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# THE RAVENA News-Herald

Albany County's oldest continuously published weekly newspaper

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THURSDAY, JUNE 17, 2021

CAPITAL REGION INDEPENDENT MEDIA

\$1.50

## Pop-up clinics target Coeymans Hollow low vaccination rates

By Melanie Lekocevic  
Capital Region Independent Media

**COEYMANS** — Coeymans Hollow was identified by Gov. Andrew Cuomo on June 8 as one of 175 communities with lower COVID-19 vaccination rates, where efforts to vaccinate more people will be stepped up.

A vaccination pop-up clinic was held Jan. 10, at the Coeymans Hollow firehouse on Route 143, where the one-shot Johnson & Johnson vaccine and the first dose of the two-dose Pfizer inoculation were administered.

Twenty-seven people received a vaccine on that day.

A second pop-up clinic was scheduled for June 16 at Coeymans Landing Park during the Evenings on the Green concert series, where the Albany County Department of Health and the Ravena Rescue Squad worked to get shots into arms.

“Our numbers in Coeymans Hollow, especially in the rural areas of the town, are a little lower than the averages in the county and in the state,” Town Supervisor George McHugh said in a video statement.

For those unable to get to a vaccination site, the town is also offering to make house calls where necessary.

“If anyone knows of

anyone homebound or who is unable to physically get to a vaccination site, call my office at 518-756-6006 ext. 2, give me the name, the address and contact number and we will make arrangements to get the vaccine to you at your house,” McHugh said. “If you or anyone you know needs that service, please call my office and we will make arrangements to get you vaccinated, if that is what you want.”

Coeymans Hollow is not alone in being identified as having lower than average vaccination rates — 175 communities in total are being targeted for increased inocula-

tion efforts. Monsey in Rockland County, which is in the Mid-Hudson Region of the state, had the lowest vaccine rate in New York at 17.6% when Cuomo announced the vaccine initiative last Monday.

Three communities in the Capital Region are on the list including Surprise, at a vaccination rate of 28.2%, and Jewett, at 32.8%, both in Greene County; and Coeymans Hollow, where the vaccination rate is 26.8%.

Global health experts, including the U.S. Centers for Disease Control



Two COVID-19 pop-up vaccination clinics were scheduled in the past two weeks to boost inoculation rates in Coeymans Hollow. Pictured in the first Coeymans clinic back in March.

See RATES A2

## CROP Walk raises over \$5K, increases hunger awareness

By Melanie Lekocevic  
Capital Region Independent Media

**RAVENA** — Six area churches pooled their resources and then hit the streets to raise money to address hunger locally and globally.

Each year for the past 20 years, churches in the RCS Association of Churches have participated in an annual CROP Walk to raise money for local food pantries and hunger initiatives around the world.

This year’s event took place in May and the numbers are now in — the 2021 CROP Walk raised over \$5,000 in Ravena. Of the money raised, 25% will be distributed to local food mitigation efforts and the remaining funds will be used to address hunger at the national and international levels.

Churches and individuals around the country participate in the CROP Walk each year.

The walk is also intended to increase awareness of hunger issues.

With the COVID-19 pandemic and state restrictions on gatherings still in place, walk organizers modified the event a bit this time around.

“This year we asked church congregations to decide on a time they wanted to participate in the walk,” CROP Walk coordinator the Rev. Antonio Booth said. “We wanted everyone to participate and feel safe.”



Above, walkers from Ravena Christian Congregational Church.

Right, CROP Walk participants stop along the route to reflect on and pray for those dealing with hunger issues.

Typically held on a Sunday, this year each of the six participating churches was able to select a time slot on Friday, Saturday or Sunday to spread people out and avoid large gatherings that might conflict with coronavirus regulations.

“Doing it this way addressed CDC (U.S. Centers for Disease Control and Prevention) guidelines related to large

gatherings,” Booth said.

The walk route was two miles long. Signs were posted along the way so walkers and others in the community could learn about and reflect on issues of hunger. Participants also stop each year at the Veterans Memorial on Main Street in the village to read about issues of hunger among veterans and to say a



Prayer for them, Booth said. Posters along the walk route on Main Street also included a list of food pantries in the area for anyone who needs

See WALK A2

## Troy man pleads guilty to New Baltimore robbery

By Melanie Lekocevic  
Courtesy of Columbia-Greene Media

**NEW BALTIMORE** — A Troy man who was tracked down in a manhunt following a New Baltimore robbery last year has pleaded guilty, Greene County District Attorney Joseph Stanzone said in a statement last Wednesday.

Lance Treadwell, 48, pleaded guilty to second-degree robbery, a violent felony.

Treadwell was arrested after a robbery at the Sunoco Xtra-Mart station on Route 9W on Sept. 2, 2020, and held what appeared to be a pistol to the head of the store clerk, Stanzone



LANCETREADWELL

said. “Treadwell is alleged to have threatened to kill the clerk if he did not hand over the money in the cash register and open the store safe,”

Stanzone said.

Treadwell took about \$100 from the store’s cash register and \$300 from the safe. He also stole dozens of packs of Newport cigarettes before running from the store, Stanzone said.

Police interviewed area residents and gathered enough information to identify Treadwell.

“A manhunt for Treadwell ensued in which a search warrant for Treadwell’s cellphone information was obtained by the Greene County Sheriff’s Office,” Stanzone said. “The cellphone was not sending out a signal, an indication that the phone was off.”

Police monitored data from Treadwell’s cellphone and when he eventually turned the phone back on, it generated a “ping,” enabling law enforcement to track the phone to an apartment in Albany.

“Law enforcement arrived at the Albany apartment, whereupon Treadwell threatened that if any officer were to enter the apartment, he would be shot,” Stanzone said.

A standoff between Treadwell and police lasted several hours before officers stormed the apartment and found Treadwell unconscious due to a drug overdose,

Stanzone said.

Paramedics and law enforcement on the scene revived Treadwell and he was arrested, Stanzone said.

Treadwell will be sentenced at a later date, but could face 12 years in prison.

“It is expected that Treadwell will be sentenced to a determinate term of 12 years incarceration with the New York State Department of Corrections & Community Supervision, plus five years post-release supervision,” Stanzone said.

Treadwell could face additional charges in another robbery in Sche-

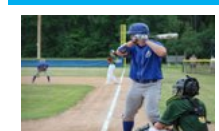
nectady County, Stanzone said.

After the New Baltimore robbery but before his capture, Treadwell is accused of committing a second robbery at a convenience store in Schenectady County. Charges are pending in that case, Stanzone said.

When Treadwell was arrested in the New Baltimore case he was on parole for a 2016 robbery in Albany County.

The New Baltimore case was investigated in a joint effort of the Greene County Sheriff’s Office, Greene County District Attorney’s Office, Albany Police Department and state police.

### Sports:

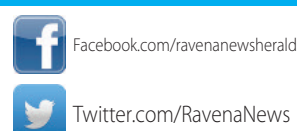


RCS edges C-A in nail-biter  
See page B1

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Email: markvinciguerra@ravenanews.com

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## RATES from A1

and Prevention and the World Health Organization, classify 70% as the minimum percentage to reach herd immunity against the disease.

Coeymans Hollow's vaccination rate is far below the statewide figures.

As of Saturday, 67.2% of adult New Yorkers have received at least one vaccine dose and 60.0% have completed the vac-

cine regimen, according to the New York State COVID-19 Vaccine Tracker.

Coeymans Hollow's rate is also well below the vaccination rate in Albany County.

"The first dose vaccination rate for the county's 18+ population is now up to 74.2%," Albany County Executive Daniel McCoy said in a statement Saturday.

As of Friday, 63.5% of the county's residents have received at least the first dose and 57% have

been fully vaccinated, McCoy said.

Getting more residents vaccinated in areas with low inoculation rates against the virus is key, McCoy said.

"Coeymans Hollow has some of the lowest vaccination rates among zip codes in Albany County and we continue to prioritize equity by bringing the vaccine directly to those in our more rural communities," McCoy said.

*Kate Lisa contributed to this report.*



CROP Walk participants from St. Patrick's Church on Main Street.

## WALK from A1

food assistance. Local food pantries include St. Patrick's Roman Catholic Church, Trinity United Methodist Church and the First Reformed Church in South Bethlehem.

Posters also contained information about the Backpack Program in the RCS school district, which regularly distributes backpacks filled with food to students in need, as well as the Brown Bag Project, sponsored by the RCS Association of Churches, which provides lunches to students over the summer when in-school meals are not provided.

The six churches participating in the CROP Walk this year included St. Patrick's Church, Ravena Congregational Church, Trinity United Methodist Church, Grace United Methodist Church, First Reformed Church of South Bethlehem and Riverview Missionary Baptist Church.

Local business TCI-NY also made a donation to the initiative.

The total amount raised was \$5,483, Booth said.

CROP Walks are community-based walk events held in communities around the U.S., raising money to support global feeding initiatives of Church World Service, a faith-based organization.

Of the funds raised locally, one-quarter stays in the local community to fight hunger.

The Crop Project began in 1947 when farmers were asked to donate food and seed crops following World War II to help the needy in Europe and Asia, according to the event's website. It became known as the Christian Rural Overseas Program, or CROP. The first walk events were held in 1969 in North Dakota and again the following year in Pennsylvania to raise funds to support CROP.

The program expanded over the years and walks are now held in hundreds of communities around the nation.



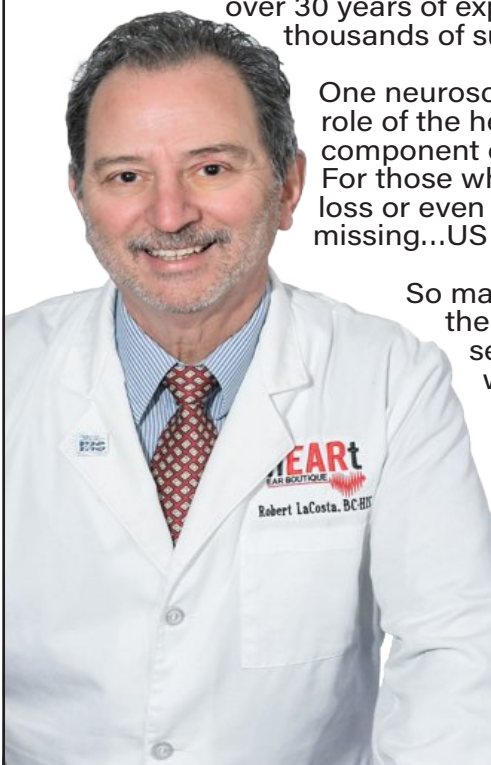
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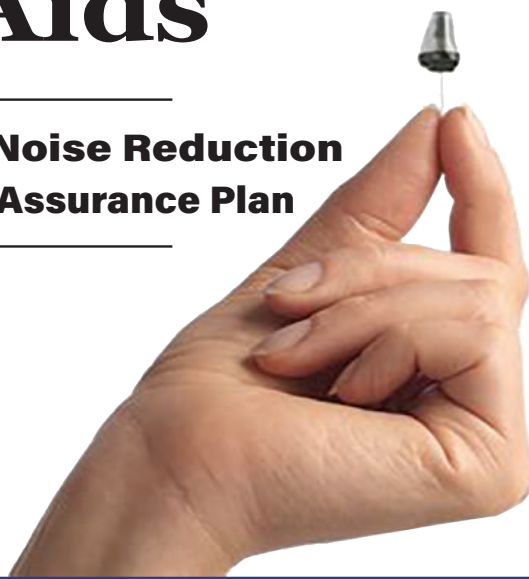
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Courtesy of Centers for Disease Control and Prevention  
The bite of an infected deer tick, pictured, can cause Lyme disease.

# Gillibrand seeks \$50M for tick-borne illness research

By Natasha Vaughn  
Courtesy of Columbia-Greene Media

HUDSON — U.S. Sen. Kirsten Gillibrand is calling for increased funding for tick-borne illness research.

Gillibrand, D-N.Y., held a video press conference last Wednesday pushing for more funding for the Department of Defense's Tick-Borne Disease Research Program and for ongoing Lyme disease and tick-borne illnesses study at the U.S. Centers for Disease Control and Prevention.

"We need better federal investment into understanding the spread and expansion of Lyme disease, the diagnosis and treatment of the disease as well as the disease's long-term impacts," Gillibrand said. "That is why I am requesting \$50 million in funding for the CDC to further their Lyme disease and tick-borne illness work, including \$20 million for grants for states and tribal organizations and another \$12 million to support the DOD's Tick-Borne Research Program."

New York is one of the states most heavily affected by Lyme disease in the country, Gillibrand said. Lyme and other tick-borne diseases pose a serious and growing public health threat she said.

Each year there are more than 476,000 cases of Lyme disease across the country, which is double the number of cases reported 15 years ago, Gillibrand said. In northeastern states,

instances of Lyme disease have more than tripled in the last 25 years.

Lyme disease is the most common tick-borne illness in the United States, according to the CDC. Lyme disease is transmitted to humans through the bite of an infected deer tick.

The symptoms of Lyme disease can include fever, headache, fatigue and a characteristic skin rash called erythema migrans. If left untreated, the infection can spread to the joints, heart and nervous system. New York is among the top states in the nation for tick-borne illnesses.

The CDC reported New York had the second-highest number of confirmed Lyme disease cases with 2,847 in 2019, second to Pennsylvania, which had 6,763 confirmed cases for the year.

"Despite the serious nature of the disease and the growing number of cases federal research and prevention efforts have historically been underfunded," Gillibrand said. "Current funding leaves the CDC and the NIH with the equivalent of just \$191 per case of Lyme disease."

The Department of Defense operates a tick-borne research program that conducts innovative and impactful research, Gillibrand said. The department has the resources to fund only 13% of the research applications to them.

The federal funds would help support research to address gaps

in knowledge related to tick-borne diseases, prevention strategies, diagnostic tools and tailored treatments, and will enable the CDC to expand underfunded prevention programs, Gillibrand said.

