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CAPITAL REGION INDEPENDENT MEDIA

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Mosher Park splash pad nears completion

By Marlene McTigue
Capital Region Independent Media

RAVENA—Excitement continues to build in the village of Ravena as the long-anticipated splash pad at Mosher Park nears completion.

The project, championed by Village Trustee Linda Muller, is the latest in a series of improvements aimed at revitalizing the park and enhancing recreational opportunities for local families and visitors.

The splash pad, along with other park enhancements, was funded through a grant from the New York State Office of Parks, Recreation and Historic Preservation, and is part of a broader effort to improve Mosher Park, which also includes upgrades to the playground, pool

See PARK, page A2

address label

NY's largest offshore wind project components being built in Coeymans



MELANIE LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA

David Hardy, Group EVP and CEO Americas at Orsted, addresses the audience at the announcement at the Port of Coeymans.

Construction of foundation components reaches 50% completion milestone

By Melanie Lekocevic
Capital Region Independent Media

COEYMANS — New York state's largest offshore wind project will be off the coast of Long Island, but components for the project are being constructed in the Port of Coeymans.

Company and local officials gathered at the Port on Thursday to announce that 50% of the advanced foundation components for the offshore turbines being built in Coeymans have been completed.

The foundation components range in size from 12 to 120 tons each and stand as tall as 40 feet. Each component includes the foundation's internal and external platforms, railings, anode cages and other parts that will attach to the foundations that the wind turbine generators will be installed on.

The project represents a more than \$86 million investment by Orsted into the state's offshore wind supply chain, according to company officials, and has created more than 230 jobs in construction and steel manufacturing

See PROJECT, page A2



MELANIE LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA

The advanced foundation components for a Long Island offshore wind farm are being built at the Port of Coeymans and are 50% completed.

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Ravens defeat Riders in a rout 45-0

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RCS Middle School commemorates 9/11



COURTESY OF RCS CENTRAL SCHOOL DISTRICT

The RCS memorial in honor of those who died on Sept. 11, 2001, is located on the high/middle school campus, opposite the bus circle.

By Melanie Lekocevic
Capital Region Independent Media

RAVENA-COEYMANS-SELKIRK — The attacks of Sept. 11, 2001, happened 23 years ago, but for those of us who lived through it, the emotions, images and events of that day are seared into our memories.

For students in the RCS school district, however, that day occurred long before they were born. To keep the memory of those who died on that day alive, the RCS Middle School held a special remembrance service on the grounds of the middle/high school campus on the day's 23rd anniversary.

"This day is always a moving day," teacher Ted Smith told the board of education at its monthly meeting, coincidentally held on Sept. 11. "I was driving my daughter home from school today and she had talked about it in her

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This Day In History

- 1970 "The Mary Tyler Moore Show" premieres on CBS
- 1960 Chubby Checker's "The Twist" hits #1 on the Billboard Hot 100





CONTRIBUTED PHOTO

Work on the new splash pad at Moshers Park is nearing completion.

PARK, from page A1

and baseball fields. The grant was secured with the assistance of Capital District BOCES grant writers, who have worked closely with the village on several funding initiatives, according to Muller.

“We are thrilled to bring the splash pad to our community,” said Muller. “It will provide a fun, safe space for children to play and enjoy outdoor activities during the summer months. This project reflects our commitment to creating recreational spaces

that everyone can enjoy.”

Muller, who has a background in physical education and health, has been a key advocate for the park’s ongoing transformation. Living across from Moshers Park, Muller has seen the potential in the space and has made it her mission to ensure it serves the community to its fullest.

“As a retired physical education teacher, I’ve always been passionate about promoting wellness and recreation,” she said. “This splash pad is just one part of our vision to

make the park a hub for families.”

The splash pad project began in 2021 but faced delays due to supply chain issues. However, it is set to be fully operational by next summer.

“It’s disappointing we couldn’t finish it for this summer, but the community is going to love it once it’s ready,” Muller added.

The splash pad is not the only project underway. Muller, along with other village trustees, also helped secure a \$19,000+ grant



CONTRIBUTED PHOTO

The splash pad is expected to be completed in time for next year’s summer season.

for upgrades to the village’s baseball fields, part of a strategy to attract more sports leagues and events to the area. Additionally, a new pickleball court is planned for the park, offering another recreational outlet for residents.

These improvements have been part of a larger effort by Muller and the village to make Ravenna a better place to live, work and play. The village has secured over \$1 million in grants for various projects in recent years, with support from local

businesses such as Stewart’s Shops and regional banks contributing to new playground equipment, according to Muller.

“Our village is unique in that we still have a community pool, and now with the splash pad and other additions, we’re creating a place where families can come together, be active, and have fun,” Muller said.

Looking ahead, Muller is focused on continuing to improve recreational spaces throughout Ravenna. Discussions are already underway

for a potential YMCA day camp and additional projects that will further enhance the village’s public spaces.

“It’s all about creating places where people want to be,” she emphasized.

As Moshers Park’s splash pad nears completion and more projects take shape, Ravenna is steadily becoming a destination for recreation and community events, demonstrating what can be achieved when residents, businesses, and local government come together for a common cause.

PROJECT, from page A1

in the Capital Region and western New York.

Doreen Harris, president and CEO of the New York State Energy Research and Development Authority, or NYSERDA, pointed to the large foundation components at the Port and said it is a project that will help move the state toward its goals of clean energy production.

“This is what building offshore wind looks like — this is what we knew could be possible and now we see it before us, literally, here today,” Harris said. “We are here to celebrate an historic milestone for New York’s largest offshore wind project, the Sunrise Wind Project, but also the jobs and opportunities that we knew offshore wind could bring, specifically to our state and even more specifically, here to the Capital Region.”

The Port of Coeymans is one of the first ports in the country producing advanced foundation components for an offshore wind farm created by U.S. workers, Harris said.

Sunrise Wind is one part of Orsted’s goal of investing \$20 billion by 2030 to build the nation’s clean energy industry and supply chain, according to Orsted.

“The Port of Coeymans



MELANIE LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA

The company offered tours of the site following the media event.

is a perfect example of what offshore wind brings to New York: more than 120 union workers are here constructing a project that will deliver clean energy to hundreds of thousands of homes and businesses in the state,” said David Hardy, Group EVP and CEO Americas at Orsted. “Sunrise Wind is an American clean energy project by New Yorkers, for New Yorkers. We look forward to building Sunrise Wind and future projects as we continue to invest in

New York’s union-led offshore wind supply chain and workforce.”

Once completed, the 924-megawatt project will power nearly 600,000 New York homes and businesses, according to Orsted. The project will also aid New York in achieving the governor’s mandate of 70% renewable energy by 2030.

Riggs Distler & Company is the general contractor building the project’s foundation components. The completed components will

be shipped down the Hudson River and ultimately to the offshore wind farm site about 30 miles east of Montauk in Long Island.

“The work we are doing strengthens our nation’s energy independence and economic prosperity while ensuring a sustainable future for generations,” said Stephen Zemaitaitis Jr., president and CEO of Riggs Distler.

The foundation components are being constructed by union workers, many of



MELANIE LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA

Doreen Harris, president and CEO of NYSERDA, said the project will help the state attain its mandate of 70% renewable energy by 2030.

whom attended Thursday’s event.

“Offshore wind is about more than clean energy — it’s about people,” said Michael Lyons, president of the Greater Capital Region Building and Construc-

tion Trades Council. “And thanks to Orsted’s investments in our state, Sunrise Wind is creating new opportunities for union workers across New York building a clean energy future.”

RCS, from page A1

science class in sixth grade. She asked me about my memories of it.”

That simple question brought back a flood of emotion.

“It’s wild when your children ask you to recall these events that are just burned into you and to express them,” Smith said. “It is very moving.”

The Sept. 11 service was held at the district’s memorial site located opposite the school bus circle on the Route 9W campus. It was created to ensure that the memory of that fateful day will not be forgotten, and teachers throughout the district spoke of the 9/11 tragedy to their classes. All middle schoolers attended the ceremony in the afternoon, where District Superintendent Dr. Brian Bailey played taps on a bugle.

“I wanted to acknowledge that a lot of the teachers went out of their way today to help our young kids



COURTESY OF RCS CENTRAL SCHOOL DISTRICT

District Superintendent Dr. Brian Bailey played taps on a bugle during the service.

become aware of that event and how significant it was for all of us, for our country and for the whole world,” Smith said.

The RCS 9/11 memorial was started 23 years ago by a group of teachers; the project was spearheaded at the time by teacher Bonnie O’Connor, and it was up and

finished by the end of September 2001, Smith said.

One of those teachers, Bill Fischer, has been tending and maintaining the memorial since it was installed more than two decades ago.

The middle school started the remembrance with an announcement by Principal Denise Capece at 8:46



COURTESY OF RCS CENTRAL SCHOOL DISTRICT

There was a moment of silence during the 9/11 memorial service outside RCS.

a.m., the moment when the first plane struck the World Trade Center in 2001.

“We are all part of a global community, and it is important that we take these opportunities to recognize and acknowledge the

important events that have shaped our world and who we are today as Americans,” she said in the announcement.

Teachers continued to remember and share memories of Sept. 11, 2001, through-

out the rest of the day.

“Teachers incorporated the history of 9/11 into their lessons and shared personal stories about what it was like on that tragic day,” according to a statement from the district.

Two arrested after public disturbance

By **Melanie Lekocevic**
Capital Region Independent Media

COEYMANS — A disturbance on Main Street this weekend led to two arrests and a crowd of about 20 people who attempted to prevent the arrest, according to the Albany County Sheriff's Office.

It took five police agencies to get the situation under control. Thomas Mason Jr. was arrested

Saturday at around 8:15 a.m. after police received a report of an active disturbance on Main Street.

"Upon arrival, deputies observed a male in the street who immediately became aggressive with deputies and showed signs of intoxication," according to a statement from the Sheriff's Office. "Deputies attempted to detain the male as part of the investigation but the suspect, later identified as Thomas J. Mason Jr., became combative."

As police were attempted to take Mason into custody, a crowd of around 20 people allegedly surrounded deputies in an attempt to prevent the arrest, according to the Sheriff's Office.

Several deputies were injured in the melee.

Four additional law enforcement agencies also responded to the incident — the New York State Police, Coeymans Police Department, Greene County Sheriff's Office and the Cox-

sackie Police Department.

Mason was arrested and charged with second-degree assault, a class D felony; second-degree obstructing governmental administration, a class A misdemeanor; and resisting arrest, also a class A misdemeanor.

Mason was arraigned in Coeymans Town Court and remanded to the Albany County Correctional Facility with bail set at \$60,000 cash or \$80,000 bond.

He is scheduled to reappear in Coeymans Town Court on Sept. 19.

An unidentified juvenile was also arrested and charged with second-degree assault, a class D felony; second-degree obstructing governmental administration, a class A misdemeanor; and resisting arrest, a class A misdemeanor. The individual, who was not named because of his age, and was issued an appearance ticket returnable to Albany County Probation on Sept. 18.

News from the Past in Memory of Harry A. Sturges



IN MEMORY OF Harry A. Sturges

News Herald — September 12, 1924 - F.E. Bleezarde, Publisher Coeymans: The concrete road through this village has been completed and is now open

to the public.

• Miss Eleanor Wendell of Mechanicville and Ralph B. Wolfe of this village were united in marriage in the home of the bride's brother in Schenectady on Wednesday evening by the Rev. H.T. Jones, pastor of the Reformed church of this village. After their honeymoon, Mr. and Mrs. Wolfe will reside in this village in rooms in the Wolfe house on Colvin Avenue.

• The Ladies Aid Society of the M.E. church will serve a roast beef supper in the chapel of the church Wednesday evening, Sept. 17. An invitation is extended to all.

• W. Graham, principal of the high school, and his wife have moved into the Andrew Ziegler house on the corner of Church and Second streets.

• Robert Briggs, son of Mr. and Mrs. Thomas T. Briggs, has been confined to his home the past week by sickness.

• W. Winne Wolfe is having a concrete garage constructed near his residence.

Ravena:
• Following the musical program by Miss Winifred Baldwin, Miss Libby Slater and Mrs. Edward Slater, members of the faculty of the Ravena school were formally introduced to local people at the reception given by the board of trustees at the school Wednesday evening.

• Miss Irene Gedney, 12 years old, daughter of Mr. and Mrs. G.C. Gedney of this village, representing Albany County at the annual spelling bee at the New York State Fair at Syracuse Tuesday, won fifth place for herself and the county.

• The "Loyal Daughters" will resume their regular business meeting at the home of Mrs. Jerome Bailey on Wednesday evening next at eight o'clock.

• Bernice Carkner of this village has been spending a

few days with Miss Eleanor VanAlstyne at South Bethlehem.

• Mr. and Mrs. George VanEtten have returned from Schroon Lake where they spent the summer.

Coeymans Herald — September 11, 1889 - S.H. & E.J. Sherman, Proprietors

• The W.C.T.U. will hold a session at the house of Mrs. J.G. Ward at 3 o'clock this afternoon.

• The Rev. Father Harrigan, pastor of St. Patrick's Church, will occupy rooms in the Armstrong house.

• Speaking of large yields, from 863 sheaves of rye threshed last week Mr.

Levi Blaisdell obtained 63 bushels of grain.

• A meeting of the Coeymans Union and Horse Thief Association will be held at the house of R.S. Hotaling on Friday evening, Sept. 20, at 7:30 p.m.

