

Sign up for our newsletter to win a \$100 Grocery Gift Card!

SIGN UP TO WIN GROCERIES!

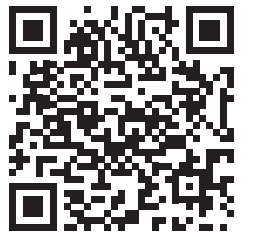
Enter to win at TheUpStater.com/contests-giveaways/ | Limit 1 entry per person. Good luck!

TheUpStater.com

THE COLUMBIA Paper

THE ALBANY News-Herald

The Greenville PIONEER



Scan QR code to enter the grocery gift card giveaway!

The Greenville PIONEER

Friday, July 28, 2023 • \$1.50

LARGEST PAID CIRCULATED NEWSPAPER IN GREENE COUNTY

Chick-fil-A opens at New Baltimore rest area

See page A4



MELANIE LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA

Hull-O Farms in Durham was designated as part of the New York State Historic Business Preservation Registry. Pictured, left to right, are Charlene Hull; John Hull; Frank Hull; Jared Hull; Sherry Hull; state Sen. Michelle Hinchey, D-41; and Assemblyman Chris Tague, R-102.

Hull-O Farms gets state designation as historic business

By Melanie Lekocevic
Capital Region Independent Media

DURHAM — A local farm that has been run by the same family for 237 years has received designation as part of the New York State Historic Business Preservation Registry.

Hull-O Farms was nominated for the honor by state Sen. Michelle Hinchey, D-41, after Hinchey read a 2019 article in which the Hulls described their experience and challenges as farmers.

“They were honest and open enough to share their story and their love for this incredible 200-year-old family farm,” Hinchey said. “The

story and the love they had was palpable and it was heartbreaking, and yet we see that and we hear that in the agriculture space all across our state and all across our country. I wanted to help and I wanted to learn.”

Hinchey nominated the farm for inclusion in the New York State Historic Business Preservation Registry, which was established by the state Legislature in 2020 to honor and promote New York businesses that have been in operation for at least 50 years and have made significant contributions to the history of their community.

“It is really important for us as a

community and as a society to honor our history and to remember our history and protect it, and there is no greater heritage, no greater history, than our agricultural history, especially here in New York state,” Hinchey said. “This farm and this family, who have been the stewards of this land, there is no better recipient, and there is no one better to honor than the Hull family.”

With the designation, Hull-O Farms is included in a searchable database that is open to anyone seeking out information or farm stay vacations.

See FARMS, page A6

97-year-old WWII veteran: History must never be forgotten



MELANIE LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA

Veteran Ralph Osterhoudt, 97, seated, with event co-organizer Mike Dunker prior to the start of the motorcycle run.

By Melanie Lekocevic
Capital Region Independent Media

CAIRO — Ralph Osterhoudt was one of the first 32 Americans to enter the gates of the infamous Auschwitz concentration camp

and saw sights he will never forget.

“It was terrible, terrible, terrible,” Osterhoudt said. “There were three buildings. People would come in on a train and every person on it — kids, older

people, women — were told to strip and take off all their jewelry and put it in a pile. They were told they were going to get a shower — there were things in the ceiling that made it look like a shower, but they were gassed.”

Osterhoudt served in the U.S. Army in heavy artillery, under General George Patton, including in the Battle of the Bulge. To this day he still has three scars from three different battles. But he says he will never forget the things he

saw when he entered Auschwitz.

“I saw a pile of ears with earrings on them — if they didn’t take them off, their ears were cut off,” Osterhoudt said. “There was

See HISTORY, page A2

Egypt travelogue

EDITOR’S NOTE: Greenville Historian Don Teator and his wife Deb recently took the trip of a lifetime to Egypt and penned a travelogue for the Greenville Local History Group. The Teators agreed to share their musings and photos with the community they love. We hope you enjoy this “trip” to the ancient sites of Egypt!

By Don Teator
Reprinted with permission

Suggestions over the last few years have asked for a travelogue program. Finally, I relented and June was a retelling of the Teator trip to Egypt in November 2022.

Deb and I gathered about 80 photos (of the 1,800 taken) to try to capture the mind-popping wonderland experience our trip was.

“Ancient Wonders: Cairo and the Nile River” is the catalog name of the cruise we traveled. The chronology, in short, was four nights in Cairo, eight on the Nile, and one last night in Cairo.

The evening’s program retraced our itinerary

in much the same way we enjoyed the journey. The reader can follow along in more detail by linking onto the travel company’s website for this route: <https://www.vantagetravel.com/our-journeys/deluxe-small-ship-cruises/africa-small-ship-cruise/egyxx/2023/itinerary>

However, instead of following chronology, this report will list several highlights as Deb and I remember them. And I will spare you many of the details of history, assuming that most Google users can find them easily enough if the desire strikes. Instead, photos, memories, and major details comprise this mini-report.

See EGYPT, page A6



CONTRIBUTED PHOTO

Deb, left, and historian Don Teator in Egypt. The couple agreed to share their memories and photos with the Greenville community.



0 91119 81003 1

HISTORY, from page A1

a pile of fingers — if they didn't take off their rings, their fingers were cut off with hedge shears."

It is those memories that keep Osterhoudt going to every veterans' event he can find — to tell his first-hand account of World War II and what he and his fellow service members experienced.

Osterhoudt was the honoree at this year's Let's Ride to Benefit Our Veterans motorcycle run last Sunday, now in its third year. Last year's event drew 136 riders, but this year torrential downpours were forecast so turnout was lower than expected, with about 30 motorcyclists participating.

The route was shorter than usual, too, about 65 miles in total, due to safety concerns with thunderstorms and heavy rains expected. Normally a 130-mile route through Greene County and the mountaintop, this year's route was shortened to traveling from the Red Rooster Bar and Grill to Prattsville and back.

The group raised just under \$2,000 for the day, organizer Melissa Buffett said.

Osterhoudt rode in a Ford Fairlane as the guest of honor. Even at 97 years old, he continues to spread the word about the war and its innumerable tragedies.

"You can find me at almost any veterans' event, from New York City to Albany. I'm here to remind everyone of that time in history. If I wasn't here, maybe there wouldn't be



MELANIE LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA
Ralph Osterhoudt with his son and driver Tom Plank at the start of the run.

a person here that remembers World War II, but I'm here so they will remember it."

He wants his fellow service members who did not make it back home to be remembered always.

"I'm doing this for the guys that didn't make it because otherwise they will be forgotten," Osterhoudt said. "Thousands of 18-year-old guys — people don't know it, but half of them froze to death. They died because they froze. We can't forget about them."

Osterhoudt is a highly decorated veteran, having earned three Bronze stars, the Purple Heart and the French Medal of Honor.

Melissa Buffett, the motorcycle run's organizer, said proceeds from the event will go to the group Mended Swords, a nonprofit organization that aids veterans. Buffett launched

the motorcycle run three years ago.

"I am fanatic about veterans and this is something we need to do as a community," she said.

Taryn Purro, owner of the Red Rooster Bar and Grill on Main Street in Cairo, each year lends a hand by donating the use of her restaurant and food for the event.

"Helping veterans and people in the service was really big for my father and it's just something we have always supported," Purro said. "Veterans are the ones who always put the people of this country first. They give us our freedom and they make the ultimate sacrifice. They leave their friends and family, and sometimes they lose their lives. They put all of us first."

The motorcycle run drew numerous veterans and family members of

veterans, like retired Cairo police officer Tom Plank.

"My father was a WWII veteran," Plank said. "Veterans, especially from World War II, are near and dear to my heart. My dad was a vet and he fought for our country."

Greene County Sheriff Peter Kusminsky turned out to show his support and said remembering veterans is important.

"We need to never forget the sacrifices that veterans made to ensure that we continue to enjoy the rights that we have," Kusminsky said. "It's extremely important that we never forget them and that we continue to honor them."

Army National Guard veteran Mike Dunker helped organize the run.

"Once I found out that we were doing this for Ralph — I'm a vet, my father is a vet, so this is important to me," Dunker



MELANIE LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA
Motorcyclists gather in Cairo for the third annual Let's Ride to Benefit Our Veterans.



MELANIE LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA
Led by motorcyclist and event organizer Melissa Buffett, the benefit run aimed to raise funds to support veterans through the Mended Swords nonprofit organization.

said. "These people have died for our country and [Ralph] survived. Because of all of them, we are living free."

Pastor Anthony Covino recited a prayer before the motorcycle riders took off on their route.

"The lives of our nation and preservation of this great country wouldn't happen without our veterans," Covino said to the group assembled in prayer.

"I feel in my heart that they don't get enough recognition, enough support, so if we can come together like this, whether it's a large group or a small group, I'm sure it means a lot, especially to those who are here today who have served. I thank you for your time and the sacrifice that you made for your country."

Hannacroix Rural Cemetery seeks 2023 mowing donations

WESTERLO — The Hannacroix Rural Cemetery, which is located on Route 411 in Dormansville/Westerlo, is seeking donations for the 2023 mowing expenses for the cemetery.

Whether you have a loved one buried there or would just like to give a donation, it would be greatly appreciated.

Many thanks to all who have helped in the past.

Your help is needed to keep the cemetery maintained. Contributions can be sent to: Hannacroix Rural Cemetery, c/o Linda Smith, Treasurer, 115 State Route 143, Westerlo, New York 12193.

Give trout a break this summer

You know who isn't a huge fan of summer? Trout!

Summer heat waves impose serious stress and can even cause death. Trout and salmon that are already heat-stressed may not recover after being caught and released.

You can help these fish survive the summer by following a few simple tips.

DON'T MOVE ROCKS IN STREAMS

Now that summer's officially here, it's important to understand the detrimental impact building rock dams with the intent of creating swimming holes can have on trout streams.

Trout are sensitive, cold-water fish that require cold, clean water to survive. Water temperatures warmer than 68°F can put extreme stress on trout and temperatures approaching 75°F can even be lethal.

ROCK DAMS

- Alter the natural flow of the stream by slowing down or trapping the water, allowing it to warm up faster.

- Prevent the migration of trout to colder headwaters where they can seek thermal refuge in the warm summer months, as well as spawning habitat in the spring and fall.

- Prevent upstream and downstream movement of animals, such as aquatic insects — a major diet item for trout.

- Weaken the stream bank, increasing erosion and sedimentation into the stream, further altering its natural flow.

So, this summer if your favorite swimming hole is drying up, think about the trout that live there. Instead of building a rock dam, maybe go for a walk downstream and find a natural pool to cool off in.

My View

The fight against LGBTQ+ rights

By Dane Weintraub

For Capital Region Independent Media

When I first heard of the ruling from the Supreme Court allowing certain businesses to be able to discriminate against LGBT, I was first shocked then disappointed, sad and now frustrated and scared.

I was in the closet for most of my life and saw how gay people were treated firsthand. I'm in my 60s now. I've been with my husband for 26 years. It wasn't until my late 30s, when I started to see myself being represented in TV shows and movies, that I felt less afraid. This eventually gave me courage to come out and eventually get married. Now, seeing all this hatred, it is scary times again.

I wouldn't want to walk into a business to ask to have a service performed and then be made to feel less than they are. I would need to know upfront from the business so I wouldn't subject myself to that trauma again.

I think they need to add some conditions

to that law. I want the business to publicly disclose what groups they discriminate against. I want public disclosure on all their promotional materials and business cards, posted at their entrances next to their hours, on their menu boards at their drive-ups, on the home page of their website and all their social media accounts, and if they sell products on hubs like Amazon, it should be included in their vendor profiles.

Let the customers know you're a bigot, homophobe, Islamophobia, antisemitic or transphobe. Have courage of your convictions and let customers decide if they want to financially support your convictions.

If a more welcoming competitor opens across the street and you go out of business, at least you know your right to not like certain groups was not violated. However, if someone discriminates against someone or a group and they didn't publicly disclose it, they should be sued and face fines.

Dane Weintraub is a subscriber to the Greenville Pioneer.

A.J. Cunningham Funeral Homes, Inc.

Our Family Serving Your Family for Over 115 years

Local Church Directory

First Baptist Church of Westerlo
Route 143, Westerlo
518-797-3927

Preston Hollow Baptist Church
State Route 145, Preston Hollow
518-239-8544

Church of Jesus Christ of Latter Day Saints
County Route 41, Greenville Center
518-966-4043

Greenville Center Baptist Church
County Route 41, Greenville

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

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

Christ Episcopal Church
State Route 32, Greenville
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
518-966-5094

Greenville Christian Church
State Route 32, Greenville
518-966-4519

St. John the Baptist Roman Catholic Church
State Route 81, Greenville
518-966-8317

SEND US YOUR CHURCH LISTING!

Grapeville Baptist Church
Route 26, Climax
518-966-4265

Kingdom Hall of Jehovah's Witness
State Route 81, Greenville
518-966-8941

Dormansville United Methodist Church
Route 312, Dormansville
518-756-2812

Freehold Congregational Christian Church
County Routes 67, Freehold
518-947-8823

Trinity Episcopal Church
Albany Hill Road, Rensselaerville
518-797-5295

Westerlo 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

The Greenville PIONEER

Mark Vinciguerra
PRESIDENT

Warren Dews, Jr.
PUBLISHER
wdewsjr@gmail.com

Melanie Lekocevic
EDITOR
melaniel23@icloud.com

news@greenvillepioneer.com • www.theupstater.com
413-212-0130

ADVERTISING - All advertising requests must be made one week in advance.

NEWS DESK - News items must be received twelve days prior to publication.

OBITUARIES - Obituaries must be confirmed with a funeral home.

LETTERS TO THE EDITOR - Letters to the editor must include the author's name, address and daytime telephone number. Authors are limited to one letter every 30 days. Letters are published at the discretion of the editor and must be original content.

POSTMASTER - The Greenville Pioneer is published every other Friday by Capital Region Independent Media, 164 Main Street, Ravenna, NY 12143. Periodicals postage paid at Greenville, NY 12083. Postmaster: Send address changes to The Greenville Pioneer, 149 Main Street, Ravenna, NY 12143. The cost for a subscription is \$40 annually.

For Customer Service issues call 413-212-0130 or email Wdewsjr@gmail.com

4898 SR 81, Greenville, NY 12083 • 518.966.8313

9 Main Street, Ravenna, NY 12143 • 518.756.3313

www.ajcunninghamfh.com

Curtis A. Cunningham - Scott M. Zielonko - Emily N. Evans

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

■ Ashton Thompson, 20, of Greenville, was arrested June 30 at 2:14 p.m. in Greenville and charged with possessing obscene sexual performance by a child under 16, a class E felony, and acting in a manner injurious to a child less than 17 and forcible touching, both class A misdemeanors. Thompson was released on his own recognizance.

■ Tyshawn Dennis, 21, of Buffalo, was arrested June 30 at 1:05 p.m. in Cocksackie and charged with second-degree introducing contraband into a prison, a class A misdemeanor. Dennis was issued an appearance ticket.

■ Daniel Lee Droegkamp, 40, of Palisade, Colorado, was arrested June 30 at 9:26 p.m. in Hunter and charged with operating a motor vehicle with a blood-alcohol content over 0.08% and driving while intoxicated, both unclassified misdemeanors. Droegkamp's arrest status was not reported.

■ Thomas Twerdak, 66, of Lanesville, was arrested July 1 at 1:21 a.m. in Hunter and charged with driving while intoxicated and operating a motor vehicle with a blood-alcohol content over 0.08%, both unclassified misdemeanors. Twerdak was released to a third party.

■ Nicholas Hopkins, 23, of Westerlo, was arrested July 1 at 2:58 a.m. in Cairo and charged with driving while intoxicated and operating a motor vehicle with a blood-alcohol content over 0.08%, both unclassified misdemeanors. Hopkins was issued an appearance ticket.

■ Taylor Gray, 62, of Greenwich, Connecticut, was arrested July 1 at 10:10 p.m. in Hunter and charged with driving while intoxicated and operating a motor vehicle with a blood-alcohol content over 0.08%, both unclassified misdemeanors. Gray was issued an appearance ticket.

■ Jennifer Marie Lehmann, 39, of Catskill, was arrested July 1 at 11:30 p.m. in Greenport and charged with third-degree bail jumping, a class A misdemeanor. Lehmann's arrest status was not reported.

■ Emma Jane Grady, 23, of Catskill, was arrested July 2 at 5:09 p.m. in Catskill and charged with three counts of seventh-degree criminal possession of a controlled substance, a class A misdemeanor. Grady was issued an appearance ticket.

■ Michael Stephen Gabel, 50, of Forest Hills, was arrested July 2 at 9:54 p.m. in Durham and charged with three counts of seventh-degree criminal possession of a controlled substance, a class A misdemeanor, and operating a motor vehicle with a blood-alcohol content over 0.08% and driving while intoxicated, both unclassified misdemeanors. Gabel was issued an appearance ticket.

■ Markas Scott Young, 35, of Springfield, Ohio, was arrested July 3 at 9:34 p.m. in Cairo and charged with driving while intoxicated, an unclassified misdemeanor. Young was released to a third party.

■ Kishawn Petersen, 31, of Catskill, was arrested July 4 at 1:11 a.m. in Cairo and charged with aggravated unlicensed operation of a motor vehicle, a class E felony, and driving while intoxicated and operating a motor vehicle with a blood-alcohol content over 0.08%, both unclassified misdemeanors. Petersen was issued an appearance ticket.

■ Michael Paul, 43, of Catskill, was arrested July 4 at 4:20 a.m. in Kingston and charged with three counts of seventh-degree criminal possession of a controlled substance, a class A misdemeanor, and operating a motor vehicle impaired by drugs, an unclassified misdemeanor. Paul was issued an appearance ticket.

■ Marc Wilkie, 51, of New York City, was arrested July 4 at 11:53 a.m. in Hunter and charged with driving while intoxicated and operating a motor vehicle with a blood-alcohol content over 0.08%, both unclassified misdemeanors. Wilkie was issued an appearance ticket.

■ Kirk Porter, 58, of West Cocksackie, was arrested July 4 at 4:25 p.m. in New Baltimore and charged with criminal mischief/intent to damage property, a class A misdemeanor. Porter's arrest status was not reported.

■ Luke Meraw, 28, of Rochester, was arrested July 5 at 5:07 a.m. in Windham and charged with driving while intoxicated and operating a motor vehicle with a blood-alcohol content over 0.08%, both unclassified misdemeanors. Meraw was issued an appearance ticket.