In New York there have been more than 90,000 reported cases of Lyme disease in the last two decades, Gillibrand said.

"New Yorkers have felt the impact of tick-borne illnesses for years," Gillibrand said. "And I will keep fighting to make sure we take every step possible to protect our communities."

New York advocate and Project Lyme Executive Committee Chairman David Roth shared his story dealing with Lyme disease. He said diagnosis of the disease is often difficult and many doctors do not believe in the persistence of the illness after the initial course of antibiotics.

"It was only after a year of extensive treatment that I began to turn the corner," Roth said. "I was fortunate to have the resources to utilize all the various treatments that ultimately got me better, but if you're constrained by the limited resources provided by health insurance then you're really in trouble."

Reliable diagnostic tests do not exist, Roth said. Insurance coverage is nonexistent for extended treatment and the disease is shattering lives, careers and families, he said.

## NEWS FROM THE PAST/AS COMPILED BY HARRY A. STURGES

**News Herald - June 17, 1921 - F.E. Bleezarde, Publisher**

**Coeymans:**

- The Coeymans Boy Scouts have changed their name to Onesquethau, the Indian name of the creek in the upper end of the village.

- Ten Eyck Bronk Powell has graduated from the Mohican Lake Academy and he is now at the home of his father, Dr. A.T. Powell.

- The yacht Sandolphin brought a party of 33 to this village on Saturday afternoon. The party took supper at the Reynolds Hotel.

- Miss Esther Bailey, daughter of Mr. and Mrs. Edgar J. Bailey, has graduated from the Northfield Seminary and is now at the Civil-Bailey homestead on Church Street.

- Mrs. Howard S. Youmans attended the annual garden party on Thursday last given in honor of the Past Matrons, O.E.S. District at the home of Mrs. Amy Crocker in Schenectady.

**Ravena:**

- The several committees have been appointed and arrangements are being made for the dedication of the Odd Fellows Temple on the afternoon of Aug. 27. There will be a parade at 3 p.m. and a dedication service at 4

p.m. Refreshments will be served at 5 p.m. at a reasonable rate.

- The new Star Theatre will reopen under new management of the Albany Colonie Amusement Co. For their opening attraction they have secured the popular movie star, Ormi Hawley, to make a personal appearance in connection to a six-pair master picture "Her American Prince." Miss Hawley has the leading role in this picture. As an added attraction, Rosco "Fatty" Arbuckle in his latest comedy, Special matinee at 2:15. Send the kiddies and let them shake hands with a real movie star.

- Charles H. Hummer Jr. received a degree of B.A. at the graduating exercises at Union College.

- The Boy Scouts Tag Day passed off very nicely and the boys secured as a result the sum of \$30.75. The soliciting was done by Martin Powell, Clifford Bowden, Walter Seiler, Burt Cleveland and Roy Bunt.

- The breaking into the Calder store on Sunday morning was the first offense of this kind committed here in some time, but there is need for little care and vigilance on the part of the citizenry to keep such

events off the calendar entirely.

- Mrs. Harold Hartt, who had finished her work as teacher of the school Under the Rocks, left for her home in Rochester this week.

- William Croke of the State Comptroller's office in Albany, visited the editor for a few minutes last week. Mr. Croke was passing through the village and saw the sign bearing the name of the editor. Mr. Croke and the editor were boys together in Dobbs Ferry and had not seen each other for over 20 years.

**Coeymans Herald - June 16, 1886 - S.H. & E.J. Sherman, Proprietors**

- Castle's Chesterville-Coeymans stage line is carrying a good many passengers.

- City people are hiring to the country and quite a number will summer in this locality.

- The West Shore Railroad will put on their Saratoga specials starting June 21.

- Mr. John Ward expects to have his cider factory in operation July 30. The stonework is done.

- The Junction baseball club will play the Mohawk Valley club tomorrow at 7 p.m. on the grounds opposite the new cider mill.

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# SENIOR PROJECTS

RAVENA — Due to the ongoing health crisis caused by the coronavirus, Senior Projects of Ravena is closed to the public.

Some meals are still being prepared and are available for pick-up. Call 518-756-8593 for information.

All meals must be

preordered by calling ahead. Cost is \$5.

When you arrive to pick up your meal, please pull up to the front of the building and it will be brought out to you.

The Meals on Wheels program and the transportation program are still available, accord-

ing to the organization's Facebook page.

Bingo has been cancelled until further notice.

If there is a senior who needs assistance or you are concerned about a senior, please call Senior Projects at 518-756-8593.

# Lawmakers push funding for upstate water upgrades

By Kate Lisa

Courtesy of Columbia-Greene Media

State and federal lawmakers are working together to improve aging, crumbling water infrastructure in rural communities across upstate New York that have maintained the same pipes and water resource management for more than a century.

U.S. Rep. Antonio Delgado, D-19, and state Sen. Michelle Hinchey, D-46, detailed Friday proposed state and federal legislation they each sponsor in their respective houses of government to invest and upgrade upstate infrastructure.

"We shouldn't really have to debate about clean drinking water, and yet, when you look at the age of a lot of our infrastructure and you look at the way some of the chemicals being deployed and used aren't properly regulated and overseen, too many folks, too many communities, too many young people are exposed to potential harm," Delgado said Friday afternoon during an event in Athens Riverfront Park. "It's not just a health care issue — it's an economic one."

This week, Delgado voted to pass the Investing in a New Vision for the Environment and Surface Transportation in America Act and the Water Quality Protection and Job Creation Act of 2021 through the House Committee on Transportation and Infrastructure. Four of Delgado's bills are included in the package, including the Clean Water for Rural America Act, which would increase Clean Water State Revolving Fund technical assistance grants for rural, small and tribal municipalities.

If the measure becomes law, all small, agricultural communities across the state, and those that comprise the 19th Congressional

District, would be eligible for \$25 million to \$100 million annually between Fiscal Year 2022 and 2026.

Athens Mayor Amy Serrago expressed excitement about what the funding would mean for a small upstate village like Athens, in Greene County,

"We, like so many of our neighboring municipalities, struggle with aging infrastructure, particularly with water and sewer systems," Serrago said. "We know what needs to be done, we know that upgrades and overhauls are necessary and we're ready to meet the challenge, but we lack the funding to make it happen."

The funding could be used to replace old, deteriorating water pipes, wastewater systems and assist small businesses to connect to the upgraded lines.

Hinchey, who sponsored 43 bills that passed the Senate during this state session, which concluded Thursday, also sponsors a bill to create the Safe Water Infrastructure Action Program.

SWAP would be modeled after the state's Consolidated Local Street and Highway Improvement Program, which provides direct funding to municipalities for road upgrades and maintenance each year, but be reserved for water system improvements.

"These are nonpartisan issues and ones all of us should be supporting and doing everything we can to make sure we have equity in our upstate communities," Hinchey said Friday. "We have infrastructure that is over 100 years old all across upstate New York and our small municipalities don't have the funds to fix it."

Delgado noted a community in Sullivan County that has wood water pipes from 1905.

"This infrastructure

is built with lead, it's degrading, it's falling apart and we have to do better," Hinchey said.

The senator's bill did not pass the Legislature this session, but has bipartisan support. Officials continue to negotiate the details of the fund.

Upstate and small rural areas benefit from grant programs for water system upgrades, but often lack the resources to successfully apply, or the time before deteriorating equipment fails.

"The grant structure is really hard for these small communities that don't have grant writers as opposed to the big municipalities," Hinchey said. "The smaller communities who really need it in a crisis don't get the money they need."

SWAP funds would be appropriated to local governments in the state's annual budget.

Athens' population of full-time residents — like many upstate towns and municipalities — has swelled since the COVID-19 pandemic began 15 months ago.

"We're thrilled to have new neighbors and renewed community vibrancy, but the increased stress to our already struggling infrastructure adds a level of urgency to these existing issues," Serrago said.

Four of Delgado's measures to increase access to clean water and high-speed broadband internet in rural communities, improve rural public transportation and strengthen limo safety regulations were included in the INVEST in America Act.

The congressman's surface transportation bill directs federal investments in roads, bridges, transit and rail to re-imagine our national transportation policies, create good-paying jobs and tackle the climate crisis, according to a statement from the congressman's office.



# RCS SCHOOL MENUS

## RCS Elementary School Menu June 21 to June 25

### Breakfast Menu

Monday: Cereal, fruit salad, strawberries, peaches, skim or 1% milk.

Tuesday: Chef's choice.

Wednesday: Chef's choice.

Thursday: Chef's choice.

Friday: Chef's choice.

### Lunch Menu

Monday: Chicken nuggets, roll, fries, broccoli,

pears, bananas, skim or 1% milk.

Tuesday: Chef's choice.

Wednesday: Chef's choice.

Thursday: Chef's choice.

Friday: Chef's choice.

## RCS Middle & High School Menu June 21 to June 25

### Breakfast Menu

Monday: Cereal, fruit salad, peaches, skim or 1% milk.

Tuesday: Chef's choice.

Wednesday: Chef's choice.

Thursday: Chef's choice.

Friday: Chef's choice.

Lunch Menu Monday: Chicken nuggets, roll, fries, broccoli, pears, bananas, skim or 1% milk.

Tuesday: Chef's choice.

Wednesday: Chef's choice.

Thursday: Chef's choice.

Friday: Chef's choice.



# RCS COMMUNITY LIBRARY

"The most wasted of days is one without laughter." — E.E. Cummings

## ESCAPE FROM THE LIBRARY

A Virtual Mystery Monday, June 21, at 4 p.m.

Kids, are you ready for a virtual escape-room challenge? Enter if you dare; the Mad Librarian has locked you in the library and you need to follow the clues, solve the puzzles, and unlock the mystery to escape. This event requires basic internet browsing and library catalog skills and is recommended for ages 9 and up (teamwork is allowed

and encouraged). Registration is required via the library's webpage under "Events."

## THE BIG PLAY DAY AT THE LIBRARY

Wednesday, June 23, at 11 a.m.

The Big Play is moving outside! Families with young children are invited to play outside the library. There will be stations set up behind the building where kids and parents can explore interactive activities and play stations together. Register on the library website under "Events."

## NEW ADULT FICTION

"The Heathens" by Ace Atkins

"Fallen" by Linda Castillo

"For Your Own Good" by Samantha Downing

"The Bourne Treachery" by Brian Freeman

"While We Were Dating" by Jasmine Guillory

"A Good Day for Chardonnay" by Darynda Jones

"Such a Quiet Place" by Megan Miranda

"The Therapist" by B.A. Paris

"The Shadow" by James Patterson

"The Cellist" by Daniel Silva



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## Finding a gear that works well

I was standing in my front yard last week when an unusual low noise caught my attention. It was a kind of humming, grunting noise that I couldn't identify.

I stood there with my head cocked, trying to figure it out when what to my wondering eyes should appear but a large group of bikers whizzing along. I probably should say "bicycle riders" since the term "bikers" could have involved a bunch of motorcycles. These are entirely different kinds of "bikers" and shouldn't be confused.

They flashed by in classic form, heads down, tails up, brightly colored Lycra butts rocking back and forth as they headed up the hill in front of the house. I hadn't heard of a race being held in our area so I figured either they were really lost from the Tour De France or they were a club out for a friendly little jaunt in the countryside.

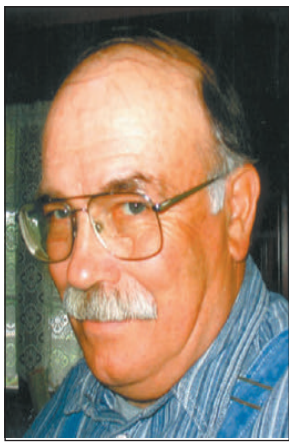
In a couple of minutes they had passed from view, leaving me alone with my thoughts. It did look like good exercise; it didn't look like fun.

They were all riding what we used to call "English Racers." They weren't the kind of bike I learned to ride on. We had proper bikes, with balloon tires that you sat right up straight on. Mine was a J.C. Higgins.

Bikes used to come in sexes — mine was male, you could tell by the large tank that extended from the seat to the handlebars. The female bikes had a dip where the tanks were on the male bikes. I don't know who designed these in the first place, but I think they made a mistake in which was which. Slamming on the brakes and landing on the tank a few times did seem to hinder the idea of ever reproducing.

Bikes were impressively large and came in only one speed, which varied according to the amount of effort you were willing to expend. Normal speed was just sitting and pumping along, over

### WHITTLING AWAY



DICK BROOKS

drive was available and could be recognized by the rider's position. To go fast, you stood up. My bike had a coaster brake, which was more than adequate for stopping; emergency braking consisted of dragging the rubber toe of your Ked high tops.

The only clothing alterations from our normal garb was the tucking of your pants leg into your sock if you had stripped your bike down and no longer had a chain guard.

I have a nice mountain bike now. Maybe I'll start riding it, I could use the exercise. Its got nice big tires and you ride it sitting up straight, I like that.

The only thing standing between me and whizzing down the road is the

fact that it has a hundred or so different gears to shift into. I've been on it a few times and tried to move the shift levers around like I knew what I was doing, but inevitably found myself on a nice flat level piece of highway pedaling furiously like a hamster in a wheel or trying to go up a mile long hill in just three pumps. I haven't figured out how the gears work; maybe if I slip the 10-year-old neighbor kid a couple of bucks, he'll show me, or I could fool around until I found a gear that seemed to work well for most occasions and just leave it there and pretend I have my old J.C. Higgins back.

I do know that I'm not going to get one of those brightly colored stretchy suits, a helmet that looks like Stuart Little's walnut shell and hop on a 6-pound bike with tires you could cut yourself on and ride off into the sunset.

After all, what would the neighbors think?

Thought for the week — "The world is full of willing people; some willing to work, the rest willing to let them." — Robert Frost

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

Reach Dick Brooks at [Whittle12124@yahoo.com](mailto:Whittle12124@yahoo.com).

## Plenty of time to start all over

For those of you who lost some or all of your first garden transplants due to our weird spring weather, the good news is there is still plenty of time to start all over again.