• George Robb, employed at the Miller & Whitbeck icehouse, while in the loft on Monday stepped through an open hatchway and fell a distance flat on his back on the ice below. He was stunned by his fall and quite badly bruised.

• Partridge, likewise duck, may now be shot without danger of bringing the game constable down upon you.

VFW/AMVET monthly meetings

RAVENA — VFW/AMVET Post 9594 meets the second Thursday of every month with a social hours at 6 p.m. and the meeting at 7 p.m. The next scheduled meeting will be Oct. 10.

All veterans are welcome. The post is located at 13 Whitbeck St. in Ravena, next to Moshier Park. Call 518-756-9594 for more information.

Little Red Schoolhouse hosts Dick Brooks and 'Farmer Boy' program

COEYMANS HOLLOW — The Little Red Schoolhouse Historical Society will hold its third fall open house on Sunday, Sept. 22, from 2-4 p.m.

The schoolhouse is located on Route 143 in Coeymans Hollow.

Dick Brooks, a local well-known resident who has worn many hats over the years, notably a retired teacher at Pieter B. Coeymans school, will speak on the topic "Farmer Boy"

about the life on a farm in the 1800s.

Based on Laura Ingall Wilders' book, it is about children's life from season to season. This should be of special interest to children who cannot imagine living without today's modern technology such as cell phones, computers and video games... all while seated in an authentic one-room schoolhouse.

There is no admission fee and all are welcome.

Volunteers sought for annual Horror in the Hollow Hayride

COEYMANS HOLLOW — The Coeymans Hollow Volunteer Fire Corporation is now in the process of planning the ninth annual Horror in the Hollow Hayride.

This year's Hayride is being planned for Saturday, Oct. 19, from 5-9:30 p.m. and organizers are looking for assistance to make the Hayride bigger and better.

They are looking for community groups and businesses to develop a scary scene. This is a good team-building activity for your employees and staff to participate in a community activity and you can advertise your business or organization.

Volunteer groups will be showing their support for the community

in which they live and do business on a daily basis.

To start, organizers want you to put on your thinking caps and come up with an idea of what you would like to do. If your business or organization is interested and would like to participate, please contact Jack Dennis, chairman of this year's event, at 518-767-2621 or email at hotrec128@hotmail.com no later than Friday, Sept. 20, so there will be time to put the program together.

If you are unable to do a scene and you would like to assist, please consider a financial donation to the event or donating an item or gift card to raffle off, or you could volunteer to assist in different areas of

the event.

If you choose to participate, the group will be awarding trophies to the best of the best in different categories at the end of the night. Judges will be riding the hay wagons and rating your scenes.

It will be a lot of fun doing this night of "horror" and everyone pulling together can make this year's hayride a big success.

The more scenes there are, the more fun the hay riders will have. Let's get together and have a night of safe scary fun.

Note: At times, the scariness will be toned down for younger riders.

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RCS COMMUNITY LIBRARY

• Destash Your Crafts!
Thursday, Sept. 19 to Oct. 11, from 9 a.m. to 8 p.m.

Have too much yarn, fabric or other craft supplies collecting dust and taking up space? Give your unused supplies a new home with the library's Second Annual Destash/Restash craft re-homing event. Drop off your gently used or new craft supplies to share with fellow crafters. Help keep usable items out of the landfill and promote creativity at the same time. The library will be accepting donations from Sept. 16 to Oct. 11. The Restash/Rehome event will be on Saturday, Oct. 12, from 11 a.m. to 1:30 p.m. Any items that don't find a home at the October event will be donated to Up-Stitch in Albany. For adults and teens.

• Family Storytime
Thursday, Sept. 19, from 10-11 a.m.

Family Storytime is a fun, participatory storytime for the whole family that includes songs, fingerplays, stories and movement activities. Early literacy activities are emphasized. No registration is required.

• Lunchtime Books: 'Swamplandia!'
Thursday, Sept. 19, from 12-1 p.m.

The novel is "Swamplandia!" by Karen Russell. Thirteen-year-old Ava Bigtree has lived her entire life at Swamplandia!, her family's island home and gator wrestling theme park in the Florida Everglades. But when illness fells Ava's mother, the park's indomitable headliner, the family is plunged into chaos — her father withdraws, her sister falls in love with a spooky character known as the Dredgeman, and her brilliant big brother, Kiwi, defects to a rival park called The World of Darkness. Books are available at the library and new members are always welcome. No registration is required. For adults.

• Craft: Little Boos
Thursday, Sept. 19, from 6-7 p.m.

Resident needle felting expert Donna Hamilton will demonstrate how to make some adorable, autumnal-felted pumpkins. Whether you're a beginner, or have some needle felting experience, come spend some time with fellow crafters. Registration is required at rescommunitylibrary.org. For adults and teens ages 16 and up.

• Romp and Read
Friday, Sept. 20, from 10-11 a.m.

Romp and Read will help get the wiggles out on Tues-

days and Fridays at 10 a.m. with interactive themes, stories, and action songs with props. No need to register.

• Chair Yoga for Seniors

Friday, Sept. 20, from 10:30-11:15 a.m.

This gentle yoga class, taught by local instructor Kelley Curran or Well & Kell, is for folks ages 50 and up. No experience or equipment is required. Join in at Senior Projects of Ravenna for this series of yoga classes. There is no fee for this class. Registration is required at rescommunitylibrary.org. Please provide an email address or phone number so the library can notify you in the event of any change to the schedule.

• Romp and Read
Tuesday, Sept. 24, from 10-11 a.m.

Romp and Read will help get the wiggles out on Tuesdays and Fridays at 10 a.m. with interactive themes, stories and action songs with props. No need to register.

• Last Tuesday Book Group: 'Anna O'
Tuesday, Sept. 24, from 6:30-7:30 p.m.

The novel is "Anna O" by Matthew Blake. What if your nightmares weren't really nightmares at all? Anna Ogilvy was a budding 25-year-old writer with a bright future. Then, one night she stabbed two people to death with no apparent motive — and she hasn't woken up since. Dubbed "Sleeping Beauty" by the tabloids, Anna's condition is a rare psychosomatic disorder known to neurologists as "resignation syndrome." Dr. Benedict Prince is a forensic psychologist and an expert in the field of sleep-related homicides. His methods are the last hope of solving the infamous "Anna O" case and waking Anna up so she can stand trial. But he must be careful treating such a high-profile suspect — he's got career secrets and a complicated personal life of his own. As Anna shows the first signs of stirring, Benedict must determine what really happened and whether Anna should be held responsible for her crimes. Only Anna knows the truth about that night but only Benedict knows how to discover it. And they're both in danger from what they find out. Books are available at the library and new members are always welcome. No registration is required. For adults.

• Write Together at the Library
Tuesday, Sept. 24, from 6:30-7:45 p.m.

Are you a beginning

writer, or maybe working on the Great American Novel? Maybe you're the short-story type? Prose fiction writers of all types and levels are invited to bring your notebooks, laptops or other writing implements and join in for an evening of writing together. The library will offer writing prompts, sprints, and quiet time for you to get ahead on your writing project, no matter where you are in the process. Registration is required at rescommunitylibrary.org. For adults.

• Senior Cinema: 'Galaxy Quest'
Wednesday, Sept. 25, from 2-4 p.m.

Celebrating the 25-year anniversary of this classic sci-fi comedy starring Tim Allen, Alan Rickmand and Sigourney Weaver as the stars of a 1970s sci-fi show who are now scraping a living through re-runs and sci-fi conventions. These actors are beamed aboard an alien spacecraft by a band of aliens who mistakenly believe that the Galaxy Quest episodes they viewed are "historical documents" of real-life space adventures and are relying on these out-of-work actors to save them from disaster. Rated PG. For adults.

• Even More Drawing: Keeping It Simple and Fun
Wednesday, Sept. 25, from 6-7:30 p.m.

Art does not have to be serious or of museum quality. In these sessions, you will draw from images chosen to be inspiring, exciting and amusing. Drawing, if you haven't done it before, is a very learnable skill and a very relaxing pastime. It takes your brain in new directions and is a great way to begin other two-dimensional art styles like painting. Both "wet" and "dry" techniques of drawing will be introduced in this series of classes. All skill levels are welcome. Individual instruction and supplies will be provided. Local artist and instructor Thomas Baldovin will return to the library to offer these classes. There is no fee for this class. Registration is required at rescommunitylibrary.org. For adults and teens ages 16 and up.

NEW FICTION

"On the Hunt" by Iris Johansen

"Entitlement" by Ru-maan Alam

"The Borrowed Life of Frederick Fife" by Anna Johnson

"The Women Behind the Door" by Roddy Doyle

"One on One" by Jamie Harrow



RCS SCHOOL MENUS

RCS Elementary School Menu
Sept. 23 to Sept. 27
Breakfast Menu

MONDAY: Pancakes or cereal, apple sauce, peaches, skim or 1% milk.

TUESDAY: Egg and cheese on a roll or cereal, pears, bananas, skim or 1% milk.

WEDNESDAY: waffles or cereal, peaches, apple sauce, skim or 1% milk.

THURSDAY: Egg and cheese wrap or cereal, peaches, apples, skim or 1% milk.

FRIDAY: French toast or cereal, oranges, pears, skim or 1% milk.

Lunch Menu

MONDAY: Peanut butter and jelly sandwich or chicken nuggets, whole-grain roll, green beans, apple sauce, skim or 1% milk.

TUESDAY: Turkey sand-

wich or ziti marinara, broccoli, bananas, peaches, skim or 1% milk.

WEDNESDAY: Ham sandwich or chicken Parmesan, whole-grain roll, pasta, carrots, berries, pears, skim or 1% milk.

THURSDAY: Turkey sandwich or nachos with meat, rice and beans, roasted corn, apple, skim or 1% milk.

FRIDAY: Egg salad or Tony's cheese pizza, green leafy salad, crispy apples, local skim or 1% milk.

RCS Middle & High School Menu
Sept. 23 to Sept. 27
Breakfast Menu

MONDAY: Pancakes or cereal, apple sauce, peaches, skim or 1% milk.

TUESDAY: Egg and cheese on a roll or cereal, pears, bananas, skim or 1% milk.

WEDNESDAY: Waffles or

cereal, peaches, apple sauce, skim or 1% milk.

THURSDAY: Egg and cheese wrap or cereal, peaches, apples, skim or 1% milk.

FRIDAY: French toast or cereal, oranges, pears, skim or 1% milk.

Lunch Menu

MONDAY: Chicken nuggets, whole-grain roll, green beans, apple sauce, skim or 1% milk.

TUESDAY: Ziti marinara, broccoli, bananas, peaches, skim or 1% milk.

WEDNESDAY: Chicken Parmesan, whole-grain roll, pasta, carrots, berries, pears, skim or 1% milk.

THURSDAY: Nachos with meat, rice and beans, roasted corn, apples, skim or 1% milk.

FRIDAY: Tony's cheese pizza, green leafy salad, crispy apples, local skim or 1% milk.

Senior Projects

RAVENA — Senior Projects of Ravenna offers dinner every Monday and Thursday at 5 p.m., and lunch on Tuesdays, Wednesdays and Fridays, at noon. Senior Projects of Ravenna is located at 9 Bruno Boulevard, Ravenna.

If there is a senior who needs assistance or you are

concerned about a senior, please call Senior Projects at 518-756-8593.

Below is the menu for the week of Sept. 23 to Sept. 27.

MONDAY: Meatloaf with gravy, bread, milk and coffee.

TUESDAY: Sausage with peppers and onions, bread, milk and coffee.

WEDNESDAY: Chicken with BBQ sauce sandwich, bread, milk and coffee.

THURSDAY: Chicken Parmesan, bread, milk and coffee.

FRIDAY: Potato-cruste fish, bread, milk and coffee.



COURTESY OF PIXABAY

Veterans of the Korean and Vietnam wars can now apply for a commemorative medal issued by the state of New York in honor of their service.

Korea, Vietnam War commemorative medals to honor veterans

LATHAM — The New York State Division of Military and Naval Affairs is now issuing Korean War and Vietnam War commemorative medals approved by the Legislature and Gov. Kathy Hochul in 2022.

The legislation, signed by the governor prior to Veterans Day in 2022, establishes the New York State Vietnam War Commemorative Medal and the New York State Korean War Commemorative Medal.

The medals are not for wear on a uniform but were designed and authorized as a way for the Legislature to thank veterans of these wars for their service.

The law made the Division of Military and Naval Affairs responsible for designing and

distributing the medals.

"On behalf of the Legislature and Gov. Kathy Hochul, we at the Division of Military and Naval Affairs are proud to be able to play a role in recognizing the military service of those who fought in Korea and Vietnam," said Major General Ray Shields, the Adjutant General of New York.

Veterans can apply for the medals online by going to the Division of Military and Naval Affairs website at <https://dmna.ny.gov/awards/>.

Applicants can use an online form to request the medals, or they can print out and mail in an application form.

Applicants must be a New York state resident now, or have been a New York state resident when they served in

Vietnam or Korea.

Applicants must provide a digital or paper copy of their Department of Defense Form 214 (DD214) Certificate of Release or Discharge from Active Duty, as proof of military service in Vietnam or Korea.

Family members and other designated individuals can apply on behalf of a veteran. The medal can also be awarded posthumously.

The New York State Division of Military and Naval Affairs is the state agency that administers the New York National Guard, New York Naval Militia and New York Guard volunteer state defense force. The agency also oversees the New York State Military Museum in Saratoga Springs.