■ Carmelita Ritchie, 40, of Purling, was arrested July 5 at 8:10 a.m. in Cairo and charged with second-degree menacing with a weapon and fourth-degree criminal possession of a weapon, both class A misdemeanors. Ritchie was released on her own recognizance.

■ Thomas Brown, 52, of Catskill, was arrested July 6 at 3:17 a.m. in Hudson and charged with criminal mischief with intent to damage property,

a class A misdemeanor. Brown was released on his own recognizance.

■ Zuri Ahmad Ezar Thacker, 34, of Catskill, was arrested July 6 at 12:24 a.m. in Catskill and charged with driving while intoxicated with a previous conviction and aggravated unlicensed operation of a motor vehicle, both class E felonies. Thacker was held with no bail.

■ Jonathan Tedford, 19, of Catskill, was arrested July 6 at 12:39 p.m. in Catskill and charged with second-degree criminal contempt, a class A misdemeanor. Tedford was issued an appearance ticket.

■ Chase Halse, 31, was arrested July 6 at 2:50 p.m. in Athens and charged with third-degree bail jumping, a class A misdemeanor. Halse was issued a bail bond in an undisclosed amount.

■ Melissa Andersen, 39, of Earlton, was arrested July 8 at 3:20 p.m. in Cocksackie and charged with four counts of general violation of criminal procedure law, a class A misdemeanor. Andersen was held with no bail.

■ James Schmidt, 46, of Albany, was arrested July 8 at 10:17 p.m. in New Baltimore and charged with petty larceny, a class A misdemeanor. Schmidt was issued an appearance ticket.

■ James Stoutenburg, 22, of Gardiner, was arrested July 8 at 11:16 p.m. in Catskill and charged with operating a motor vehicle impaired by drugs, an unclassified misdemeanor. Stoutenburg was released to a third party.

■ Hunter Starkings, 28, of Red Hook, was arrested July 9 at 2:35 a.m. in Catskill and charged with driving while intoxicated and operating a motor vehicle with a blood-alcohol content over 0.08%, both unclassified misdemeanors. Starkings was issued an appearance ticket.

■ Linda Garretson, 66, of Ravena, was arrested July 9 at 1:03 p.m. in Ravena and charged with petty larceny, a class A misdemeanor. Garretson was issued an appearance ticket.

■ Jorelis Cirino, 19, of Syracuse, was arrested July 9 at 12:40 p.m. in Cocksackie and charged with second-degree introducing contraband into a prison, a class A misdemeanor. Cirino was issued an appearance ticket.

■ David Johnson, 51, of Hudson, was arrested July 10 at 12:30 a.m. in Catskill and charged with two counts of criminal possession of a controlled substance, a class D felony. Johnson was issued an appearance ticket.

■ Rebecca Williams, 42, of Hudson, was arrested July 10 at 12:30 a.m. in Catskill and charged with seventh-degree criminal possession of a controlled

substance and manufacture of drug-related paraphernalia. Williams was issued an appearance ticket.

■ Michael Cole, 32, of West Cocksackie, was arrested July 10 at 8:03 p.m. in Cocksackie and charged with aggravated driving while intoxicated with a child passenger less than 16, a class E felony; acting in a manner injurious to a child less than 17, a class A misdemeanor; and operating a motor vehicle impaired by drugs, an unclassified misdemeanor. Cole was released to a third party.

■ An unidentified juvenile, 18, of Leeds, was arrested July 11 at 12:57 p.m. in Cairo and charged with criminal mischief with intent to damage property, a class A misdemeanor, and reckless endangerment of property, a class B misdemeanor. The individual was issued an appearance ticket.

■ Lucas Blaise Posillico, 24, of Glen Cove, was arrested July 12 at 12:06 a.m. in Greenville and charged with driving while intoxicated, aggravated driving while intoxicated with a blood-alcohol content over 0.18% and operating a motor vehicle with a blood-alcohol content over 0.08%, all unclassified misdemeanors. Posillico was issued an appearance ticket.

■ Joshua Rose, 27, of Catskill, was arrested July 14 at 12:43 a.m. in Windham and charged with driving while intoxicated and operating a motor vehicle with a blood-alcohol content over 0.08%, both unclassified misdemeanors. Rose was issued an appearance ticket.

■ Lisa Merwin, 46, of East Jewett, was arrested July 14 at 5:14 p.m. in Catskill and charged with one count of manufacture of drug-related paraphernalia and two counts of seventh-degree criminal possession of a controlled substance, both class A misdemeanors. Merwin was issued an appearance ticket.

■ Katherine Kelly, 32, of Scotia, was arrested July 15 at 2 a.m. in Durham and charged with driving while intoxicated with a previous conviction within 10 years and aggravated unlicensed operation of a motor vehicle, both class E felonies, and use of a leased/rented/loaned vehicle not equipped with an interlock device, a class A misdemeanor. Kelly was issued an appearance ticket.

■ Shirlee Burley, 21, of Watervliet, was arrested July 15 at 7:55 p.m. in Cocksackie and charged with second-degree introducing contraband into a prison, a class A misdemeanor. Burley was issued an appearance ticket.

■ Chelsea Maurer, 33, of Hannacroix, was arrested

July 16 at 12:58 a.m. in Catskill and charged with driving while intoxicated and operating a motor vehicle with a blood-alcohol content over 0.08%, both unclassified misdemeanors. Maurer was issued an appearance ticket.

■ Cory Wickham, 30, of Freehold, was arrested July 16 at 8:54 a.m. in Cairo and charged with operating a motor vehicle impaired by drugs, an unclassified misdemeanor. Wickham was issued an appearance ticket.

■ Hassan Sufyyan Angevin, 31, of North Adams, Massachusetts, was arrested July 16 at 11:11 a.m. in Cocksackie and charged with fifth-degree criminal possession of a controlled substance and knowingly introducing dangerous contraband into a prison, both class D felonies, and second-degree introducing contraband into a prison, a class A misdemeanor. Angevin was issued an appearance ticket.

■ Robert Liebel, 38, of South Cairo, was arrested July 16 at 6:56 p.m. in Cairo and charged with second-degree menacing/weapon, a class A misdemeanor. Liebel was issued an appearance ticket.

■ Colleen Willis, 47, of Ashland, was arrested July 16 at 11:14 p.m. in Windham and charged with aggravated driving while intoxicated with a blood-alcohol content over 0.18%, operating a motor vehicle with a blood-alcohol content over 0.08% and driving while intoxicated, all unclassified misdemeanors. Willis' arrest status was not reported.

■ Charles Cordle, 68, of Greenville, was arrested July 17 at 5:22 p.m. in Greenville and charged with driving while intoxicated, operating a motor vehicle with a blood-alcohol content over 0.08% and aggravated driving while intoxicated with a blood-alcohol content over 0.18%, all unclassified misdemeanors. Cordle was issued an appearance ticket.

■ Sasha Shultis, 39, of Stuyvesant, was arrested July 18 at 2:08 a.m. in Catskill and charged with fifth-degree criminal possession of a controlled substance, a class D felony; manufacture of drug-related paraphernalia, a class A misdemeanor; and five counts of seventh-degree criminal possession of a controlled substance, a class A misdemeanor. Shultis was released on their own recognizance.

■ Brad Hapeman, 50, of Hudson, was arrested July 18 at 2:08 a.m. in Catskill and charged with first-degree bail jumping, a class D felony, and seventh-degree criminal possession of a controlled substance and second-degree criminal use of drug paraphernalia, both class

A misdemeanors. Hapeman was held with no bail.

■ Dennis Foster, 47, of Climax, was arrested July 18 at 2:07 p.m. in Cairo and charged with fourth-degree grand larceny, a class E felony. Foster's arrest status was not reported.

■ Patricia Marie Burns, 45, of Hannacroix, was arrested in New Baltimore and charged with petty larceny, a class A misdemeanor. Burns was issued an appearance ticket.

■ Andrew Raymond Wile, 30, of Oak Hill, was arrested July 18 at 10:40 p.m. in Durham and charged with driving while intoxicated and operating a motor vehicle with a blood-alcohol content over 0.08%, both unclassified misdemeanors. Wile was released to a third party.

■ An unidentified 17-year old, of Cornwallville, was arrested July 20 at 8 p.m. in Durham and charged with third-degree criminal trespassing, a class B misdemeanor. The individual was issued an appearance ticket to family court.

■ Heather Blakeslee, 32, of Oak Hill, was arrested July 20 at 11:57 p.m. in Cairo and charged with driving while ability impaired by drugs with a previous conviction and tampering with physical evidence, both class E felonies; and two counts of seventh-degree criminal possession of a controlled substance, one count of manufacture of drug-related paraphernalia and one count of second-degree obstruction of governmental administration, all class A misdemeanors. Blakeslee was issued an appearance ticket.

■ Westin Doney, 29, of Palenville, was arrested July 21 at 12:45 a.m. in Catskill and charged with driving while intoxicated and operating a motor vehicle with a blood-alcohol content over 0.08%, both unclassified misdemeanors. Doney was released to a third party.

■ Richard Palmateer, 53, of Acra, was arrested July 21 at 11:33 a.m. in Cairo and charged with seventh-degree criminal possession of a controlled substance, a class A misdemeanor. Palmateer was issued an appearance ticket.

■ Jonathan Tedford, 19, of Catskill, was arrested July 21 at 2:43 p.m. in Catskill and charged with second-degree criminal contempt, a class A misdemeanor. Tedford was released on his own recognizance.

■ Semis Kokonis, 72, of Cairo, was arrested July 21 at 8:52 p.m. in Cairo and charged with second-degree menacing/weapon, a class A misdemeanor. Kokonis was released on their own recognizance.

FEMA recruiting students and grads to 'Make a Difference'

NEW YORK — FEMA Region 2 has announced the launch of the "Make a Difference" recruitment initiative — a partnership with colleges and universities in the New York, New Jersey and Connecticut area.

This collaboration shows FEMA's commitment to reducing barriers to access by investing in the next generation of emergency managers, according to the agency. By establishing long-term partnerships with higher educational institutions, the "Make A Difference" program will fast-track more than 300 students and alumni toward their first steps of a career at FEMA.

The agency is seeking applicants from a broad range of disciplines who are passionate about public service and making an

impact in their communities to fill FEMA Region 2 vacancies; this region serves New Jersey, New York, Puerto Rico and the U.S. Virgin Islands.

Students and alumni can fast-track their application by sending an email to FEMA-makeadifference@fema.dhs.gov. Please include the following three items:

- Resume
- Transcript
- Reference letter from college or university personnel (e.g., career center, professor, program dean)

FEMA encourages all majors to apply. Full-time, part-time and internship opportunities are available across a wide range of functional areas.

"We are pleased to announce this initiative and remain committed to streamlining the hiring

process making it easier for students to apply," said Region 2 Administrator David Warrington. "Partnering with the higher ed community is critical to the future of emergency management and we encourage all interested students, regardless of major, to join our diverse team and help us make a difference in the communities we serve."

The following local colleges and universities are participating in this initiative: Cornell University; Princeton University; New York University; Yale University; City University of New York (CUNY); State University of New York (SUNY); Rutgers University; Stony Brook University; Baruch College; and Hunter College.

"Today, we are proud to announce a partnership

with FEMA that will provide our students with invaluable opportunities to engage in public service and make a meaningful impact in their communities," said Macaulay Honors College Dean Dara Byrne, Ph.D. "Our students, who come from communities affected by climate change, are passionate about making a difference, and this partnership will enable them to do so while gaining valuable professional experience. We are excited about the possibilities this collaboration presents and the positive impact it will have on our students and their communities."

"Baruch College is excited to partner with FEMA on this important initiative that will directly bring the talents of our students to help

mitigate the impact of the crises of tomorrow," said Baruch College President S. David Wu, Ph.D. "Our students are creative problem-solvers who are deeply committed to and passionate about serving their communities and their nation."

FEMA's employee benefits include eligibility for public service loan forgiveness, hybrid in-person and telework

schedule, commute to work transit allowance, paid annual leave, health, dental and vision insurance, and more.

For more information on the "Make a Difference" initiative, including the application process and available opportunities, please visit Fema.gov/region-2 or contact the recruitment team at Fema-makeadifference@fema.dhs.gov.

Wright's
CART-AWAY

Dumpster Rentals Made Easy!

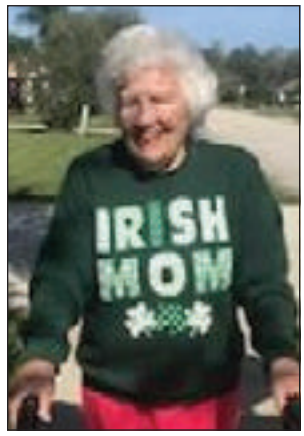
Commercial & Residential

• Construction • Demolition • Roofing • Clean-Out Work

Cartaway, LLC is located in Glenmont, NY

518-439-0533

Obituaries



Iris Cochrane

DURHAM — Iris McCabe Cochrane, 89, passed away peacefully on Sunday, July 9, 2023, at her residence.

Born in Brooklyn on July 22, 1933, she was a daughter of the late William H. and Helen Wilson McCabe. Iris was a graduate of the Roosevelt Hospital School of Nursing. She worked in the delivery room of the former Greene County Memorial

Iris McCabe Cochrane

Hospital in Catskill for many years, in the same capacity at Columbia Memorial Hospital in Hudson, and for Dr. Kosich in Greenville and Dr. Carle in Medusa.

Iris was a member of the Red Hat Society, and the Ladies Auxiliary of Oak Hill-Durham Volunteer Fire Company.

Iris is survived by her children, Robin (Dick) McCulloch, Kandis

Cooke, Wendy (Eddie) Hasenkopf, Gordon (Heidi) Cochrane, and Gregory (Corrine) Cochrane; eight grandchildren, five great-grandchildren; siblings Patricia Elsbree, Amanda Warner, Jimi Rubino, Joyce Jones, and Linda Rosato; and many nieces and nephews. In addition to her parents, Iris was predeceased by her husband, Robert W. Cochrane, on Oct. 11,

2014.

The family would like to offer special thanks to Charlie Bocklet for the use of his home, and to all the family and friends who came to see Mom before she passed away.

Iris has been cremated privately. Calling hours were on Thursday, July 13, from 6-8 p.m. at A.J. Cunningham Funeral Home, 4898 State Route 81, Greenville. Burial of

the ashes of both Iris and her husband Bob were on Friday, July 14, at 10 a.m. graveside in Oak Hill Cemetery.

In lieu of flowers, memorial donations to Community Hospice of Columbia-Greene, 47 Liberty Street, Catskill, NY 12414 will be appreciated. Condolence page is available at ajcunninghamfh.com.



I. Todd Smith

NEW BALTIMORE — Irving Todd Smith, 69, passed away on Wednesday, June 28, 2023, in his recliner at home in Hannacroix.

Todd was born in Albany on Dec. 8, 1953, son of the late Irving and Doris Smith. He graduated from Greenville Central School. Todd worked for John Halsted Sr. for several years with his lifelong friend, Stephen Hallenbeck. He had his own truck and used it to work for many companies. He then

worked for the Town of New Baltimore Highway Department for 18.8 years. Todd was a lifelong farmer, in partnership with his late father. He enjoyed doing hay.

Todd was a life member of the Medway-Grapeville Volunteer Fire Company and the NRA. He enjoyed hunting with friends, and sport shooting with Johnathon. He loved all of his friends and animals — cows, dogs, cats and birds, creating unique nicknames for all he met, hu-

man and animal alike.

Todd loved reading farming, hunting and gun magazines. He enjoyed watching old Westerns, particularly "Grit Network." He liked attending concerts, especially "Taste of Country," and the annual clambake in Stuyvesant Falls with friends for the last 22 years.

Todd is survived by his wife, Dolores "Dee" Smith; children Sara Mae Smith, Jason (Heather) Southwick, and Johnathon South-

wick; grandchildren, who affectionately called him "Grumpy," Douglas Gay, Jocelyn Southwick, Aletta Southwick, and soon-to-be-born Gabe Jonah Gay; sister, Dorrie Myers; godson, Austin Gamson; sisters-in-law, Lauretta Gay, Janet Mateer, and Joanie (Alan) Van Wormer; nieces, Phyllis, Karen, Brianna, Desira, Marcella, Nichole, and nephew, Frank (Tasha) Gay; brother-in-law, Bill Myers; and innumerable other fam-

ily and friends that he forged special relationships with.

A celebration of Todd's life took place on Sunday, July 23, at 3 p.m. on the family farm. Memorial donations to the Columbia-Greene Humane Society, 111 Humane Society Road, Hudson, NY 12534, or the Medway-Grapeville Volunteer Fire Company, P.O. Box 89, Climax, NY 12042 will be appreciated. Condolence page is available at ajcunninghamfh.com.

Developing a healthier relationship with food

Body, Mind & Spirit



PAT LARSEN

We very much strive to live in the present. We often focus on the present moment until... we don't.

A "to do list for the day" morphs into many other things even without quite meaning to. Perhaps it's a

phone call that begs for our time and attention or a forgotten task that suddenly takes over our thoughts for the day. An hour can then lead into a blur of several hours that then leads us to wonder where our day went.

That then includes a question about what we have eaten, if anything at all. It can be very frustrating. Many of us are wanting very much to develop a better relationship with the food that we eat, especially in the quantity and quality of these foods, in an effort to curb extra weight, get a handle on excess carbs and sugar, or just slow down long enough to enjoy a meal without the looming excessive things we have to do.

Being busy and busy eating are two things that should not be mixed. Yet it's become a meal-on-the-go society.

I have found that by exer-

cising some mental muscle, we can learn how to hold onto our present moments through a focus of attention that can lead to a very satisfying result, especially where our meals are concerned. Nourishing ourselves began as it did as babes, with the instinct for survival. Now, it's pure craving, often of the kinds of foods that fill our bellies but doesn't feed and nourish our bodies.

With that in mind, I set about to teach a mini workshop in my class that helped my students to develop better skills to create an intention for themselves that built a better result through the "power of presence."

It's actually called a Mindful Eating Practice. Here's how it works. In this particular situation each participant was instructed to bring a piece of fruit of their

choosing to the program.

They were told to focus on their choice with only themselves in mind; not the family, not what the kids liked or what was on sale.

A perfect piece of fruit that first and foremost was their favorite.

Just one piece.

As we began the program, I asked each person to write down a description of their choice and why they had chosen it. We then began to eat the fruit with each of our senses. Again, writing down each step along the way.