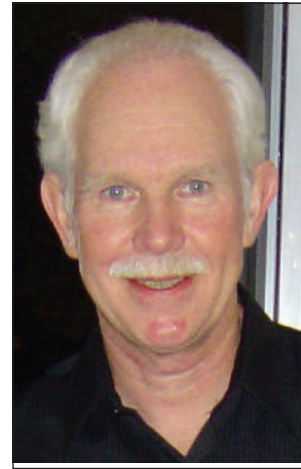
Last year, by the end of May, there were few to no vegetable, herb or annual transplants available at local garden centers due to COVID-increased demand. This year I am happy to say many garden centers have dramatically increased their inventory. Yesterday, I was able to buy more Brussel's sprouts at Story's nursery and I noticed they still had a large selection of almost all other vegetables and herbs to choose from.

You can still direct seed crops like beans, beets, carrots, cucumbers, corn and even summer squash, such as zucchini or yellow summer squash, right now. They will all produce a normal harvest later this season. This is actually the optimal time to plant beans, squash and sweet corn, as the soil temperature reaches 75 degrees or warmer.

You can plant an early corn variety that matures in 65 to 75 days at the same time as a late variety that matures in 90 days without fear of cross pollination. Some of the "super sweet" corn varieties are sensitive to cross pollination. I am not that fond of the texture of "sugary gene-enhanced" super-sweet corn varieties, since the kernels are tougher, but they sure are sweet! They also will retain that super sweetness for up to two weeks after harvest. I see some of these already for sale in supermarkets. I will wait for more local corn myself!

These "super-sweet" corn varieties are NOT genetically modified (GMO) varieties, however. As far as I know, there are zero GMO corn

### GARDENING TIPS



BOB BEYFUSS

varieties sold for home gardens. Of course, if you happen to live near a farmer growing field corn, the odds are very good that it IS a GMO variety, unless he or she is certified organic.

Perhaps 90% of all the field corn grown in America today is GMO. No organic certification agency allows GMO seed to be planted. The most common GMO is modified to be resistant to the herbicide glyphosate. This used to be known as "RR" (Round-Up Ready) corn, but glyphosate is no longer only available as Round Up. The pollen from this corn can "theoretically" travel as much as a half mile in a few minutes with a 15-mph wind, but in reality, 99% of the pollen travels much less than 500 feet.

Neighbors who have already planted zucchini will soon be overrun with them and they will be giving you as many as you want, or more than you want. Plants direct seeded now will be producing in late July or August, when theirs has died and you can repay the favor. It does not take all that long to become satiated with zucchini. Neighbors have been known to lock their doors, pull down the shades and hide when they see you approaching with yet another bushel of zuc-

chini.

I think some gardeners are happy when their zucchini dies due to squash vine borers or squash bugs. It takes great gardening courage to say "ENOUGH" and just yank out the bushes that are producing about 50 pounds of zucchini a day.

On the other hand, some of you who are already anxiously awaiting the first harvest may be disappointed to see that very few fruit are actually formed from the early flowers. Squash plants produce separate male and female blossoms on the same plant, so they can self-pollinate, but sometimes they produce only male flowers for a period of time.

It is easy to distinguish male from female flowers. Female flowers have a tiny fruit on the bottom of the blossom, already formed when the flower opens. Sometimes this fruit will begin to grow, only to rot when a few inches long. This is because it was not properly pollinated. If you see both male and female flowers, you can transfer the yellow pollen from the male flower to the female, using an artist's paint brush. Or you can wait until the bees or other pollinators do it for you, eventually.

I have yet to see a honeybee on my property this spring, but I have plenty of bumble bees of several different species. Please avoid spraying any flowering plant, tree, shrub or vegetable with any sort of insecticide, organic or chemical, to avoid killing bees or other pollinators.

Finally, if you pinch off the first flowers of peppers and tomatoes, before they set fruit, or even if they have formed fruit, you will get a much higher yield later this season.

Reach Bob Beyfuss at [rlb14@cornell.edu](mailto:rlb14@cornell.edu).

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Letters to the editor are 600 words or fewer. My View pieces can be 1,000 words or fewer and must be submitted with your photo and a two-sentence biographical description. The newspaper reserves the right to edit submissions for length, clarity and content.

Writers are limited to one letter every 30 days.

**SEND LETTERS VIA:**

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- E-mail: [ravenanewsroom@gmail.com](mailto:ravenanewsroom@gmail.com)

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RELIGION/COMMUNITY

A6 Thursday, June 17, 2021

CAPITAL REGION INDEPENDENT MEDIA • RAVENA NEWS-HERALD

# Valuable philosophy of an old coal miner

On May 31, 1975, at 1:15 p.m., I was sitting with my friend Rob at the Sunshine Tap in Traer, Iowa, eating a hamburger, fries and washing it down with a Pepsi. I was wearing cut-off blue jeans, an old white T-shirt with Cavaliers Drum & Bugle Corps emblazoned across my chest, and sandals.

Around the corner and across the street in Taylor Park, there was a hundred or so people beginning to gather for a wedding that was set to begin at 2:00 ... a mere 45 minutes later.

The bride's father was nervous and pacing in his tux. With each passing moment he'd check his watch, look out across the park, and mumble something inaudible.

I asked for the check, paid the tab, then Rob

Positively Speaking



Gary W. Moore

and I began our short walk to the park.

As we crossed the street, I saw the father of the bride rushing towards us.

"I can't believe this!" he growled as he approached. "I didn't think you were going to show."

I looked at Rob. "Doesn't it begin at two o'clock?" I asked.

"Where's your tux?" he demanded with

increasing anger.

"In the car. I'll get dressed now."

I quickly walked away to my 1972 green Pinto and dressed outside the car. I was half amused and half intimidated, but at 2:00 sharp I was there as promised and waiting at the altar for Arlene.

That was over 46 years ago, and we are still married. Her dad grew to forgive my casual approach to the beginning of my life with his daughter, thankfully.

Fast forward 46 years ...

Three grown children, two grandkids, and a life together has passed before the blink of our eyes. How can this be? Where does the time go?

Aging and a bad health diagnosis has me pondering what this life is all about. I keep com-

ing up with this ...

"Life is about who we love, who loves us in return, and what we build together."

What else is there? An accumulation of stuff? Accomplishments? Money? It all seems so important at the time but as time passes and we look back on it all, it's meaningless. Who we love, who loves us in return and the life we build together is everything.

I believe too many marriages begin without commitment. "If it doesn't work out, there's always divorce," I heard a bride say a few years ago.

Yes, it's easy to give up and move on. It's harder to stick with it, push through the problems and make it work. And yes, I understand there are some relationships that cannot be

fixed and it's necessary to move on from violence and abuse, along with a few other reasons, but I believe most divorces are premature and often unnecessary.

My grandfather was a coal miner. He had a saying: "Stick and stay and make it pay." I asked him what it meant, and he said, "Young men often quit after their first day or two in the mine. Fear of a shaft collapse or just the sickening experience of breathing the thick black dust often cause them to quit. Stick and stay was the advice the old timers would give."

I realize that advice is applicable to almost everything in life, including marriage. If you loved each other enough to get married, love each other enough to stick with it and make

it work. Don't give up.

Our marriage has been far from perfect, but we stuck with each other. We committed to building a life and family together. We smoothed out the rough edges over time. Mistakes were made, worked out and we learned from them and here we are 46 years later, married and happy.

Maybe life really is only about who we love, who loves us in return and what we build together. And you know what? I think it's more than enough.

Gary W. Moore is a freelance columnist, speaker, and author of three books including the award-winning, critically acclaimed, "Playing with the Enemy." Follow Gary on Twitter @GaryW-Moore721 and at www.garywmoore.com.

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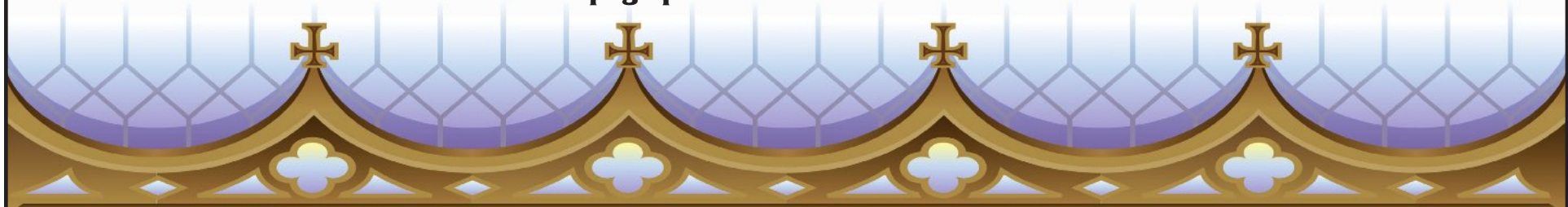
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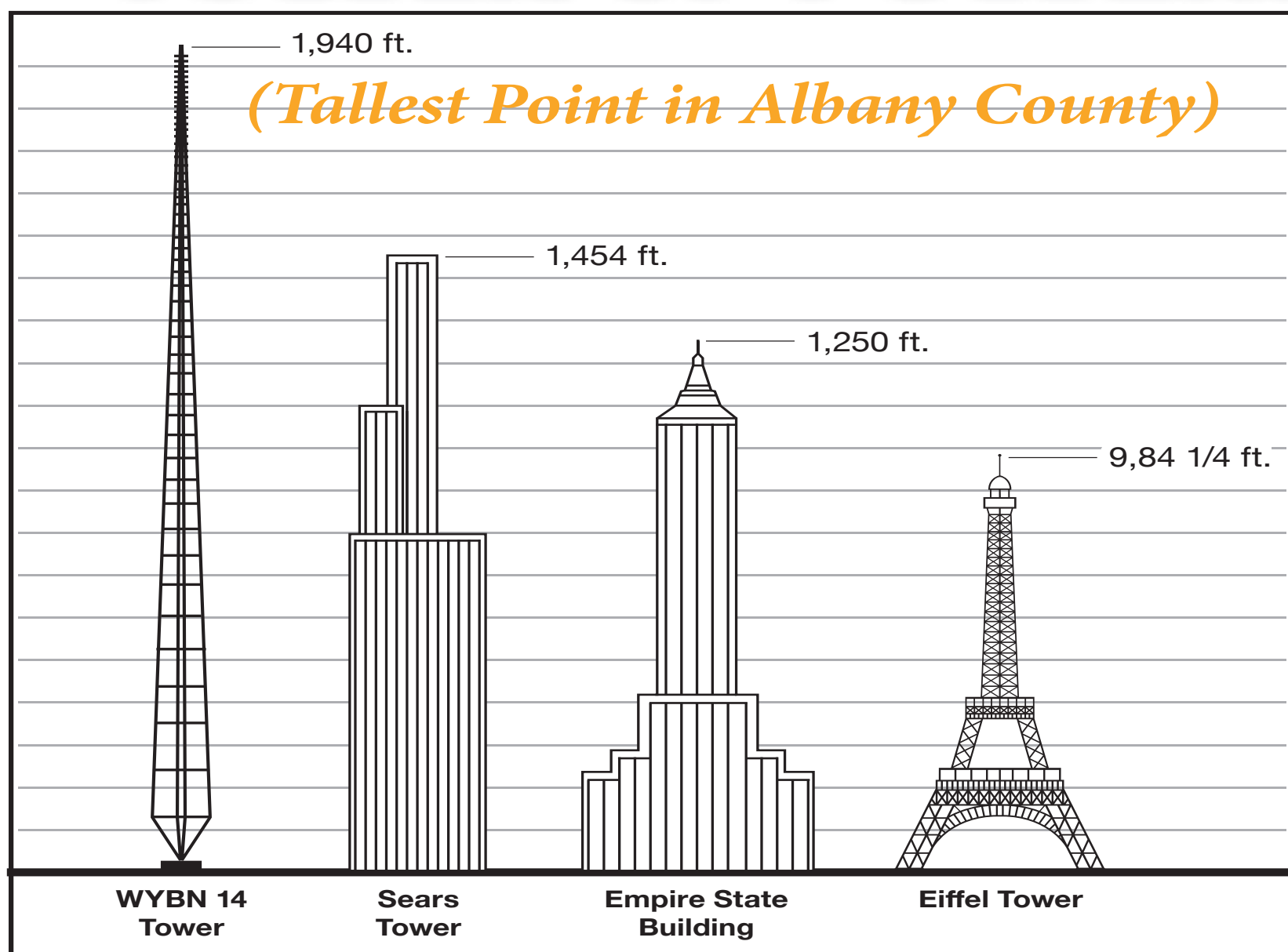
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## FASNY reminds families to stay safe on 'staycations'

ALBANY — With the warm weather rolling in, many New Yorkers are eager to begin traveling and planning their summer vacation.

Although U.S. travel restrictions are easing as more individuals get vaccinated, many people are still opting out of long-distance vacations. Many families will still practice "staycations," or "stay-close-to-home vacations," as they adjust to a more post-pandemic lifestyle.

Gov. Andrew Cuomo recently announced the lifting of the mask mandate and curfew for all New York residents. As a result, many are anxious and willing to get back to normal.

The Firemen's Association of the State of New York (FASNY) is reminding residents to practice safety on a "staycation" by taking extra precautions to prevent fires, injuries and exposure to COVID-19.

### RENTING A HOME OR AIRBNB

"If you decide to rent a home or cabin, families need to make sure there are working smoke detectors and CO2 alarms throughout the house," said John Farrell, president of the Firemen's Association of the State of New York.

According to a 2019 study by the NFPA, three of every five home fire deaths resulted from fires in homes with no smoke alarms (40%) or smoke alarms that weren't working (17%). In fires in which the smoke alarms were present but did not operate, more than two of every five (43%) of the smoke alarms had missing or disconnected batteries.

"A simple check that your vacation spot has working CO2 alarms and

smoke detectors is an important step that can prevent a tragedy," said Farrell.