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Lord's Acre Auction and Fair, September 21

COEYMANS HOL-LOW — Trinity United Methodist Church will hold its annual Lord's Acre Auction and Fair on Saturday, Sept. 21, from 10 a.m. to 2

p.m. There will be flea market items and vendor wares available. The church's Thrift Shop will be open. A luncheon will be

served beginning at 11 a.m. and ice cream will also be available.

The auction begins at 1 p.m.

All are welcome.



CONTRIBUTED PHOTO

DiDi, once frail and injured, now thrives at Unbridled, her eyes reflecting the peace and happiness she's found in her forever home.



CONTRIBUTED PHOTO

Home from surgery and on stall rest, DiDi looks forward to the day her hoof can once again traverse the earth, fully healed and free.



CONTRIBUTED PHOTO

DiDi, now healthy and strong, shows off her vibrant spirit, a testament to the care and compassion she received at Unbridled

From forgotten fields to forever home: DiDi's path to peace

Horses of Unbridled



SUSAN KAYNE

Day after day, in the heart of our community, Unbridled Sanctuary writes new chapters of rescue, recovery, and second chances for Thoroughbreds in need. This week, I'd like to introduce you to DiDi, one of the many remarkable mares whose story exemplifies the transformative work happening at this haven for former breeding and racing horses.

Born on May 15, 2006, in Iowa, DiDi—whose racing name was “Don't Tell Dad”—entered a world where her value was measured in finish lines crossed and purses won. For seven grueling years, she thundered down tracks across the Midwest, her hooves pounding out a rhythm that echoed the heartbeats of those who cheered her on. With over \$100,000 in earnings, DiDi was considered a success in the racing world.

BUT WHAT PRICE DID SHE PAY?

As the founder of Unbridled Sanctuary, I've witnessed firsthand the stark reality behind the glamorized facade of horse racing. The toll it takes on these magnificent animals goes far beyond what meets the eye at the track. Like veterans returning from war with invisible scars, many of these horses carry a form of equine PTSD that haunts them long after their racing days are over.

The residual lameness, the chronic pain in overworked joints, and the psychological trauma from years of intense pressure—these are the unseen legacies of their racing careers. What the cheering crowds don't see are the sleepless nights these horses endure, startling at shadows, their bodies remembering the starting gate's claustrophobic confines. They don't see the labored breathing from lungs pushed to their limits, or the trembling legs that never quite forget the punishing pace of the track.

Through our work here, I've come to understand deeply the true cost of those long hours of training and the physical toll exacted on young, developing bodies. These horses, still growing and vulnerable, are asked to perform at levels that leave permanent scars—both physical and emotional.

The uncertainty that follows when their racing days are over only compounds this trauma. These noble animals give so much of themselves,



CONTRIBUTED PHOTO

Upon arrival, DiDi's frail body and injured hoof told a heartbreaking story of neglect, but her spirit remained unbroken.

pushing through pain and fear for our entertainment. And yet, for many, their futures hang precariously in the balance once they leave the track, their worth suddenly measured not in finish lines crossed, but in dollars at an auction.

It's a harsh reality that these equine athletes, once celebrated, can so quickly become discarded. Their eyes, once bright with the fire of competition, often dim with confusion and fear as they face an uncertain future. At Unbridled, we see every day how the echoes of their racing past reverberate through their present, influencing every interaction, every reaction.

It's our mission to help them find peace, to show them that there's life beyond the track—a life where they're valued not for their speed, but for their inherent worth as sentient beings.

For DiDi, the end of her racing career didn't mean the end of her struggles. Sent to a breeding farm to continue her “legacy,” she instead found herself facing neglect and hardship when the farm fell on difficult times. Gone were the consistent meals and shelter she had received as a valuable racehorse. In their place came cold nights without shelter, gnawing hunger, and a painful hoof injury that went untreated.

Imagine going from being treated like an elite athlete to being left out in the cold, quite literally. It's a jarring transition that many retired racehorses face.

DiDi's story took another turn when she found herself at the Unadilla Auction, a place where many former racehorses have entered America's slaughter pipeline. It was here, in the chaos and noise of the auction ring, that DiDi's life hung in the balance.

Auctions can be terrifying for horses. They're sensitive



CONTRIBUTED PHOTO

DiDi arriving at Rhinebeck Equine, where a dedicated surgical team prepared to treat her old hoof injury with compassion and expertise.

animals, and the stress of such an environment can be overwhelming. For many horses, especially those with injuries or advanced age, these auctions can be a one-way ticket to slaughter.

Fortunately for DiDi, fate intervened and offered her a new lease on life.

At Unbridled, DiDi found more than just food and shelter—she found a home. Here, she was no longer a commodity, but a sentient being worthy of love and respect. Her journey of healing began, both physically and emotionally.

When DiDi arrived at Unbridled, the toll her past had taken was evident in every step, every wary glance. She was in a state of culture shock. She lost the friends she had in the free roaming herd before the auction, she stood alone in the presence of yet another new place and unfamiliar faces, and she

carried the scars of an untreated and injured hoof that demanded expert intervention.

Every horse that comes through our gates carries similar stories of neglect, of injuries both seen and unseen.

Today, DiDi stands as a testament to the transformative power of compassion and proper care. She's found her place in a senior herd of six at Unbridled, where she's taken on the role of comforter and leader. Whether it's supporting FiVe through the grief of losing a companion or guiding Ripple, who is nearly blind, DiDi demonstrates a depth of empathy that might surprise those unfamiliar with equine behavior.

Horses are incredibly social and emotionally intelligent animals. DiDi's ability to connect with and support her herdmates showcases the rich inner lives these animals lead—lives that are often overlooked in the fast-



CONTRIBUTED PHOTO

Under the gentle care of Unbridled Sanctuary, DiDi receives Bemer therapy, a crucial step in her path to recovery.



CONTRIBUTED PHOTO

Back at Unbridled, DiDi begins her recovery, surrounded by love and the promise of a brighter future.

paced world of racing.

As we reflect on DiDi's journey, we're called to consider the broader implications of the Thoroughbred breeding and racing industry. DiDi's story is not unique. Every year, thousands of Thoroughbreds leave the racetrack, their futures uncertain and unknown. While some find homes as riding horses or in breeding programs, many face neglect, auction, and slaughter.

As we continue our mission at Unbridled Sanctuary, DiDi and her herd mates stand as living proof of what's possible when we extend our circle of compassion. They challenge us

to look beyond the superficial, to recognize the inherent value in every living being, and to fight for those who cannot fight for themselves.

In the end, as we save horses, we also reclaim our own humanity, one rescue at a time. And in that process, we might just create a world that's a little more kind, a little more just, and a whole lot more beautiful—for horses and humans alike.

Susan Kayne is the founder and president of Unbridled Sanctuary, an equine rescue on the border of Albany County and Greenville.

Officials push for changes to EMS reimbursement for treatment-in-place

By **Melanie Lekocevic**
Capital Region Independent Media

HUDSON — Elected officials, EMS and other first responders are pushing for the governor to sign legislation that would reimburse emergency services for on-scene treatment or transport to medical facilities other than hospital emergency rooms.

Under the current Medicaid reimbursement structure, EMS is only paid if the patient is transported to a hospital. Treating the person on site or bringing them to another facility, such as an urgent care or mental health clinic, is not reimbursable by Medicaid and EMS does not get paid.

The sponsors of the bill, state Sen. Michelle Hinchey, D-41, and Assemblywoman Anna Kelles, D-125, hosted a press conference at the Greenport Rescue Squad in Hudson flanked by members of several EMS squads from across Greene and Columbia counties, firefighters and other first responder organizations.

Aidan O'Connor, executive director of the Greenport Rescue Squad, opened the press conference by saying that first responder organizations of all types are in support of the legislation and urge Gov. Kathy Hochul to sign the bill before the deadline of Sept. 30.

"We are all united. For the first time in history, every kind of EMS — municipal, commercial, not-for-profit, volunteer and paid — we are all united," O'Connor said. "Every EMS association in New York state and our fellow first responders are all



MELANIE LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA

State Sen. Michelle Hinchey, D-41, sponsored legislation that would require Medicaid to reimburse EMS squads for treatment provided in place or transport to a medical facility other than a hospital emergency room, such as an urgent care clinic.

united. We know the problems and we want to be part of the solution. EMS is in a crisis in New York state and around the country. We are suffering from monumental challenges that require practical and quick solutions."

The issue is especially vital in rural areas like Greene County, where there is no hospital and patients must be transported to Columbia or Albany counties, O'Connor said. In some areas of the Hudson Valley, it can take up to an hour or more to transport patients to a hospital.

Emergency room wait times are also very long, on average three hours or more, so treating the person on site or bringing them to another

facility would be a better option and more cost effective, Hinchey said.

"If we can get our EMS folks reimbursed for, one, the work that they are already doing, and two, able to redirect people to the places where they should actually go — not everyone has to go to a hospital, not everyone has to go to an emergency room," Hinchey said. "Someone may be just as well served at an urgent care or mental health facility or a substance abuse disorder clinic, or somewhere else that would actually give them faster service and alleviate the pressure on our already overwhelmed emergency rooms."

"If we could do that, and if [EMS] could be reimbursed for it, that is a



MELANIE LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA

A press conference held by state Sen. Michelle Hinchey and Assemblywoman Anna Kelles at the Greenport Rescue Squad in Hudson in support of the legislation.

way to strengthen the services that we rely on so desperately in communities like the 41st district," she added.

Assemblywoman Anna Kelles said the legislation is bipartisan and must be signed by the end of the month in order to go into effect this year. But more needs to be done to support EMS in New York state, such as increasing the rate of reimbursement for both Medicare and Medicaid, she said.

"[The legislation] passed unanimously in both houses," Kelles said. "It is bipartisan — there is no reason not to support it exactly as written, but it is only a first step. Get this one done and then we will be back to ad-

dress all the other issues that need to be addressed."

The bill has received support from other first responder organizations, including the Firefighters Association of the State of New York, or FASNY.

"Responding to our neighbors' medical emergencies is vital to our state and an integral part of the role volunteer firefighters undertake every day," FASNY President Eugene Perry said. "Providing those we serve with the care they need, where and how they need it, while adding efficiencies and flexibility to the EMS system, is good for everyone."

Ode to coffee

Positively Speaking



TOBY MOORE

When I was 15 or 16, I had some friends over for a sleepover, and we were determined to stay up all night. So, I sneaked into my mom's coffee stash and made a terrible cup. I took one sip and swore I'd never touch the stuff again. I thought, "If this is what adults drink, no wonder they're always in a bad mood!"

Fast forward a few years,

and I'm deep into my studies, working toward a Bachelor of Fine Arts in Acting. One late night, some colleagues of mine and I were struggling to memorize our lines for a scene we were preparing for. We were exhausted and nowhere near getting our lines down. So, we did what any desperate group of actors would do: we hit up a diner.

It was 1 a.m. and everyone was wide awake! Their secret? Coffee. So, I decided to give it another shot—this time with enough sugar to turn the coffee into a dessert. And WOW! I found myself reorganizing the condiment rack alphabetically and reciting Shakespeare as if it were a new form of karaoke!

I was hooked. Suddenly, I was getting so much done that I felt like I could outwork an office full of overcaffeinated squirrels on a deadline. It didn't

take long before I drank it without sugar, savoring it black.

But coffee wasn't my first encounter with caffeine. As Michael Pollan points out in his book "Caffeine," it's "the most used drug in the world" — one we even give to children in the form of chocolate and soda.

Looking back, it's like some of us were in training for the Olympics of sleeplessness. Forget nap time; we were buzzing around like tiny, sugar-fueled tornadoes.

Although coffee was a game changer, I quickly learned that too much can wreak havoc on your nerves. I once showed up to an audition on the Warner Brothers lot so hyped up on caffeine that I was visibly shaking and trembling as I delivered my lines like I was on edge. I looked like I was auditioning for a role as a malfunctioning robot.

I was listening to an interview with Michael Pollan when he mentioned that he believed caffeine was a driving force behind the Industrial Revolution! When I heard that, I nearly fell out of my seat—but let's be honest, with that much coffee in me, I could've just floated back up like a helium balloon.

Almost 400 years ago, England first gained access to tea, coffee and chocolate—all containing caffeine. Before caffeine arrived in England, people drank alcohol like it was water—because, well, the water was practically a biohazard. Folks were tipsy 24/7, which explains why historical portraits always look blurry.

With the introduction of caffeine, everything began to change. Suddenly, people had a stimulant that sharpened their focus and kept them alert in-

stead of stumbling through life like they were constantly trying to find their keys. The original "wake-up call" that made humanity realize showing up to work was a good idea after all.

As the centuries rolled on, caffeine's influence only grew stronger. Coffeehouses became hubs of intellectual exchange, where thinkers, writers and revolutionaries gathered to discuss ideas and plan societal shifts. The Industrial Revolution might have sparked progress, but the real breakthrough was making sure nobody nodded off in the middle of it.

Fast forward to today, and coffee isn't just a drink but a survival tool. With a coffee shop on nearly every corner, you could trip and land in a latte. This once-exotic drink has become so essential that if coffee ran for president, it would

win by a landslide. Coffee is the lifeblood of productivity. It's the only thing keeping America awake—and let's be honest, it's doing a better job than Congress.

Looking back, it's funny that my first encounter with coffee was a disaster. What started as a terrible sip from my mom's stash evolved into a lifelong appreciation for the drink that fuels so much of what we do.

So, here's to coffee—the adult version of a juice box but with way more anxiety, and the fuel drives our passions and keeps us going through every grind—whether in the cup or in life.

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

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ALL ARE WELCOME

To be featured on this page please contact Warren Dews at 413-212-0130.