Slowly and deliberately focusing on sight, smell, texture, before biting into the fruit. Then as we took our first bite into the fruit, we added taste and the sound the fruit made to the descriptive mix.

Finally, after the gruel-

ing exercise of holding back before actually eating their piece of fruit, we joined in to discuss the benefits associated with these fruit choices regarding vitamins and minerals.

From beginning to end, this exercise took approximately 24 fun-filled minutes to complete. It quickly became clear that the benefits of our efforts really showcased how fruits or foods in general can be better enjoyed by staying present with more focus.

Eating mindfully also tends to add an additional benefit of filling us up with less quantity when we add that time to savor every mouthful. Try this exercise yourself or with your grandkids.

Train your mind to immerse yourself in the moments of eating.

When we bring this intention to our conscious mind, slowing down, savoring with all our senses, exploring new tastes and smells with textures, it helps us to cultivate a better relationship with what food can do for us and allows us to live up to our full potential. Try it.

Pat Larsen lives in Greene County and teaches fitness classes and programs for living your best life to seniors and baby boomers. As a certified clinical hypnotherapist, Pat has helped many let go of issues that have kept them stuck through the practice of conscious story. Pat regularly teaches fitness classes at The Shamrock House as well. Please email her at patlarsen5@aol.com.

Chick-fil-A opens at New Baltimore rest area

By Melanie Lekocevic

Capital Region Independent Media

NEW BALTIMORE — After a delayed opening, Chick-fil-A opened its doors earlier this month at the newly renovated New Baltimore rest area on the New York State Thruway.

The rest area on the southbound lane of the Thruway in New Baltimore was closed in July 2021 for renovations as part of a \$450 million project to redevelop 27 service areas.

The facility reopened in June, but the planned Chick-fil-A did not open up.

That changed last week when the restaurant opened its doors.

On Wednesday, after the lunch rush, a line of customers was queued up to try out the new eatery's offerings.

"I'm glad to see it's opened," said traveler Ryan Miller, of Yonkers. "It's nice to see another option, and the food is pretty good."

The New Baltimore Chick-fil-A is the first to open in the local area. A new restaurant also opened recently in Clifton Park.

The company has a tradition of closing its restaurants on Sundays, and the same holds true for the rest area location. Chick-fil-A has held that tradition since it opened its first restaurant 77 years ago, according



MELANIE LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA

The new Chick-fil-A restaurant has opened at the New Baltimore rest area on the New York State Thruway.

to the company website.

"Our founder S. Truett Cathy made the decision to close on Sundays in 1946 when he opened his first restaurant in Hapeville, Georgia," according to a company statement. "Having worked seven days a week

in restaurants open 24 hours, Truett saw the importance of closing on Sundays so that he and his employees could set aside one day to rest or worship if they choose, a practice we uphold today."

Signs advertising the rest area's stores

note that the Chick-fil-A site is closed on Sundays.

Some travelers thought a restaurant that doesn't serve food on Sundays on a major travel route was not a good idea.

"Sunday is probably the busiest travel time on the Thruway and they opened a store that's closed on that day?" said traveler Rachel Harlan. "That doesn't make sense to me."

Other eateries at the facility include Shake Shack, Starbucks, Applegreen C-Store — including Taste NY products — and a seasonal farmers market. All are open seven days a week. A Panera Bread is expected to open shortly.

As part of the Thruway's rest area renovations, the old New Baltimore facility was torn down in 2021 and replaced with a new 20,145 square foot facility on the same site, between Exit 21B in Coxsackie and Exit 21A leading to the Massachusetts Turnpike.

The \$450 million project, which remains ongoing, is renovating 27 service areas on the Thruway, with the New Baltimore facility one of 16 rest areas being renovated as part of phase 1 of the project.

Phase 2 of the project includes reconstruction of another 11 service areas, beginning this year.

Plastic Free July: Be part of the solution

Plastic Free July is a global movement that helps millions of people be part of the solution to reducing single-use plastics — so we can conserve our natural resources, fight climate change, and have cleaner lands, waters and communities, according to the New York State Department of Environmental Conservation.

When we lead by example and reduce single-use plastics and other single-use items in our own lives, we can collectively create a tidal wave of change that ripples

across the globe. The movement has inspired 100+ million participants in 190 countries to start making small changes that will last a lifetime. Taking small steps together makes a big difference.

How to participate in Plastic Free July:

- Take the Plastic Free July Challenge. Make a commitment to create positive change — identify whether you will make a change at home, work, school, or other areas of your community. When you sign up for the chal-

lenge you can receive motivating tips throughout July.

- Take the Pesky Plastics Quiz. Contribute to data collection across the world about the types of single-use plastics being used, where single-use plastics commonly show up, and learn how you can measure your success in reducing single-use plastics. Participants can anonymously report what single-use plastics they currently use, and in August participants will report on where they were able to reduce single-use

plastics. This will create a global picture of our success as a Plastic Free July community.

- Review tips and ideas about where you can make changes.

- Get inspired or inspire others to get involved with plastic waste solutions by creating your own event at work, school, or out in the community.

- Find a PFJ event near you or post a new event that you are organizing in your community on the PFJ events map

- Share a story that will inspire

and empower others

- Check out resources to learn more about PFJ and help promote PFJ in your community

- Go the extra mile. Think of ways to reduce all single-use items in your life by refusing or choosing reuse.

Planning to take the PFJ challenge? Email the DEC at Recycling@dec.ny.gov and tell them how you plan to participate in Plastic Free July through stories, photos and videos.



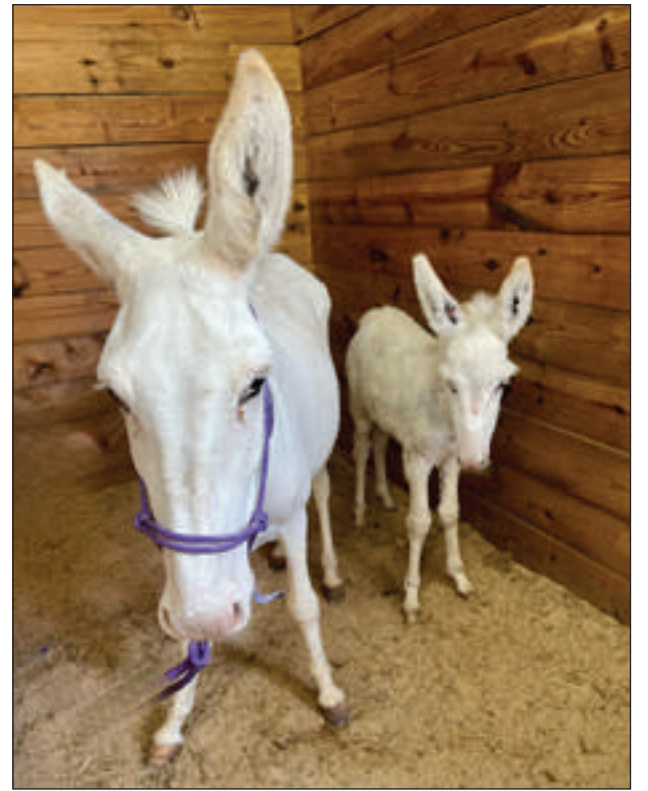
CONTRIBUTED PHOTO

Unbridled has grown its stable to include a pair of donkeys, Snowflake and Snowball.



CONTRIBUTED PHOTO

One of the donkeys rescued by Unbridled in their stall.



CONTRIBUTED PHOTO

Snowflake and Snowball enjoy their first good rest in months.

From the edge of oblivion to sanctuary: Phi, Snowflake and Snowball

Horses of Unbridled



SUSAN KAYNE

Standing on the brink of an unthinkable fate, in the haunting shadow of America's slaughter pipeline, are animals whose lives teeter perilously on the edge.

At Bowie Livestock in Texas, the "last call" list signifies an imminent end, a chilling reminder that within hours, lives will load onto a crowded trailer for their last ride.

In the midst of the unknown, their anxiety escalates during the torturous wait. Week after week, they have witnessed a disheartening procession — fellow horses whisked away into oblivion, or, on rare and hopeful occasions, plucked from the abyss by organizations like Unbridled.

Among those standing on this precipice were three souls: Phi, Snowflake and Snowball, whose remarkable tale of rescue was about to unfold.

In a desperate race against time, Unbridled sent out a heartfelt plea through social media, calling upon their followers to fund the rescue of these three beings from the cold clutches of the slaughter pipeline.

Phi, an 18-year-old horse with a lame knee, whose registered name is Phi Slammas Jamma, was the last Thoroughbred mare on the list.



CONTRIBUTED PHOTO

Phi is a Thoroughbred descended from the famed Triple Crown champions Seattle Slew and Secretariat.

She is descended from the esteemed lineage of Triple Crown champions Seattle Slew and Secretariat. Her great granddam produced the Belmont Stakes winner Colonial Affair, a horse who not only carved his name in the annals of racing history but also symbolized a pivotal moment for gender equality in the Sport of Kings.

Colonial Affair's triumphant win at the Belmont Stakes in 1993 was more than just a victory for a horse; it was a stride for womankind as he carried Julie Krone into the records of horseracing history. Krone became the first woman ever to claim a Triple Crown race, shattering the glass ceiling in a traditionally male-dominated sport.

Neither Phi's trailblazing heritage, nor her striking features, captivated any po-

tential saviors. Her correct conformation bore silent testimony to her strong pedigree. And her red chestnut body, decorated with a wide white blaze and two white stockings, marked her descent from the great Secretariat. Yet, her frail body and lame leg found no sympathy among those looking to rescue horses.

The tragic mystery of how such a creature, endowed with such a notable heritage and bewitching beauty, ended up on the slaughter list may never fully unravel. But this is an all-too-familiar narrative for Unbridled. The Sanctuary is home to horses, descendants of the Sport of Kings, who have contributed significantly to the industry, only to be discarded like worn-out commodities when they outlive their utility.

Despite their distin-



CONTRIBUTED PHOTO

Phi goes for a walk in her new home.

guished past and successful connections, it was only the benevolent Unbridled community that stepped forward to salvage their lives, offering them a chance at dignified existence in Sanctuary.

While Unbridled began primarily as a Thoroughbred rescue, its vision encompasses the welfare of all breeds. Saving lives should not be dictated by breed preferences, for to limit compassion is to undermine it. Thus, as Unbridled stands at the threshold of its 20th year, its expanding inclusivity will be symbolized by a new name: Unbridled Sanctuary. This emphasizes the collective "US" in "rescue" — an acknowledgment of the collaborative efforts needed to protect, save and transform all equine lives.

Unbridled's commitment to inclusivity is evident in

the diverse range of horses it shelters, including Lovey, an Arabian; Noelle, a Percheron; Halfingers Hoss and Little Joe; and Joy, who is a Standardbred. The rescue of Snowflake, a five-year-old Jenny, and her two-week-old baby Jack, Snowball, has joyously expanded the Sanctuary's equine species to include donkeys. Standing next in line for the slaughter-bound truck, along with Phi, their lives were pulled back from the brink by Unbridled.

Phi, Snowflake, and Snowball began their journey towards a new life on the night of May 31. Arriving at Unbridled's layover farm in North Carolina, they stepped off the truck into well-appointed stalls, complete with fresh water and soft shavings for bedding. Their weariness from the physical and emo-

tional journey seemed to lift as they savored their first comfortable rest in weeks.

On June 6, the newly rescued trio, Phi, Snowflake and Snowball, arrived at Unbridled's main facility nestled in the tranquil heart of Greenville, New York. Here, they began their period of quarantine and recovery, a necessary step before joining the healthy herd in Sanctuary.

Including Snowflake and Snowball adds a new, warm dynamic to the Unbridled family. Their smaller size and endearing nature serve as a gentle introduction for visitors who might feel apprehensive around larger horses. In addition, their strength and tale of survival provide invaluable lessons about sympathy, compassion and the undying desire to survive. Lessons that reverberate powerfully within the hearts of all who meet them.

The path of Phi, Snowflake and Snowball from the slaughter pipeline to Sanctuary symbolizes our collective potential to effect change. It underscores our shared responsibility to be voices for those who cannot speak, and advocates for those who cannot fight.

To meet Phi, Snowflake and Snowball, plan a visit to Unbridled. The Sanctuary is open every Saturday from noon to 3 p.m., and experience firsthand the difference compassion can make. Let the stories of the equine in residence inspire you to join the fight for equine protection, respect and dignity. Together, let us reinforce the belief that every life matters.

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

Fashion statement

Whittling Away



DICK BROOKS

I've got to go get some new shoes.

I hate to, the ones I have now are really comfortable. Sure, the sole flaps a little when I walk, but they feel so good. I know The Queen of our castle will like it if I buy new ones because of a reference or two about looking homeless. I think I'm in luck, though, and

may be able to replace them with a new pair of the same kind. They have served me well for two years and I hate to see them go.

I do know where they came from so that'll help with their replacement. I hate going into a shoe store cold. I get lost in the maze of special purpose shoes — you know, the ones that used to be called "sneakers." They still look like sneakers but there are special ones for walking, running, soccer, football, yoga, skateboarding, boating, golf, hiking and cross training (does anybody know what cross training is?).

There are thousands of choices in dozens of shapes and colors. Having a shoe size just slightly

smaller than the average canoe does help limit the selections somewhat, but there are still just too many.

I long for the past days of my far-away youth when the only athletic shoe was the black high-top Converse All-Star! They are still considered a fashion statement, they just cost 20 times more than they used to.

Fashion dies shortly after your AARP card arrives. My daily outfits focus almost entirely on comfort. The older a garment, the better it is.

A T-shirt or sweatshirt that has gone through the wash cycle a couple of hundred times will mold itself softly to the unique bumps and bulges that age adds to a formerly youth-

ful body. Shoes as they are worn, lose their style and take on the shape of the foot that's jammed into it daily, becoming less fashionable but more body friendly. Jeans lose their ability to shrink or return to their original shape and eventually stay stretched where they should be stretched and fade into worn old friends that know your body better than you do.

I used to design my sport coats and have them hand tailored. I had ties made to match, pocket handkerchiefs and sometimes even socks that coordinated with the rest of the outfit. I now wear a tie only on special hatching, matching and dispatching occasions. I see no reason for anything to match —

if most of my major body parts are covered in a way that is socially acceptable, I'm happy.

I no longer find myself in the Men's Department of fine clothing stores. I do most of my clothing shopping in The Salvation Army store. The clothing is cheaper than anywhere else and has the advantage of having been pre-worn. Someone else has done the hard part and worn the new off.

I'm not the only one either — Wednesday is Senior Day and the place is jumping. A few are there for economic reasons, but I'm convinced that the comfort factor brings in a whole bunch of us.

Last time I was there, I got a great pair of suspenders for a buck! I used

to laugh at old timers who wore suspenders when I was a callow youth, not realizing that as you age and your belly becomes bigger than your butt, a belt no longer serves a useful purpose.

The other advantage to shopping used clothing stores is you can find clothes that you like that you'd never find in Old Navy or The Gap. Just try finding a good polyester leisure suit in either!

Thought for the week — If the shoe fits, get another one just like it!

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

Reach columnist Dick Brooks at Whittle12124@yahoo.com.

FARMS, from page A1

“It will help with tourism and with establishing their role in the history and stewardship of New York state agriculture,” Hinchey said.

Assemblyman Chris Tague, R-102, is a former dairy farmer and said the Hull family has long deserved recognition for their work in keeping up a family farm that dates back to the era of the American Revolution.

“As a former dairy farmer and a strong advocate for our farmers in upstate New York, I can understand and recognize the hard work that has gone into building this beautiful farm into what it is today,” Tague said. “When John Hull, previously a soldier in the Continental Army during our war for independence, started this farm in 1786, I bet he was not expecting it to still be standing after seven generations, let alone becoming

a recognized historic business in the state of New York. The family and farm have adapted to whatever the world throws at it while still providing the best possible farm experience for their customer and it’s award worthy.”

Frank Hull, known affectionately as Farmer Frank, said his family came to the area hundreds of years ago from Durham, Connecticut, and gave the town its name.

“My ancestors fought in the American Revolution and after the Revolution they came through swamps and timber and they saw this gorgeous valley,” Hull said. “They settled here in the hills — it was called Meetinghouse Hill.”

Hull-O Farms sits on 275 acres and was started by John and Sally Hull, who emigrated to the United States from England in the 18th century. They started the farm in 1786 after the Revolution and it is today run by Frank and



CONTRIBUTED PHOTO

State Sen. Michelle Hinchey, D-41, nominated Hull-O Farms for the honor and presented them with certificates recognizing the farm’s inclusion on the registry.

Sherry Hull, along with their sons.

The farm sells fresh meats and offers farm va-

cations for families that want a taste of what living on and running a historic farm entails.

Frank Hull still does all the field work at the farm despite physical challenges and regales the farm’s visitors with stories of the history of the area, his wife Sherry Hull said.

“In spite of suffering with great physical pain, he has been selfless and heroic and courageous and resourceful and a visionary, and dedicated beyond measure to this farm and its heritage,” Sherry Hull said.

Her husband always saw “great potential” behind the farm even at its most challenging times.

“Because of his vision, over 10,000 guests have graced our doorsteps for these past 30 years,” Hull said. “And 10,000 guests have stepped into the shoes of a humble farmer and his family. Guests come willing to embrace the unknown and are very courageous in their own right.

In this generation, it was Frank’s imagination that allowed our family to share this valley with our guests who over and over again remind us how remarkable, beautiful and magnificent it is to be able to wake up in this valley.”

One of those families, she said, recently came from Singapore to vacation at a historic New York farm.

Agriculture is an important aspect of the state’s economy and history and must be protected, Hinchey said.

“It’s businesses like this, farms like this, families like this that make our community what it is,” Hinchey said. “They are the ones that we have to protect and support and make sure that that history stays and that they can be prosperous into the future.”

EGYPT, from page A1

HIGHLIGHT #1

The iconic image of the trip, even from a non-traveler’s point of view, has to be the Giza Pyramids, the Grand Pyramid being the most famous. Its base of four sides, each about 750 feet long, and its height of 450 feet tall today (its lost cap added 30 feet) tower above the plain. The pyramid’s occupant is Pharaoh Khufu (although historians hedge on certainty!), who lived about 4,500 years ago.

Three wow moments:

- Standing next to the Grand Pyramid, reaching and touching it, and deciding how to climb any, or none, of the 2 million-plus blocks of stone. After all the videos we all have seen, imagining the movement of all those blocks of stones boggles the mind.