Further, families may be unfamiliar with the layout of a vacation rental property and may not know the best way to exit in an emergency. Once a smoke detector sounds, there may be less than two minutes to get out safely. Practicing an escape plan will ensure that each person is as prepared as possible.

Since most fatal fires happen between midnight and 8 a.m., it is important to be prepared before the emergency occurs.

### CAMPING

"New York state has many camping areas to enjoy," said Farrell.

Camping is an enjoyable summer pastime. Before building any outdoor fires, time should be taken to learn how to build one safely, how to control it and how to extinguish it properly. According to the U.S. Forest Service (USDAFS), four out of five forest fires are started by people. Campers should always check with park rangers and local officials to see if campfires are permitted, especially during the summer when vegetation is dry.

### BACKYARD STAYCATION AND BARBECUE SAFETY

A backyard barbecue is a great way to spend time with family and make a delicious meal. All families should make sure they are barbecuing safely during the summer months.

"A barbecue is a great way to cook for the family," said Farrell. "Yet, people must exercise caution and keep the grill well away from structures and where people are playing or walking."

According to the NFPA, children under five accounted for an average of 39% of the contact-type burns per year. These burns typically occurred when a child bumped into, touched or fell on the grill or hot coals. Grills should be kept in open areas and be cleaned to prevent grease fires.

### AIRBNB

Family and close friends who plan to visit this summer should treat their vacation home like their own home. Here are some tips to help practice home fire safety so you and your loved ones can stay safe this summer.

- Make sure you come up with a plan for everyone in your home.

- When you walk through your plan, check to make sure the escape routes are clear and doors and windows can be opened easily.

- Have everyone memorize the emergency phone number of the fire department. That way any member of the household can call from a neighbor's home or a cellular phone once safely outside.

- If there are infants, older adults or family members with mobility limitations, make sure that someone is assigned to assist them in the fire drill and in the event of an emergency.

- Be fully prepared for a real fire: when a smoke alarm sounds, get out immediately.

- Once you're out, stay out! Under no circumstances should you ever go back into a burning building. If someone is missing, inform the fire department dispatcher when you call. Firefighters have the skills and equipment to perform rescues.

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

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

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

Shane DeCrescenzo

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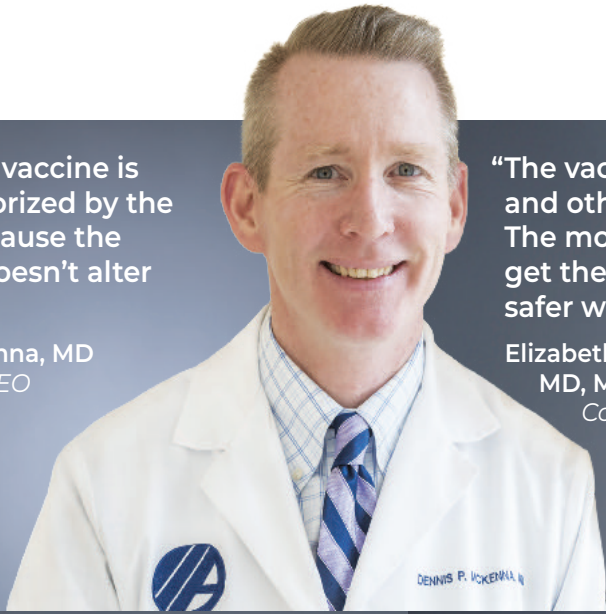


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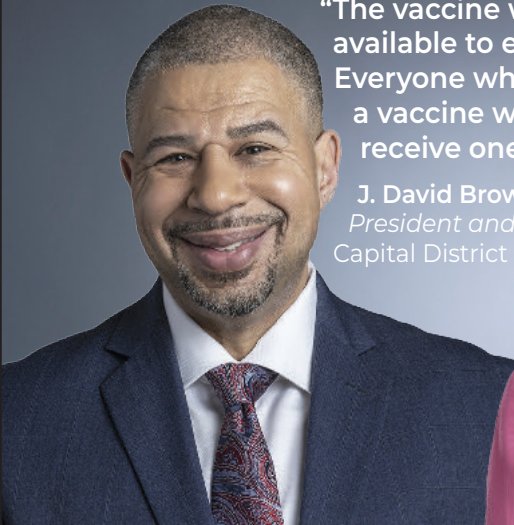
"The vaccine is free; it doesn't cost anything. Please, don't hesitate, vaccinate."

Brenda Robinson, DNP, MSN, RN  
CEO and Founder  
Black Nurses Coalition



"The vaccine will be available to everyone. Everyone who wants a vaccine will receive one."

J. David Brown  
President and CEO  
Capital District YMCA



"No one will be left behind. Please, let's join together and do it right."

Ruth Mahoney  
Market President and Regional Retail Leader  
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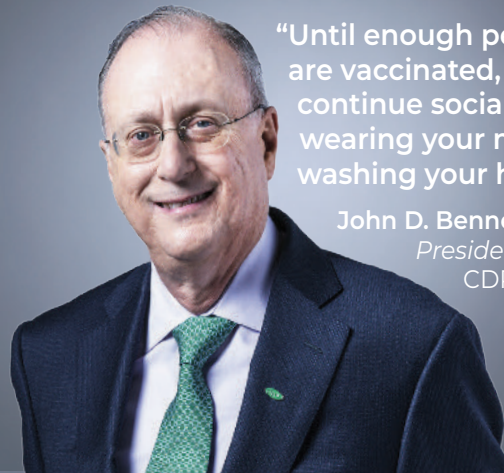
"We can recover from the pandemic if everyone is vaccinated."

Bill Hart  
Vice President of U.S. Business Operations  
Irving Tissue



"Until enough people are vaccinated, please continue social distancing, wearing your mask and washing your hands."

John D. Bennett, MD  
President and CEO  
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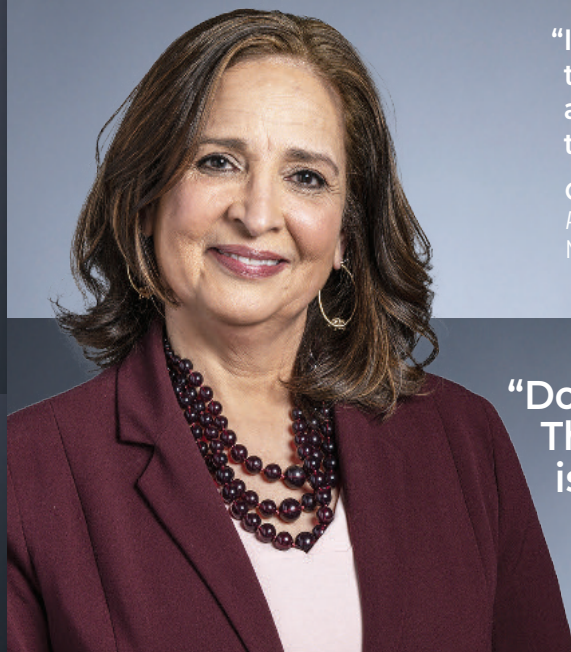
"When it is your turn, don't hesitate, vaccinate."

Odo Butler, DLP  
Past President  
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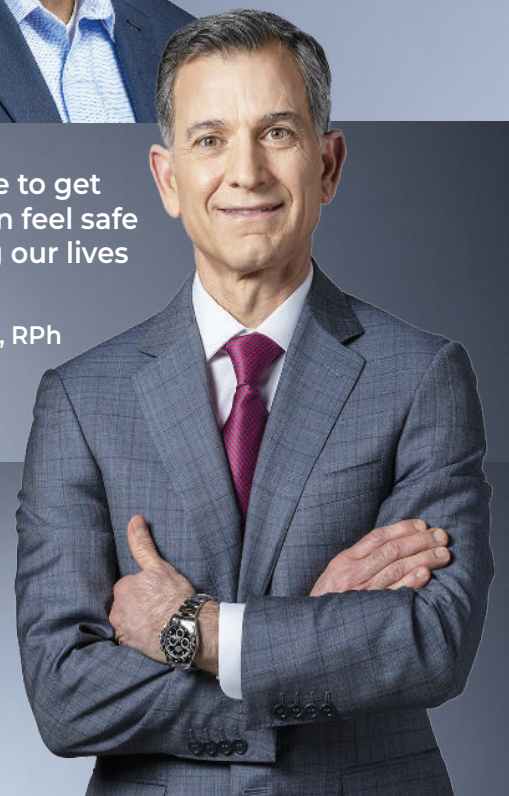
"I encourage everyone to get the vaccine so we can feel safe again and start living our lives to the fullest."

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"Don't be afraid. The vaccine is safe. I had it."

Micky Jimenez  
Regional Director  
Capital District Latinos



"Let's end the pandemic so we can once again open our arms to family and friends."

Ronald Pope, DO  
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# Community Calendar

## RAVENA Community Bulletin Board

*EDITOR'S NOTE: Scheduled events may be canceled due to the COVID-19 outbreak. Please call ahead to confirm.*

### June 2021

18-19 Bethlehem Grange garage sale, 9 a.m. to 4 p.m., 24 Bridge St., Selkirk.

23 - Coeymans Planning/Zoning Board of Appeals meeting, 7 p.m., Town Hall, 18 Russell Ave., Ravena.

23 - Evening on the Green,, Soul Sky performs from 6-8 p.m., Coeymans Landing gazebo. Free admission.

24 - Coeymans Town Board meeting, 6:30 p.m., Town Hall, 18 Russell Ave., Ravena.

25 - Ravena Village Board workshop, 6 p.m. Village Hall, 15 Mountain Road, Ravena.

30 - Evening on the Green, Rockin' Johnsons performs from 6-8 p.m., Coeymans Landing gazebo. Free admission.

30 - Evening on the Green, rockin' Johnsons performs from 6-8 p.m., Coeymans Landing gazebo. Free admission.

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# Kid Scoop

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE



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## Kid Scoop Together: How to Draw a Camel

### Rudyard Kipling's Just So Stories

#### Bedtime Stories Became Classic Literature

Rudyard Kipling made up bedtime stories for his children. He wrote them down in 1902 and called them **Just So Stories**. Using a lot of imagination, these tales were fun ways to explain things like how the elephant got his trunk, the leopard his spots and the camel his hump.

Paste the missing word balloons where they belong in the story.

You can live on your hump!

Grrrrrr!

But how can I with this hump on my back?

Camel! You have given extra work to the other animals.

Come plow!

Come fetch and carry things!

Come out and trot!

HEY! W-w-what's happening to my back???

### How the Camel Got Its Hump

When the world was new and the animals were just beginning to work for Man, Camel lived out in the middle of the desert because he didn't want to work. Whenever anybody spoke to him, Camel just said ...

HUMPH!

Other animals asked Camel to help with their work ...

HUMPH!

HUMPH!

After three days, the Man spoke to Horse, Dog and Ox.

That Humph-thing in the desert won't work, so you must work double-time to make up for it!

HUMPH!

This made the three animals very angry, so they asked a Djinn (also called a genie) to help make Camel do some work, too.



The Djinn warned Camel to stop saying "HUMPH." But Camel said it again and again. So the Djinn cast a spell on Camel.



You have missed three days of work. Now you'll work without stopping or eating for three days!



And since then, Camel always wears a lolling hump (we call it a hump now to not hurt his feelings). But he never caught up with the three days of work he missed at the beginning of the world. And he has never learned how to behave!

P-TOOOEY!

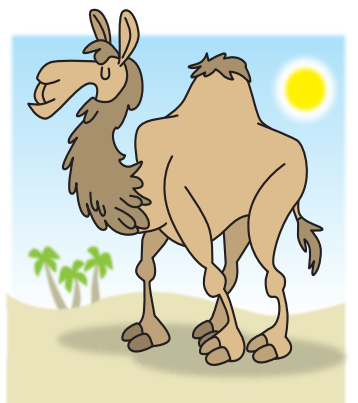
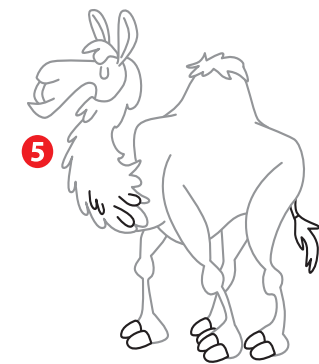
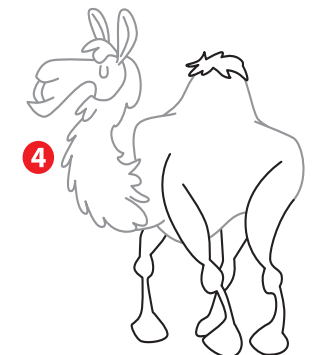
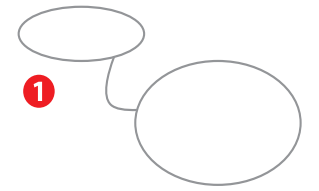
### Extra! Extra! Persons, Places and Things

Look through the newspaper and find five of each of the kinds of nouns:

- Persons
- Places
- Things

Cut them out and glue them to a piece of paper by category.

**Standards Link:** Reading Comprehension: Understand meaning from context clues.



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For more information about our literacy non-profit, visit [kidscoopnews.org](http://kidscoopnews.org)

### Kid Scoop VOCABULARY BUILDERS

This week's word:  
**LOLLOPING**

The verb **lolloping** means to move in an awkward way.

The clumsy puppy came **lolloping** towards Billy.

Try to use the word **lolloping** in a sentence today when talking with your friends and family members.



Why are they called Just So Stories? Put these sentences in order to discover the answer.

telling the first three chapters as \_\_\_\_\_ words, exactly in the words she \_\_\_\_\_

\_\_\_\_\_ was used to — or she would complain. \_\_\_\_\_ bedtime stories to his daughter, Josephine. These had \_\_\_\_\_

Rudyard Kipling began working on the book by \_\_\_\_\_ to be told "just so" — in other \_\_\_\_\_

### Kid Scoop Puzzler

Rudyard Kipling wrote 12 Just So Stories. Do the math to complete the titles.