Aging

Whittling Away



DICK BROOKS

All in all, I'm pretty comfortable with myself and my life.

I had the wisdom to pick a lovely, talented life partner who

was willing to marry below her status. We have a comfortable old home overlooking the river, a wonderful family, good friends and neighbors, and the sweetest dog ever. I have reached a ripe old age, not bad for a country boy who wasn't supposed to make it to 30.

Looking back over the many careers I've had and loved and the many adventures that I've shared with so many wonderful people, I realize they all have combined to make me what I am today. An unemployed orphan!

As for having reached a ripe old age, I have a dish on the kitchen table with three plums

in it. They have reached the totally ripe stage, full of sweetness and so juicy you have to bend over to eat them; if I don't eat them soon, in a couple of days they will be rotten. I figure that in a year or two, I'm going to start looking for fruit flies that are following me.

I'm still active enough to be useful but I'm spending more and more time in my recliner. Rest periods between active times are getting longer and more frequent and I fear that the day will come when The Queen will dust me along with the rest of the family room furniture. As with all age groups, seniors tend to group with their own kind.

As a young man, I belonged to several car clubs. We would gather monthly and discuss the latest speed equipment. I remember being especially proud of a set of chrome headers I had installed on my V8-powered Vega. Now a lot of the same guys gather at the senior citizen center but now the main topic centers around new body parts; I'm pretty proud of my new stainless-steel hip.

The guys used to give directions using bars as highlights as in "Go down to the Bent Elbow, turn left and go straight until you get to The Slosh and Slurp." Now, the directions are, "Turn right at the medical cen-

ter, go three blocks and make a left at the urologist, go past the hearing aid center and The Bone and Joint Center is another couple of blocks."

Senior discounts are another popular topic of discussion, along with toilets. Clean restrooms and their location are of interest and importance to my age group. I pay attention to any new Porta-Potties that may have appeared on my daily route.

I do find that some small things can bring a smile to my lips and sometimes to my heart. Pictures on Facebook of small children, puppies or kittens are the ones that bring the most warm fuzzies into my day.

I have a special warm spot in my heart for the young man at the grocery store the other day who when I placed a six pack of adult beverages on his conveyor belt asked me for identification with a perfectly straight face, the first time I've been proofed in 50 years. It made my day.

Thought for the week — "He started to sing as he tackled the thing that couldn't be done, and he did it." ~ Edgar A. Guest
Until next week, may you and yours be happy and well

Reach columnist Dick Brooks at Whittle12124@yahoo.com.

GNH Lumber & Home to host contractor event featuring top industry suppliers

WINDHAM — GNH Lumber & Home will host a special contractor event on Friday, Sept. 27, from 11 a.m. to 2 p.m. at their Windham location.

This exclusive event will provide contractors and DIY enthusiasts with the opportunity to meet and network with some of the most respected names in the building supply industry.

Attendees will have the chance to get up-close demonstrations of the latest products from leading manufacturers such as TimberTech, Azek, ThermoTru Doors, Benjamin Moore Paints, Garaga, Cambria, CertainTeed, Daltile, Roseburg, Woodgrain, James Hardie, Mantra, TimberHP, Union, and Fourth Dimension Architecture.

In addition to product dem-

os, attendees will enjoy a free lunch provided by Back Yard Woodfired Pizza.

This event is an opportunity for contractors to learn about new products, discover innovative solutions, and connect with industry experts.

"We are thrilled to host this event and provide our customers with the chance to meet with these top suppliers," said James Hermance, division manager at GNH Lumber & Home in Windham. "Our goal is to help contractors grow their businesses by offering access to the best building materials on the market with unmatched knowledge and service from our team."

For more information, please contact James Hermance at GNH Lumber & Home in Windham 518-734-3760.

Regional pickleball tournament at University at Albany

ALBANY — The Capital District YMCA (CDYMCA), in partnership with MVP Health Care, announced that registration has opened for its highly anticipated pickleball tournament, set to take place from Sept. 20-22, at the Broadview Center on the University at Albany campus.

Pickleball, one of the fastest-growing sports in the United States, is known for its fun, fast-paced play and accessibility to all ages and skill levels. This tournament is expected to draw hundreds of players from across the region, offering an opportunity for both competitive play and community engagement.

Proceeds from the inaugural tournament will benefit the CDYMCA Circle of Champs program, which is dedicated to improving the quality of life for children battling a life-threatening illness and their families. The 150 families in this program receive membership to the Y, four weeks of summer camp for the child and their siblings, outings, and the opportunity to connect with other families experiencing similar challenges.

Every CDYMCA Summer Camp lo-

cation offers a wide variety of activities and experiences to enrich the lives of children, helping to build their self-esteem and sense of belonging.

"Pickleball continues to drive a lot of engagement at the YMCA across every age group," said David Brown, CEO and president of the Capital District YMCA. "This regional championship event is a fun way to support the Capital District YMCA's Circle of Champs program, a favorite in the community, while also engaging in some healthy exercise and competition. It's a win-win!"

Event details:

- Dates: Sept. 20-22
- Location: Broadview Center, University at Albany, 1400 Washington Ave., Albany, NY 12222.

"Pickleball is a fun, engaging sport that boosts physical fitness and fosters social connections," said MVP's Field Marketing Leader Stacey Barss. "MVP Health Care is committed to improving the health and well-being of the communities we serve, so partnering with the Capital District YMCA to host the

tournament aligns perfectly with our mission. By supporting events like these, we're promoting healthy living while also bringing the community together."

Participants are encouraged to register early to secure their spot, as the CDYMCA anticipates high demand. Some highly competitive brackets may sell out. Visit <https://cdymca.org/events/upstate-new-york-pickleball-championship> to register.

To accommodate participants coming from other regions, room blocks have been reserved at the Hilton Garden Inn, Albany Med. Out-of-town residents are encouraged to plan and book rooms early to ensure convenient access to the championship venue.

SPONSORSHIP OPPORTUNITIES

There are a variety of sponsorship opportunities for businesses and organizations that wish to support this event and reach a wide audience of pickleball enthusiasts. Those interested in sponsoring can find more information and secure their sponsorship at <https://cdymca.org/upstate-new-york-pickleball-sponsorship-opportunities>.

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RCS Students Dive into STEM Learning at Holcim Ravena Quarry:

A Summer Camp Experience Like No Other!



A dozen Ravena-Coeymans-Selkirk Central School District (RCS) students who attended Summer Discovery Camp recently got a unique, hands-on experience during a visit to Holcim Ravena's limestone quarry.

Campers rode in large-scale loaders and haulers used to extract the resources used in the cement-making process. They got a safety briefing and heard from quarry manager Brian Soeffing about the many applications of cement.

Supported by federal pandemic relief funds, the camp uses Process Based Learning (PBL) methods to help all students excel and succeed. The Holcim team was excited to welcome Discovery Camp participants to our quarry and look forward to working with the district to provide local students with enriching STEM opportunities.

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Panel decries employee issues at CMH

By Jeanette Wolfberg
Capital Region Independent Media

HUDSON—Columbia Memorial Hospital (CMH) employees explained their demands for higher wages and affordable health insurance, while depicting people leaving for more remunerative jobs, and temporary contractors replacing permanent employees, at a crowded public hearing in Hudson recently.

Their union, 1199SEIU, has been negotiating for a contract for months. So many people attended that some had to stand. Hudson Mayor Kamal Johnson moderated the event and told the employees he supports them. The next step is expected to be an informational picket outside CMH on Sept. 18.

In front of the audience sat a panel with four CMH employees, 1199SEIU Executive Vice President Greg Speller of Kingston, and an empty space for CMH President and CEO Dorothy Urschel. Also in front sat Greenport Town Supervisor Kathy Eldridge, an aide to Assemblywoman Didi Barrett, D-106, and an aide to state Sen. Michelle Hinchey, D-41.

The audience contained additional CMH employees, Hudson Common Council President Tom DePietro, other officials, and members of the general public.

The four CMH employee panelists were: Brianna O'Leary, X-ray and CAT Scan Technician, born in CMH; Robert Anderson, Certified X-ray Technician; Robin Johnson, Operating Room RN, (no relation to the mayor); and Gold Waters, Sterile Processing Technician.

The hearing took place in Hudson's central firehouse, where the union and management hold negotiations. Panelists explained that they always leave a chair for Urschel, in the hope she will come.

Employees said they had problems with inadequate wages, expensive health insurance, colleagues leaving for more remunerative jobs

elsewhere, doing more than one person's work, difficulty maintaining patient care quality, CMH filling positions with temporary traveling staff, inadequate communication with management, and uncertainty as to who their immediate bosses were.

Things got worse, they said, after Albany Med affiliated with CMH in 2016.

When Johnson asked what could be done to alleviate the situation, the employees said higher wages, better health insurance, and open and transparent communication with management.

"What can we do as a community?" asked Jennifer Belton, a member of Hudson's Common Council.

"Phone calls," answered Robin Johnson.

Study what happens in other parts of the country, recommended Sarah Dibben, owner of Supernatural Coffee in Hudson, from the audience.

Wages must increase to attract nurses, X-ray technicians, and secretaries, said Robin Johnson.

"We want to be competitive with the hospitals that are taking our staff away," said Anderson. "I could make 30% more at Northern Dutchess."

"They say we have good benefits, but for whom?" asked Robin Johnson.

She said her family insurance is going up from \$8,000 to \$10,000 a year, not counting copays. "I don't know how people with children do it."

Meanwhile, CMH advertises 13-week stints for traveling health care workers at much higher pay than its permanent employees. It flies them in and puts them up in hotels, said Speller.

The "travelers" make in a week what "my base pay" is in a month, said O'Leary. Already overnight Medical Imaging is staffed "entirely by travelers."

"We train great nurses," and then they leave for other places, reported Kelly Transure, a sur-

gical services nurse who has worked for CMH for 35 years, from the audience.

Columbia-Greene Community College graduates 50 nurses a year, and maybe two come to CMH, where they stay only a few years, Robin Johnson said.

Medical Imaging has hired seven technologists in the past two years, and only four have stayed, O'Leary added.

"They'll never retain new staff with the morale we have."

"Do you want a constant turnover of staff?" asked Transure.

At the latest count, CMH has 182 vacancies, and some bigger hospitals farther south have fewer vacancies, Speller reported.

However, some speakers from the audience reported similar situations at other hospitals. An employee of Albany Med reported having the same problem there.

"We're battling the same company. Our negotiations have mostly broken down. We have 500-600 open positions. The ICU has empty beds," the employee said.

CMH has gotten money to expand its Psychiatric and Wound Care facilities, speakers reported. But, Robin Johnson pointed out, it does not have enough staff to cover the psychiatric beds it does have. And it ended up staffing the Wound Care center with non-union people, Transure reported.

With staffing shortages at CMH, "We're doing more with fewer people," Transure said.

Everybody has to take on other people's tasks, Johnson said. "We" have to clean rooms and stack shelves.

Another problem is communication between employees and management.

"They don't hear us. Everything we ask for falls on deaf ears," Johnson said. "They say contact your manager, but we don't know who our manager is." Middle management has left.

"It's not an issue of money," said a nurse in

the audience. "Last year they got money from the federal government."

Hudson Police Chief Mishanda Franklin said, "If they say they don't have money, it means they want to spend their money on other things."

From the audience, officials for other labor unions, including those not related to health care, announced they stand by 1199SEIU.

Mayor Kamal Johnson reminded the audience that "we're trying to get Hudson more affordable." Affordable Housing is coming to Mill and State Streets. Another possibility is housing solely for health care workers.

"When I started, CMH was a family hospital, everybody knew everybody's name," Mayor Johnson said. Now "the hospital has forgotten the community."

"I love having a small hospital nearby. It's part of the community," said Dibben.

CMH's catchment area grew when hospitals in Columbia and Greene counties "merged" between 1985 and 1990, and CMH alone survived.

"We serve nursing homes, ski areas, elderly Bengalis, summer people, people retiring into their summer homes," said Anderson.

Speller said 1199SEIU represents 10,000 workers from Yonkers to Gore Mountain. "Together you can't lose."

"We represent 715 workers in CMH. Many were born there, and their children born there," said Speller. "With the demographic changes in our community, there's so much potential."

When asked for comment about the meeting, CMH emailed the statement "We've been negotiating in good faith with 1199 SEIU since January and have made numerous proposals that would increase wages considerably and maintain affordable health insurance. We are confident we will come to a final agreement that is competitive, equitable and sustainable."



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Community Calendar

RAVENA

Community Bulletin Board

SEPTEMBER 2024

- 21 - Trinity United Methodist Church's Lord's Acre Auction and Fair, 10 a.m. to 3 p.m. Flea market items, vendor wares, Thrift Shop open, luncheon beginning at 11 a.m., ice cream and more. Auction starts at 1 p.m.
- 21 - Town of New Baltimore's 21st Annual Townwide Yard Sale. Maps will be available at 8 a.m. at town hall.
- 22 - The Little Red Schoolhouse Historical Society Open House, 2-4 p.m. Dick Brooks will speak on the topic "Farmer Boy," based on the Laura Ingall Wilder's book. Free admission.
- 25 - Coeymans Planning/Zoning Board of Appeals meeting, 7 p.m., at Town Hall, 18 Russell Avenue, Ravenna.
- 24 - Ravenna Village Board meeting, 6 p.m., at Village Hall, 15 Mountain Road, Ravenna.
- 25 - Evening on the Green Concert Series, 6 p.m., at Coeymans Landing. Soul City will perform.
- 26 - Coeymans Town Board meeting, 6 p.m., at Town Hall, 18 Russell Avenue, Ravenna.