- Even though downtown Cairo is 10 miles distant from the pyramids, the metropolitan area spreads out, almost touching the pyramids. Most of us, even at our age, could walk from the Grand Pyramid to the edge of residential communities in 15 minutes, less for you fast walkers. The juxtaposition was striking.

- Some lucky, and well placed, restaurateur has the right to have the only restaurant with a view of nine pyramids. Deb and I sat there eating an ordinary lunch that was made wonderful with the view. One photo shows that.

HIGHLIGHT #2:

The second highlight, maybe first for me, was the Valley of the Kings. The mind-popping part? The tombs for the pharaohs were not pyramids but “caves” dug into the mountainside!

Three wow moments:

- The Valley of the Kings lies 400 miles south of Cairo in Luxor. A reader of Egyptian history will note the Egyptians were invaded and they retreated to Luxor, making Luxor a grand center of history.

- The pharaohs coming after the pyramid pharaohs, and sited in Luxor, realized that if they wanted their tombs to be disturbed, they should keep on building pyramids. So, they stopped doing that, which leads to...

- The site of the Valley of the Kings lay in a mountainous area across the river from all the Luxor temples. So, one drives toward the mountain, like going up Cunningham Road or Maplecrest Road or any number of such roads leading to the bottom of the peak of the Catskills. And then take a side road that snakes a little closer to the base of the mountain. Finally, take that last donkey-cart path that meanders around some corners, and, voi-



CONTRIBUTED PHOTO

A wall carving depicting getting calves across the Nile River.



CONTRIBUTED PHOTO

A view of the banks of the Nile River.



CONTRIBUTED PHOTO

A photo taken by Deb Teator from her hot-air balloon.

la! Over the course of a couple miles, at least 65 pharaohs are buried, each tomb an engineering feat, which leads to...

HIGHLIGHT #3:

The tombs of the Valley of the Kings.

Three wow moments:

- The visitor center exhibited a 3-D diorama where the known 65 tombs are. It looks like a honeycomb of shafts of varying lengths and steepness, side rooms and ending hallways.

- We toured four of the tombs. The engineering was astounding. First, the rough miners came in and dug out the space needed, a major feat in itself. Second, the shaft finishers came in and got the final dimensions done, leaving striations on the walls. Third, the rough plasterers then plied their trade and plastered all the surfaces, utilizing the striations as a grip. Fourth, the final plasterers arrived, putting

on a smooth coat. Finally, the carvers and engravers drew and painted all the designs. I shake my head even thinking about it.

- We walked among hieroglyphics and sacred burial places from 4,000 years ago. And the paint is still vivid in places, despite all the traffic. One end hallway was large enough and long enough to house rooms/tombs for this pharaoh’s 40 children, each with their own room, each decorated and painted. And then along the main shaft were lobbies or side rooms, with niches and benches, meant for some divine mission. Do you think I was impressed!

HIGHLIGHT #4:

Sailing on the Nile.

Some 130 miles separate the two ends of the larger-ship navigable Nile — Luxor and Aswan. We sailed some of it under cover of darkness, but a considerable amount was done in daytime and made



CONTRIBUTED PHOTO

Deb Teator riding a camel in Egypt.



CONTRIBUTED PHOTO

A boat on the Nile River.

for exquisite sightseeing from the top deck of our Nebu (ship).

Dreamy images wafted by every minute, with different trees, different grasses, different types of houses, and different kinds of animals. A common sight were water buffalo tended by farmers, with palm-type trees and tall grasses, with women doing their wash on the banks of the river, and with fading views of the towns and cities as we passed by. Add to this the hum of pumps, spaced every couple hundred yards, drawing water off the river into the interior, up to three miles away.

Unworldly were the views from the ship. The Nile River, lying in the middle of the desert, was as green and fertile as the river can touch. Before the Aswan Dam, that meant flooding played a role, as did the manual water pumps. Now, with the Aswan Dam in place, and diesel-powered pump available, the Nile was a 2- to 6-mile wide green strip the length of the country. The dividing line between cultivated and arid desert

was sharp. From on board (or, in Deb’s case, from a hot air balloon), the foreground was green and cultivated but always in the distance was the pastel hues of desert beige and pink and yellow. It was from another world than the one I know so well. (I can only imagine what Egyptian visitors new to the Hudson River would think!)

HIGHLIGHT #5:

The temples.

Wow moments:

For some reason, I had not realized the degree to which some people have studied and have trained as Egyptologists, able to read hieroglyphics. And, thus, every column and wall and ceiling of every temple was a textbook that our guide Mo could read. I was stunned to realize, and to think, that these “books” have been sitting here for thousands of years. And then there were the non-pharaonic temples and sites that contained everyday living pictures and scenes.

One of our favorite “everyday” picture stories

was the way the Egyptians conveyed their animals across the crocodile-infested river (now not infested below the Aswan Dam). Tie a young water buffalo to the kayak. Its bleating would attract its mother and the rest of the herd to follow the calf. Dozens of flailing legs and hoofs afforded a much more unfriendly wall to waiting crocodiles than a single waiting calf. The drawing on the wall also showed the gods and mystic practices the people used to pray for their animals’ safety. And that was but one of dozen of sketches of life at one place.

At the risk of sounding like jaded European travelers complaining about ABC (another beautiful cathedral), it could have been easy to suffer from temple overload. Fortunately, our guide paced our excursions expertly enough to let us feel the importance of each temple we saw.

I will allow you to look up the details but the temples of Luxor, Karnak, Abu Simbel, Philae, Kom Ombo and Edfu are etched in our memories for a long, long time.

HIGHLIGHT #6:

Other favorite memories.

Wow memories:

- Our guide Mo was one of the best we have encountered. He was worth more than any book we could have bought.

- I have not mentioned Cairo much although we spent four days there. It is a city of 20 million, with extremes of social class staring us in the face. Our views were educational as well as disturbing, but too many other attractions overshadow further description of this capital city.

- Seventy other shipmates also interested in Egypt — kindred spirits, positive outlooks on life, similar interests — made for a memorable cruise.

- I trusted the buggy-handling abilities of Debra. Once aboard our one-horse buggy, the driver handed the reins to me, probably a touristy offer. Almost immediately, Deb grabbed the reins and gingerly tested her way through the dusty streets. She succeeded admirably and even our driver nodded his head in approval.



Persico

OIL



LONG ENERGY

Family Owned Since 1945



98 MAIN STREET, RAVENA, NY

Propane

HVAC

Fuel Oil

Plumbing

Diesel

Generac Generators

GENERAC

PRO

Offering Propane and Heating Oil Energy Savings

Contract at No Charge

(Value at over \$200)

Terms and Conditions Apply

FUEL DELIVERY 24 / 7 / 365

518-756-2555

Family-Owned Since 1945

LONGENERGY.COM

Oak Hill & Vicinity...

By Mary Lou Nahas



CONTRIBUTED PHOTO

Fran Cox, the Barn Doctor, worked on the Tripp barn 30 years ago.

Community to celebrate Oak Hill Day

Plans are coming together for the annual Oak Hill Day, this year on Saturday, July 29.

The day is intended to celebrate the spirit of the community, both past and present. Karen Patterson, president of the Oak Hill Preservation Association (OHPA), which originated and sponsors the day to support the community and help preserve the rich history of the hamlet, is chairing the event again this year.

The day starts at 9 a.m. with lawn sales around town, and ends with ice cream and music on the lawn of the Oak Hill Methodist church at 4 p.m.

The yard sales are spread along Route 81 and on side roads. There has never been a real map because people often wait until the last minute to decide to have a sale and because no one has wanted to be in charge of making a map, a job which takes a lot of work.

Sales are noted with signs provided by OHPA. Signs can be picked up at the post office, town building and I U Tripp store. They are easily visible as you drive down the road.

The Oak Hill and Vicinity Facebook page will advertise locations of sales if we know them. You can also ask questions or report plans on there also.

If you are coming from the direction of Greenville, the first sale you will notice is Mert and Kathy Hulbert's group sale, which has off-street parking. You will definitely want to stop. Kathy's brother will be bringing his hot dog wagon. They are also making donuts (I love them) and selling baked goods. There are multiple vendors with a wide assortment of items. They will also be offering jewelry and cards from the Norton Hill Thrift shop.

If the bridge is still under construction, when you come to the town building, you will have to detour. Grey Fox participants were able to do that, so you can, too. Google shows the way.

Coming into Oak Hill by the post office you will note sales and histor-



CONTRIBUTED PHOTO

Diane Dratz organizes the ice cream social at the end of the day with free ice cream from Stewart's, with hot fudge by Lucinda Mellen.

ic buildings that you can view: the Yellow Deli, Pidgen, Used and Amused, Wild Flower, and I U Tripp will be open. These are all housed in historic buildings that you can see.

Pidgin, housed in the Ford's Store building, is operated by poet-collector Kostas Anagnopoulos. PIDGIN is best described as an antique shop with select contemporary merchandise from brands and designers that Kostas loves. It is a uniquely individualistic shop; hard to describe and yet fundamentally authentic. A place where one can spend hours perusing distinctive one-of-a-kind objects, or stock up on core essentials of the perfect country weekend., he says.

Used and Amused is housed in a historic carriage house and offers many vintage items.

Further up at Wild Flower Jodie will be teaching a flower-arranging class for children, and there will be a lemonade stand. Jodie also offers

jewelry and art. This shop is housed in what was once the Winnie home.

A bit further up will be more sales at the Methodist Church, Mattice, I U Tripp, Ken's Garden Folly, the McCabe house and possibly others. There is also a sale on Niles Road, which can be reached by going up Lee Road.

And on the other end of town Jeff Ives will have bales of hay for sale. There will likely be more vendors. If someone who does not live in the hamlet wants a spot, let us know on the Oak Hill and Vicinity Facebook page.

In addition to the annual yard sale, the Methodist Church will have a bake sale and sell hot dogs. And not to be missed is The Pizza Box, the Wesslocks' converted vintage horse trailer, with made-from-scratch, wood-fired, farm-to-table pizza. You may have had their pizzas at other events, weddings and parties, but on Oak Hill Day, 100% of the profits go to the church as a fund-



CONTRIBUTED PHOTO

Jeff Ives will be selling bales of hay at his farm on Route 81.



CONTRIBUTED PHOTO

Oak Hill Day will be celebrated July 29.



CONTRIBUTED PHOTO

Yard sale signs are available from Oak Hill Preservation Association, which originated the event to support the historic character of the town. They are available at the town building, post office and Tripp Store.



CONTRIBUTED PHOTO

Yard sales will take place throughout the community, with plenty of bargains to be found.

raiser, Melanie Wesslock explained: "It's a project made of great food and community fellowship. We look forward to seeing everyone on July 29."

In the afternoon, after interest in the sales has somewhat died down and everyone has had something to eat, there will be two historic programs. From 2-3 p.m. in the Tripp barn behind the brick house, you can learn about restoring historic barns. The Tripp Barn, listed on the National Historic Register, incorporates places for cows, horses, pigs, chickens and hay. On a bigger farm these functions likely would be ac-

commodated in separate buildings, but here they are all in one.

Fran Cox, the Barn Doctor, will be on hand to explain how the barn was constructed. There will also be information on the Historic Barn Rehabilitation Credit Program. Since 2022, the New York State Office of Parks, Recreation and Historic Preservation has administered the application, review and certification process. Fran worked on the Mattice barn across the highway last summer and that work was eligible for tax credit. Last year OHPA dedicated Oak Hill Day to Cox for his work on many of the

historic buildings in Oak Hill. He will also be offering tools and materials for sale during the day.

From 3-4 p.m. we will repeat the very popular "Growing Up in Oak Hill" program, when longtime residents talk about their early days here. We have invited John Haneke, who now lives in California but grew up on Fish Road; Ken Mabey, whose grandparents lived in Oak Hill when he was a boy; Kenneth Brand, whose family owned Elm Rest and what had been Ford's store; Janet Nelson and John Hull, children of Ralph and Joyce Hull; and others to participate. You certainly don't need an invitation to participate.

I'd like to hear also from some folks who grew up here 10 or 20 years ago. During this session newcomers will hear oral history and get an idea of what life in this hamlet was like in the past. We will also remember Iris Cochran who in the past shared wonderful stories about what it was like to move up from New York City as a child, live on Fish Road, attend a one-room school, and live through a blizzard.

Oak Hill Day will end at 4 p.m. with an ice cream social and music on the church lawn. The Twelve Tribes, who have played music on this day for years, welcome anyone in the community to bring an instrument and play with them. Bring your lawn chairs, enjoy the music and ice cream, talk to your neighbors.

You can see there is lots to offer at Oak Hill Day.

"If you would like to participate, don't wait to be asked; please say so but please say so as soon as possible," said Karen Patterson. "OHPA wants to include everyone who wants to participate."

LOOK

HERE!

MADE YOU LOOK! OTHERS WILL TOO...

YOUR AD COULD BE HERE!

CALL 1-413-212-0130 OR VISIT WWW.THEUPSTATER.COM/CONTACT

Be Prepared for Power Outages

Power outages can affect your home or business at any time

GENERAC



GENERATOR INSTALLATION, SALES & SERVICE

518-943-3229

HoldridgePowerSystems.com

SCHEDULE A FREE ON-LOCATION ASSESSMENT TODAY!



WILLOW
Acupuncture

Now Accepting New Patients!

Acupuncture is a Traditional Chinese Medicine practice that involves inserting thin needles into specific points on the body. It is used to treat a variety of conditions including pain, nausea, anxiety, and depression.



««« **SCAN TO BOOK**

Or call or text 518-860-9555

20 Country Estates Rd, Greenville NY



Non-stock / Special order

Transform Your Backyard with Decking

Timbertech® AZEK Decking combines the look of real wood with the ease of low-maintenance. Beautiful, sustainable composite materials - Explore a vivid array of options at GNH Lumber!



Greenville | Windham | Latham

Cluckin' "A" Farm

680 West Road
Greenville, NY 12083

518-966-5157

Friday & Saturday 12 noon until 5:00
other times by appointment only



Unique Items From LOCAL ARTISTS!

Honey, Maple Syrup, Eggs, Jams, Local made gifts, Yarns, Fiber, Crystals, Angel Cards and a line of Native American Items and Antiques to choose from. Stop by and see our items & Us!

PLEASE RECYCLE THIS NEWSPAPER



Community Calendar

JULY

- 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.
- 3-5 - Performance: "Cabaret," 7:30 p.m., at The Big Tent at the Red Barn, Main Street, Hunter. Tickets are \$30.
- 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 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.
- 4 - First Fridays Catskill, all day, on Main and Bridge streets in the village of Catskill. Free admission.
- 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.
- 5 - Vocal Recital at the Grazdha Music and Art Center of Greene County, 78 Ukraine Road, Jewett. Tickets are \$30 general admission, \$25 seniors, \$20 members, and free for students.
- 5 - Catskill Mountain Feis, all day, at Blackthorne Resort, 348 Sunside Road, East Durham.
- 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.

- 11-13 - Performance: "A Midsummer Night's Dream," at Orpheum Performing Arts Center, 6050 Route 23A, Tannersville. For tickets, call 518-263-2063 or email boxoffice@catskillmtn.org. Tickets are \$8.98 for students, \$33.20 for adults and \$27.94 for seniors on eventbrite.com.
- 11-13 - Gavinstock 2023, all day, at Gavin's Resort and Country Inn, 118 Golden Hill Road, Cornwallville. Free admission on Friday; Saturday and Sunday, \$20 per person. Live music all day, beer truck, food, Irish dancers.
- 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. There is a 20% discount for tickets purchased online.
- 19 - Performance: Vocal Ensemble "Zozulka" Trio, 8 p.m., at Grazdha Music and Art Center of Greene County, 78 Ukraine Road, Jewett. Tickets at door are \$30 general admission, \$25 seniors, \$20 members and free for students.
- 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.
- 27 - Presentation: "Can We Control Our Own Destiny?", 4-5:30 p.m., a free panel discussion from the Christian, Jewish, Muslim, Buddhist and Hindu perspectives, offered by the Greenville Area Interfaith Council. Held at the Greenville Public Library. Refreshments served. All are welcome.

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

Grandma Mackey's Diary

1953 life in Medusa

Transcribed from her diary by Kathy Saurer Osborne

• Sunday, July 27:

Very warm again. Thunder shower early and no electric until 12 PM. Adrienne went to church. Too warm, I didn't go. Gertrude in her room most of the day. She goes to Effie's tomorrow night. Don, Gert and Adele went to Albany and took Adrienne to her job in the Health Dept., 23rd floor of the S.O.B.

• Monday, July 28:

Clear. Gene did the washing, hung it out and brought it in. Gertrude wouldn't stay put. Adrienne came back with Guerdon. Had to have her working papers. Don and Adrienne got them and he took her back to Albany after supper. Also took Gertrude up to Effie's for a while. Have the porch finished. It looks fine. Wish I had as nice a floor in the house.

• Tuesday, July 29:

A fine day, much cooler. Did all the ironing. Gene and I put the things on the porch.

Seems so good to be able to sit out there again. Partly cleaned and straightened the upper hall closet. Gene is varnishing the storm doors with Storm-Spar. They'll look nice. Don is finishing the walk-in. He's not home yet, 10 P.M. Addie called a few minutes. No letter from Joyce.

• Wednesday, July 30:

Fair and cool. Washed again (Gene). I hung them out. Did some odd jobs. Gene varnished the storm doors. They look much better. Started to recover the foot stool. Don't know if I have enough material or not. Very skimpy. Addie and I took a ride. No letter from Joyce.

• Thursday, July 31:

Fair and warmer. Did ironing and the Thursday cleaning. Bedrooms, halls and congoleum. Gene varnished the thresholds and took it from the windows of the storm doors. Hard work. Will have to get a piece of

material for the stool, not enough. Don brought the truck home and fixed Stubby's cooler (freezer). Then we went to see Adele and took her things to her. Had a letter from Joyce. They're all right. Very warm! Sent for Chair-Loc and bulbs. Gene had a letter from Joyce. She's coming up in September for a couple of weeks. Didn't say if Chuck could come or not.

• Friday, Aug. 1:

Fair and warm. Hung out a little wash and did the ironing. Did cleaning living rooms and washed storm doors, mirrors etc. Gene had a letter from 'Lite. Adrienne came with Don. Adele here too for the night. Gene at Laura's shower at Joan Haskins. Adrienne sat with the Waldron children. She used their typewriter and thought she had to. It's very dry.

