water (e.g., beaver, muskrat) or on land (e.g., coyote, raccoon), how to process furs and the equipment needed to do so, and how to use the furs including preparing them for market.

All Next Step courses are free, but registration is required. Supplies and equipment are provided by course instructors so students do not have to bring their own. Those interested will need their hunter or trapper education certificate number to register. The minimum age to take a Next Step course is 12. There is no certification offered with these courses.

To learn what Next Step courses are being offered, and to register, vis-

it DEC's website at [dec.ny.gov](http://dec.ny.gov). Since these are new courses, availability may be limited. Hunters and trappers are encouraged to check back often as courses will continuously be added.

### HUNTER SAFETY IN NEW YORK

Most of the hunters involved in a hunting incident are many years experienced hunters who may have taken hunter education 20 or 30 years ago. The Next Step courses are designed to be a good refresher on hunting and firearm safety for even experienced hunters.

The 2022 New York hunting seasons tied 2021 for the safest-ever year, with the lowest number of hunting-related shoot-

ing incidents since record-keeping began more than 70 years ago, according to the DEC.

The department documented nine hunting-related shooting incidents (HRSIs) during the 2022 hunting seasons, one of which was fatal.

Four of the nine HRSIs that occurred last year were two-party firearm incidents, while the other five were self-inflicted. All identified shooters were experienced hunters with an average of 30 years of hunting experience, emphasizing the need for all hunters to remain vigilant when heading into the field. All incidents could have been prevented if those involved followed hunting safety rules.

The one fatality was due to a self-inflicted gunshot wound by a turkey hunter.

In 2022, 13 elevated hunting incidents were reported; four of these were fatal. Only two of the 13 hunters involved were wearing a safety harness. Tree-stand safety is integrated into DEC's hunter education course because these incidents have become a major cause of hunting-related injuries.

The proper use of tree stands and tree stand safety equipment will help prevent these injuries and fatalities. If used correctly, a full body harness and a lifeline keep hunters connected from the time they leave the ground to the moment they get back down.

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# Be A Better Gardener

## Drawing inspiration from nature

By Thomas Christopher  
For Capital Region Independent Media

Like many gardeners who want to do right by Nature, I have drawn great inspiration from the work of Douglas Tallamy.

Dr. Tallamy is an insect ecologist at the University of Delaware. More than 20 years ago, when he moved to his current home on 10 acres of a former hay field in southeastern Pennsylvania, he found the property overrun with invasive, exotic plants such as autumn olive and oriental bittersweet. These did not support significant populations of native insects, especially the moths and butterflies whose caterpillars serve as food for the chicks of most songbirds.

The equation is simple: no caterpillars equals very few birds. This was just the most visible sign of a general poverty of wildlife, as many other creatures also depend on insects for food.

Dr. Tallamy began removing the plants of foreign origin and replacing them with native plants that he knew supported lots of caterpillars, such as oaks. As the native plants grew up, caterpillars began to return. In a white oak that he planted, for example, he has since found 242 different species of caterpillars.

The wealth of caterpillars and other native insects has lured an influx of native birds. Tallamy has observed 59 species of birds breeding on his landscape since he started replanting, which is 38% of all the terrestrial birds that breed in Pennsylvania.

He began reporting his observations in scientific journals and in 2009 in a best-selling book, "Bringing Nature Home." He has followed up with "The Living Landscape," a manual of garden design with native



COURTESY OF UNSPLASH

**A lack of caterpillars leads to very few birds drawn to your property. Returning native plants to your garden will help both flourish.**

plants co-authored with horticulturist Rick Darke, and two more best-selling books, "Nature's Best Hope" (2020), and "The Nature of Oaks" (2021). This past spring he added another volume, an edition of "Nature's Best Hope," rewritten with the assistance of Sarah L. Thomson, for young readers.

Initially, Dr. Tallamy told me, he resisted when his publisher proposed this project. Given the perilous state of our national environment, he replied that we don't have time to wait for the young readers to grow up and move into positions where they can influence policy. Then, however, he recognized that inspiring children could lead to them enlisting their parents in Nature's cause.

The heart of the new young

reader's edition of "Nature's Best Hope" is the same as that of the adult book from which it was derived. By Tallamy's calculation, there simply is not enough publicly owned, preserved habitat to support functional ecosystems in the continental United States.