- |   |  |
|---|--|
| How the _____ Got His Throat<br>9+9+9+2 | The Beginning of the _____<br>9+9          |
| How the _____ Got His Hump<br>8+7       | How the First _____ was Written<br>9+9+3   |
| How the _____ Got His Skin<br>8+8+8     | How the _____ was Made<br>3+3+3+5          |
| How the _____ Got His Spots<br>12-4     | The _____ That Played with the Sea<br>22-5 |
| The Elephant's _____<br>6+3+3           | The _____ That Walked by Himself<br>32-9   |
| The Sing-Song of Old Man _____<br>4+9   | The _____ That Stamped<br>16-5             |

- |                 |                 |               |
|-----------------|-----------------|---------------|
| 18 = ARMADILLOS | 24 = RHINOCEROS | 14 = ALPHABET |
| 15 = CAMEL      | 12 = CHILD      | 29 = WHALE    |
| 17 = CRAB       | 23 = CAT        | 8 = LEOPARD   |
| 11 = BUTTERFLY  | 21 = LETTER     | 13 = KANGAROO |

**Standards Link:** Reading Comprehension: Flow simple written directions.

### Double Double Word Search

- LOLLOPING  
ALPHABET  
CHAPTERS  
BEDTIME  
LEOPARD  
KIPLING  
DESERT  
BEHAVE  
PLOW  
CAMEL  
DJINN  
HORSE  
TROT  
DOG

Find the words in the puzzle. How many of them can you find on this page?

```

I T P L O W G H I G
C B D R G D J I N N
H E E T O R T I H I
A H S D D U L S O P
P A E J T P D C R O
T V R U I I S A S L
E E T K T S M M E L
R O D R A P O E L O
S T E B A H P L A L
    
```

**Standards Link:** Letter sequencing. Recognize identical words. Skim and scan reading. Recall spelling patterns.

### FROM THE Kid Scoop LESSON LIBRARY

#### Just for Phun!

When a P and an H are together in a word, they are pronounced with the F-sound (alphabet, dolphin, nephew and phone). Can you find 5 or more words in today's newspaper that are spelled with PH? The PH can be in the beginning, middle, or end of the word.

**Standards Link:** Language Arts: Identify words with PH.



How do camels blend in so well with their surroundings?

ANSWER: Camel-flage!

### Write On!

#### Favorite Author

Who is your favorite author? Write down three significant or surprising facts about that person.



Michael Alert '19  
Individual Studies

# Virtual Alzheimer's programming in June

ALBANY — Alzheimer's Association Northeastern New York announces a series of virtual programs in June.

Registration is required. RSVP at alz.org/CRF, via the 24/7 Helpline at 800-272-3900 or by contacting 518-675-7214.

• Know the 10 Warning Signs and

Practical Resources for Caregivers, 2-3 p.m. June 17.

• Legal and Financial Planning with Herzog Law Firm, 2-3 p.m. June 21.

• Meaningful Engagement, Activities at Home, 10-11 a.m. June 22.

• In it Together: Dementia, Caregiving and Faith Communi-

ties and Understanding Alzheimer's Disease, 4-5:30 p.m. June 23.

• Healthy Living for Your Brain and Body Tips from the Latest Research with a special guest speaker, noon-1 p.m. June 25.

• Understanding and Responding to Dementia-Related Behaviors, 10:30-11:30 a.m. June 29.

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# SPORTS

# B

RAVENA NEWS-HERALD CAPITAL REGION INDEPENDENT MEDIA

Thursday, June 17, 2021 **B1**

## RCS edges C-A in nail-biter

By Matt Fortunato

Courtesy of Columbia-Greene Media

**COXSACKIE-ATHENS** — The RCS Indians won a nail biter against the Cossackie-Athens Indians 7-6 in 10 innings in last Monday afternoon's opening round of the Section II Class B playoffs.

Both teams blew three-run leads over the course of the game, but C-A stranded the tying run on base in the 10th and RCS took the road win.

C-A took a 1-0 lead in the second inning thanks to an RBI groundout by Michael O'Connor. They extended the lead in the third to 3-0 when Patrick McManus hit a massive two-run homer over the fence in right-center field. McManus also looked very good on the mound early, throwing four scoreless innings to start.

However, the fifth inning was where things began to unravel for

McManus and C-A. After getting the first two batters out via groundouts, RCS got runners aboard with an infield single and a walk.

RCS kept the inning going with three consecutive singles, one run scoring on each, and the score was tied 3-3.

A ground rule double gave RCS a 4-3 lead, but McManus got a strikeout for out number three to stop the bleeding.

RCS shut out C-A in the bottom half of the inning, and RCS piled on in the sixth with two more runs, again with two outs already, and it was 6-3.

In the bottom of the sixth, C-A put two runners on with a base hit by Joshua Kiefer, and Sean Scott getting hit by a pitch. With two outs and the runners on second and third, Andrew Sager blooped a single into right field to score them both, cutting RCS's lead to 6-5. Adam Slater drew a



Courtesy of Columbia-Greene Media  
The RCS pitcher fires a pitch to Cossackie-Athens' Patrick McManus during last Monday's Section II Class B Playoff game at McQuade Park in Cossackie.

walk to keep the inning going, and a wild pitch advanced the tying run to third base. RCS changed pitchers to face McManus and he rolled one over and grounded out to end the sixth.

Sager relieved McManus on the hill and pitched brilliantly for an eighth grader in a varsity play-

off game atmosphere. Sager got three outs rather quickly and C-A's last chance to tie the game was upon them. Keegan O'Callaghan and Dillon Hynes grounded out and popped out to short-stop respectively, and it all came down to Joshua Kiefer for C-A.

Kiefer hit a deep fly ball

on a line to center field and the RCS outfielder misjudged it as it landed behind him and rolled all the way to the fence. Kiefer rounded second base and was running for his life to third. The throw from the outfield short-hopped the cut-off man, and the relay throw to third went out of play just as Kiefer was sliding in, and he was awarded home plate on the overthrow to tie the game for C-A.

Sean Scott rode the momentum and lined a single into right field, skipping off the first baseman's outstretched glove. Scott got himself into scoring position with a stolen base, but the inning ended on O'Connor's pop up to the catcher and they were going to extras.

Andrew Sager shined the next two innings and held RCS at bay, but the C-A offense could not do its part and they did not score in the eighth or

ninth.

Kiefer had a huge catch in center field in the top of the tenth for the first out with a man on first base for RCS. They retook the lead on an RBI double and led 7-6 going to the bottom of the tenth.

With one out, O'Connor singled, and then Sager worked a walk to put the tying and winning runs on base. Both runners advanced to scoring position on a wild pitch as the home crowd roared for C-A.

Slater hit a fly ball to left field, but it was caught just shallow enough in the outfield to prevent the tying run from leaving third base. With C-A down to their last out in the tenth, Sam Mozzillo put in a tough at-bat, but looked at strike three for the final out.

RCS won a squeaker 7-6 in the opening round of the 2021 Section II Class B Playoffs.

## OUTDOORS

By Larry DiDonato

For Capital Region Independent Media

DEC cautions against disturbing fawns and other young wildlife by urging New Yorkers, "If You Care, Leave Them There."

New York State Department of Environmental Conservation Commissioner Basil Seggos recently reminded New Yorkers to appreciate wildlife from a safe distance and resist the urge to touch or pick up newborn fawns and other young wildlife. Human contact with wildlife can carry unintended consequences detrimental to the animals that people intend to help.

"At this time of year, New Yorkers may encounter young or newborn wild animals in their yards and mistakenly think they need help to survive," Seggos said. "While a baby rabbit or a recently fledged bird might appear abandoned, a parent is likely nearby, trying to remain out of view. Please do not

touch a wild baby animal; instead, enjoy encounters with wildlife from a distance. Remember — if you care, leave it there."

DEC advises during spring months, animal sightings and encounters are common. Young wildlife quickly venture into the world, albeit on wobbly legs or fledgling wings, on their own. While most young wildlife learn survival skills from their parents, some receive little or no care and rely on evolutionary instincts.

"In many cases, wild animals stay away from their young, especially when people or pets are present," according to DEC. "For these young animals, the perils of survival are a natural part of life in the wild. Well-intentioned individuals may attempt to care for young wild animals they believe to be abandoned or in need of assistance."

Generally, such human interactions do more harm than good.

White-tailed deer fawns are typically born during late May and early June.

"Although fawns can walk shortly after birth, they spend most of their first several days lying still in tall grass, leaf litter



Contributed photos  
A whitetail deer fawns remain motionless in tall grass for long periods to stay safe from predators. DEC urges New Yorkers "If You Care, Leave it There."

or sometimes relatively unconcealed. During this period, a fawn is usually left alone by the adult female (doe), except when nursing. People occasionally find a lone fawn and mistakenly assume it has been abandoned, which is rare," according to the DEC.

"If human presence is detected by the doe, the doe may delay its next visit to nurse. Fawns should never be picked up. A fawn's best chance to survive is to be raised by the adult doe. Fawns nurse three to four times a day, usually for less than 30 minutes at a time, but

otherwise the doe keeps her distance, which helps reduce the chance a predator will follow her to the fawn."

Whitetail deer fawns are naturally camouflaged. Coupled with their innate ability to remain motionless for long periods, they can avoid detection by predators and people. After about 10 weeks, fawns "...are no longer dependent on milk, although they continue to nurse occasionally into the fall."

DEC also set out to remind the public that young wildlife should not be kept as pets.

"Keeping wildlife in captivity is illegal and harmful to the animal," according to DEC. "Wild animals are not well-suited for life in captivity and may carry diseases that can be transferred to humans. Anyone who observes wildlife that appear to be sick or behaving abnormally should contact their DEC regional wildlife office."

If you observe young wildlife that's obviously injured or orphaned, call a wildlife rehabilitator.

"Wildlife rehabilitators are trained volunteers licensed by DEC. They are the only people legally allowed to receive and treat distressed wildlife," according to the DEC. "They have the experience, expertise and facilities to successfully treat and release wild animals."

If you want to save wild birds around your home, keep pets indoors when young animals are present.

"Many fledgling birds cannot fly when they first leave the nest and are easy prey for a house cat," according to DEC.

For more information and answers to frequently asked questions about young wildlife, visit

DEC's website at [www.dec.ny.gov](http://www.dec.ny.gov).

Happy hunting, fishing and trapping until next time.

### NEWS AND NOTES

Lake Taghkanic Bass Tournament Kicks Off on Saturday, June 19: Columbia County resident and local bass fishing tournament promoter Bill Johnson recently announced he is resuming the annual Lake Taghkanic Bass Tournament. It kicks off on Saturday, June 19, from 4-11 a.m. Entry is \$40 per person and includes luncheon prize entry.

Weigh-in is at West Beach. Tournament rules are five fish per boat, fish must be alive at weigh-in, live bait is allowed. Boats must have a live-well.

For more information call Bill Johnson at 518-537-5455. Subsequent tournaments scheduled on for July 17, July 31 and Aug. 14.

Remember to report poaching violations by calling 1-844-DEC-ECOS.

\*If you have a fishing or hunting report, photo or event you would like to be considered for publication, send it to: [huntfishreport@gmail.com](mailto:huntfishreport@gmail.com).

## Saratoga Race Course welcoming back spectators

**SARATOGA SPRINGS** — Following a season without spectators due to the COVID-19 pandemic, racing fans now have the opportunity to secure their seat for the 2021 meet at Saratoga Race Course.

Season and weekly ticket plans for reserved seats in the Clubhouse, Grandstand, The Stretch and Fourstardave Sports Bar can now be purchased at [NYRA.com](http://NYRA.com). These sections have been reserved for vaccinated fans only.

Season admission passes, which are also valid for vaccinated fans only, are also available for purchase. Season passes provide admission to all 40 days at Saratoga Race Course. Season passes do not include reserved seating and will be available by digital download only.

As announced by NYRA and Gov. Andrew Cuomo on May 27, Saratoga Race Course will reopen to fans at near full capacity for the 2021 summer meet.



Courtesy of NYRA  
Spectators will be allowed at Saratoga Race Course for the 2021 season after empty stands in the summer of 2020 due to the COVID-19 pandemic.

In order to do so based on current New York

state guidelines, NYRA will designate most sections for vaccinated fans only, including the popular Saratoga backyard.

Individual tickets and tickets for other areas of Saratoga Race Course, including dining, will go on sale at a later date.

The 40-day summer meet at historic Saratoga Race Course will feature 76 stakes worth \$21.5 million in total purses highlighted by the 152nd renewal of the Grade 1, \$1.25 million Travers on August 28 and the Grade

1, \$1 million Whitney on Aug. 7, as the anchors of two of the most prestigious racing days in North America.

Following the four-day opening weekend from Thursday, July 15, through Sunday, July 18, racing will be conducted five days a week, Wednesdays through Sundays, with the exception of the final week, when the meet will conclude on Labor Day.

For additional information, visit [NYRA.com/Saratoga](http://NYRA.com/Saratoga).

# MY VIEW

Inspiring wellness and creating a bright future

I'm running for town council because I have the VISION, commitment, and ingenuity to grow Coeymans into the Town we deserve.

In fact, I'm not waiting for Election Day to get started – I'm already working on revitalizing Main Street with my mural-arts initiative. Working with local business owner Bernice Hopkins, I spearheaded the mural project on Trackside Pizza. The mural, based on a historic image of the Ravenna Railyard from 1883, celebrates our local history, while laying the foundation for a bright future. This initiative will continue to rely on partnerships with area businesses, community members, and the RCS Community Business Association to nurture a warm, inviting landscape within Coeymans, and establish a unique and exciting identity for our Town within the region.

Continuing with the momentum to improve our Main Streets, I will launch a resident-driven Garden Club, and a municipal beautification committee. With these programs established, and in healthy partnership with the village government and our Town's grant writer,



Sara Pruiksma

I will work to line our streets with native trees, and flowers, create pocket parks and municipal gardens that will attract visitors back to our main streets, encourage economic growth for small businesses, and boost our community's morale.