• Saturday, Aug. 2:

Clear. Did Saturday work. Adrienne slept late

and we ironed some. Gene washed again. We went to Leeds drive-in, took Emily, Simpson and Adele for Adrienne's birthday. It was Adele's treat. She got \$40 in tips Saturday. We had a nice time. Home 1:30 A.M.

• Sunday, Aug. 3:

Fair and warm. Adrienne and I went to church. Dorothy Nelson has played out on me and I had to play the piano. Adrienne went swimming with the young people. Don went to see Gert and Addie and I took a ride. Ousterhout's for supper and called on 'Lite. Home 9:30. Delite heard Ella Peck had died. Wallace Peck's wife and Lloyd Peck's sister-in-law.

• Monday, Aug. 4:

Fair and warm. Hung out the wash and brought it in. Ironed most of it. Did a few odd jobs. Don home early. Ella's funeral is tomorrow at 2 p.m. at the Reformed Church in Westerlo. Had two

letters from Joyce. They have had windstorms and thunder-showers and hot weather. I sent a note to Joyce in Gene's letter this morning.

• Tuesday, Aug. 5:

Light showers. Finished ironing. Mended some. Went to the funeral with Johnnie and Doris Clickman. Large crowd. Don had to go out again after supper.

• Wednesday, Aug. 6:

Cloudy. Cleaned bedrooms and did everyday work. Gene in visiting. Wrote a letter to Joyce. Don has taken Adele's clean clothes to her tonight. It's very dry. It looks like rain, hope it does. Sent for goods for a dress and material to finish the stool.

• Thursday, Aug. 7:

Fair and cooler. Did everyday work. Delite came for me and I helped her until 5 P.M. She brought me home. Cut beans, helped with dishes, fixed two hens that they gave us and did the eggs. Had them all done except part of

a pail. Tomorrow they go to Albany. Adele home tonight. She and Don have gone to see Gertrude.

• Friday, Aug. 8:

Cloudy. No rain. Cleaned, ironed, hand washed etc. Cooked hen and made a "cake" for supper (dinner). Adrienne came with Don. He had to go back to Carala's to fix something. Had a nice long letter from Joyce. Don went up to Delite's last night for supper and Lite brought me home to get supper for him. Mad!

• Saturday, Aug. 9:

Fair. Did everyday work. Ironed a little, dusted, etc. Adrienne swimming with the girls. Addie came over and we took a ride to Cairo, Purling and home. Don took Adrienne, Adele and a girlfriend to Cairo to shop. We got home first.

Positively Speaking



TOBY MOORE

Robert Smalls was born into slavery in South Carolina in 1839.

From a young age, the plantation sent him away to work in Charleston, eventually finding work on the docks of Charleston Harbor. Despite the grueling work and long hours, Robert was determined to rise above his circumstances.

Years passed as Robert worked tirelessly to gain the respect and trust of those around him, but Robert's

ambition went beyond just climbing the ranks on the docks. He had a dream, a burning desire to be free.

In 1856, Robert fell in love and married. With his new wife by his side, his dream of finding freedom for himself and his family became an obsession.

When the Civil War broke out, the Union sent several warships to blockade the harbor; and Robert saw an opportunity. He secured work as a deckhand on a Confederate steamship that traveled between ports and laid mines in the heavily fortified harbor. Robert learned everything he could about the ship, gaining the trust of his officers and waiting for the perfect moment.

That moment arrived in 1862 when Robert devised a daring plan to seize control of the ship and escape. All this time, Robert had been playing the role of a dutiful slave, lull-

ing the Confederate officers into a false sense of security. One night, he convinced the officers that the ship was safe with him and that they could leave for the evening. They did, which gave Robert complete command.

Immediately he sent word to his and the crew's families to rendezvous at the ship before dawn.

As Robert's wife boarded the ship, his heart raced as he braced for her reaction. It was the first time she'd heard of his plan.

She stood in shock, overwhelmed by the danger of their situation.

A tense silence hung between them as Robert waited for her final decision. He could not imagine leaving without her, and he would not.

With a determined look, she finally spoke the words that would seal their fate: "I will go with you; wherever

you will die, I will die."

With their families on board, Robert dressed as a captain so as not to arouse the suspicion of the Confederacy. Carefully, they made their way out of the harbor and encountered five different checkpoints, each potentially threatening their escape. Using his knowledge of the secret Confederate Codebook, Robert hand-signaled the first four checkpoints correctly, but the most dangerous moment of their escape was yet to come.

As they approached Fort Sumter, Robert's nerves were on edge. Sumter was the most heavily armed of the Confederate forts. One wrong move and Robert's ship would be blown to bits.

One of Robert's crew later recounted, "When we drew near the fort, every man but Robert Smalls felt his knees giving way, and the women began to cryin' and prayin'."

With his straw hat tipped to cover his face, he gave the correct hand signal to the fort, but when no response came, the crew braced for the worst. After an agonizing wait, they were given clearance. Robert set the ship at full speed, straight toward the Union blockade.

Raising a white bedsheet as a flag of surrender, Robert approached the blockade as quickly as possible. They had a problem; the white flag wasn't visible as the sun was not yet up. The union forces began preparations to destroy Robert's ship, but just as the cannon was being raised and the fuse almost lit, a Union sailor shouted, "I see something that looks like a white flag!"

When Robert's family and crew realized the blockade wouldn't destroy them, they began singing, dancing and praising the heavens for their safe passage. What a

sight it must have been!

Robert boldly declared to the commander: "Good morning, Sir! I brought you some of the old United States' guns!"

With those words, Robert Smalls pulled off one of the most daring escapes in American history.

Robert Smalls so inspired Abraham Lincoln that Lincoln allowed Black people to serve in the military for the first time. Robert went on to serve as a congressman and focused much on African-American civil rights issues.

What would have happened had Robert not followed his dream?

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



UNIVERSAL CAR WASH

MODERN CLEANING TECHNOLOGY

STOP BY & TRY ALL OUR NEW SERVICES

- i5 Baywash Hybrid Automatic
- Typhoon Touch Free Automatic
- New Self Serve Wash Bays \$5 for 8 minutes
- LED Light Show At Night!

Ez Pass Unlimited Wash Packages & Gift Cards Now On Sale At Our Coxsackie Location

3 CONVENIENT LOCATIONS!

UNIVERSAL CAR WASH

2447 US-9W | 12 GARLAND LANE | 11831 RTE 9W
RAVENA, NY | GREENVILLE, NY | COXSACKIE, NY

518-378-0164



MEYERS FUNERAL HOME Ltd.

YOUR LOCAL FUNERAL HOME FOR 60 YEARS!



A family owned funeral home, started in 1968 by Ben Meyers of Alcove. In recent years taken over by his son, Stephen; who lives in Ravena.

For personal service, flexibility and cost savings on your cremation and burial needs. Just 13 miles from downtown Ravena. I know people do not like to talk to the tax man or funeral director, but if I can be of any help at the time of need, please feel free to call.

Stephen Meyers - Where the name on the sign out front matches the guy you talk to.

Burials starting at \$2,835
Cremations starting at \$995

741 DELAWARE AVENUE, DELMAR, NY 12054
(518) 439-5560
WWW.MEYERSFUNERALHOME.COM

3 Year TV Price Guarantee

AMERICA'S TOP 120

190 Channels \$79⁹⁹/mo.

Smart HD DVR included.

Offer expires 7/12/23. Restrictions apply. Call for details.

Great entertainment with a local touch.

HI-TECH ADVISERS
(888) 633-6082




Got a Great Local News Story?

Tell us about it today!




NEWS@GREENVILLEPIONEER.COM



Workforce Development is Economic Development

Partnerships key to TCI's recruitment efforts



Featured Left to Right: Chris White, Deputy Commissioner Workforce Development, NYS Department of Labor, Brian Williams, Executive Director, Capital Region Workforce Development Board, Joseph P. Dragone, Senior Executive Officer, Capital Region BOCES, Amber Rangel, Vice President Workforce Development, Empire State Development, Bill May, Service Manager, Capitaland Motors Subaru/GMC, Tucker Cherry, Niskayuna High School, Doug Ford, Vice President, Curtis Lumber, Jeff Palmer, Director CTE, Capital Region BOCES, and Brian Hemlock, President TCI NY

TCI works with RCS High School and BOCES to provide rewarding paid Internship opportunities that can lead to full time jobs upon graduating from high school. TCI pays a living wage with full benefits. Then there are opportunities for promotion, increased pay and certifications including forklift operation.

"Career and Technical Education is the backbone of America," said Brian Hemlock, President TCI NY. "The work all the educators do is very important, and the students put that education to great use."

To find out more about working at TCI, please email HR@tci-ny.com or go to www.tci-ny.com for more information.

Have Computer Problems?

Get **\$20 OFF** Any Service

Live Coupon Code **42513**

24/7 Emergency Service
Data Recovery
Virus Removal
Regular Maintenance

Call Now Get a Free Diagnosis **866-848-0045**

Geeks OnSite

DENTAL Insurance

from Physicians Mutual Insurance Company

Call to get your **FREE** Information Kit

1-855-225-1434

Dental50Plus.com/nypress

Product not available in all states. Includes the Participating (in GA Designated) Providers and Preventive Benefits Rider. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY, call 1-800-969-4781 or respond for similar offer. Certificate C250A (ID: C250E; PA: C250D); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN). Rider Kinds: B438, B439 (GA: B439B). 8206 072

Tax Foreclosed Real Estate Auction

Columbia County • Online Only

10+ Parcels: Lots, Acreage, Homes, Commercial Properties

Online Auction Start: Wednesday, July 26th, 12PM
Online Auction Closing Begins: Wednesday, August 9th, 10AM

****Action Required****

To participate in this online only auction, please visit our website and complete the "Online Bidder Registration Packet". Bidder Packet Due By: Monday, August 7th, 4PM

For complete information, visit www.ColumbiaCountyAuction.com or call **800-536-1401**, Ext. 111

AUCTIONS INTERNATIONAL

"Selling Surplus Assets 7 Days a Week Online"

FREE INTERNET

Qualify today for the Government Free Internet Program

YOU QUALIFY for Free Internet if you receive Housing Assistance, Medicaid, SNAP, WIC, Veterans Pension, Survivor Benefits, Lifeline and Tribal.

Bonus offer: 4G Android Tablet with one time co-pay of \$20

CALL TODAY (877) 651-1637

maxsip

ACP program details can be found at www.fcc.gov/affordable-connectivity-program-consumer-faq

ELEVATORS • STAIR LIFTS • WHEELCHAIR LIFTS • RAMPS

• Sales • Rentals • Service • Buybacks
New and Reconditioned Lifts

Stay in the home you Love!

Locally Owned & Operated

ALBANY Lift Company

Stairlifts • Elevators • Wheelchair Lifts • Ramps

747 Pierce Road, Clifton Park, NY 12065
518-839-2274 • (888) 638-6272
www.thealbanyliftcompany.com

Visit Our Display Center: 747 Pierce Road, Clifton Park, NY, 12065

NEW YORK HOMEOWNERS:

NEED HELP WITH EXPENSIVE REPAIRS? WE MATCH YOU WITH FUNDING YOU CAN AFFORD.

 **888-254-6006**
or visit NYProgramFunding.net

ROOFING | SIDING | WINDOWS | DOORS & MORE!

HELP IS AVAILABLE EVEN IF YOU COULD PAY CASH ...but it won't last! Enrollment is only open during a limited time. Programs, appointments, and installations are first come, first serve.

ACT NOW!

Approved applications will have the work completed by a quality repair crew provided by: HOMEOWNER FUNDING. Not affiliated with State or Gov Programs. Contractor License: NY: #2719-h14

Ulster County Fair
New Paltz, NY

★ **AUGUST 1-6 2023** ★

Pay one low price for:
Unlimited thrill rides • Free entertainment including live music
Free parking • Agricultural museum & livestock exhibits

Daily Entertainment
Robinson's Racing Pigs
Two by Two Animal Sanctuary
Cowboy Circus
Carrie McQueen, Stilt walker

Thursday: Truck Pull **Live music every night!**
Friday: Tractor Pull

249 Libertyville Rd. New Paltz, NY • UlsterCountyFair.com

Consumer Cellular


EXACT SAME COVERAGE UP TO HALF THE COST.

844-919-1682

© 2023 Consumer Cellular Inc. Terms and Conditions subject to change. Half the cost savings based on cost of Consumer Cellular's single-line, 5GB data plan with unlimited talk and text compared to lowest cost, single-line post-paid unlimited plan offered by T-Mobile and Verizon, May 2023.

Thank You from

R.C. Fishing Derby



R.C. SPORTSMEN'S CLUB

FOR MAKING OUR 44TH ANNUAL FISHING DERBY A HUGE SUCCESS!

- Access Safety products
- Big Top Portables
- Burns & Sons
- C.A. Albright & Sons
- Carver Industries
- Crossroads Ford
- Francisco Equipment
- Green County Bank
- Greene County Federation of Sportsmen
- Greene County Legislator
- Hannaford Ravena
- Hillman's Auto Repair.
- In memory of J.R. Schoeder
- John Biscone Esquire
- K & D Auto Repair
- Muellers Auto
- Napa Ravena
- National Bank of Coxsackie
- Natural Stone Supply
- Persico Hardware
- Ravena News Herald
- Sabic
- Selkirk Transmission
- Stewart's
- Stolz Ins. Agency
- Town of Coeymans
- Trinity Construction

Dutch Apple Cruises

Located at 141 Broadway Albany, NY 12203 Next to USG Station

518.463.0220 DUTCHAPPLECRUISES.COM

CATSKILL TINY HOMES

CATSKILL, NY



WE BUILD TINY HOMES THAT ARE TURN KEY READY TO MOVE INTO. OUR HOMES ARE MADE OF CONEX SEA CONTAINERS FULLY INSULATED, WIRED AND PLUMBED.

FOR PRIVATE SHOWINGS, CONTACT US BELOW:
Our Model Center: 4834 NY32 Catskill, NY 12414

INFO@CATSKILLTINYHOMES.COM
WWW.CATSKILLTINYHOMES.COM

Nolan's customers save \$\$\$

What does your PROPANE PROVIDER do for you?



NOLAN PROPANE & SONS

Family Owned & Operated Since 1965

Unbeatable Rates

JUST ONE REASON WE ARE

GREENE COUNTY'S #1 PROPANE PROVIDER

Why continue to overpay? Call Nolan today!

2477 Rte 9W • Ravena, NY | www.nolanpropane.com | **518-756-2010**



CONTRIBUTED PHOTO

Retired teacher Art Thorman explains the artistry and craftsmanship of tinsmithing during Potter Hollow Day.



CONTRIBUTED PHOTO

Fourth graders try their hand at timber-frame construction.

Potter Hollow School House Day: Education and fun for 4th graders

Potter Hollow School House Day was a resounding success, with over 70 enthusiastic fourth graders from Scott M. Ellis Elementary School participating in the event.

This year marked the eighth anniversary since the completion of renovations in 2015, and the day was filled with engaging presentations and activities for students.

The event featured a lineup of five presenters, each offering a unique perspective on various aspects of history, music, architecture and craftsmanship.

The Medusa Mule Bluegrass Band headlined the event with their captivating performances. Retired Greenville science teacher Paul Kelly, a vocalist and banjo player, entertained and educated students about the history of bluegrass, famous names associated with the genre, and even demonstrated various bluegrass instruments.

The band's morning presentations set the stage for an exciting day of learning. Thanks to a generous mini-grant from The IBMA Foundation, the Medusa Mule Bluegrass Band held a concert in the Cotter Indoor Riding Rink, creating a memorable experience for the young audience. A special thank you to Dorthea Cotter for allowing the students to use her space once again. The Cotter Indoor Riding Rink provided the perfect venue for the event, creating an atmosphere of excitement and enjoyment.

Other presenters included Gina Blenis, a



CONTRIBUTED PHOTO

Linda Mormile, a graduate of the Potter Hollow one-room schoolhouse, explains what a typical school day was like when she attended school there.

Greenville graduate and historical architect, who gave an insightful presentation on the architectural characteristics and styles incorporated in the schoolhouse. Her talk shed light on the importance of preserving historical buildings and understanding their significance in the community.

Ian Corcoran, a Greenville parent, shared his expertise on timber-frame construction. His presentation included a hands-on activity

where groups of students worked together to construct and deconstruct a timber frame mini barn. This interactive experience allowed the students to gain a practical understanding of the construction techniques used in the schoolhouse.

Art Thorman, a retired social studies teacher from Greenville, showcased his skills as a tinsmith. Through his engaging presentation, he provided a glimpse into the artistry

and craftsmanship involved in tinsmithing.

Linda Mormile, a Potter Hollow graduate and one of the few remaining individuals who attended the school, shared her experiences with the students. Her presentation delved into what life was like during her time at the schoolhouse, including details about activities, subjects studied and daily schedules.

Looking toward the future, plans are already underway to expand and enhance Potter Hollow School House Day. The organizers hope to invite new presenters to join the event next year, bringing fresh perspectives and knowledge to the fourth graders.

The Greenville Educational Foundation generously sponsors the field trip each year and envisions the possibility of incorporating more student groups in the future.

None of this would be possible without the dedicated volunteers who make Potter Hollow School House Day a reality. Their hard work and commitment ensure that the event runs smoothly, providing a memorable experience for the students.

Potter Hollow School House Day is a testament to the power of education and community engagement. By offering a range of presentations and activities, the event not only promotes learning but also fosters a sense of connection to the school's history.

As plans unfold for future iterations, it is clear that this beloved tradition will continue to inspire and educate generations to come.



CONTRIBUTED PHOTO

Three outdoor classroom spaces are being constructed on the Greenville campus this summer.

Outdoor classrooms construction underway

GREENVILLE — Last year the Board of Education approved the construction of three outdoor classroom spaces with funds from the Coronavirus Response and Relief Supplemental Appropriations Act (CRRSAA).

The legislation authorized funding to sustain educational programs and support students during the pandemic.

The outdoor classroom spaces will

give students a more spread-out, alternative learning space that inspires creativity and concentration.

The construction of these spaces includes enhanced wireless capabilities to allow teachers to use technology while utilizing spaces outside of their traditional classrooms.

Construction is set to finish up in the coming months.

Free and reduced lunches

GREENVILLE — Beginning in September, parents and guardians must fill out an application for their children to be eligible to receive free/reduced meals. Application packets will go home in the beginning of the school year with the building mailings.

Please visit the food services section of the district website at www.greenville.k12.ny.us/ for more information, as well as the application.