This is especially true east of the Mississippi, where private ownership is overwhelmingly the rule. In the state where I garden, for example, only 6.3% of the land is publicly owned, and less than 1% is preserved as a national park.

In all, Tallamy points out, "We have turned 54% of the lower 48 states into a matrix of cities, suburbs, roads, airports, power and pipelines, shopping centers, golf courses, infrastructure and isolated habitat

fragments, with 41% more of the U.S. into various forms of agriculture. That's right: we humans have taken 95% of the natural world and made it unnatural."

In light of this, it's no wonder that our bird and insect populations are plunging and the number of species threatened with extinction are exploding.

Reversing this situation, Tallamy adds, must come from private citizens who dedicate their landscapes at least partially to native plants and fostering wildlife. If half of the privately owned lawns were converted in this way, the resulting 20 million acre "homegrown national park" would be roughly nine times the size of Yellowstone Park.

I have already registered my

woodlot with the Homegrown National Park non-profit organization (<https://homegrown-nationalpark.org>) that Tallamy co-founded with retired businesswoman and gardener Michelle Alfandari, and posted it to its online interactive map.

So far there are 28,484 of us restoring some 2,260,419,453.50 acres. That's not a bad beginning but we, all of us who love nature, need to get on board. That's why I'm sending all of my nieces and nephews a copy of the young reader's edition of "Nature's Best Hope." At \$9.99 a copy, it's an opportunity to get them, and their parents, involved with meeting this generation's greatest challenge.

Besides, as I can testify, inviting nature back into your landscape is exciting and great fun.

*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](http://berkshirebotanical.org/growinggreener).



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# Choices

## Whittling Away



**DICK BROOKS**

Some days I find myself feeling a little overwhelmed and I long for a simpler time, like my childhood days in the 1950s.

The only worries then were that the Russians were going to drop an atomic bomb on us at any moment and that Grandma was possibly a Communist spy. Other than diving onto my face in the grass every time an air-

plane flew overhead and listening on our party line for folks who might be speaking Russian, all in all, it was not bad.

I think it's all the choices we have to make daily that are getting to me. For example, the other day I was going to go to the hardware store for some wood stain I needed for a project I was working on. I checked through my mental standard supply list of market items to have on hand and realized we needed milk and bread.

I then rounded up a couple of things that needed to be mailed. I could do a circle, get all my chores out of the way and only make one trip, thus saving gas.

The hardware store only took a couple of minutes and I was off to the market for the milk and bread. I pulled into

the market only to find all the good parking spaces already taken by shopping carts. I would vote to bring back flogging if I knew it would be used as a punishment for those inconsiderate (expletive deleted) people who are too lazy to put their carts back where they belong.

I parked down at the far end of the lot where the folks with the new cars park crooked so they don't get dings from other people's car doors. I then spent the next 15 minutes trying to decide what kind of milk and bread to get.

When I was a child, even one as dim as I was could handle going to the store and getting bread and milk because there was only one of each kind. Milk was white, came in a quart glass bottle, bread was white and came in

a waxed paper kind of wrapper. Only one kind of milk and only one kind of bread, both in just one size, easy job!

No longer! I walk past the nice smiley ladies at the registers, try to find a cart without a floppy wheel and head off for the bread aisle. Our market, which isn't one of those massive superstore things, must have at least 50 kinds of bread — white, whole-grain white, wheat, stone-ground wheat, Canadian wheat, rye, marble rye, Jewish rye, oat, oat nut, potato bread, Italian bread, 12-grain bread, no-grain bread, and on and on and on. They've even got bread made out of artisans and I didn't even know they were edible.

I found a loaf of good

old-fashioned white bread (I haven't developed a taste for those breads filled with twigs and bark yet, although the Queen keeps trying to convert me) and headed for the milk.

Milk has its own aisle, too. I tried counting the different kinds but I kept losing my place and finally gave up. There's white milk in different sizes from a half pint to a gallon, there were the flavored milks — chocolate, strawberry, tuna (just kidding, wanted to see if you were paying attention). There was milk that had no milk in it, milk that came from plants and milk from animals other than cows. There was fat milk and no-fat milk and all the percents in between.