Bringing life and beauty back to our main streets is indispensable for building a prosperous future, but the well-being of our residents, especially in the wake of the pandemic, are at the core of our collective success. I will faithfully support our existing local organizations, and bring in new programming to address serious issues such as food insecurity, public safety, domestic violence and mental health services, and I pledge my support to our law enforcement officers, who are so often the first

tasked with helping families in need or at risk.

As another integral part of my mission to improve quality of life, I pledge to safeguard and advocate on behalf of our community's health. As we weigh the pros and cons of the ever-increasing industrial development and its irreversible impact on our future, our community needs strong, trusted and ethical leadership to demand, and deliver the necessary responsible actions. The reckless and irresponsible environmental violations like those settled on earlier this year, made headlines further discouraging families and businesses to invest here, while putting our neighborhoods and surrounding communities at risk.

I am running for Town Council NOT as an aspiring politician, but as a neighbor who wants to help, a mother who wants the best for her child, a wife who wants to make the most of her home with her husband, and as an individual who simply wants to see Coeymans thrive.

Growing up in Coxsackie-Athens, I visited Coeymans regularly to visit family and friends. Looking back on my childhood, playing in the

Hannacrois Creek and Hudson River has given me some of my fondest memories. Ravenna, and Coeymans Hollow, were 'just up the road' – and now I'm proud to call Coeymans home.

When we settled down in the hamlet more than four years ago, we chose the area for a multitude of reasons, such as the charm of the historic buildings, parks, riverfront access, walkability, affordable housing, and mostly because we had already lived in the Hollow for four years and loved the little Town we began to know more intimately.

After graduating Coxsackie-Athens High School, I pursued college locally and graduated in 2011 with my Masters in Fine Arts. While attending school I worked two-three jobs at any one given time, (including an auto-part store for eight years, where I met my husband), volunteered at regional arts organizations, and founded and directed an art gallery in Albany.

Previously I served on the Board of Directors at the Athens Cultural Arts Center, and the Contemporary Art Center at Woodside in Troy as their Secretary. I was the Com-

munity Arts Grant Coordinator at Greene County Council of the Arts (now CREATE) for two years; responsible for approximately \$140,000 annually and end of year reporting for the Decentralization Program through the New York State Council on the Arts. For more than six years, I worked with May + Watkins Design where we created large-scale, indoor and outdoor, public and private exhibits, including children's play structures sited across the United States.

Currently I work at the Albany International Airport in the Art & Culture Program, where I implement a wide array of projects, including gallery exhibitions and site-specific installations throughout the terminal. As with all my arts organization experiences, each creative role was/is rounded out with an array of responsibilities, including but not limited to administrative work with budgets, contracts, community outreach, long and short-term planning, and teamwork. Collectively, these experiences total more than 18 years of expertise in studio and public art, non-profit organization management and community engagement.

I have worked tirelessly toward my future, and I will continue to work hard for Coeymans' future. I believe in our town, and the people in it – and the great potential we have to be an enriching, inspiring, and safe place to live. My pledge to the people of Coeymans is, I will work WITH, and FOR, YOU!

As part of the A TEAM, I am proud to offer my unique perspective and talents to serve Coeymans in its path toward a better future. The A TEAM believes in communication and collaboration, and together our strong voices, ideas, and focus will lead our entire town forward.

For more information, please follow us on Facebook and Instagram, and visit our website at CoeymansATeam.org to learn more about our experiences, skill sets, and priorities, and check back often for continual updates, news and events.

As always, please reach out with your questions and concerns (CoeymansATeam@gmail.com) – I am here to listen, and our team is here for you.

Sara Pruiksma is a candidate for Coeymans Town Council in the November 2021 elections.

# Friesen dominates at SUNOCO Modifieds

## CHASIN' RACIN'

By Mark Kane  
For Capital Region Independent Media

It was a hot one Saturday night at the "Track of Champions," Fonda Speedway, but when the SUNOCO Modifieds hit the track for their feature and the green flag dropped there was soon a Freeze warning out.

### FONDA SPEEDWAY

I have seen the very best to ever turn left at Fonda since I first went to the track 57 years ago. Watching "Mr. Freeze," Stewart Friesen, go to the high side and drive to the front from his 12th starting spot in just four laps had this race fan on his feet.

When I said drive to the front, that is what it was. Using the extreme high side, a place few venture to, Friesen made a move on Rocky Warner, Bobby Varin and Ronnie Johnson, all past champions, that was something you needed to see to take over second on lap 3 and set his sights on George Foley, who had grabbed the early lead at the green.

Going down the back stretch, the Halmar 44 with Friesen as the pilot was the new leader, a lead he would hold and increase as the laps clicked away. Getting into lap traffic on lap 7, Friesen was hitting his marks at both ends of the speedway, working his way through lap traffic with perfection and clearly the class of the field on this night, as he has been so far in 2021.

Behind the leader a great race developed inside the top 5 with Ronnie Johnson working his way to second past Foley. The caution was out as Pep Corradi slowed and headed pit side, as did Adam

McAuliffe, who was running solid in the top 5.

On the move was Craig Hanson and Mike Mahaney working their way to the front as Friesen continued on cruise control out front and once again was putting distance between himself and the field.

The second and final caution was out once again for Adam McAuliffe putting the field on the rear deck of Friesen, the closest anyone had gotten to the leader since he took the lead.

On the restart Rocky Warner would be the new second place car as Mahaney, who had worked his way into the top 5, worked his way around Hanson to fourth. It was Friesen who would hold on to pick up his sixth win of the year and 74th career win at the Fonda Speedway with Warner, Johnson, Mahaney, and Hanson rounding out the top 5 with current point leader Josh Hohenforst with another consistent run finishing sixth.

### CRSA SPRINTS

The CRSA Sprints were in town and what a great night for a former Fonda regular as Josh Flint, a second-generation driver, picked up his first ever Fonda Speedway win.

Spending many years at the track with his dad Russ Flint, then starting his own racing career, Josh always dreamed of winning at Fonda and now that dream has come true.

Holding off another former Fonda regular and former Modified champion and CRSA champion Jeff Trombley, Flint had to work hard for the popular and emotional win with dad's power under the hood.

At the drop of the green it was Flint and his Hannay Reels 41 with the advantage, grabbing the lead as Trombley worked his



Photos by Mark Kane/For Capital Region Independent Media  
Above, Marc Johnson starting to heat up in the Capitol District.

Below, Josh Flint had his dream come true wheeling the Hannay Reels 41 Sprinter to his first Fonda Speedway win.



Above, Josh Coonradt and Luke Horning battle for position during the popular Pro Stock event.

way from the eighth starting spot took over second on lap 11. The one and only caution flew on lap 12 and once

back to racing Mike Kiser worked his way to second, but Trombley fought right back to put his ride right back

to second and closed in on Flint's Sprinter as the two battled hard, with Josh Flint holding on for the win with Trombley, Kiser, Chase Moran, and another former Fonda regular, J.R. Hurlbert, rounding out the top 5.

### PRO STOCKS

Once again, the Pro Stocks did not disappoint the fans.

Going to the high side, Nick Stone needed only two laps to go from his fourth row starting spot to be the leader after working his way around Andy Graves. Also finding the high side to his liking, Luke Horning was on the move from his 12th starting spot and would take over second on lap 4 and set after Stone.

Running the extreme high side, Horning made contact with the wall between turns one and two and on lap 9 brought out the caution and going to the hot pit with a flat. Making his way back to the track, Horning put on a drive after having to restart 19th.

With Stone back in command, the racing was heating up behind the leader as Josh Coonradt and Kenny Gates were on the move to the front after starting mid-pack in the highly competitive class with Coonradt now in second. Working his way from deep in the pack after bringing out the yellow, Horning was on the charge and passing cars on the high side at will, working his way into the top 5, but was not done yet as he worked his way around Coonradt to take over second as Stone was not to be caught as he picked up the win with Horning, Coonradt, Gates, and Jason Morrison rounding out the top 5.

### MORE RACING

In the 602 Sportsman it was Mark Mortensen putting in a great run

from his sixth row starting spot to grab the lead after a lap 17 caution and working his way around Jason Greco.

The Sportsman once again put on a great show with plenty of wheel-to-wheel racing on a very dry, slick and fast racing surface.

With the handicap starts, the top runners started mid-pack and made for some great racing. At the checker it was Mortensen, Cody Clark, Greco, Tony Farone and Chad Edwards holding down the top 5.

Other action found Clayton Dumond in for the Limited Sportsman win with Kerrie Hollenback picking up the 4 cyl. win.

It seems Marc Johnson has hit his stride at both the Albany Saratoga and Lebanon Valley Speedways after picking up his first career win at the "Valley of Speed," along with a podium finish at the Super DIRTcar Mr. DIRT Track USA, behind Matt Sheppard and Matt Williamson as well as second behind Kenny Tremont at Albany Saratoga Speedway. With his consistency Marc is the point leader at Albany Saratoga and sits second behind Andy Bachetti at the Valley.

After having a tough start to the 2021 season, Kenny Tremont found Albany Saratoga victory lane after starting 10th on the field with Marc Johnson, Ronnie Johnson, Jack Lehner and Mike Mahaney rounding out the top 5.

Last Friday night at Utica Rome Speedway it was Rocky Warner picking up his first SUNOCO Modified win at the Speedway, along with his first Modified win for car owner Jason Simmons. Following Warner to the line was Matt Sheppard, Stewart Friesen and Andy Bachetti, with Alan Johnson rounding out the top 5.

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## Social mixer at Yanni's for community, business leaders

COEYMANS — Community and business leaders are invited to a social mixer at Yanni's Restaurant in Coeymans Landing on June 17, at 5 p.m.

Attendees have the option to order food or beverages at their own expense throughout the course of the meeting. There is no charge to attend.

This is the perfect opportunity to network and find out about the latest developments and opportunities in the RCS region.

The event is sponsored by the Ravenna-Coeymans-Selkirk Community Business Association

(RCSCBA).

The RCSCBA is an all-volunteer organization of business and community leaders and interested individuals. The group is a catalyst for growth and prosperity through economic and community development initiatives that foster a strong business climate.

The monthly meetings feature "What's New?" updates by local businesses and groups, briefs on matters of economic and community importance and include a guest speaker, a spotlight by a specific business and a question-and-answer period. The group's Facebook

page is active at <https://www.facebook.com/RCSCBA> and the website is <https://www.rcscba.com>. RCSCBA meets on the fourth Thursday of the month at 7:30 a.m.

July's meeting will feature prospective grant proposals and economic development in the village of Ravenna area. The date is July 22 with the location to be announced.

To join RCSCBA, go to <https://www.rcscba.com/join> or contact Marlene McTigue at [RCSBizAssoc@gmail.com](mailto:RCSBizAssoc@gmail.com). For more information about meetings, call 518-928-1825 and ask for Joy.

## Police: Albany man held after Coxsackie drug arrest

By Bill Williams  
Courtesy of Columbia-Greene Media

COXSACKIE — An Albany man was arrested on felony drug charges following an investigation into drug sales in Greene County, Troop F Public Information Officer Trooper Steven Nevel said.

David Graham, 36, was taken into custody last Friday and charged with

three counts of third-degree criminal sale of a controlled substance and three counts of third-degree criminal possession of a controlled substance, both class B felonies, Nevel said.

The charges stemmed from a two-month investigation into the sale of heroin and crack-cocaine in the town of Coxsackie. The investigation was

a joint effort by State Police at Catskill, Bureau of Criminal Investigation, the Greene County District Attorney's Office, Greene County Sheriff's Office and New York State Parole, Nevel said.

Graham was taken to the Ulster County Jail, where he was held on a parole violation, Nevel said.

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# Will retirement benefits be cut because of state pension?

**Dear Rusty:**  
I took early retirement at 20 years from the Louisiana public school system in 1996. Since then, I have continued to work in private schools (except for two years in public).

I now have over 20 years in the Social Security system. Are they going to take money out of my tiny early LA retirement check or lower my Social Security check? Is it true I can continue working and draw Social Security? I have reached full retirement age — I am 68.

**Signed: State Retiree**

**Dear State Retiree:**  
There are 27 U.S. states (including Louisiana) which, to varying degrees, do not require state employees to contribute to the federal

## SOCIAL SECURITY MATTERS



**RUSSELL GLOOR**

Social Security program. Retirees in those states with a pension earned while not contributing to Social Security, and who still earn enough Social Security credits (from other work) to be eligible for Social Security benefits, are affected by

a regulation known as the Windfall Elimination Provision (WEP), which reduces the amount of your Social Security payment. So, the answer to your question is yes, your Social Security benefit will be reduced as a result of your LA state pension and WEP (your LA retirement benefit won't be affected).

The amount of the reduction to your Social Security benefit will depend upon the number of years of "significant" earnings you have contributing to the Social Security (SS) program. With 20 or fewer years of SS-covered earnings, you would incur the maximum WEP reduction, which is either a) 50% of your LA state pension amount, or b) the maxi-

mum WEP reduction for your "eligibility year" (the year you turned 62, which I believe was 2015). In the case of b), the maximum WEP reduction to your Social Security benefit would be \$413/month.

Since you say you have "over 20 years" contributing to Social Security, be aware that the size of the WEP reduction to your SS will be smaller for each year over 20 that you have significant SS-covered earnings.

For example, with 21 years of SS earnings your WEP reduction would be \$371/month; with 25 years of SS contributions your WEP reduction would be \$206/month; and with 30 years of SS contributions, WEP would no longer apply.

As you can see, the WEP reduction to your SS benefit decreases proportionally with each year over 20 that you have significant earnings and contribute to Social Security, and WEP disappears with 30 years of significant SS earnings.

Be aware that WEP will not affect you until you are collecting both your LA state pension and your Social Security benefit, and that for each full year you continue to work and contribute to Social Security the WEP reduction will diminish.

And since you've passed your full retirement age you can collect Social Security and work without your SS benefits being affected. But, in any case, you shouldn't delay claiming your

Social Security benefit past age 70 because that is when your SS benefit will reach maximum.