- 29 - The Little Red Schoolhouse Open House, 2-4 p.m., on Route 143, the topic will be "Ice Harvesting." Free admission.

OCTOBER 2024

- 1 - Ravenna Village Board meeting, 6 p.m., at Village Hall, 15 Mountain Road, Ravenna.
- 10 - Coeymans Town Board meeting, 6 p.m., at Town Hall, 18 Russell Avenue, Ravenna.
- 14 - Town and village offices closed for Columbus Day.
- 15 - Ravenna Village Board meeting, 6 p.m., at Village Hall, 15 Mountain Road, Ravenna.
- 15 - Coeymans Planning/Zoning Board of Appeals meeting, 7 p.m., at Town Hall, 18 Russell Avenue, Ravenna.
- 22 - Ravenna Village Board workshop, 6 p.m., at Village Hall, 15 Mountain Road, Ravenna.
- 23 - Coeymans Planning/Zoning Board of Appeals meeting, 7 p.m., at Town Hall, 18 Russell Avenue, Ravenna.
- 24 - Coeymans Town Board meeting, 6 p.m., at Town Hall, 18 Russell Avenue, Ravenna.

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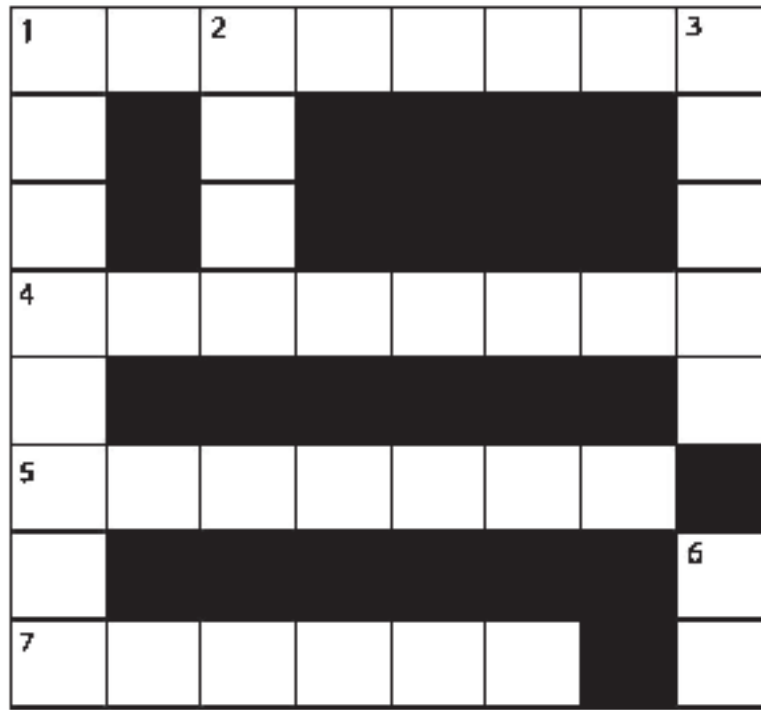
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KIDS PAGE



Crossword Puzzle



ACROSS

- 1. A thing a person does
- 4. Connective tissue
- 5. Grabs and stops a person
- 7. Competitive activities

DOWN

- 1. Sports participants
- 2. Aggressive person
- 3. Someone who is young
- 6. Extra time in a game (abbr.)

Answer: 1. Activity 2. Thug 3. Youth 4. OT Down 5. Tackles 6. Sports 7. Sports

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This sport is the leading cause of eye injuries in children.

Answer: Basketball

How they say that in...

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- Spanish:** Correr
- Italian:** Correre
- French:** Courir
- German:** Laufen

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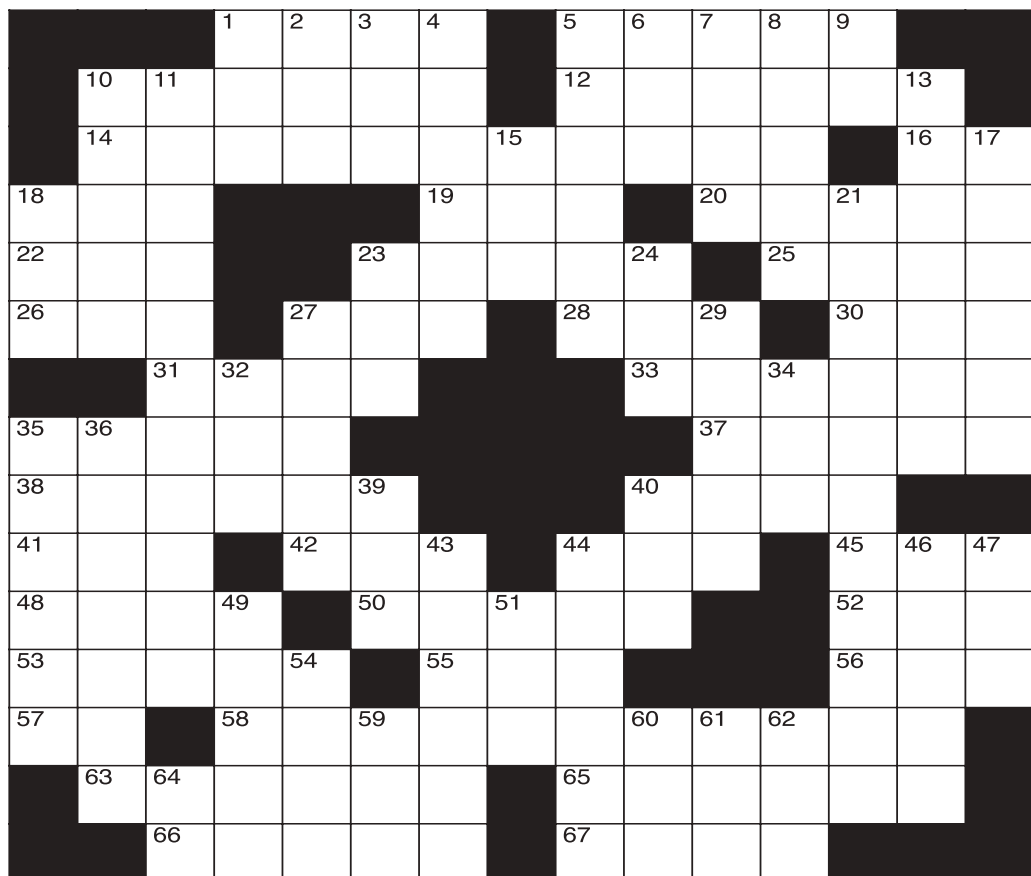
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CLUES ACROSS

- 1. Wrest
- 5. Russian river
- 10. Grupo Montparnasse founder
- 12. One who quits prematurely
- 14. Related to the nature of being

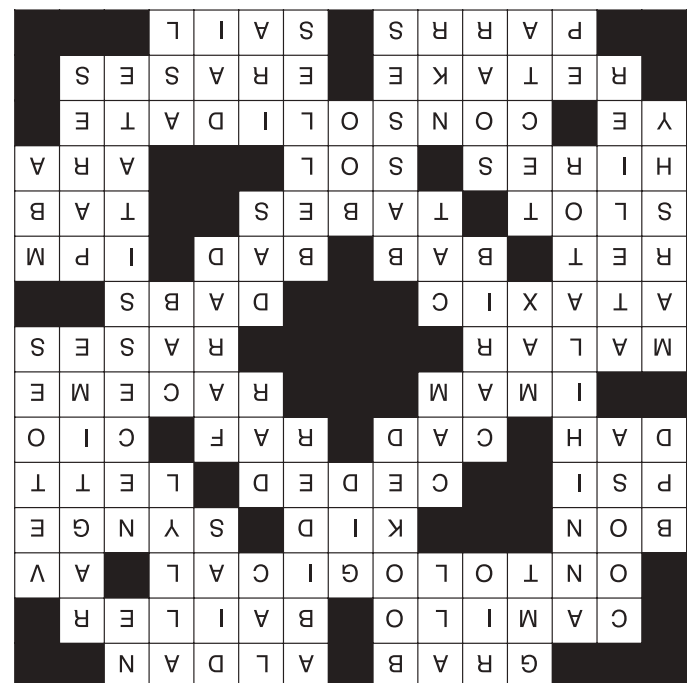
- 16. Early multimedia
- 18. Indigenous Tibetan religion
- 19. Tease
- 20. J.M. __, Irish dramatist
- 22. Pounds per square inch
- 23. Surrendered
- 25. Notable Dallas Cowboy Leon

- 26. Dash
- 27. Man who behaves dishonorably
- 28. British Air Aces
- 30. Data executive
- 31. Spiritual leader
- 33. Flower cluster

- 35. Of the cheek
- 37. Tears down
- 38. Uncoordinated
- 40. Touches lightly
- 41. Soak
- 42. Founder of Babism
- 44. Not good
- 45. Inches per minute (abbr.)
- 48. Type of casino game
- 50. Skills assessments for adults
- 52. Check
- 53. Gives a job
- 55. Fifth note of a major scale
- 56. Small, faint constellation
- 57. Thou
- 58. Reduce
- 63. Another recording
- 65. Removes for good
- 66. Jill and Catherine are two
- 67. Cruise

CLUES DOWN

- 1. Greenwich Time
- 2. Metropolis
- 3. Complete
- 4. Scheduled
- 5. One who obeys
- 6. Resinlike substance secreted by certain lac insects
- 7. Days (Spanish)
- 8. Unsaturated hydrocarbon radical
- 9. Region of the U.S. (abbr.)
- 10. Tributary of the Alabama River
- 11. One who eliminates
- 13. Ballroom music
- 15. Officer in the Book of Mormon
- 17. Denies



- 18. Barrels per day (abbr.)
- 21. Make vital
- 23. Former NFLer Newton
- 24. Kashmiri tribe
- 27. Indigenous S. American person
- 29. Capacitance unit
- 32. MLB great Scherzer
- 34. Taxi
- 35. Boggy
- 36. Artist's workroom
- 39. Feline
- 40. Prosecutors

- 43. Freshwater perches
- 44. Young ladies
- 46. Whittles
- 47. Licensed for Wall Street
- 49. Type of gene
- 51. Express displeasure
- 54. Fly high
- 59. Norwegian krone
- 60. Investment account
- 61. Chinese surname
- 62. Language
- 64. By the way (abbr.)

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The Ravens fight to control the ball in heavy Tigers traffic.



LIANA LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA

Keeping the ball inbounds.

RCS boys' soccer takes 0-3 loss at home

By **Melanie Lekocevic**
Capital Region Independent Media

RAVENA-COEYMANS-SELKIRK — In their first home game of the season Thursday, the RCS Ravens' boys' soccer team took a 0-3 loss against the Cohoes Tigers.

The Tigers took an early 1-0 lead in the first half and the Ravens were able to keep it close until late in the second half.

With 10 minutes to go in the game, the Tigers picked up their second goal of the night, and a minute later put the ball in the net again.

As the minutes clicked down the Ravens battled on the field but came up short and were shut out.

The loss is the third of the season for the boys' soccer team.

Their one win of the young season at press time came on Sept. 6 with a 3-2 victory of Schoharie.

Losses came in away games against La Salle Institute in a 2-6 game in the first game of the season on Sept. 4, and against Albany Academy in a 1-6 loss in a Sept. 10 away game.

Thursday's game brings the team's record to 1-3.

The boys' soccer team was sched-

uled to face off against Troy on Sept. 17 in a home game, with results not available at press time. The next game will be an away match against Schalmont on Sept. 24.

The next home game will be against Voorheesville on Sept. 26.

Girls' varsity soccer undefeated this season

By **Melanie Lekocevic**
Capital Region Independent Media

RAVENA-COEYMANS-SELKIRK — The RCS varsity girls' soccer team remained undefeated this season with a 4-0 record at

press time Monday, and the team only allowed one goal over four games.

The Ravens picked up their latest win in a home game against the Coxsackie-Athens River-hawks, holding their opponent scoreless in a 5-0 victory, scoring three goals in the first half

and two in the second.

The team defeated La Salle Institute 3-0 in the season's opening game and followed that up with a pair of big wins, beating The Albany Academy at home by a score of 7-1 — the only goal they allowed this season as of Monday —

and then held Cohoes scoreless in a 6-0 rout in their only away match.

The Ravens were next scheduled to face off against Troy in an away game Tuesday, with results too late for publication in this week's Ravena News-Herald.



MELANIE LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA

The Ravens meet in a huddle during the second half of Friday night's game against the Riders.



MELANIE LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA

The cheer squads from the Ravens and the Riders joined forces in the fourth quarter to lead the crowd in a cheer.

Ravens defeat Riders in a rout 45-0

By **Melanie Lekocevic**
Capital Region Independent Media

RAVENA-COEYMANS-SELKIRK — The RCS Ravens defeated the Ichabod Crane Riders in a 45-0 rout on their home field Friday night.

In front of the hometown crowd for the first time this season, the Ravens scored 42 points by halftime with 21 points in each of the first and second quarters and shut out their opponents before heading into the locker room.

The first touchdown of the game came with nine minutes to go in the first quarter when RCS's Ethan Green scored a 35-yard rushing touchdown, and the extra point was good. The Ravens followed that up with a second touchdown on a Mason



MELANIE LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA

Junior Cameron D'Ambrosio kicks a field goal for the Ravens' final score of the game. The defense held the Riders scoreless the entire game.