Breakfast Pricing:

- o Pre-K - Grade 5 Full Price - \$1.75
- o Pre-K - Grade 5 Reduced - \$0
- o Grades 6-12 Full Price \$2.00
- o Grades 6-12 Reduced \$0
- o Adult Price \$3.00 (tax included)

Lunch Pricing:

- o Pre-K - Grade 5 Full Price - \$3.00
- o Pre-K - Grade 5 Reduced - \$0
- o Grades 6-12 Full Price \$3.00
- o Grades 6-12 Reduced \$0
- o Adult Price \$5.31 (tax included)

School supply lists

GREENVILLE — School supply lists are here! Visit the Greenville Central School District website at www.greenville.k12.ny.us/ for more information.

District office hours

GREENVILLE — The Greenville Central School District office is operating on summer hours until Thursday, Sept. 7. Summer hours are 7:30 a.m. to 3:30 p.m.

Shift to Synergy — New student information system

GREENVILLE — This fall, Greenville Central School District will institute a new student management system in order to streamline administrative processes and improve user experiences.

This shift signifies the district's commitment to adapting and lever-

aging innovative tools to optimize operations and support student success in the ever-evolving educational landscape.

Effective communication and collaboration between educators, parents and students are pivotal to educational success. Synergy fa-

cilitates seamless communication channels by providing a centralized platform for sharing critical information. Teachers can send updates, homework assignments, and other information directly to parents through ParentVUE, fostering more convenient parental involvement in

their child's education.

“ParentVUE offers a single sign-on to view school information for all of the siblings, regardless of the grade level or school of attendance. You log in once to see all of your children's school information. ParentVUE offers access to student

and classroom information and different types of communication from the school or district for each child.”

Be on the lookout next month for more information about the shift from SchoolTool to Synergy, and how to use the system.

Soft Paws

Advice on man's best friend

By Charlene Marchand
For Capital Region Independent Media

At running the risk of this column seeming disjointed, I'm putting some spontaneous musings and observations:

- Many owners have their dog's "day" collars on too tight. You need to check that two fingers (side to side) can fit between the widest part of a dog's neck and the collar. Don't forget to tighten it when walking, to prevent a dog from slipping out.

- While on the "collar thing," use of nylon and chain slip collars (choke) are very safe pieces of equipment to use in tandem with a buckle "day collar." Dogs can't slip out of them when fitted properly. A too-tight collar can make a dog frantic to escape the "restraint."

- Do not allow dogs to play hard (with each other) in any collar. Countless reports of injuries, dog fights, etc. plagued innocent owners who didn't realize the potential danger of a collar in this situation.

- Still on this same note, no dog should be crated with a collar on.

- I have been observing for quite some time now that many dogs are carrying insufficient weight. Although I'm well aware of the general population's concern about obesity and secondary health problems, we may be overzealous in not differentiating between fit and too thin. Certainly, there are individuals who have to be treated for a number of malabsorption syndromes. I'm not referring to them. I'm talking about dogs



CONTRIBUTED PHOTO

Lila is an 11-year-old Catahoula Leopard Dog mix, pictured with CGHS Adoption Counselor Samantha Link. She unfortunately cannot be placed in a home with cats, and she would need to be carefully managed with other dogs due to her age. Lila loves to be outside and go on walks, and she loves to cuddle up with her favorite person!

that are innocently calorie-deprived. If your dog is absolutely frantic about food, look into this as a possibility. My German Shepherd Dogs are greedy, but not frantic. There's a big difference.

- Many of my clients' dogs seem to be experiencing "seasonal allergies." These individuals are uncomfortable, scratching, biting, etc., but they are not typical presentations for a food allergy. Speak with

your veterinarian about trying Zyrtec or Claritin. Do not medicate on your own! An accurate diagnosis is absolutely necessary. Your dog could be experiencing flea-bite dermatitis – meaning that your protocol for external parasite control may be experiencing a breakthrough.

- I've mentioned this issue before in my columns on grooming, and here we go again. The nails on your dog's feet are

too long. You should not hear them on your floors, and the pasterns (wrists) of your canine should not be slapping back to avoid hitting the tips of long nails. Have your clinic or our shelter trim them if this task is too formidable for you.

- If you bring home a new puppy, crate-train it. So many advantages! It's a great aid in housebreaking, it will help to prevent separation anxieties from developing, and if your dog is injured, it will have a safe, quiet place to rest. Crates are a fabulous tool for safe travel and overnight stays at friends' homes or in motels. They're also excellent for brief periods of time-outs to assist in home management.

- Do not crate excessively, for this safe den can become an anxiety-producing prison. Dogs who have clinical separation anxiety cannot be crated, but many can be confined in a larger play/exercise/pen/kennel situation.

Whew. Guess that's enough for today! Please remember the shelter's constant need to replenish our public pet food bank – we are especially in need of dry cat food!

Feel free to call us with any questions at 518-828-6044 or visit our website at www.cghs.org. Our food bank is open to any from the public in need of pet food or for those wishing to donate food from 11:30 a.m. to 4 p.m. daily.

Charlene Marchand is the chairperson of the Columbia-Greene Humane Society/SPCA Board of Directors. She may be contacted at cghsaaron@gmail.com.

Hunters: DEC study to aid bald and golden eagle conservation

ALBANY — New York State Department of Environmental Conservation (DEC) Commissioner Basil Seggos announced DEC is seeking hunters to participate in a multi-year study of non-lead ammunition impacts on the state's eagle conservation efforts.

DEC is partnering with the New York Cooperative Fish and Wildlife Research Unit at Cornell University, U.S. Geological Survey, and Conservation Science Global on the study to determine the reduction in bald and golden eagle deaths that can be achieved from increased use of non-lead ammunition for deer hunting.

"Hunters in North America are the backbone of wildlife conservation and often help lead the charge in numerous wildlife management success stories like the restoration of white-tailed deer and wild turkey," Seggos said. "The study announced today to assess the potential benefits of non-lead ammunition to New York's bald and golden eagle populations is a prime example of how hunters can help conserve wildlife, and I thank the New York deer hunters who volunteer to be part of the project."

Eagles can ingest lead bullet fragments when scavenging the remains left behind after a hunter field dresses a deer. While the bald eagle population is doing well in New York, research has shown that lead-related mortality has slowed population growth. The golden eagle population in the eastern U.S. is relatively stable, although vulnerable to a potential population decline due to lead poisoning.

This study aims to determine whether this source of mortality can be reduced by increasing the proportion of hunters using non-lead ammunition.

To help recruit hunters to participate in the study, DEC's research partners will be offering rebates of up to \$60 for the purchase of certified non-lead ammunition and participation in pre- and post-hunt surveys. Administration of the rebates will be fulfilled by Conservation Science Global.

Participation in the rebate program is voluntary and will be available to hunters issued a Deer Management Permit (DMP) in the following Wildlife Management Units (WMUs): 3H, 4F, 4G, 4H, 4O, 4P, 4R, 4W, and 6G. These WMUs were selected based on greater abundance of eagles and deer harvest success. Focusing eligibility to these areas will concentrate the impact of non-lead ammunition use, allowing for a greater ability to estimate the effects on eagle populations.

The first year of the study will be implemented during the 2023-24 hunting season. DEC expects to continue offering rebates during the 2024 and 2025 hunting seasons.

This research was identified as a high priority in DEC's report, "Minimizing Risks to Wildlife and People from Lead Hunting Ammunition." Since the release of this report in April 2022, DEC and partners have taken several steps to implement recommendations in the plan towards minimizing the risks associated with lead ammunition for hunting.

For more information, visit DEC's website at dec.ny.gov.

Introducing an HVAC Game Changer: The Hylex™

The Hylex™ from Samsung is compatible with virtually any existing HVAC system out there. Even better, there's practically no additional equipment needed – no new wires, lines sets or piping. This also makes for much faster and easier installation should the consumer choose to replace their existing ODU. In other words, the Hylex™ is going to be an HVAC game changer.

SAMSUNG
HVAC. Built brave.

13640 US RT 9W
HANNACROIX, NY
WWW.CA-ALBRIGHT.COM



518-756-3127

What counts for Social Security's earnings limit?

SOCIAL SECURITY MATTERS



RUSSELL GLOOR

Dear Rusty:

I retired on Feb. 1, 2022. I collect a pension from my employer plus a union pension, as well as Social Security, all of which started in February

2022. I am married and I'm 65 years old.

I only worked four weeks in 2022 before retiring, but my income ended up being far more than expected. I got five weeks' vacation pay and a retroactive check from an overdue labor contract. I also got hazard pay and a small check for a class-action lawsuit my union filed years ago.

All of that brings my 2022 income to about \$35,000, which means I have exceeded what I can make as far as Social Security goes.

My question is, should I contribute some money to my IRA to offset my earned income? And is it even possible for me to do that?

Signed: Retired but

Concerned Dear Retired:

Generally, income earned before starting your Social Security benefits (such as accumulated vacation pay) doesn't count toward Social Security's earnings limit for those who have not yet reached their full retirement age (FRA), nor do your earnings from working in the four weeks of 2022 before your SS benefits started.

Similarly, the check for retroactive labor contract benefits, hazard pay for past work, and income from the class-action suit do not count toward Social Security's earnings limit.

The only thing that counts towards the limit is earnings from working

after your Social Security benefits started, which you apparently did not do. Thus, from what you've shared, you should not be subject to any impact to your monthly SS benefits as a result of your total 2022 income.

Note, you may still get an inquiry from Social Security next year about your 2022 earnings, but only earnings from actually working after your Social Security benefits started (which you did not) would count toward Social Security's earnings limit.

You may, however, wish to consult with a qualified tax advisor because some of your Social Security benefits received in 2022 will be subject to income tax on your 2022

tax return.

Assuming you file your tax return as "married/jointly," if your combined income from all sources exceeded \$32,000, then 50% of the SS benefits you received during the tax year will become part of your overall taxable income. And if your 2022 combined income from all sources (including your wife's income) exceeded \$44,000, then up to 85% of your SS benefits received in 2022 will become taxable income.

A tax advisor can give you more information on that, and also help you decide if it would be wise to contribute to an IRA. But in any case, contributing to an IRA will not affect your monthly Social Se-

curity benefit.

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

Nutty tips

Concepts in Fitness



MARY SCHOEPE

I love nuts! But there was a time when I avoided them like the plague because I thought they were fattening. Not anymore!

Here's what changed my mind.

According to multiple studies, nuts are full of unsaturated (good) fats, which offer protection against diseases such as heart disease, diabetes, cancer and weight gain.

So in today's article we'll take a look at some of the most commonly eaten tree nuts and how they can help you shed pounds.

Americans love almonds and our consumption of them has grown by leaps and bounds over the past few years. And according to a study published in the International Journal of Obesity, there's even more reason to love them — they can help you lose weight. Participants

in the almond diet saw an 18% reduction in weight compared with an 11% reduction in the non-almond dieters.

No longer just a tasty snack, walnuts can also help support the health of your gut microbiota. A study published in Nutrients found that eating just 1.5 ounces of walnuts a day positively impacted the gut microbiome by enhancing good probiotic bacteria. And the heart-healthy fat, high-fiber antioxidants and vitamins have catapulted these nutritious nuggets into health food heaven!

Native to Brazil, heart-healthy cashews have long been viewed

as a delicacy. The essential fatty acids found in cashews can lower levels of LDL (bad) cholesterol and increase levels of healthy HDL cholesterol. Additionally, the linoleic and oleic acids found in cashews enhance hair color and gives your hair a silky smooth texture.

Despite being rich in calories, macadamia nuts are one of the healthiest nuts you can eat. A favorite among Keto dieters, they are high in fat and low in net carbs and sugar. That combination makes it very unlikely that your blood-sugar levels will spike in between meals.

Another must have for

Keto and Mediterranean dieters are pistachio nuts. Packed with B vitamins, magnesium, potassium and fiber, pistachios are just what your body needs to function optimally. But beware — at only 4 calories each, (1 oz /49 nuts) their buttery rich flavor makes them easy to over-indulge in.

Native to the Amazon rain forest, the Brazil nut is a nutritional powerhouse and one of my favorites! With an extremely high content of healthy fats, antioxidants, vitamins, selenium and minerals, Brazil nuts may reduce inflammation, support brain function and improve thyroid

function and heart health.

Because nuts are so snackable, mindlessly eating handfuls can be a dangerous practice. A good way to make sure you're not overindulging too much is to pre-portion nuts in small bags. And if you're on a budget, buying nuts in their shells will save you money and keep you from eating too many at one sitting.

So the next time you're hungry, go a little nutty! You'll reap all kinds of health benefits and watch the scale go down with just 1 ounce a day!

COXSACKIE DENTAL ARTS
GENERAL DENTISTRY | COSMETIC DENTISTRY | IMPLANT CENTER
THE DENTAL ARTS DIFFERENCE
12077 STATE RT. 9W WEST COXSACKIE, NY 12192 PHONE: 518-731-8008 COXSACKIEDENTIST.COM

Brightway Cleaning Service
Deep Steam Extraction
For your carpets, upholstery, vehicle, & office!
518.756.2669
Raymond Magee - Owner

SHANNON LOVERIDGE
EXPERIENCED MASTER ELECTRICIAN
FULLY INSURED • HOME ADVISOR
SERVICING WASHINGTON COUNTY, ALBANY, TROY, SCHENECTADY, S. GLENS FALLS
518-248-4460
SHANNONLOVERIDGE01@GMAIL.COM
UPSTATE FINEST ELECTRIC

HALSTED COMPANIES
OUTDOOR SUPPLIES
11779 St. Route 9W, W.Coxsackie, NY 12192
518-731-3900
EXCAVATING
325 Medway-Earlton Rd. Earlton, NY. 12058
518-731-6190

SEVENZOCKS
Property Maintenance & Landscaping
Commercial & Residential
www.sevenzocks.com
• Tree Trimming and Pruning
• Large Tree Removal
• 60ft Bucket Truck
• Free Estimates
• PROFESSIONAL SERVICE • GREAT PRICES • FULLY INSURED
518-635-4111 • 1277 Rte 9W, Selkirk (2 miles south of Jericho Drive-In)

MATTRESS BY APPOINTMENT RAVENA
50% to 80% Less than retail stores
Visit our website at: <https://bit.ly/3BosaKH>
MATTRESS BY APPOINTMENT
Visit our Facebook page
TO SET A TIME TO MEET CALL OR TEXT
Anne **518-852-9379** <https://g.page/r/CZCIP8bxzTWEAE>
Mike **518-852-0071**

MUELLER'S AUTOMOTIVE REPAIR SHOP
- 28 Years in Business -
• Alignments • Fuel Injection
• NYS Inspections • Computer Diagnosis
• Transmissions • Electrical
• Brakes • Suspension & More
• Engine Overhauls • We Even Sell Tires!
AAA Approved Auto Repair
NAPA Auto Care Member
88 MAIN STREET, RAVENA, NY 12143
518 756-3550

MEET MELANIE LEKOCEVIC
Melanie is an accomplished journalist for the UpStater.com and provides breaking news for the community that she loves. Her experience and knowledge really shines throughout her work.
You can contact Melanie with any story ideas or tips at Ravenanewsroom@gmail.com
SUPPORT LOCAL JOURNALISM
SUBSCRIBE NOW 413.212.0130
TheUpStater.com

TAYLORS MONUMENT CO. INC.
• Monuments • Markers
• Cemetery Lettering
• Memorial Cleaning
Conveniently Located: 13199 Rt. 9W • Hannacroix, NY
756-3530

VALENTINE HIGH PEAK INSURANCE AGENCY
More Than Great Rates
Trusted Advisors
HOME AUTO BUSINESS LIFE HEALTH
"Valentine not only found the appropriate insurance, but gave years of invaluable advice. Their knowledge of property and business in the local area helped me tremendously, and I have recommended them to everyone. Don't waste your time using anyone else."
Jon T., customer since 2004
Keith W. Valentine, CIC, LUTCF and his team are ready to serve all of your insurance needs with more companies, more choices, and more experience which all lead to BIG Savings for you!
Take advantage of Valentine Insurance Agency's affiliation with SAN group and SIAA, the largest alliance of independent insurance Agencies in the Northeast and Continental U.S., with over 3500 Members across 48 states writing more than \$9 Billion in total member premiums.
www.myvalentineinsurance.com
Contact Keith Valentine for a quote!
Office 518-943-3489 • Mobile 518-821-8244
KEITH@MYVALENTINEINSURANCE.COM

Rail to River Brewing RIR
109 Main Street
Ravena, NY
"every empty pint is filled with stories"
Offering a Variety of On-Site Craft Beers along with NY made Hard Cider & Sangria.
Also Available:
32oz Crowlers & 16oz 4-Pack Cans To Go.
Trackside Pizza is right behind our Brewery offering Pizza, Wings Sandwiches and Burgers. You're welcome to bring in your own food too.
VETERAN OWNED
NANO FARM BREWERY
109 MAIN STREET, RAVENA, NY • 518.756.2320

Karen's Flower Shoppe & Gifts
We're experts at designing beautiful florals for your next event.
From intimate weddings to large-scale events and more, we exist to execute your vision to a reality beyond your wildest dreams.
271 Main Street, Cairo, NY • 518.622.3663
www.KarensFlowerShopeOfCairo.com

Living On Purpose

Being resilient when facing life's challenges

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

I was having a conversation with a good friend the other day and he was telling me how life is becoming more difficult now that he is in his 80s.

When he was young he loved to jog and walk a couple of miles a day, and now he can hardly make it to the kitchen. I'm about 20 years younger, but I can definitely relate to my body and mind going through some changes.

I've always heard the lack of activity does not do us any favors as it seems the less we do, the less we can do. My mother is 84 and she stays active by going to church, shopping, eating out and walking around Walmart. It's good for her to get out of the house and stay moving.

When my father passed away a few years ago, my sisters and I were concerned about how she would handle being on her own.

You see, our parents are from the old-school tradition where my mom never worked outside the home.

My dad and his dad were in the construction business together and we all had a good life. That is, until he was diagnosed with a serious kidney disease and the latter half of his life was spent downsizing, being on dialysis, and getting his affairs in order. He showed mom how to pump gas, manage the checkbook, and pay the bills so when he passed, she could survive living alone.

There were six children in her family and she is the last living sibling, but my sisters and I are always there for her to make sure she has everything she needs.

Sometimes I will call in the middle of the day to check on her and she's just watching reruns of all the old programs I grew up with. For the most part, she's bored and tries to come up with ways to entertain herself.