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

# Less Is More survives end-of-session rush

By Kate Lisa

Courtesy of Columbia-Greene Media

ALBANY — Lawmakers were set to end legislative session last Thursday after passing a handful of criminal justice measures while killing several others that downstate progressives and advocates this week rallied for the hardest.

The Senate and Assembly each passed the Less is More Act last Thursday to restrict incarcerating New Yorkers for technical and non-criminal parole violations and require hearings to happen more quickly.

The bill will take effect March 1, 2022. "Once people are on parole, they should not be reincarcerated for technical violations," said Correction Committee Chair Assemblymember David Weprin, D-Queens. "This is a fault in our parole system for many, many years."

Technical parole violations, as defined in state Penal law, include any violation of a condition of parole outside a felony or misdemeanor offense.

About 35,000 New Yorkers are on active parole supervision.

Senators passed Less Is More with a vote of 39-24. It cleared the Assembly with a tally of 89-60.

The vast majority of Republicans rejected loosening the rules on reincarcerating parolees.

"It's a right and laudable cause to want to reintegrate people into society," Assemblyman Mark Walczyk, R-Watertown, said on the floor Thursday. "I think it's great you have some hope for some individuals, and hopefully they can [reintegrate] into society."

About 24,270 incarcerated New Yorkers are in prison for violent felony offenses, while 8,000 are imprisoned for non-violent felony offenses, the assemblyman said, citing statistics he received from the state Department of Corrections and Community Supervision.

"I wanted to share that for the good of the body," Walczyk added, before voting against the measure.

It was sent to Gov. Andrew Cuomo's desk for his signature.

The Less Is More Act was the only one of three main pieces of parole reform legislation to pass this session after months of discussion and debate.

Dozens of advocates rallied outside the Capitol for parole reform each day this week, demanding lawmakers pass the sweeping reforms supported by many progressive Democrats. The 2021-22 legislative session marked the Democrats' first with a veto-proof supermajority in both chambers.

Fair & Timely Parole, which would require the state Parole Board to evaluate incarcerated people for release based on current merit and behavior instead of their past crimes, was moved out of committee last week and expected to be passed this week. Legislative leaders did not bring the bill to the floor for a vote.

Elder Parole, which would make inmates over 55 years old who served 15 or more consecutive years automatically considered for parole, died in committee in both chambers this session.

"We're here to stay," said TeAna Taylor, whose father is incarcerated in a New York prison. "We are going to mourn the loss of more loved ones because these bills are not passed ... but we're never going to give up."

Taylor, a member of People's Campaign for Parole Justice, was one of several people to speak outside the Capitol on Thursday.

Activists slept in tents in West Capitol Park last Tuesday and Wednesday, surrounded by dozens of signs made to look like tombstones with the names of incarcerated New Yorkers who died behind bars. They showed a documentary Wednesday night about the carceral system on an inflatable projection



Above, activists rallied in West Capitol Park last Tuesday for lawmakers to pass the Clean Slate bill.

Photos courtesy of Columbia-Greene Media

Below, Assemblywoman Jessica González-Rojas, D-Queens, rallied in West Capitol Park last Thursday to show solidarity with advocates for one final push for sweeping parole reform. The bills did not pass this session.



screen.

"Until the sun gives out, we will continue this fight," said Anthony Dixon, 59, who was incarcerated in state prisons for 32 years. "We've never been this close."

Dixon, originally from Queens, is the director of community engagement with the Parole Preparation Project. He was released from prison nearly five years ago after serving in eight state prison facilities from the North Country down to Fishkill in the Hudson Valley.

An incarcerated person lives to age 58, on average. The state's Parole Board denies about 60% of applicants, Dixon said, adding the majority of incarcerated and rejected people are Black, Hispanic or Latino.

"[Gov. Cuomo] is Italian," Dixon continued. "If one out of every four Italian-Americans ended up inside prison, we wouldn't be having this conversation. ... We are believing punishment is the answer to everything that goes wrong in our community, and the answer is to lock them up and throw away the key. If they are producing a 60% denial rate, something is wrong with the system. If you invest hundreds of thousands of dollars in individuals for 20, 30, 40 years, but you never give them the opportunity [for release], the investment was for

nothing."

Lawmakers compromised to pass other criminal justice reforms Thursday, including bills that will prohibit placing handcuffs, shackles or other restraints on children ages 21 and under in family court and raising the floor of the minimum age of juvenile delinquency jurisdiction to 12 years old, up from age 7, requiring police to not detain a person in custody for more than 24 hours and replacing the word "inmates" with "incarcerated individuals" or similar variation.

The Clean Slate bill was also expected to pass, but ultimately did not make the floor for a vote Thursday night after technical drafting error Wednesday. The error required Gov. Andrew Cuomo to sign a waiver for the requirement for the bill to age three days before legislators could vote to pass it.

Clean Slate would automatically seal about 2.3 million New Yorkers' criminal records after three years of the start of a sentence for a misdemeanor offense and seven years for a felony.

The bill was originally set to seal and expunge criminal records after one year for misdemeanors and three years for certain felonies.

Assemblymembers appeared poised to reconvene at an undetermined time Fri-

day to finish voting and the Senate will likely reconvene to take up confirmation votes for Cuomo's MTA nominations later in the month.

The governor remained largely absent from end-of-session policy pushes as he toured the state promoting COVID vaccination sites and economic recovery. Even amidst multiple ongoing state and federal investigations, Cuomo continued to flex his political muscle this week, hammering out an 11th-hour deal Thursday with legislative leaders to restructure the leadership of the Metropolitan Transportation Authority.

Lawmakers confirmed several of Cuomo's judicial and other nominations to state agencies this week.

The Assembly's impeachment inquiry into the sexual harassment allegations against the governor and other scandals surrounding his administration will continue and potentially ramp up during the summer.

"As our scheduled session concludes tonight, we are proud of the historic progress we made this year," Senate Majority Leader Andrea Stewart-Cousins said in a statement after the Senate concluded. "If ongoing discussions on any outstanding issues require action, we stand ready to come back when and if necessary."



# Bennett to chair 2021 Capital Region Heart Walk & Run

ALBANY — Before he was president and CEO of CDPHP, John Bennett M.D. was a practicing cardiologist, which makes participating in American Heart Association events vitally important to him.

“I saw firsthand the devastating effects of heart disease, stroke, and other heart-related issues,” Bennett said. “I consider our members to be like my patients, and I feel I have a responsibility to educate and help them lead their heart-healthiest lives. Events like the Heart Walk are so important for raising awareness, and whatever I can do to help, I will.”

This year, Bennett is chairing the Heart Challenge for the American Heart Association, which included the June 6 digital Capital Region Heart Walk and Run.

“CDPHP has been a proud supporter of the Heart Walk for many years, and since many of our employees have been affected by heart diseases, we have always had a strong showing at the Heart Walk,” Bennett said. “My goal is to get even more of our employees on board while also welcoming new faces to the event, particularly a younger audience. The truth is, heart-related illnesses can affect people of all ages, so the sooner we can begin educating, the better.”

This is the second year the Capital Region Heart Walk and Run was a digital event. Yet, Bennett said, the need to continue fighting heart disease and stroke remains critical.

“I recognize that we are captivated by COVID-19 and that it has been a horrible and life-altering time for so many, but we cannot lose hope and we cannot turn a blind eye to the other health threats around us,” Dr. Bennett said. “With many of us working from home we need to make sure we are getting up, moving around, and keeping our hearts and minds healthy and active. COVID-19 is a threat, but so are heart attacks and strokes. If something doesn’t feel right, do not delay care.”

Reach out to your provider via phone, schedule a telemedicine visit, or, if your situation is critical, head to the emergency room.”

Bennett also headed an Executive Leadership Team for the Capital Region Heart Walk and Run who are helping meet the Heart Walk’s financial goal of \$575,000, which the American Heart Association will invest in scientific research and education programs to fight the No. 1 and No. 5 killers in America, heart disease and stroke.

The Executive Leadership Team members are: Carm Basile, chief executive officer, CDTA; Dr. John Broderick, chief clinical officer, Landmark Health; Michael Castellana, president and CEO, SEFCU; Antonio Civitella, president and CEO, Transfinder; Joan Hayner, chief operating officer, Community Care Physicians; Kathy Lanni, chief community officer, SEFCU; Lee McElroy, associate vice president and director of athletics, RPI; Dr. Dennis McKenna, president and CEO, Albany Med; John Nigro, president, Nigro Companies; Lauren Poltynski, director of customer and community management, National Grid; Sara Rindenello, communications manager, Albany Med.

Bennett has been president and CEO of CDPHP since 2008. Before that,

he served as founding member and CEO of Prime Care Physicians, PLLC. He earned his medical degree at SUNY-Downstate Medical Center, Brooklyn, and a bachelor of science degree at Rensselaer Polytechnic Institute. Bennett completed an internship and residency in internal medicine and a fellowship in cardiovascular disease at Albany Medical Center. He is a Fellow of the American College of Cardiology and the American College of Physicians.

Bennett and his wife, Deborah, live in Loudonville. They have two children and four grandchildren.

“Dr. Bennett is a long-time, staunch supporter of the American Heart Association, and we appreciate his leadership in this time of COVID more than ever,” said Jennifer Corcoran Conway, partner at Tully Rinckey, chair of the Capital Region Board of Directors of the American Heart Association, and mother of the 2021 Heart Hero of the Capital Region Heart Walk and Run. “We are already seeing success with participation and fundraising for the Heart Walk, and know that under Dr. Bennett’s leadership, we will make a significant difference in the health of Capital Region residents.”



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# Coeymans Hollow Volunteer Fire Corporation news

## HOMETOWN HERO – AMERICAN FLAGS FUNDRAISER:

The Coeymans Hollow Volunteer Fire Corporation will be raising funds for the VFW to place American flags over the Hometown Heroes banners in Coeymans Hollow. For each flag purchased, the fire company will match the donation and purchase an additional flag up to \$500. The total cost of each flag will

be \$57.50, which includes the flag, all mounting brackets and the pole. To donate online, visit <https://secure.qgiv.com/for/chvfcvent/832892/> or contact the Coeymans Hollow firehouse at 518-756-6310 to place an order. Please show your support for Hometown Heroes.

### DRILL SCHEDULED:

Training Officer Steve McNeily has announced that the drill scheduled

for Tuesday June 22, will be gear and equipment inspection.

The drill will begin promptly at 7 p.m. All Coeymans Hollow firefighters and EMS personnel are encouraged to attend.

### SAFETY TIP:

When working in the summer heat, please wear light-colored clothing, drink plenty of water and take frequent breaks to

prevent any heat-related emergencies.

### CELEBRATE DAD:

The Coeymans Hollow Volunteer Fire Corporation wishes all dads a very happy Father's Day.

### VACCINATION POP-UP CLINIC IN COEYMANS HOLLOW:

On Thursday, June 10, a pop-up clinic was set up at the Coeymans Hollow firehouse from 4-7 p.m. and 24 residents were

vaccinated.

The Coeymans Hollow Volunteer Fire Corporation would like to extend its appreciation to the Albany County Health Department, the Office of Albany County Executive Daniel McCoy and the members of the Coeymans Hollow Fire Corporation.

The department is doing its small part to get everyone vaccinated to make

the community safe.

If you know of someone who is homebound and in need of a vaccination, please call Coeymans Town Hall at 518-756-6006, option 2.

Let's defeat this virus by getting vaccinated.

### FIRE AND EMS REPORT:

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

## Do what makes your soles happy

Chances are that if you're a healthy adult, you take your feet for granted. I know I do!

It never really occurred to me that my feet take a pounding every single day, from walking to climbing the stairs. But when your feet hurt, the simple act of walking can become an unbearable task.

A study from the American Podiatric Medical Association found 77% of people over 18 suffer from some form of foot pain including the most common problem — bunions.

According to Dr.

### CONCEPTS IN FITNESS



MARY SCHOEPE

Georgeanne Botek, head of the section of Podiatry and medical director of Cleveland Clinic's Foot Clinic, "Bunions often run in families, but they can also be the result of the way we walk or the shoes we wear."

Women are more like-

ly to develop bunions from wearing high heels, pointy shoes and flip flops. Those fashionably pretty high heels put the weight of your body onto the ball of your foot. Plus, they force your toes into a small space, encouraging bunions to form.

Unfortunately, bunions are permanent unless you have them surgically corrected. "If the pain persists for more than a year it may be time to consider bunion surgery, but surgery should be your last resort," said Dr. Botek.

But what about wear-

ing flip flops — are they any better? Unfortunately, wearing flip flops causes your toes to overgrip to keep the flip flop on, resulting in chronic tension. Eventually this ongoing tension alters your balance, straining the forefoot and worsening any bunion or pre-bunion problems you may have.

And speaking of tension — at one time or another we've all had stressful days; believe it or not, your feet can be a cause of that stress. Poor foot biomechanics — the way the toes and feet function as they inter-

act with your muscles and gravity can reach up the body, making it hard for muscles and joints to work properly. This can lead to hip pain, poor balance and more. So while your feet are stressed out, so is the rest of your body.

Ill-fitting shoes are the cause of stress in your feet, as are hard- or thick-soled shoes, both of which prevent feet from receiving the stimulation they need to keep them strong and supple.

According to Dina Stock DPM, "Be sure to choose low-heeled, comfortable shoes that pro-

vide plenty of space for your toes and the widest part of your foot."

Another option is walking barefoot (outside is optimal) as much as possible. Doing this helps "keep your feet strong and supple and will improve your balance and stability," according to Dr. Frank Lipman.

Wearing properly fitting shoes, maintaining a healthy weight and walking barefoot whenever possible will allow the feet and toes to be in their natural position and may help prevent the development of bunions.

## Clock starts ticking on pandemic recovery grants

By Melanie Lekocevic  
Courtesy of Columbia-Greene Media

ALBANY — Small businesses can begin June 10 applying for pandemic recovery grants from the state.

Grant amounts will

range from \$5,000 to \$50,000.