Carkner 8-yard rushing touchdown with five minutes left in the first quarter. Two minutes later Green blocked a punt to give RCS a 20-0 lead, followed by a successful extra point kick.

A few minutes into the second quarter gave the Ravens their fourth touchdown of the game on a pass by Mason Carkner to Ta'rae Makhli Green. RCS recovered a fumble by the Riders



MELANIE LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA

RCS dominated the game from the very beginning, coming away with their first win of the young season, 45-0.

ers a minute later to take over possession of the ball and was able to convert another touchdown with a 1-yard run into the endzone by Ethan Green. The extra point brought the score to Ravens 35, Riders 0.

An RCS interception with two minutes to go in the second quarter put the ball on the Ravens' own 3-yard line, opening the door to a massive 97-yard rushing touchdown by Joseph Touzin, and the extra point sent

the Ravens into the locker room with a 42-0 lead.

The team drove down the field on their first possession of the second half to put a 25-yard field goal onto the board, bringing the score to 45-0, where it would stay the rest of the game.

The defense held the line against the Riders, giving them few chances to make inroads in the game.

The win was the Ravens' first of the season after the team dropped the opening game in an away match against Columbia 7-28.

The Ravens will next face off against Schalmont in another away matchup this Friday beginning at 7 p.m. Their next home game will be against Broadalbin-Perth on Sept. 27.

Mendelssohn Club of Albany opens auditions for 2024-25 season

DELMAR — The Mendelssohn Club of Albany will hold auditions for male singers interested in joining the club for the 2024-25 season.

Interested tenors and basses can rehearse with the club on Wednesday evenings at 7:15 p.m., at the New Covenant Presbyterian Church, 916 Western Ave., Albany.

The club invites prospective members to sing with the group during subsequent rehearsals in September to become acquainted with the music, conductor and members of the club. Rehearsals take place every Wednesday, and the club will hold auditions near the end of September or in early October.

For more information,

please visit the Mendelssohn Club online at www.mendelssohn.org or contact Al Salinero at 518-810-4186 or psaliner@nycap.rr.com.

A Capital Region tradition since 1909, the 60-voice male chorus is the area's longest continually performing arts group. The club is composed of men from the Capital District, Hudson Valley, and Berkshire regions, and performs a full range of male choral selections from around the world. From Lincoln Center to the Mormon Tabernacle, the Mendelssohn Club of Albany has performed in over 85 distinct locations.

The Mendelssohn Club's traditional holiday concert is scheduled for Friday, Dec. 13, at The Egg in Albany.

The show must go on: Downpour doesn't stop dress parade

By Melanie Lekocevic
Capital Region Independent Media

CAIRO — A heavy and sustained downpour didn't dampen spirits for the 136th annual dress parade last weekend hosted by the Greene County Volunteer Firemen's Association convention.

The convention offers nearly a week of activities for area firefighters, fire police and auxiliary members, including awards ceremonies, dinners and meetings, followed each year by the fun-filled Mardi Gras parade on Friday and the formal dress parade on Saturday.

Each year the convention is held by a different fire company; this year, the Round Top Volunteer Fire Company organized and hosted all of the festivities.

The two parades marched down Main Street in Cairo and ended at Angelo Canna Town Park. Friday's Mardi Gras parade had the theme of "Hillbillies," with colorful and light-hearted costumes and floats.

Saturday's dress parade



MELANIE LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA
The annual dress parade's grand marshal was the late Past Chief Richard J. Hilgendorff from the Round Top fire company.



MELANIE LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA
Members of Cornell Hook and Ladder make their way down Main Street in Cairo during last Saturday's parade.

showed the grit of area first responders when marchers, bands headed down Main Street in the midst of a driving rain and brisk winds.

Spectators showed off their dedication, too, with many lining the streets huddled under umbrellas, taking shelter under store awnings or watching from their vehicles.

The grand marshal for this year's dress parade was the late Past Chief Richard J. Hilgendorff, who died Aug. 10. The Round Top fire company named Hilgendorff the grand marshal in memory of his service to the community. A sign bearing his photo and a tribute to his memory graced the side of one of the Round Top fire trucks in the parade.

The convention week started Sept. 4 with the Greene County Volunteer Firemen's Association's Ladies Auxiliary Dinner at Crystal Brook Resort. The next day, the association's dinner, annual meeting and memorial service in honor of fallen first responders was held at Riedlbauer's Resort. The week's events concluded with the Mardi Gras parade on Friday and the dress parade on Saturday.

Good deeds are not a substitute for love

Living on Purpose



DR. WILLIAM HOLLAND

I was reading an article the other day about how most people are confident that just being nice secures them a place in heaven. But is this true?

Of course, we want to believe that it's relatively easy to go through the pearly gates but is being a decent person all there is to it?

Have you ever heard the expression, "They would give you the shirt off their back," referring to someone's kindness and generosity? It's a notable character trait, but is this the standard for qualifying for eternal life?

Not necessarily. Contrary to popular belief, eternal salvation is not based on how good we are or how much we can give. It's about being spiritually born-again and knowing Jesus Christ as our Lord and Savior. According to the Bible, the invitation for eternal life has everything to do with accepting God's love and allowing His love to flow through us in everything we say and do. Beloved, let us love one another: for love is of God, and everyone that loves is born of God and knows God" I John 4:7.

Without learning what it means to love others with

the love of Christ, our lives are shallow and frustrating, no matter how many good works we do. I've spoken with people over the years who are convinced that God has a points system and if we make a passing grade, we are rewarded with heaven. The logic of those who have their own religious speculations about the Christian life but who are without a spiritual understanding assume those who receive bad grades because of their trespasses will fail to accumulate the required points needed in their quest to obtain the keys to their "mansion just over the hilltop."

This might be considered natural common sense, but it's not what the Bible says. Many nice individuals publicly give and volunteer to help others and are known to be generous. However, if they are not a child of God,

their deeds look wonderful to the world, but they are not a substitute for being saved and surrendering their will to Him. Read Mathew 7:22.

To those who are born again, God is their master and they obey His voice because they love Him. I John 2:15, says it this way, "Love not the world, neither the things that are in the world. If any man loves the world, the love of the Father is not in him."

Within this word "love" we realize the carnal mind follows and worships the world because it contains everything associated with fleshly desires. Romans 12:2 demands that Christians be not conformed to this world, but to be transformed by the "renewing" of our minds. Receiving a new spirit is the greatest gift in this life, but we also need a completely new way of thinking that is

focused on the will of God.

If heaven and hell were based on a grading system, there would have been no reason for Jesus to come and die on the cross, shed His blood, or rise from the dead. God could have just kept track of all the good and bad things people do and after everyone had taken their last breath, all the points would be added up, and we would know our fate.

The reality is when Jesus convicts and invites us to be redeemed, He forgives our sins and makes us a brand-new creation. It is then we embrace our responsibility to allow Christ to sit on the throne of our heart as our King. As we are filled with His endless stream of His love, it overflows onto others and is what "this little light of mine" is all about.

We cannot out-give or out-love God, and without

His nature and character flowing through us, we are not as pleasing to Him as we think we are. As we read First Corinthians chapter 13, we realize the greatest legacy anyone can leave is to be known for being filled with God's love. Verse 3 says, "And though I give everything I have to feed the poor, and give my body to be burned, and have not love, it profits me nothing."

Remember, when Jesus was nailed to the cross He asked His Father to forgive those who were torturing and killing Him. This example of divine love that He has for everyone reminds us that His truth and His Agape love within us is how the lost are drawn to Him.

Dr. William Holland is an ordained minister, chaplain and author. Read more about the Christian life at billyhollandministries.com.

Greenville Day 2024 Festival comes to Vanderbilt Park

GREENVILLE — Looking for entertainment in September? Come to the 18th annual Greenville Day, a family-friendly outdoor gathering with games, rides, food, fun and fireworks on Sept. 27, from 4 p.m. until dusk, and Sept. 28, from noon to dusk, at the George V. Vanderbilt Park on Route 32.

This year's beloved event for all ages features inflatable activities/rides, live music by One Heart Band, Julie & the Cruise Directors, and Shannon Roy Band, hay rides, a foam party, pony rides, petting zoo, reptile exhibit, birds of prey exhibit, food trucks and evening fireworks.

If you're looking to find a special gift for the upcoming holidays, there is also a tent craft fair and business expo, a townwide yard sale, and the Greenville Public Library book sale.

Come spend a family-friendly day in Greenville!

Visit the town website at townofgreenvillenyc.com for more information, schedule, and updates.

The fun starts at 4 p.m. on Friday and on Saturday at noon. There will be a \$5 cash parking fee. Attendees are asked to follow current New York state COVID-19 advisories.

MORE ABOUT GREENVILLE DAY

Greenville Day is an annual community event held in Greenville's Vanderbilt Park and organized by the town of Greenville. The event is held to celebrate local



CONTRIBUTED PHOTO

Greenville Day will have fireworks at nightfall on Saturday.

community and this year is sponsored by local 501c3 non-profit Community Partners of Greenville, a Greene County Speenburgh grant, and over 50 local businesses and non-profits.

In 2023, over 4,000 people attended Greenville Day. Proceeds raised during the event are reinvested into the town parks and local community projects.



CONTRIBUTED PHOTO

There will be live animal and reptile exhibits at Greenville Day. Pictured is a scene from last year's event.



CONTRIBUTED PHOTO

Musical performances will be a highlight of the weekend. Pictured is Greenville Day in 2023.

Greene remembers: County salutes the 9/11 fallen

By **Melanie Lekocevic**
Capital Region Independent Media

CAIRO — It's been 23 years since terrorist attacks toppled the two buildings of the World Trade Center on Sept. 11, 2001, a third forced down an airplane in a field in Shanksville, Pennsylvania, and a fourth plane crashed into the Pentagon.

It was a day that shook the world and for those who lived through it, it will never be forgotten.

Greene County held its annual ceremony Wednesday marking the day and remembering the 2,977 people who died that day.

More have died from cancer and other illnesses related to the recovery efforts and cleanup of the World Trade Center site in the years since the attacks, several of them from Greene County.

Held at the county's Emergency Services building in Cairo, the somber ceremony drew a crowd looking to honor and salute the fallen.

"Today is a day we will never forget, and we will always recognize," Greene County Legislature Chairman Patrick Linger, R-New Baltimore, said to open the ceremony. "It is a day for us to remember and to reflect."

Color guard members from numerous first responder agencies around the county presented the colors, the Pipes and Drums of Greene performed a somber prelude to the ceremony, and Deputy Director of Emergency Services Daniel King led the audience in the Pledge of Allegiance, with Megan Darling performing the national anthem.

Rabbi Zoe B. Zak of Temple Israel of Catskill conducted the invocation.

The event's keynote speaker was David Kolb, a retired major from the New York State Police and a former



MELANIE LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA

Veterans and first responders honored those who died in the 9/11 terrorist attacks and in the years that followed from medical conditions acquired while working in recovery and cleanup operations.

member of the U.S. Air Force and the New York Air National Guard. Kolb was deployed to the recovery efforts and cleanup at the World Trade Center site.

He recalled the sights and sounds, and the smell of death, that was pervasive in downtown Manhattan on 9/11 and in the days and weeks that followed. The sight of a simple woman's shoe found on the ground near the remains of the World Trade Center was heart wrenching.

"I didn't know who owned it. I didn't know if she was dead or alive — maybe she was somebody who got out and just said, that shoe isn't that important. But we also know there were people jumping out of those buildings. I don't know," Kolb said. "I stood there and looked at that shoe and then I felt a hand on my shoulder."

It was a chief from the FDNY. "He leaned in and said, 'Sergeant, your men are watching you. Just drop that shoe on the ground and keep on go-

ing,'" Kolb said. "He gave me a little dose of reality."

Kolb also remembered a Burger King restaurant near the site that was turned in a temporary morgue, and the smell of death on his uniform.

"It smelled like death, and I knew I had to wear that uniform for another eight days," he added.

The ramifications of that day still reverberate today, more than two decades later.

"I'll never forget the sights and sounds and smells of that day, 23 years later," Kolb said. "In the years since, I have had medical and emotional issues. I have no problem telling anybody that — I don't sleep well, at times I still find myself angry, anxious, and I don't like crowds."

But he also recalled the days, weeks and months following the terrorist attacks, when the United States was united, and the flag flew proudly from every home.

"I remember the outburst of patri-



MELANIE LEKOCEVIC/CAPITAL REGION INDEPENDENT MEDIA

Keynote speaker David Kolb addresses the audience during a somber ceremony honoring the fallen from 9/11.

tism in the days and weeks after Sept. 11. Everybody flew an American flag. You saw it everywhere," Kolb said. "What happened? Where are those times now?"

State Sen. Michelle Hinchey, D-41, also addressed the crowd.

"Twenty-three years ago, on a clear September morning, our world was darkened by incomprehensible tragedy," Hinchey said. "We stand here in reverence for every innocent life lost and for the brave souls who rose when the world fell. Our very own neighbors, including firefighters, police officers and paramedics from local communities, were forced to make extraordinary sacrifices so we had the guardians and protectors we needed to get us through the unspeakable. As most of us stood paralyzed in disbelief, they ran toward the flames and the chaos, carrying not just the weight

and ruin and rubble, but the weight of a broken nation on their backs."

Assemblyman Chris Tague, R-102, remembered the day the Twin Towers fell and how, like millions of others, he watched on television as the second plane slammed into the second tower.

"It's a day that I will never, ever forget," Tague said. "This ceremony that is held every year is a timely reminder of the service and sacrifice of our EMS, our firefighters, our law enforcement and other first responder personnel. My fellow Americans, it is our responsibility to ensure that their stories and their legacies are told to future generations."