I'm proud of her as I realize that many people live alone and they do well, but after living with one person for so long, I'm sure it can be lonely at times.

I want to say that whatever you are struggling with today, God has placed strength and courage within you that you might not realize you have. Discouragement or victory is decided on the battlefield of your mind, and if you see yourself in a dark valley, this is where you believe you are. If you see yourself on the mountain basking in the brilliance of the sun, nothing but your own negativity can hinder your perseverance.

When it comes to resilience, it's inspiring to know that we can endure much more than we can imagine. At one time or another, we will experience some form of adversity, hardship or life-changing crisis and those who embrace an optimistic attitude will make it through to the other side.

Growing older can be added

to the list of challenges much like serious health issues, financial problems, and relationship failures, just to mention a few. The good news is that problems cannot overcome you. You are only defeated when you stop fighting and praying.

So, how do people deal with serious events that threaten their future? It depends on how desperate they are to trust God and this includes being content and joyful.

Being positive or negative are learned behaviors and having faith in who God is and what He has promised is a constant choice. For example, when we read the book of Proverbs, we see that asking and receiving divine wisdom is an important key to understanding the purpose and meaning of our lives.

It's true that we react to negative circumstances with a flood of strong emotions and a sense of uncertainty. However, we generally adapt well over time when we comprehend that

resilience is an ongoing process that requires time to seek and comprehend truth.

Being resilient does not mean a person is without concerns, but it involves understanding that we can conquer fears that are trying to bluff us into giving up. Developing resilience is a personal journey where we train our minds to see what we believe instead of only believing what we see.

It's crucial that we know ourselves and even more importantly to know what God is saying. To have an optimistic view of our existence and realize what is going on around us, we can examine our hearts, become aware of God's presence, and seek different strategies that can provide peace, healing and a protective state of mind and spirit.

Learn more about the Christian life at billyhollandministries.com.

Mastering the art of outdoor grilling

By Melanie Lekocevic
Capital Region Independent Media

There's something magical about firing up the grill and cooking delicious meals in the great outdoors. Outdoor grilling brings people together, creates unforgettable memories, and fills the air with tantalizing aromas.

Whether you're a seasoned grill master or a beginner, these expert tips will help you take your outdoor grilling game to the next level.

• **Choose the Right Grill:** Invest in a high-quality grill that suits your needs. Options range from gas and charcoal grills to electric and pellet grills. Each has its advantages, so consider factors such as convenience, flavor and temperature control before making your selection.

• **Preparing the Grill:** Cleanliness is key. Remove any remnants from previous grilling sessions. For gas grills, check the propane tank, hoses, and connections for leaks or damages. With charcoal grills, ensure the vents are open and the charcoal is evenly distributed.

• **Essential Grilling Tools:** Having the right tools will make your grilling experience smoother. Stock up on long-handled tongs, spatulas, basting brushes, a meat thermometer and grill brushes for proper cleaning.

• **Preheat for Success:** Preheating



COURTESY OF PEXELS

It's outdoor grilling season. Here are tips — and a recipe — to make the most of it.

Your grill is crucial for ensuring even cooking. For gas grills, preheat for 10-15 minutes with the lid closed. For charcoal grills, allow the coals to turn white before placing the food on the grill.

• **Mastering Direct and Indirect Heat:** Direct heat is ideal for quick-cooking items like burgers, steaks and vegetables. Indirect heat is perfect for larger

cuts of meat or delicate foods. Create a two-zone fire by piling the coals on one side or turning off burners on a gas grill. This allows you to control the cooking temperature more effectively.

Here is a recipe to try out: Grilled Lemon Garlic Shrimp Skewers

Ingredients:
• 1 pound jumbo shrimp, peeled and

deveined

- 3 cloves garlic, minced
- 2 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Fresh parsley, chopped (for garnish)
- Lemon wedges (for serving)

Instructions:

1. Preheat the grill to medium-high heat.
 2. In a mixing bowl, combine the minced garlic, lemon juice, olive oil, paprika, salt and black pepper. Mix well to create a marinade.
 3. Add the shrimp to the marinade and toss until well-coated. Allow the shrimp to marinate for 15-20 minutes.
 4. Thread the shrimp onto skewers, ensuring they are evenly spaced.
 5. Place the shrimp skewers on the preheated grill and cook for 2-3 minutes per side, or until they turn pink and opaque.
 6. Remove the shrimp from the grill and garnish with fresh parsley.
 7. Serve the grilled lemon garlic shrimp skewers with lemon wedges for an extra burst of citrus flavor.
- So, fire up that grill, embrace the sizzle, and let your taste buds savor the delicious flavors of outdoor cooking. Happy grilling!

Get **FREE** Quote

Call us at 518-966-4623

WALENTA & CO. AGENCY, INC
INSURANCE

Local, proven professionals offering quality, low cost Auto, Home Business & Life Insurance

10734 Rte. 32, Greenville
Online at WCAgency.net

Got a Great Local News Story?

Tell us about it today!

NEWS@GREENVILLEPIONEER.COM

518-756-4000 • 2351 Rt. 9W Ravana, NY • (Just 10 miles South of Albany)

DON'T MISS OUT on the Last of 2022 Vehicles!

They are going with HUGE SAVINGS!

2022 FORD ESCAPE SEL
MSRP: \$37,625
CROSSROADS PRICE: \$35,190

2022 FORD F-150 XL
MSRP: \$55,615
CROSSROADS PRICE: \$48,897

PRE-OWNED SPECIALS

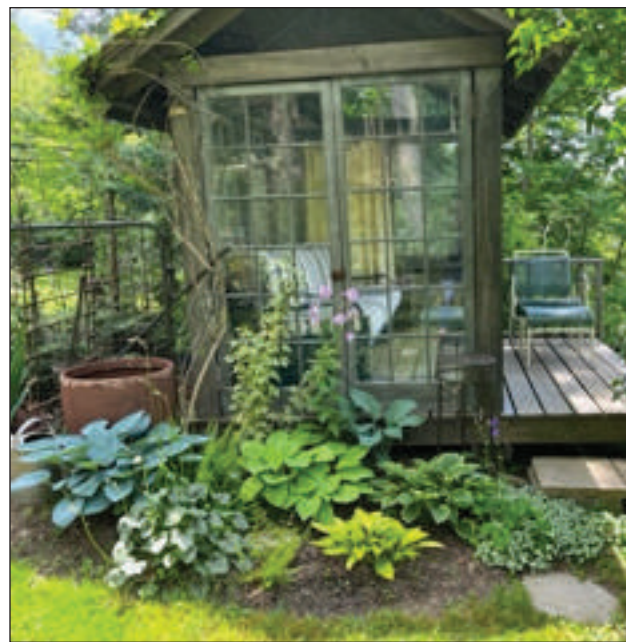
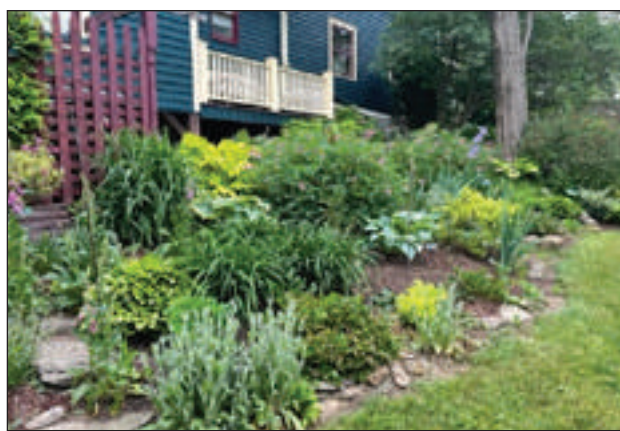
2017 LINCOLN MKZ RESERVE
V6, 6 Speed Automatic, Heated REAR Seats, Panoramic Moonroof, Driver Sport Package, 44,807 Miles.
STK# U11642C **\$25,995**

2019 LINCOLN NAUTILUS
Black Label, AWD, 4dr SUV, Pano Moonroof, V6 Turbo, SATT Radio, Navigation, Back Up Camera, 42,009 Miles.
STK# U11697PT **\$42,995**

2017 FORD F250 XLT 4X4
SUPER CAB, FX4, OFF ROAD, LONG BED, 6.2L V8, Spray In Bed Liner, Running Boards, Fog Lamps, 75,435 Miles.
STK# U11724T **\$39,995**

2021 FORD EXPEDITION MAX XLT
8 passenger, 3.5L EcoBoost, Black Leather Interior, Pano Moonroof, Ford Co Pilot 360, 54,073 Miles.
STK# U11709T **\$51,987**

www.crossroadsny.com



Club selects Garden of the Month

The Clematis Garden Club, which covers Albany, Greene and Schoharie counties, has selected the beautiful gardens of Barbara Valicenti, on Route 81 in Greenville, as the Garden of the Month.

Greenville area shading the gardens and terraced paths. There are sitting areas featuring the different levels around her home.

The gardens are filled with countless numbers of beautiful perennials and ground covers.

Valicenti has also built a covered gazebo to sit and take in the cavernous view of the flowing Basic Creek.

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



LINE ADS

AUTO DONATIONS

Drive Out Breast Cancer: Donate a car today! The benefits of donating your car or boat: Fast Free Pickup - 24hr Response Tax Deduction - Easy To Do! Call 24/7: 855-905-4755

EDUCATION / CAREER TRAINING

COMPUTER & IT TRAINING PROGRAM! Train ONLINE to get the skills to become a Computer & Help Desk Professional now! Grants and Scholarships available for certain

programs for qualified applicants. Call CTI for details! 844-947-0192 (M-F 8am-6pm ET). Computer with internet is required.

TRAIN ONLINE TO DO MEDICAL BILLING! Become a Medical Office Professional online at CTI! Get Trained, Certified & ready to work in months! Call 855-543-6440. (M-F 8am-6pm ET). Computer with internet is required.

FINANCE ARE YOU BEHIND \$10k OR MORE ON YOUR TAXES? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve

tax debt FAST. Call 888-869-5361 (Hours: Mon-Fri 7am-5pm PST)

HEALTH VIAGRA and CIALIS USERS! 50 Pills SPECIAL \$99.00 FREE Shipping! 100% guaranteed. CALL NOW! 855-413-9574

HOME IMPROVEMENT BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 866-393-3636

Do you need a Roof or Energy Efficient Windows & Help paying for it? YOU MAY QUALIFY THROUGH NEW RELIEF PROGRAMS (800) 944-9393 or visit NYProgramFunding.org to qualify. Approved applications will have the work completed by a repair crew provided by: HOMEOWNER FUNDING. Not affiliated with State or Gov Programs.

MISCELLANEOUS BEST SATELLITE TV with 2 Year Price Guarantee! \$59.99/mo with 190 channels and 3 months free premium movie channels! Free next day installation! Call 888-508-5313

TV INTERNET PHONE

DISH TV \$64.99 For 190 Channels + \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Promo Expires 1/31/24. 1-866-595-6967

DIRECTV. New 2-Year Price Guarantee. The most live MLB games this season, 200+ channels and over 45,000 on-demand titles. \$84.99/mo for 24 months with CHOICE Package. Some restrictions apply. Call DIRECTV 1-888-534-6918

The UpStater .COM

local news YOU NEED & TRUST ALL IN ONE PLACE!

The News-Herald Pioneer The Columbia Paper

FROM OUR FAMILY TO YOURS, LET'S MAKE YOUR KITCHEN **MAGIC**

NEW CABINETS | CABINET REFACING | COUNTERTOPS | BACKSPASHES

SAVE 10% ON YOUR FULL KITCHEN REMODEL*

855.281.6439 | Free Quotes

LeafFilter GUTTER PROTECTION

CLOG-FREE GUTTERS FOREVER

EXCLUSIVE LIMITED TIME OFFER!

15% OFF + 10% OFF + 0%

CALL US TODAY FOR A FREE ESTIMATE

1-855-478-9473

BOGO 40% OFF

OFFER ENDS 10/31

888-448-0421

RENEWAL BY ANDERSEN

Saving a Life EVERY 11 MINUTES

I'm never **alone**

Life Alert® is always here for me.

One touch of a button sends help fast, 24/7.

Life Alert Batteries Never Need Charging.

For a FREE brochure call: **1-800-404-9776**

Call today and receive a **FREE SHOWER PACKAGE PLUS \$1600 OFF**

SAFE STEP WALK-IN TUB

1-855-916-5473

FINANCING AVAILABLE WITH APPROVED CREDIT

Pleasantville Wellness GROUP

PLEASANTVILLE WELLNESS GROUP offers compassionate and affordable care for whatever you or a loved one may be struggling with.

Reach out today to find out how we can support you through your mental health journey. Services offered in person and online.

CONTACT US

450 Manville Road, First Floor Pleasantville NY 10570

info@pleasantvillewellnessgroup.com (call) 914-769-1586 (text) 845-260-2797

www.pleasantvillewellnessgroup.com

Make the smart and **ONLY CHOICE** when tackling your roof!

Before After

Limited Time offer! **SAVE!** TAKE AN ADDITIONAL **60% OFF + 10% OFF** ON YOUR INSTALLATION

Additional savings for military, health workers and first responders

ERIC FREE ESTIMATE **1.855.492.6084**

MADE IN THE U.S.A.

It happens here.

Greene County Youth Fair

July 27-30

Angelo Canna Park, Cairo

CATSKILLS OF GREENE COUNTY

GreatNorthernCatskills.com

Prepare for power outages today

WITH A HOME STANDBY GENERATOR

\$0 MONEY DOWN + LOW MONTHLY PAYMENT OPTIONS

REQUEST A FREE QUOTE

CALL NOW BEFORE THE NEXT POWER OUTAGE

(877) 516-1160

FREE 7-Year Extended Warranty* - A \$695 Value!

GENERAC

Be A Better Gardener

Green Amendments for the Generations

By Thomas Christopher
For Capital Region Independent Media

Back in late April, I attended an Earth Day celebration where I met a thoroughly remarkable woman, Maya K. van Rossum. Today, I'm going to step back from advice on how to cultivate your garden to profile a movement – "Green Amendments for the Generations" – that she is leading.

This movement, I predict, will have a hugely positive impact not only on your personal landscape but also on countless other aspects of your daily life.

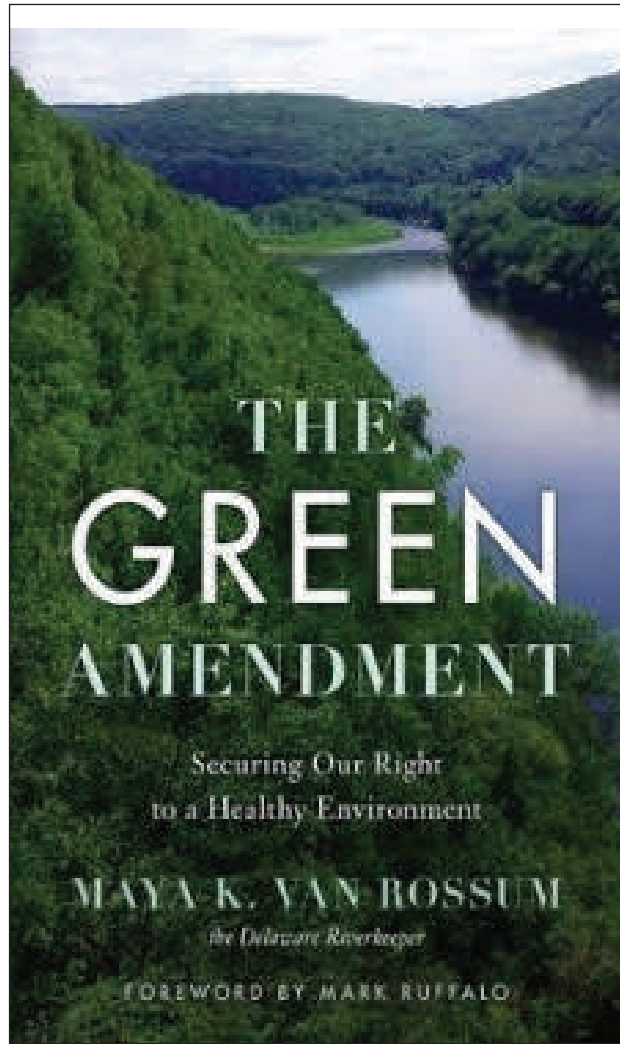
An attorney based in Pennsylvania, van Rossum has served since 1994 as the Delaware Riverkeeper. As she explained to me, that means she is responsible for coordinating a network of advocates who guard the health of that river, which drains 13,539 square miles in the states of Pennsylvania, New Jersey, Delaware and New York.

A principal threat that van Rossum and her colleagues have confronted is the environmental devastation caused by fracking. They had succeeded in securing a temporary ban on fracking within the watershed by 2012 when the fracking industry struck back. Working behind closed doors, industry leaders assembled a bill ("Act 13") that would greatly loosen pub-

lic control of their activities in Pennsylvania and succeeded in pushing this through the state legislature and getting it signed by the governor.

Because of its temporary fracking ban, this new law wouldn't have immediately affected the Delaware watershed, but van Rossum takes an ecosystem-wide view of environmental protection. She discovered that the Pennsylvania state constitution included a clause in its Bill of Rights section, which affirmed that residents had a right to pure water, clean air and a healthy environment. Joining with seven municipalities that were concerned that the new law deprived local communities of the right to regulate fracking within their borders, the Delaware Riverkeeper Network brought a suit before the Pennsylvania Supreme Court that charged Act 13 with violating the state's Bill of Rights. In December of 2013, the plaintiffs won.

Maya van Rossum pointed out to me in a conversation last May that most existing environmental regulations, including the landmark Clean Water and Clean Air Acts of the 1970s, essentially took ongoing pollution and environmental degradation for granted. All these laws did was to regulate how and to what extent these harms would



COURTESY OF UNSPLASH
Vegan gardening combines the words "vegan" and "organic" to take earth-friendly gardening practices to a new level.

be permitted.

Her experience with Act 13 suggested that the language in Pennsylvania's Bill of Rights was a far more powerful tool for protecting the environment. When van Rossum checked, however, she found that Montana was the only other state with a similar guarantee. She re-

solved to change that.

First, she wrote a book, "The Green Amendment: Securing Our Right to a Healthy Environment." Published in 2017, this volume detailed the devastating experiences homeowners have had with fracking and its contamination of the soil and poisoning of the ground-

water. She outlined the power for residents she had found in Pennsylvania's Bill of Rights and urged her readers to join in making sure that their state constitutions included similar protection in their own states' bill of rights. This book met with favorable reviews and in 2018 won a Living Now Evergreen Awards gold medal as a "world-changing book."