I finally decided upon a nice half gallon of 2% milk because I liked the artwork

on the carton.

I had accomplished my mission for the day and headed back to the smiley ladies at the registers feeling quite satisfied with myself.

I had the feeling there was someplace left to go to before I returned to the Castle. Oh well, never mind, I think I'll stop at the post office on the way home, maybe it'll come to me by the time I get there.

Thought for the week — “Whether you think you can or think you can't, you're right.” — Henry Ford

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

Reach columnist Dick Brooks at [whittle12124@yahoo.com](mailto:whittle12124@yahoo.com).

## DEC: Use local firewood this camping season

Many people like to take firewood from their homes before traveling to a campsite. Invasive pests like the emerald ash borer or Asian longhorned beetle often hitch a ride to new areas in untreated firewood. Transport of untreated firewood across the state has caused outbreaks of these damaging pests.

Since 2009, New York state has regulated the movement of firewood to help control the spread of invasive species and diseases. Untreated firewood must have been grown in New York and cannot be moved more than 50 miles from where it was grown or its source.

Producers of firewood for sale are allowed to declare their business as the source provided the wood was grown within 50 miles of their business and they must maintain documentation. Those



COURTESY OF DEPARTMENT OF ENVIRONMENTAL CONSERVATION  
**Campers should use firewood that has been locally sourced to prevent the spread of invasive species and diseases, according to the DEC.**

moving untreated firewood for their own use must fill out a Self-Issued Certificate of Origin.

Treated firewood, which has been heated to a core temperature of 160-degrees Fahrenheit for 75 minutes and labeled as “New York Approved Heat-treated Firewood/Pest Free,” can be moved without restrictions.

DEC has an interactive map that shows if firewood's source and its destination are within 50 miles.

Violation of firewood regulations can result in fines, penalties and the potential destruction of beloved trees and habitats.

The safest way to enjoy a campfire and protect New York forests is to buy and burn local firewood at your destination. Read more about New York's firewood regulations on DEC's website at [dec.ny.gov](http://dec.ny.gov).



COURTESY OF DEPARTMENT OF ENVIRONMENTAL CONSERVATION  
**The giant hogweed is an invasive species that can cause painful burns and scarring.**

## How to identify giant hogweed

Giant hogweed plants are beginning to bloom across many parts of the state, making it a prime time to spot this harmful invasive species.

Giant hogweed is a large, flowering plant from Eurasia with sap that can cause painful burns and scarring.

Adult giant hogweed plants tend to be 7-14 feet tall with an umbrella-shaped cluster of white flowers up to 2.5 feet wide. The stem is green with purple splotches and coarse white hairs, and the leaves are large (up to 5 feet across), incised, and deeply lobed.

The most common lookalike found in New York is our native cow parsnip, which flowers earlier and does not have the purple splotches on the stem (but can also cause burns). You can find more identification tips, including a table of other lookalikes, on the DEC website at [dec.ny.gov](http://dec.ny.gov).

If you think you have found giant hogweed:

- Do not touch it.
- From a safe distance, take photos of the plant's stem, leaves, flowers, seeds, and the whole plant.
- Report your sighting to the DEC by emailing photos and location information to [ghogweed@dec.ny.gov](mailto:ghogweed@dec.ny.gov) or by calling 845-256-3111. DEC staff will help you confirm if it is giant hogweed and provide you with information on how to control it.

## Celebrating National Dairy Month Milk, Yogurt, Cheese and More!

Originally called National Milk Month, the month-long celebration began in 1937 to increase demand for milk in the summer months when there was a surplus production. By 1939 the event was renamed National Dairy Month to celebrate the dairy industry – its farmers, processors, and, of course, its products.



Image: Freepix.com

A dairy product is a food produced from the milk of mammals, most commonly cows. Dairy products include milk, cream, butter, yogurt, ice cream, whey, and cheese.

According to the United States Department of Agriculture (USDA), the top five milk-producing states in the U.S. in 2021 were California, Wisconsin, Idaho, Texas, and New York. Collectively, these five states produced more than 50 percent of the nation's annual milk supply.