The service honored two fallen local heroes — New York State Trooper Ivan Morales and firefighter Aaron Matthews — and a bell tolled for other county first responders who have died in the line of duty over the years.

Coeymans Hollow Volunteer Fire Corporation News

• **Coeymans Hollow's 9th Annual Horror in the Hollow Hayride**

Plans for the return of the Coeymans Hollow Fire Company's 9th annual Horror in the Hollow Hayride are well under way. The hayride will be held on Saturday, Oct. 19, from 5-9:30 p.m. at Joralemon Park, 145 Starr Road in Coeymans Hollow. Screams, thrills and chills will be provided by the scary and deceased members of the CHVFC who reside in the Joralemon Park Cemetery. For those who are faint of heart or for small children, a non-scary ride will be offered. All children under the age of 18 must be accompanied by an adult. Food and beverages can be purchased from New Baltimore Fire, the Albany County Sheriff's Office will have their K-9 unit present, and the Coeymans Hollow Trinity United Methodist Church will be holding a bake sale. Other activities will include raffles, music and more. Please mark your calendar with this very important date. More details about hayride and pre-ordered tickets will be released soon.

• **Craft fair and open house scheduled for Oct. 5:**

The Coeymans Hollow Volunteer Fire Corporation will be hosting an open house and craft/vendor fair on Saturday, Oct. 5, at the Coeymans Hollow firehouse from 9 a.m. to 4 p.m. Crafts, refreshments and firefighting demonstrations will be offered. Come out and enjoy the day and support the volunteers of the Coeymans Hollow Volunteer Fire Corporation.

• **Craft fair vendors needed:**

A limited number of spaces are left and can be rented on a first come, first serve basis for the first annual Coeymans Hollow Fire Craft Fair. Local crafters and businesses can rent space for a \$20 donation and a donation of an item to raffle off. All vendors and business wishing to participate in this year's craft fair and open house are encouraged to fill out a vendor application and send it along with a check to: Coeymans Hollow Volunteer Fire Corporation, P.O. Box 147, Coeymans Hollow, NY 12046. Applications can be obtained by calling the Coeymans Hollow Volunteer Fire

Corporation at 518-756-6310 or by emailing Anna Haight at annamariel4325@gmail.com. All applications and payments must be received no later than Friday, Sept. 20. Checks can be made payable to the Coeymans Hollow Volunteer Fire Corporation. For more information about the craft fair/open house, please contact Mary Ann Dennis at 518-767-2621.

• **Company physicals scheduled:**

The Coeymans Hollow Volunteer Fire Corporation will hold company physicals for active members on Tuesday, Sept. 24, beginning at 6 p.m. Please see Chief Dan Haight to schedule a time for your physical and to obtain your physical form.

• **Assistance requested:**

Assistant Chief John Williams is looking for EMS assistance to cover the Echo Valley races next Saturday, Sept. 27, for race practice and on Sunday, Sept. 28. Both events will start at 8:30 a.m. and will conclude at 4 p.m. If you can provide assistance, please contact John Williams.

• **Paid firefighting training now available:**

New York state and Homeland Security are now compensating volunteer firefighters for taking Basic Exterior Fire Fighting Operations (\$750), Interior Firefighting Operations (\$1,250), and Fire Officer Training (\$1,000) when you successfully complete a course. For more information, please contact and join your local volunteer fire company. All local volunteer fire companies need your help.

• **Recruitment and retention:**

Fall is here and the winter months will not be far behind. The fire company is in desperate need of new volunteers to help protect the community. The number of members in the volunteer fire service are dwindling not only in the local volunteer fire departments but nationwide and they need your help. Active interior and exterior firefighters, EMS personnel, fire police, ladies auxiliary members and associate members are needed to assist with many committees. There is a job for everyone. These are volunteers here to protect lives and property in the Coeymans

Hollow Fire District. They will provide all the equipment and training for you to become a member of the Coeymans Hollow Volunteer Fire Corporation. If you are between the ages of 16 and 18, and are interested in being a junior volunteer in the fire service, please call or stop by the firehouse. For junior firefighters, remember — volunteering for your community looks good on your college or work application. Think about it — if you don't volunteer, who will? For more information or to obtain an application, give them a call at 518-756-6310 or stop by and check it out on Tuesdays on drill nights beginning at 7 p.m. The life and property you save by becoming a volunteer may be within your own family.

• **Events scheduled by neighboring fire companies and community groups:**

- Evening on the Green is held every Wednesday in September beginning at 6 p.m. at Coeymans Landing. All concerts are weather permitting.

- The last Evening on the Green concert of the season will be held on Wednesday, Sept. 25. Soul City will be performing at 6 p.m. at Coeymans Landing. Thank you for supporting the concert series.

- The Coeymans Hollow Little Red School House Open House is being held on Sundays, Sept. 22 and 29, from 2-4 p.m.

- Coeymans Fire will host a drive-thru roast beef dinner on Sept. 19, beginning at 3:30 p.m. until sold out.

- Selkirk Fire No. 2 will hold a chicken BBQ on Saturday, Sept. 20, from 4 p.m. until sold out.

- The Trinity United Methodist Church Lord's Acre Auction and Fair will be on Saturday, Sept. 21, from 10 a.m. to 3 p.m.

- Onesquethaw Fire will hold an All You Can Eat Breakfast on Sunday, Sept. 29, from 7:30-10:30 a.m.

- Coeymans Hollow Volunteer Fire Corporation Vendor/Craft Fair/Open House will be on Saturday, Oct. 5, from 9 a.m. to 4 p.m. at the Coeymans Hollow firehouse.

- Coeymans Hollow Fire presents the 9th annual Horror in the Hollow Hayride on Saturday, Oct. 19, from 5-9 p.m.

at Joralemon Park on Starr Road in Coeymans Hollow.

- Coeymans Ladies Auxiliary will hold a pancake breakfast on Sunday, Oct. 20, from 8

a.m. to 1 p.m.

• **Safety tip:**

Report a fire promptly by calling 911. A fire doubles in size every minute.

• **Fire and EMS report:**

The Coeymans Hollow Volunteer Fire Corporation responded to two EMS calls in the past week.



September 25, 2024
10 am - 11 am

"Meet The Editor" with Melanie Lekocevic invites community members to engage in meaningful discussions about local news coverage, offering a platform to share insights, suggest improvements, and shape relevant reporting that meets community needs. This initiative seeks to enhance transparency and collaboration, strengthening the bond between the news outlet and its audience for a more enriching experience for all.

Silver Spoon Café
11 Madison Ave
Ravena, NY



THE RAVENA News-Herald

THE COLUMBIA Paper

PIONEER

Fewer babies threaten future U.S. economic growth

The Retired Investor



BILL SCHMICK

The fertility rate in the United States has fallen by 3% since 2022. That is a historic low and marks the second yearly decline in a row. How will that impact the economy?

In the simplest terms, if you have lower population growth then you will have fewer people producing goods and services. That will result in slower economic growth. But it is not the only impact. A shrinking workforce will also mean there are fewer people paying taxes.

In a country like ours that has seen decades of increased spending and higher debt, the question becomes who will pay this growing obligation. As our deficits expand at an increasing

rate, while the birth rate continues to decline there will be fewer and fewer people to pay off the nation's debt burden. The Heritage Foundation estimates the total amount of debt that a baby born in 2007 assumes was \$30,500. That figure almost doubled to more than \$59,000 just 13 years later.

From 2014 to 2020, the birth rate consistently declined by 2% per annum, according to the CDC's National Center for Health Statistics. Last year the birth rate in the U.S. reached a record low. Just 3,591,328 babies were born, which indicates the birthrate has now fallen below the replacement level needed for one generation to replace itself. This was not supposed to happen.

Experts in the field will tell you the COVID-19 pandemic was supposed to jumpstart an increase in the American birth rate. The argument was that the lockdowns were forcing couples to spend a lot more time together indoors. That would lead to many a romantic evening and an increase in babies nine months later. The exact opposite happened.

The year 2020 hit a record low in the fertility rate at 1.6, the sixth straight year with a

decline in the number of births. The facts are that ever since the financial crisis of 2008, births have been declining.

Experts point to a variety of reasons for this trend. Changing social norms, demographics, immigration policies, and a decline in teenage pregnancies are some of the most important reasons. Chief among them is that Americans are delaying or foregoing marriage entirely. And if they do tie the knot, women are marrying later in life. As a result, couples are having fewer children compared to prior generations.

The Pew Research Center, in tracking birth trends in the U.S., found that some groups were no longer making babies as fast as they used to. Historically, fertility among Hispanics far exceeded that of other groups. However, that is no longer the case. Researchers believe a drop-off in immigration from Mexico has reduced the birth rate among Hispanics to levels more in line with the national average.

Teenage births have also plummeted. The number of births has dropped in half from 10 years ago in this age group. Why? The Pew Research Center cites a greater awareness and

use of effective contraceptives, as well as an increase in the number of teenagers who report never having had sex.

Lower birth rates are not all bad, especially at the state level. Many school districts are experiencing declines in enrollment. The decline in teenage pregnancies has helped offset some of the rises in health care expenditures as well. Fewer people will also mean less pressure on infrastructure as well.

Whether or not those benefits will offset the declines in income, sales and other tax revenues will depend on the state. Western states are experiencing the worst declines. Decreasing birth rates in Arizona and Utah, for example, are double that of the 50-state average.

Migration trends and a state's tax structure will also be important in mitigating the impact of slowing birth rates. States that are recipients of an influx of new residents from other states or abroad are better positioned to weather the storm. It should come as no surprise that the Northeast has lower fertility rates and more residents migrating elsewhere.

It also depends on where each state derives its revenues. Those most dependent on indi-

vidual income taxes face greater risks than those who generate substantial income from other sources such as extraction of natural resources or corporate income taxes. States such as Florida, Nevada, South Dakota, Texas and Washington, which rely heavily on sales taxes, will likely need to change course in how they generate revenues.

In addition to these threats to future revenue declines, states will need to worry about their access to federal funding. Many of the largest federal programs allocate money according to formulas that include a state's headcount. Those states that show greater declines in birth rates may see their funding reduced at a greater rate than in other states.

In any case, the impact of low fertility rates won't be felt for several decades when today's children reach an age where they will be spending more and paying significant income taxes. But many nations in Europe and Asia in a similar situation are not waiting for that to occur. They have already developed policies to encourage more babies, while in this country the focus has been more on individual choice and freedom. *Bill Schmick is the founding*

partner of Onota Partners, Inc., in the Berkshires. Bill's forecasts and opinions are purely his own and do not necessarily represent the views of Onota Partners, Inc. (OPI). None of his commentary is or should be considered investment advice. Anyone seeking individualized investment advice should contact a qualified investment adviser. None of the information presented in this article is intended to be and should not be construed as an endorsement of OPI, Inc. or a solicitation to become a client of OPI. The reader should not assume that any strategies, or specific investments discussed are employed, bought, sold or held by OPI. Direct your inquiries to Bill at 1-413-347-2401 or email him at bill@schmicksretiredinvestor.com for more of Bill's insights. Investments in securities are not insured, protected or guaranteed and may result in loss of income and/or principal. This communication may include opinions and forward-looking statements, and we can give no assurance that such beliefs and expectations will prove to be correct.

Widow's benefits vs. benefits from ex-spouse

Social Security Matters



RUSSELL GLOOR

Dear Rusty:

In November I will be 60 and eligible for widow's benefits. My late husband's Social Security was approximately \$2,300 when he passed around seven years ago. FYI, my

ex-husband is still working and will probably receive the highest SS when he retires in about five years (we were married for more than 10 years).

Either of these is more than my own Social Security will be, so how does this work? Will this turn into my Social Security? Can I start on one and switch to the other later?

Signed:

Wondering Widow

Dear Wondering Widow:

Provided you have not remarried before age 60, you have a choice which benefit to receive — either your deceased husband's benefit as his surviving spouse, or your ex-spouse benefit from your ex-husband while he is still living.

Taking your survivor bene-

fit from your deceased husband will likely be best because it is based on 100% of his SS amount when he died, whereas your ex-spouse benefit from your living ex-husband is based on 50% of his FRA entitlement.

To get an ex-spouse benefit from your ex-husband (which you can't get until you are 62), your own SS retirement benefit would need to be less than 50% of your ex's FRA entitlement.

As you know, you will be eligible for survivor (widow's) benefits from your deceased husband when you are 60 but be aware that by taking your survivor benefit at 60, it will be reduced for early claiming. Rather than 100% of your husband's SS benefit, at age 60

you will get about 71.5%. Your surviving spouse benefit reaches maximum at your full retirement age (FRA) of 67 and will grow to that point but will be reduced if taken prior to that.

Also, if you are working, Social Security's "earnings test" will apply until you reach your full retirement age, so your plans for working may influence your decision on when to claim your widow's benefit. If you exceed the earnings limit (\$22,320 for 2024; it changes annually), Social Security will take away \$1 in benefits for every \$2 you are over the limit. They "take away" by withholding future benefits until the penalty is satisfied, which means you would go some number of months without

benefits. And, if you substantially exceed the earnings limit you may even be temporarily ineligible for any SS benefits (until you earn less or reach your FRA — the earnings test goes away at your FRA).

If you claim your surviving spouse benefits from your deceased husband first, and your ex-husband later dies, you do have the option to switch to the higher survivor benefit from your ex-husband. In effect, if both husbands are deceased, you have a choice which benefit to take (and, obviously, you'd chose the higher of the two).