In 2019, van Rossum built on this foundation to create Green Amendments for the Generations, a non-profit organization dedicated to promoting what was becoming a popular movement. Since then, she has traveled the country to meet with local environmentalists who are seeking to adapt the green amendment concept to suit their states.

In 2021, New York state voters passed, by a 2-1 margin, a green amendment to the Bill of Rights in their state constitution. Currently, van Rossum told me, Green Amendments for the Generations is collaborating with 17 other states on similar efforts.

In November 2022, van Rossum published a second edition of her book, "The Green Amendment," which is expanded to include consideration of environmental racism, the climate crisis, the human health devastation caused by environmental degradation, and the im-

portance of protecting future generations from pollution and environmental harm. I should note that all profits from both editions have gone to support Green Amendments for the Generations.

To listen to my conversation with Maya K. van Rossum, log onto the Berkshire Botanical Garden's "Growing Greener" podcast at www.berkshirebotanical.org

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

Greene County's Biggest Loser contest marks 11th year

Keli Hasbrouck is leaving for Disney World on Friday for a family vacation. This year's trip, however, will be much different from last year's trip.

Hasbrouck, a second-place winner in this year's Biggest Loser contest, lost 51 pounds and 15% of her body weight.

"I was not able to fit on the rides last year and I had to ride a scooter around; it was the most embarrassing thing I've ever had to do," Hasbrouck said.

Over the past year, Hasbrouck lost a total of 93 pounds and not only feels better and healthier, but also no longer needs her diabetes medication. Although her weight loss journey began before the start of Biggest Loser, the contest gave her the extra motivation she needed to keep losing.

Biggest Loser is a program of the Greene County Rural Health Network and this year was implemented with the help



Keli Hasbrouck - BEFORE

CONTRIBUTED PHOTO

of the Greene County began in early February and ended May 27.



Keli Hasbrouck - AFTER

CONTRIBUTED PHOTO

Over the course of 16 weeks, participants were provided with healthy tips on nutrition, exercise,

stress reduction and more. Both in-person and virtual clinics and group exercise classes were provided to participants with the support they needed to reach their goals.

The contest awards cash prizes to the top three winners in two different categories, Total Pounds Lost and Highest Percentage. Those winners were...

- Total Pounds Lost: Amanda Brown, Craig Renner and Thomas Skinner
- Highest Percentage Lost: Theresa Miron, Keli Hasbrouck and Janice Armstrong

The Biggest Loser contest is in line with the Greene County Rural Health Network's Healthy Weight Initiative that aims to promote a healthy weight among Greene County residents through exercise opportunities and healthier food options.

IN OUR BACKYARD

TV, Cell Phones, WiFi & More

dish AT&T DIRECTV
F Mobile DIRECTV stream

HI-TECH ADVISERS
22 Main Street Ravenna
(518)756-3800
www.advisers.com

THIELE CARTING
ROLL OFF DUMPSTERS
518-258-3326

If you'd like a feature article or to advertise in this space, please email amy.filiault@nyvtmedia.com
Amy Filiault
Sales Executive for Capital Region Independent Media

FOLLOW US:
www.Facebook.com/GreenvillePioneer

ELDER, MEDICAID & ESTATE PLANNING

Nursing Home Asset Protection
WILLS & POWER OF ATTORNEYS
TRUSTS & PROBATE

FREE CONSULTATIONS

Michael W. Esslie, Esq
ESSLIE & FRENIA, PC
518.622.9910
550 Main Street - Cairo
EsslieandFrenia.com

NYS Military Museum reopened after building repairs

SARATOGA SPRINGS — The New York State Military Museum and Veterans Research Center reopened to the public on Friday, July 14, after being closed since October 2022.

The museum at 61 Lake Ave. in Saratoga Springs closed while roof upgrades were made to the 131-year-old building.

The museum will expand its hours during the Saratoga Track Season, Monday through Saturday, 10 a.m. until 4 p.m. from July 17 through Sept. 2. After Labor Day, the museum will resume its usual days, open Tuesday to Saturdays.

All exhibits with the exception of the World War I display will be open to the public, said Courtney Burns, director of Military History for the New York State Division of Military and Naval Affairs.

A pipe that burst over the winter has delayed the WWI exhibit reopening, he said.

The Veterans Research Center, housed in the basement of the former armory, will remain closed and is unable to take research requests, but research guides remain available to help navigate the abundant resources available on the museum website.

The museum's digital collections

can be accessed at: <https://museum.dmna.ny.gov/>

The Saratoga Springs Armory was built between 1889 and 1891 to house the Saratoga Citizens Corps as the New York National Guard's 22nd Separate Company, according to Saratoga Springs historian Martha Stonequist when the museum first opened in 2002. That unit fought in the Spanish-American War, Stonequist said.

The building was enlarged around 1906. The unit in Saratoga was later redesignated as Company L and fought in both world wars. In World War II, it was part of the 105th Infantry Regiment, 27th Division and served in the Pacific.

The museum is operated by the New York State Division of Military and Naval Affairs. It tells the story of New York's service and units through exhibits, and programs. The museum staff of six also collects and preserves over 28,000 artifacts and archival materials for study.

The museum's website has more than 77,000 photographs and 1,093 books and documents available online.

The museum currently houses six permanent exhibits:

- "Battleground for Freedom:

New York During the Revolutionary War"

- "A Call Not Unheeded: New York's Militia and National Guard, 1792-1916"
- "Empire for Union: New York and the Civil War"
- "Fiery Trial and Sacrifice: New York and the First World War"
- "World War II: United for Victory"
- "Hot Spots in the Cold War: Korean and Vietnam Wars"

The museum is currently developing an exhibit entitled "New Millennium, New Challenges: The Global War on Terrorism."

The New York State Military Museum holds the largest collection of Civil War battle flags in the nation. This includes 15 captured Confederate battle flags. The museum holds 2,305 battle flags, including the Civil War flags.

The museum's collection also includes 16,326 photograph collections, 15,875 books and articles, and 2,372 videotaped oral histories recorded by veterans, many of which have been digitized and can be accessed from the museum website. Also online are 2,165 online veterans' interviews.



COURTESY OF DEPARTMENT OF ENVIRONMENTAL CONSERVATION

The Asian longhorned beetle.

Check your pool filter for Asian longhorned beetle

DELMAR — The Asian longhorned beetle is active from now through Labor Day. The New York State Department of Environmental Conservation invites pool owners to regularly check filters for the invasive insect and submit a report if any are found.

Asian longhorned beetles attack and kill maples, birches, willows and other hardwoods trees. They emerge from infested trees in the late summer to find a new host.

The beetles are 1.5 inches long, have long black-and-white antennae, and have black-and-white spots on their body.

They should not be confused with the native white-spotted pine sawyer, which has a distinctive white spot on their back, below their head.

No pool? You can still help! Be on the lookout for Asian longhorned beetle exit holes, sawdust accumulating at the base of trees, oozing sap, or pits in bark, according to the DEC.

If you do find the beetle or evidence of it:

- Email photos to the Forest Health Program; or
- Mail insects to DEC's Forest Health Diagnostics Lab for identification:

NYSDEC Forest Health Diagnostic Laboratory
Attn: Jessica Cancelliere
108 Game Farm Road
Delmar, NY 12054.

Learn more about ALB surveys on the DEC website at dec.ny.gov.

WE WANT TO HEAR FROM YOU!

HAVE AN
UP-COMING
EVENT OR
NEWS TO
SHARE?

Send announcements at least
2 weeks in advance to:
news@greenvillepioneer.com

WE ACCEPT ALL N.Y. STATE DEPOSITS

- NO WAITING AT MACHINES
- WE PAY MORE
- BOTTLE DRIVE'S
- FUNDRAISERS
- WE COUNT FOR YOU
- PICK UP SERVICE

HOURS: M-F: 10A - 5P / SAT: 10A - 3P / SUN: CLOSED

Only taking drop offs - bring in your empties, place them in a designated area, we take your name and then give you the earliest time frame to come back or any time thereafter to collect your money. You can also donate to over 50 different organizations!

Shane DeCrescenzo
Just Makes Cents

Bottle & Can Redemption Center • 2381 Rt 9W, Ravena, NY 12140
518-577-3084 • Justmakescents6@gmail.com

GLASS ♻️ PLASTIC ♻️ CANS

JUST MAKES CENTS

6¢ BOTTLE & CAN REDEMPTION

GLASS ♻️ PLASTIC ♻️ CANS

THESE HANDLEBARS
ARE EASILY WITHIN
YOUR REACH.

CFORCE® 600

\$7,199*

MSRP

\$7,549*

CASH MODEL MSRP

*Plus freight and setup.

Thinking a new ATV loaded with all the features you want might be just a bit too costly? Think again. The new CFORCE 600 comes packed with power, performance, and all those great extras the other brands make you pay extra for. Thing is, they're all standard on this bad boy. Automotive-style paint, power steering, aluminum rims, LED headlights and taillights, and a winch. How cool is that? Stop by our store today, and find out just how easy these handlebars are to own.

TOWN LINE MOTORSPORTS

6003 Rt. 32, Westerlo, NY 12193
(518) 797-3540 | www.townlinemotorsports.com

PARTS | SERVICE | SALES

We service all major brand motorcycles, dirt bikes, snowmobiles, and ATVs.
Call us at (518) 797-3540 to schedule your service.

⚠️WARNING: CFMOTO recreational vehicles are intended for off-road use only, and can be hazardous to operate. Read Owner's Manual and all product labels before operating. Never operate on paved roads. Operators and passengers must wear a helmet, eye protection and protective clothing. Operators must be at least 18 years old with a valid driver's license. Passengers, if permitted, must be at least 12 years old. Always use seat belts, roll-over and doors if equipped. Some models are subject to the influence of alcohol or drugs. Avoid excessive speed and sharp turns, and never engage in stunt driving. Check status and tire heat before operating on trails. Take a safety training course before operating. Contact your CFMOTO dealer for more information, call the ATV Safety Institute at 1-800-887-2867 or go to www.atvsafety.org. ©2023 Zhejiang CFMOTO Power Co., Ltd.

TOWN LINE AUTO

Full Service Auto Repair | Body Shop & Collision Repair
6501 Route 32, Greenville, NY 1208
(518) 966-8003 | www.townlineauto.com

TOWN LINE SELF-STORAGE

Safe, Secure & Convenient | Storage Units | Boat & RV Parking
6501 Route 32, Greenville, NY 1208
(518) 966-8003 | www.townlineself-storage.com

Adirondack, Catskill campgrounds transition to unsupervised swimming

The New York State Department of Environmental Conservation (DEC) announced new updates at the agency's Adirondack and Catskill campgrounds earlier this month.

Changes include updating swimming policies for the 2023 camping season to specify unsupervised swimming at DEC campground beaches and extending the seasons at the popular Moffitt and Lewey Lake campgrounds.

Lifeguards will continue to supervise swimming at DEC's Lake George "Million Dollar Beach" and Hinckley Reservoir Day Use Areas.

"DEC is excited to welcome visitors back to our campgrounds for what will surely be another great season of enjoying the outdoors," said DEC Commissioner Basil Seggos. "Swimming, fishing and boating are among the many activities that bring more than a million campers and day-users back to our facilities year after year. To continue to offer a quality recreational experience, DEC is transitioning our campground beaches in the Adirondack and Catskill Forest Preserve to unsupervised swimming areas to allow the public to continue enjoying this part of the camping experience and we also worked closely with local of-



COURTESY OF PEXELS

The summer camping season is in full swing.

officials to help extend the season at Lewey Lake and Moffitt campgrounds and help more visitors enjoy fall in the Adirondacks."

All DEC campgrounds transitioned to unsupervised swimming at their beaches. Campers and day-users at campgrounds will be able to enjoy the beaches

at all DEC campgrounds without potential closures. Beaches will continue to be maintained and patrolled by campground staff.

Lifeguards will continue to be on duty at DEC's Lake George (Million Dollar) Beach and Hinckley Reservoir Day Use areas, which are primarily used

for swimming. For campground visitors interested in lifeguarded beaches, New York State Office of Parks, Recreation and Historic Preservation operates campgrounds and other beaches across the state and offers a wide spectrum of experiences for residents and visitors alike.

DEC also announced the extension of the 2023 camping season at two Hamilton County campgrounds, Moffitt Beach and Lewey Lake. Both campgrounds will remain open through Columbus Day/Indigenous People's Day. Inventory for reservations at Moffitt Beach and Lewey Lake beyond Labor Day became available July 5, and patrons wishing to make reservations should do so at the ReserveAmerica website.

DEC announced another change earlier this year to allow all New York state campgrounds to accept reservations as late as the same day. Reservations will be required, and patrons can now book a camping reservation as late as 5 p.m. on the desired day of arrival. Also, the public may now book a one-night stay for the 2023 season at any DEC campground. This means that gaps between reservations will be able to be filled earlier than in the past.

For more information on reservations or DEC-operated campgrounds including a list of campgrounds and schedules, visit DEC's website at dec.ny.gov or call DEC's Bureau of Recreation at 518-457-2500.

To make reservations at any of DEC's camping facilities, call ReserveAmerica at 1-800-456-CAMP (2267) or visit the ReserveAmerica website.



NFPA: 'Cooking safety starts with you'

The National Fire Protection Association (NFPA) — the official sponsor of Fire Prevention Week for more than 100 years — has announced "Cooking safety starts with YOU! Pay attention to fire prevention" as the theme for Fire Prevention Week, Oct. 8-14.

This year's focus on cooking safety works to educate the public about simple but important steps they can take to help reduce the risk of fire when cooking at home, keeping themselves and those around them safe.

According to NFPA, cooking is the leading cause of home fires, with nearly half (49%) of all home fires involving cooking equipment; cooking is also the leading cause of home fire injuries. Unattended cooking is the leading cause of home cooking fires and related deaths.

In addition, NFPA data shows that cooking is the only major cause of fire that resulted in more fires and fire deaths in 2014-18 than in 1980-84.

"These numbers tell us that more public awareness is needed around when and where cooking hazards exist, along with ways to prevent them," said Lorraine Carli, vice president of the Outreach and Advocacy at NFPA. "This year's Fire Prevention Week campaign will work to promote tips, guidelines, and recommendations that can help significantly reduce the risk of having a cooking fire."

Following are cooking safety messages that support this year's theme, "Cooking safety starts with YOU! Pay attention to fire prevention":

- Always keep a close eye on what you're cooking. For foods with longer cook times, such as those that are simmering or baking, set a timer to help monitor them carefully.

- Clear the cooking area of combustible items and keep anything that can burn, such as dish towels, oven mitts, food packaging, and paper towels.
- Turn pot handles toward the back of the stove. Keep a lid nearby when cooking. If a small grease fire starts, slide the lid over the pan and turn off the burner.

- Create a "kid- and pet-free zone" of at least 3 feet (1 meter) around the cooking area and anywhere else hot food or drink is prepared or carried.

"Staying in the kitchen, using a timer, and avoiding distractions that remove your focus from what's on the stove are among the key messages for this year's Fire Prevention Week campaign," said Carli.

Fire Prevention Week is celebrated throughout North America every October, and is the oldest public health observance on record in the U.S. Entering its 101st year, Fire Prevention Week works to educate people about the leading risks of home fires and ways they can better protect themselves and their loved ones.

Local fire departments, schools, and community organizations play a key role in bringing Fire Prevention Week to life in their communities each year and spreading basic but critical fire safety messages.

To learn more about Fire Prevention Week and this year's theme, "Cooking safety starts with YOU! Pay attention to fire prevention," visit www.fpw.org. Additional Fire Prevention Week resources for children, caregivers, and educators can be found at www.sparky.org and www.sparkyschoolhouse.org.

Celebrating National Ice Cream Month

The Perfect Treat for a Hot Summer Month



© Vincent/Wikimedia Commons/CC-BY-SA-2.0

The early origins of ice cream date back into ancient times when snow and ice were mixed with fruit, juice, honey or nectar.

Some sources say the ancient Romans invented ice cream, others that world explorer, Marco Polo returned from the Far East introducing a recipe for something like sherbet to the people of Italy. Regardless of the origins frozen desserts were enjoyed by much of the Mediterranean and Europe's ruling class as far back as recorded time.

In the New World, founding fathers, Benjamin Franklin, George Washington and Thomas Jefferson were known to enjoy ice cream and would also serve it to their guests. In fact, first lady Dolley Madison, even served ice cream at her husband's second inaugural ball in 1813.

Ice cream cones weren't invented until the 1904 World's Fair in St. Louis, Missouri when two concession vendors teamed up to solve a problem. One vendor sold ice cream but ran out of serving dishes. The other sold waffles and quickly created a cone-shaped waffle to solve the problem. What started as a happy accident has been enjoyed by the ice cream eating population ever since.

Fun Facts about Ice Cream:

- Vanilla is the No. 1 flavor in the United States.
- It takes three gallons of milk to make one gallon of ice cream.
- The average American consumes more than 23 pounds of ice cream each year.
- California produces more ice cream than any other state.
- Almost 9% of all milk produced in the United States is used to make ice cream.

As popular as ice cream is and has been in the US, it wasn't until July 9, 1984, that President Ronald Reagan designated July as National Ice Cream Month and the third Sunday of the month as National Ice Cream Day.

According to a recent survey by the International Dairy Foods Association, America's top five flavors are: Vanilla, Chocolate, Cookies N' Cream, Mint Chocolate Chip and Chocolate Chip Cookie Dough.

Newspaper Activities:

Look through the recent editions of the newspaper, in print or online and read several editorials. Pretend it's spring 1984 and you're urging Congress and President Reagan to declare a National Ice Cream month. Write a persuasive editorial using facts to back up your argument.

Choose your favorite comic strip character and imagine he or she is enjoying an ice cream treat. What type of treat do you think is his or her favorite? Be prepared to explain *why* you think that. Then, if you'd like, draw the cartoon character eating ice cream.

Additional Resources:

Celebrate National Ice Cream Month by making your own tasty creation. All it takes is a few simple ingredients and some knowledge of chemical engineering! Try Science Buddies' "Ice Cream in a Bag" process and recipe. Go to <https://www.sciencebuddies.org/stem-activities/ice-cream-bag#summary>

This feature is just one part of this newspaper's Newspaper in Education (NIE) program.