On average, Americans drink less liquid milk than they once did but, overall, they are eating more dairy. Americans are consuming more yogurt, cheese and butter. The USDA My Plate plan recommends adults consume three servings of dairy products per day. Children should consume between two and 2 ½ servings per day, depending on age. So, what's a serving size? A few examples include one cup of milk or yogurt or 1 ½ ounces of hard cheese.

The dairy industry is big business. As reported by the International Dairy Foods Association, the U.S. dairy manufacturing and marketing supports more than 3.3 million jobs and generates \$41.6 billion in wages and has \$753 billion in overall economic impact. In 2021, U.S. dairy exports totaled \$7.7 billion.

To celebrate National Dairy Month consider making a few dairy-rich, nutritious recipes for yourself or to share with a group. You'll find a wide variety of options online at [thedairyalliance.com/dairy-recipes](http://thedairyalliance.com/dairy-recipes).

For free lessons and resources to learn more about the dairy industry go online to <https://www.discoverdairy.com>.

### Fun Facts about Dairy:

- Cows milk has 13 essential nutrients: calcium, iodine, niacin, pantothenic acid, phosphorus, potassium, protein, riboflavin, selenium, vitamins A, B-12 and D, and zinc.
- Dairy farmers measure milk by pounds not gallons. There are 8.6 pounds of milk in a gallon.
- It takes about 10 pounds of milk to make one pound of cheese and just over 21 pounds to make a pound of butter.
- The spots on each Holstein cow are unique; meaning no two cows have the same markings, similar to the uniqueness of human fingerprints.

### Newspaper Activities:

Look through the newspaper (in print or online) for news articles or advertisements about the dairy industry or dairy products (milk, cream, yogurt, cheese, etc.). Share what you find as a class.

Some dairy farms use shredded recycled newspapers for cow bedding. Research other ways to reuse and recycle newspapers.

Look through the comics for any character consuming a dairy product. If you don't find any, consider drawing your favorite character enjoying a glass of milk, a piece of cheese or an ice cream cone!

*This feature is just one part of this newspaper's Newspaper in Education (NIE) program. Please consider becoming an NIE sponsor.*

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# DEC: Antler growth in yearlings

Across the white-tailed deer's range, bucks have begun growing a new set of antlers that they will use for sparring, making rubs and scrapes, and attracting the attention of does during the fall breeding season, according to the New York State Department of Environmental Conservation.

From May through August, an adult buck's antlers may grow up to a half inch per day, making antlers the fastest growing tissue in any mammal.

The growth and final size of a buck's antlers is ultimately determined by four factors: the buck's age, nutrition, health and genetics.

However, only two of those factors can be readily influenced by deer managers and hunters: age and nutrition. Since does do not have antlers (most of the time), it is impossible to manage or influence the genetic contribution a doe has to a buck's antler characteristics without genetic testing.

Yearling bucks also typically disperse several miles from where they were born to establish their own home range, taking their genetic material with them. Attempting to manage the genetic component of antler



COURTESY OF PEXELS

When hunters take a pass on younger deer, they help improve harvesting of older bucks with larger antlers.

characteristics through selective harvest of adult bucks only results in those genes ending up elsewhere after yearling bucks have dispersed, while new genes from yearling bucks dispersing into the area continue to diversify the local gene pool.

Random factors such as drought, disease outbreaks, injury, etc. can also affect a buck's health and associated antler growth. For example, an injury to one side of a buck's body can result in a misshapen or underdeveloped antler on the

opposite side. Therefore, deer managers and hunters who are interested in seeing and harvesting more bucks with larger antlers must focus on buck age and nutrition. Older bucks have larger bodies and tend to grow larger sets of

antlers. Passing up shots at young bucks is the most effective way hunters can increase the age distribution of bucks in their area and improve their odds of harvesting a buck with a large set of antlers.

DEC's "Let Young Bucks Go and Watch Them Grow" educational campaign promotes individual choice and voluntary restraint to shift the age composition of bucks harvested by hunters in New York state towards older age classes, while still providing hunters the freedom to harvest any buck they desire.

A buck's nutrition can be influenced through direct habitat management, especially through the creation of early successional habitat, and/or ensuring that the local deer density is well below what the habitat can support.

Harvesting a sufficient number of does each hunting season reduces the number of mouths browsing on vegetation and helps ensure that bucks have plenty to eat to meet their nutritional requirements throughout the entire year.

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