None of this, however, happens automatically. To claim your surviving spouse benefit you will need to contact Social

Security directly at 1-800-772-1213 (or call your local SS office) to make an appointment to apply for widow's benefits.

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 ss-advisor@amacfoundation.org.

The Fed is expected to begin cutting interest rates

@ the Market



BILL SCHMICK

After two years of monetary tightening, the Federal Reserve Bank is poised to begin loosening its policy. Is the event already priced in or will the stock market celebrate with new highs?

It may depend on how deep a cut the Fed is willing to make. In my opinion, in

the long run it won't matter unless you are one of those day-to-day options traders who live or die based on the next trade. Nonetheless, in a market that may well hit a new high this week, what the Fed does and how it talks about future cuts will be important.

Some believe the Fed should cut 0.5% (50 basis points), while others are in the camp that it will only need a 25-basis point cut. Does that matter in the scheme of things? My answer is no. There are arguments on both sides of that decision. I come down on the side of a lesser cut. Anything more might signal that the Fed may be worried that growth and jobs are slowing too rapidly.

In addition, the U.S. central bank has preferred to

use consecutive smaller cuts rather than big ones. The Fed might also be sensitive to the political environment as well. Although the Fed argues it is a non-political organization, one of the candidates, former President Donald Trump, has already warned Fed Chairman Jerome Powell (who he appointed) that the Fed should refrain from cutting rates until after the November elections. He said a cut would aid the incumbents in a tight race where the economy is one of the key areas of contention. The facts are that no matter what the Fed does, both sides will claim and politics played a hand in the decision.

The last inflation data before the meeting came in mixed last week. The Consumer Price Index (CPI) for August registered a 0.2%

increase, the lowest since early 2021. That was about what economists expected although the core CPI, which excludes food and energy, increased 0.3%. That was higher than forecast.

At first, skittish traders did not take kindly to that number. In the bond market, the betting on a 50-basis point cut this week plummeted. Stocks fell in the morning but bounced back as traders realized that a 25-basis point cut was still in the cards. The Producer Price Index (PPI) came in mostly cooler for August, which cheered the markets last Thursday, and betting on a bigger cut rose once again.

With so many cross currents, the key macroeconomic variables I am watching for direction are the labor market, the dollar, and bond yields. Weaker job growth will be the Fed's chief concern. A weakening dollar will be good for equities unless we see our currency fall out of bed overnight as it did in August during the yen-carry trade debacle.

Lower yields in the bond market have provided a cushion for stocks thus far. That should continue unless and until the story changes. If the labor and growth data weaken sharply, for example, that would evoke worries of a hard landing. In that case, yields would continue to drop but so would equities for all the wrong reasons. Treasury bonds would be seen as a flight to safety, while stocks fell on recessionary fears.

Beyond the economic

data, the most popular show of last week was the presidential debate. It was entertaining but less informative than Wall Street would have liked. As far as the economy is concerned, nothing of substance was discussed in depth. While many may bemoan the slogan-filled nature of the race thus far, do not be surprised. It is not that kind of race.

Few among us are undecided. Those that are will largely make their decision based on a particular issue. Inflation is coming down, but not enough. Growth is still robust but slowing. Jobs are still available, but there are fewer. Many other issues such as abortions, immigration, crime, etc., may be more important than economic concerns to undecided voters.

Unless one or the other candidate pulls ahead substantially in the weeks ahead, markets will remain volatile and in a trading range until the election. My advice is not to be pulled into the day-to-day ups and downs of the market. Last week, for example, we saw spikes in sectors such as solar energy (up), insurance (down), pot stocks (up and down), and crypto (up) all based on a positive or negative sentence or two from the candidates.

Two weeks ago, I suggested that we could see a bounce in stocks. We did. The S&P 500 Index was up more than 3% while the NASDAQ gained 5%. But remember, as I have cautioned readers for the last few weeks, we are

in a seasonally bad time for equities. The final two weeks in September are especially so, and the Fed's FOMC announcement was expected this week. Chances are that markets will hold on to these gains at least up until the Fed meeting. However, be prepared for more volatility after that if not before.

Bill Schmick is the founding partner of Onota Partners, Inc., in the Berkshires. Bill's forecasts and opinions are purely his own and do not necessarily represent the views of Onota Partners, Inc. (OPI). None of his commentary is or should be considered investment advice. Anyone seeking individualized investment advice should contact a qualified investment adviser. None of the information presented in this article is intended to be and should not be construed as an endorsement of OPI, Inc. or a solicitation to become a client of OPI. The reader should not assume that any strategies, or specific investments discussed are employed, bought, sold or held by OPI. Direct your inquiries to Bill at 1-413-347-2401 or email him at bill@schmicksretiredinvestor.com for more of Bill's insights. Investments in securities are not insured, protected or guaranteed and may result in loss of income and/or principal. This communication may include opinions and forward-looking statements, and we can give no assurance that such beliefs and expectations will prove to be correct.

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Arts & Entertainment



History and quiet contemplation at America's first Shaker settlement

By Marlene McTigue
Capital Region Independent Media

It may surprise you to learn that just across from bustling Albany International Airport, tucked into a quiet, wooded corner there is a place where quiet contemplation of simpler ways and times is the norm. At America's first Shaker settlement, located at 25 Meeting House Road, the Shaker Heritage Society stands as a testament to a place where dreams of a utopian society flourished over two centuries ago. Johanna Batman, the executive director of the Shaker Heritage Society, leads efforts to preserve and share the rich history of this unique religious movement.

The Shaker Heritage Society was founded in 1977, when a group of dedicated volunteers came together with a mission: to protect and promote the historic site from encroaching modern developments.

"This is the first Shaker settlement in the United States," Batman said, emphasizing the site's historical significance. "These volunteers took it upon themselves to raise awareness about why this place is special."

The Shaker settlement's history dates to 1776, when a small group of Shakers, led by Ann Lee, arrived in an area. The Shakers' journey to America was driven by a profound vision—to create a heaven on earth, a new Eden, through a way of life rooted in pacifism, celibacy, communal living, and equality.

"Their project was built on the idea of restoring the Garden of Eden," Batman said. "Through their dedication to these values, they sought to build a utopian society."

Ann Lee, a charismatic and visionary leader, was at the heart of the Shaker movement. She believed the Shakers were chosen to live a life free of sin and that their practices, including communalism and celibacy, were the keys to achieving this. Despite living in a time when women rarely led religious movements, Lee's leadership was unquestioned among her followers.

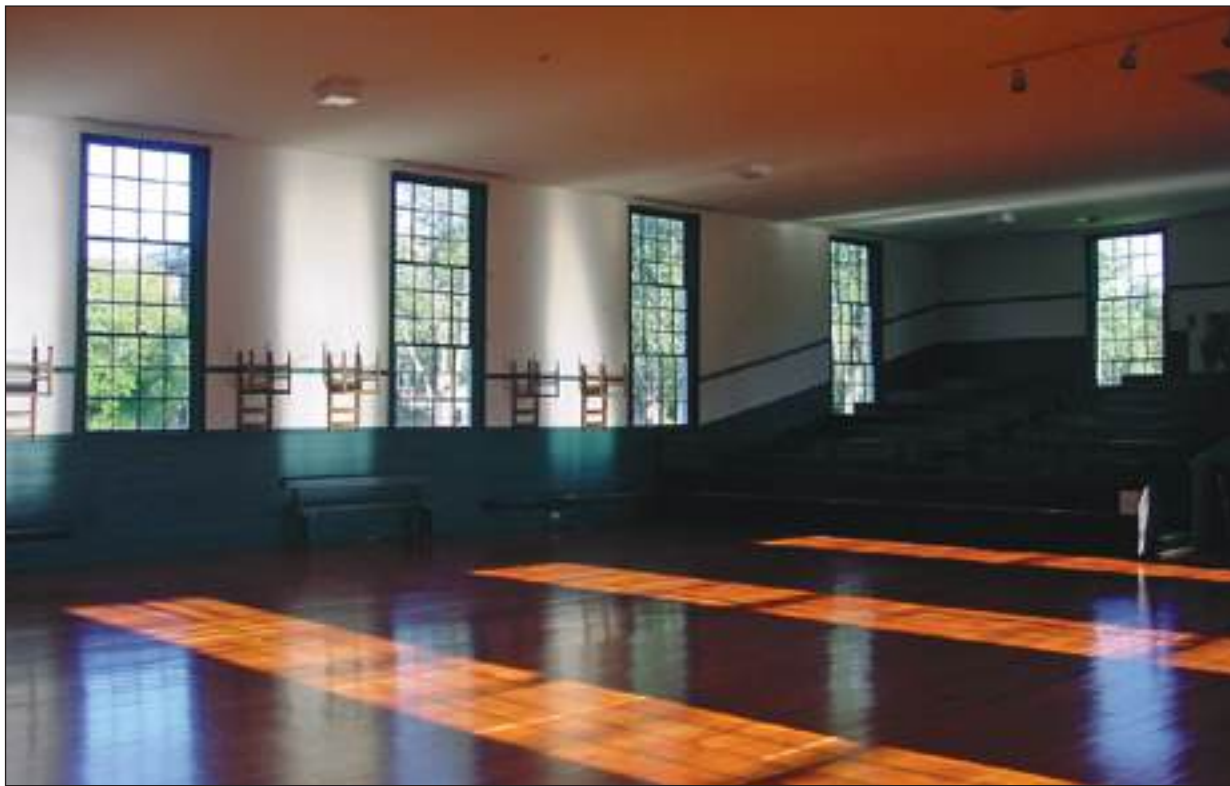
"She had visions, spoke in tongues, and was seen as a messenger of God by her followers," Batman said. "She believed in equality, teaching that both men and women were created in the image of God."

The Shakers' arrival in America was not without its challenges. At the time, the region was still operating under a European-style feudal land ownership system, with aristocratic families owning vast tracts of land that they leased to tenant farmers, including the Shakers. It wasn't until the mid-19th century, following the death of Stephen Van Rensselaer III—known as the "Good Patroon" for his lenient land policies—that the Shakers were able to



CONTRIBUTED PHOTO

The herb gardens at the Shaker Heritage Society are a testament to the self-reliance of the Shakers in their time.



CONTRIBUTED PHOTO

The site's Meeting House is pictured in late afternoon.

purchase the land outright.

Under Ann Lee's guidance, the Shaker settlement began to grow. However, her time in America was brief—she lived only nine years after arriving. Despite her short tenure, her influence was profound. Lee embarked on a two-and-a-half-year missionary journey across New England, spreading the Shaker message and establishing other Shaker communities, includ-

ing the Mount Lebanon and Hancock Shaker villages.

Yet, the Shakers faced significant persecution during this period. Their communal lifestyle, pacifism and celibacy made them targets of suspicion and violence. "Ann Lee was seen as a threat," Batman said. "She was even abducted and attacked on multiple occasions."

Even after Ann Lee's death in 1784,

the Shaker movement continued to grow, thanks in part to the leadership structure she had put in place. Joseph Meacham, an American-born convert, was appointed as the new leader, and he made the crucial decision to appoint a woman as his co-leader, maintaining the Shakers' commitment to equality.

"This dual leadership model became a hallmark of the Shaker community," Batman explained. "At every

level, there were male and female leaders working together."

By the early 19th century, the Shaker settlement in Albany had grown to include four villages, with the main village, known as the Church Family, housing 80 to 100 people. At its peak, the entire community consisted of about 350 members. The Shakers lived in highly regimented communities, where everyone resided in dormitory-style buildings known as dwelling houses.

"Life here was very structured," Batman said. "The bell on the roof would summon people for meals, prayers and work."

The Shakers were industrious, and their communal lifestyle allowed them to become economic powerhouses in the early 1800s. They produced goods on a massive scale, including tens of thousands of brooms, medicinal herbs, and canned fruits and vegetables. However, the advent of industrialization in the mid-19th century began to erode the economic viability of the Shaker way of life.

"They couldn't compete with the new automated processes," Batman said.

The decline of the Shaker movement was also influenced by broader societal changes, including a shift away from the religious fervor that had characterized the Second Great Awakening.

"The Shaker lifestyle became less culturally attractive," Batman said. "And post-Civil War, the decline became sharper."

Despite these challenges, the Shaker movement persisted for many years. By the turn of the 20th century, however, the Shaker villages in Albany began to close, one by one. The Church Family, the central community on the site, closed in 1925. Yet, the legacy of the Shakers lived on.

The Shaker Heritage Society now preserves 25 acres of the original settlement, a small portion of the 4,000 acres that once belonged to the Shakers. While many of the original buildings were demolished in the 1920s and 1930s to make way for the construction of the Ann Lee Nursing Home, the society continues to preserve the remaining structures and educate the public about the Shakers' enduring legacy.

Today, the Shaker Heritage Society is dedicated to keeping the spirit of the Shakers alive, even as the number of practicing Shakers has dwindled to just two. The society offers a glimpse into a way of life that, while no longer thriving, continues to inspire with its vision of equality, simplicity, and communal living.

"The Shakers were striving for something greater than themselves," Batman concluded. "And that legacy is something we are proud to preserve."



CONTRIBUTED PHOTO

The Shaker Heritage Society, founded in 1977, celebrates and preserves the history of a unique religious movement.



CONTRIBUTED PHOTO

An image of the drying house and beehives, from the New York State Museum's collection.



CONTRIBUTED PHOTO

The culture of the Shakers is preserved at the site just across from Albany International Airport.



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33 Miles
FROM GHENT
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