"The state has put up \$800 million," Greene County Economic Development and Planning Director Karl Heck said. "The grants can

be used for reimbursable pandemic expenses like payroll, supplies and materials related to COVID, rent and mortgage."

State funds could prove a lifeline for many

businesses as the economy begins to reopen after months of shutdowns due to the virus outbreak.

"A lot of businesses were closed during the pandemic and they weren't making any rev-

enue," Heck said.

Gov. Andrew Cuomo announced May 25 the funds would be available through the Small Business Recovery Grant Program to help businesses recover from the economic impact of the pandemic.

"New Yorkers and small businesses in every corner of the state were devastated by the pandemic, and as we continue to recover and rebuild we need to make sure they have the resources they need to get back on their feet and succeed in a new, reimagined economy," Cuomo said when he announced the fund-

ing. There are economic requirements businesses need to meet to be eligible for the funding.

"They have to have had gross receipts between \$25,000 and \$500,000 for the years 2019 or 2020, at least one of those two years, and demonstrate at least 25% loss in gross receipts year over year," Heck said.

COVID-related expenses that are eligible for reimbursement must have been incurred between March 1, 2020, and April 1, 2021, and can include payroll costs; commercial rent or mortgage payments; local property or school taxes; insurance and utility costs; expenses related to the purchase of personal protection equipment, or PPE; heating, ventilation and air-conditioning costs; supplies and materials needed to be in compliance with COVID protocols; and other machinery or equipment costs, according to the state website.

The grants could prove to be a boon to local small business owners, Heck said.

"Hundreds of Greene County businesses could benefit," he said. "We have a lot of small businesses so there are a lot in that demographic. A significant number of people would be eligible so we want to get the word out that this is an opportunity for recovery."

Small business owners are encouraged to apply as close to the June 10 start date as possible. Previous pandemic recovery programs ran out of money long before many businesses put in their applications, Heck said.

"It is better to apply early. As the federal Restaurant Revitalization Fund showed, that was important — it was oversubscribed," he said.

"Businesses applied for double the amount of money that was available."

That recovery program had \$28 billion in available funds, Heck said.

"They got almost \$60 billion worth of applications in three weeks and had to shut it down," he added.

The state's Small Business Recovery Grant Program will award grants, not loans, so the funds do not have to be paid back.

"There are still businesses that are looking for restart capital and others that are limping along," Heck said. "The smaller businesses had less capital at the beginning of the pandemic and would probably be harder pressed to get fully going."

Small business owners interested in applying for a state recovery grant can visit the website [NYSBusinessRecovery.ny.gov](http://NYSBusinessRecovery.ny.gov) for more information or to apply.

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**John Barr, Operations Manager (standing by the dedication plaque to Gaby Newmark, TCI's co-founder)**  
 "We can teach skills, but if you come with the work ethic that is the key. At TCI we are not only teaching work skills but life skills."



**Brett Margiasso, Truck Unloading Supervisor, Class of 2019**  
 "My senior year, BOCES brought me down for a tour. I was fascinated and started my internship. It was the best decision ever. I moved into a full-time job and have been lovin' it ever since. I learn something new every day."



**Megan Keir, Administrative Assistant Intern, Class of 2021**  
 "I'm training in the transportation and oil departments. I like the variety, multiple responsibilities, learning new tasks and just like the environment. I will be working here full time after graduation."



**Caleb Foronda, Truck Unloading Specialist, Class of 2021, Started January 2020**  
 "I like the people. Everyone is nice and friendly. The hours are flexible. Sometimes I come in at 5 am and sometimes at 7 am. What they care about is getting the job done."



**Hunter Pike, Production line intern, Class of 2021, Started October last year**  
 "I started as an Intern working half the day. Learned a lot. Responsibility. Showing up on time. Now I'm full time. There are a lot of things you can do here. Hours are good and I'm making good pay."



**Kameron Gonzalez, Production line intern, Class of 2021**  
 "My paid internship couldn't be better. I'm deconstructing transformers. It's fun because of the variety of things I'm doing. I put the money into my savings account. Pay for gas. Occasionally go out to eat."



**Roberto Gonzalez, Jr., Production line intern, Class of 2022**  
 "I started 3 months ago and do a little bit of everything. I got certified and can drive the forklift. I will work at TCI full time this summer, but I want to join the union for electrical through the BOCES program to be an electrician."



**Nate Cary, Paid intern in phase 3 (pad mount section), Class of 2021**  
 "I'm taking the transformers apart and I like what I'm doing now. There are also opportunities to grow. I hope to get certified in forklift. After graduation I'm looking to go to work full time here."

## RCS STUDENTS DEMONSTRATE STRONG WORK ETHIC TCI's paid internships lead to promising careers

*"We believe people are our most important asset. We are a family-owned business committed to our employees and our community. We provide a positive work environment, good jobs with benefits, worked based learning opportunities for students, and the opportunity for people to advance."*

**Brian Hemlock, President, TCI of NY**

When you talk with the graduates and current students from RCS who are working at TCI there is a common theme that runs through them. These young men and women get it. It's a strong work ethic. They understand hard work and discipline. The importance of family. The value of money. They are intelligent and respectful.

"I just bought an engine for my car from the money saved by working at TCI," said Megan Keir. "In July, I'm taking my mom to Florida for a week. She has done so much for me. This definitely is a place to be if you want to get far. When I came here, I really didn't have much and now I'm working towards a lot so if that's something someone wants to achieve, I'd definitely apply here."

Brett Margiasso started three years ago at TCI. He was TCI's first paid intern. "This place gives you the option to have benefits at a young age. I learned about the 401k plan. At first, I was like 'what you want to take my money from me' but I researched it and talked to people. Saw what they're matching. I started saving for retirement."

Brett now supervises the offloading of trucks.

"When I started, I was taking apart the transformers and working inside the big green pad mounts you see at places like the mall. It was very physical," said Brett. "My section now is offloading the trucks. We need to write up every piece of equipment that comes in, record the gallons of oil and weight. Note the manufacturer. My writing has improved. It requires good judgement. What needs to be instantly scrapped or put aside to be refurbished and put up for sale. It's a lot. It's more mental now than physical."

John Barr says, "It is a lot of responsibility. Making decisions where this equipment goes. He runs the section at 20 years old. One thing we preach here is we promote from within. I see great things for Brett."

TCI employs a reverse manufacturing process that prepares mill ready materials that are refined according to stringent specifications from the mills. The materials need



CONTRIBUTED PHOTO

**The TCI - RCS Team: Becky O'Neil, Kameron Gonzalez, Nate Cary, Megan Keir, Roberto Gonzalez, Jr., Brett Margiasso, Hunter Pike, Caleb Foronda, Sam Kostue, John Barr, Brian Hemlock**

to be at the same high standards as other manufacturing suppliers to the mills that are producing materials.

Caleb Foronda started out as an intern on the assembly line showing up for work at 5 am until heading off to school. Then Covid hit and he was unable to continue his internship. Then around July 2020 he came back and was able to take his online courses at TCI. He now works full time in surplus operating a 5-ton crane that takes the transformers off trucks and puts them on the assembly line.

"I'm proud that this material is either re-purposed or recycled," he says. "I'm not planning to go to college and see opportunities for advancement here. Brett already runs his own section at 20 years old. The pay and benefits are great. I'm working on getting a new car. Going on vacation. Before I had a cell phone and couldn't pay the bill. Now I can."

John Barr, "Caleb was the first intern to take his online classes at TCI. He would come in at 5 am to work and then do his classes. He graduated 6 months early."

TCI goes to the utilities with specialized trailers to pick up transformers and then off loads them at the plant where they go onto the highly modernized production line to separate the materials and prepare them to be mill ready.

Brett goes on to say, "If you genuinely pay attention and want to grow and build with this company, there is no reason you can't. It is truly a great place to work. I wake up every day and enjoy com-

ing to work. I've learned a lot with engines and maintenance. It's cool there are opportunities for growth and advancement here. I was one of the youngest to be certified on the forklift. Sometimes, I'll stick around and hang out with the truck drivers. I learn a lot from them. Who knows maybe I'll get my CDL license some day and drive a truck."

Kameron Gonzalez adds, "I enjoy working with the people here. It is a fun environment. Every job here is important. Constantly learning how to problem solve. The transformers are all different. I would like to drive the bigger machines someday and believe there is the opportunity to grow. I plan on coming here full time."

All materials from the transformers are separated according to different categories based on what is reusable or scrap. The reusable parts are prepared according to specifications for sale to the mills. Materials are transported throughout the plant on forklifts operated by trained and certified employees. Truck operators are certified commercial.

Roberto Gonzalez, Jr. says, "We take apart the transformer starting with the top. Then drain all the oil out of it. Dry it up and bring it out to disassemble and crush. I am super glad to be able to have this paid internship that has allowed me to help my mom and help pay for my truck that always has problems."

Lisa Patiemme, Principal at RCS, said, "Not every student will go onto college. TCI provides students with paid worked based

learning opportunities that can lead to a promising career. I'm comfortable with sending students to TCI because they really are a family organization with a positive culture. The students that work there love it."

Brett says, "I definitely would recommend this place for people with a good work ethic. It is hard work and you really do need to work. But every year we are working to make it safer and more efficient. Finding ways to protect the guys. I've seen the investment into making it safer."

"I'm studying welding at BOCES," says Nate Cary. "I go to the Albany campus every other day. TCI is a good place to start. They offer flexible hours to work around my schedule. I'm happy with the pay. Everybody is cool. Work keeps me busy. I like it. I'm putting some money away to buy a new car."

Megan says, "You have to know what you are doing. Weighing trucks in, doing paperwork, sending paperwork to buyers, running paperwork out to drivers. It's a busy department. I like bigger responsibilities and can take on a lot."

Not all the interns will go to work at TCI after graduation. Hunter Pike says, "Overall, it's just fun, but I do want to go to college and looking at Hudson Valley, but for now, I'm happy working here. I'm going on vacation in two weeks with my family and the money I make here is going to pay for it."

"This private-public partnership between TCI and RCS is a

perfect example of career exploration and readiness that is paramount to developing a skilled workforce" states Brian Williams, Executive Director of the Capital Region Workforce Development Board. "Exposing youth to different careers allows them to develop the workforce skills they need to be successful."

Brian Hemlock says, "This is a great group of young folks who are doing a great job. The partnership with RCS has been outstanding. We couldn't be happier with the work they are doing."

TCI's first plant in Coeyman's was built in 2014. Last August TCI opened their new expansion facility a 35,000 square foot, state of the art addition that added new capability to the existing plant. This expanded services to their customers the power companies and utilities throughout the Northeast. New jobs were created. Jobs that used to go out of state were brought to Coeymans.

TCI of NY is one of eight members of the G&S Family of Companies with 600 employees across America, all devoted to the environmentally safe processing, recycling and repair of transformers and other oil-filled electrical equipment, and the safe processing and re-use of electrical oils. The company recycles and repurposes 99 percent of the material in the transformers received, providing a great environmental benefit as just a few decades ago, this material was put into landfills.



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## VOTE411 provides primary election information

ALBANY — The League of Women Voters of Albany County is providing voters easy access to the information they will need when they vote in the June 22 primaries.

The League's website Vote411.org has individualized information for each voter, including candidates who will appear on their ballot and directions on how and where to vote.

When a voter types in an address, Vote411 provides information specific to that address,

and remains available through primary day.

Albany County League President Patricia Sabilia said the League is very pleased to offer this service.

"Becoming an informed voter is no longer a challenge, particularly for local elections where information about candidates is extremely limited," Sabilia said. "On Vote411, you can find the information you need to make your choices and cast your votes in the primary."

The Vote411 website also gives candidates an opportunity to speak to the voters.

It only reflects information that candidates submit themselves, since the League is non-partisan.

All primary candidates are encouraged to answer the Vote411 questionnaire they received from the League.

For candidates who have not submitted information, the website notes, "Candidate Has Not Responded."

Vote411.org represents an important step in helping all voters become knowledgeable participants in our democracy.

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12207. Purpose: Any lawful purpose

Notice of Formation of Bur-rata LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 6/4/2021. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to; 90 State Street STE 700 Office 40 Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of Duat LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 6/4/2021. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to; 90 State Street STE 700 Office 40 Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of GTGE LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 6/3/2021. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to; 90 State Street STE 700 Office 40 Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of BRIEF HISTORIES PRESS, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 4/7/2021. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to; 90 State Street STE 700 Office 40 Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of Wraaped LLC. Articles of Organization filed with Secretary of State of NY (SSNY)

on 3/12/2021. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to; 90 State Street STE 700 Office 40 Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of Premier Party Tent Rental LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 5/11/2021. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to; 90 State Street STE 700 Office 40 Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of SAS-BA, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 5/6/2021. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to; 90 State Street STE 700 Office 40 Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of STYLESBYBRETON LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 4/6/2021. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to; 90 State Street STE 700 Office 40 Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of MD-MEDRIP LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 5/24/2021. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail

process to; 90 State Street STE 700 Office 40 Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of I Can We Can LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 6/4/2021. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to; 90 State Street STE 700 Office 40 Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of Drinks By JNita LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 4/15/2021. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to; 90 State Street STE 700 Office 40 Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of Moore Ventures Company LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 9/11/2018. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to; 90 State Street STE 700 Office 40 Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of Qawa First Credit Recovery LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 5/11/2021. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to; 90 State Street STE 700 Office 40 Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of Tabac and Company LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 5/26/2021. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to; 90 State Street STE 700 Office 40 Albany NY 12207. Purpose: Any lawful purpose

Notice of Qualification of Atlas Authority LLC. Certificate of Authority filed with Secretary of State of NY (SSNY) on 5/7/2021. Office location: Albany County. LLC formed in WY on 11/1/2016. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to Registered Agents Inc.: 90 State Street STE 700 Office 40 Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of Noah Baker Studio, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 6/7/2021. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to; 90 State Street STE 700 Office 40 Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of A FLARE OF HOME LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 11/10/2020. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to; 90 State Street STE 700 Office 40 Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of Mav-ery Enterprises LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 6/8/2021. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to; 90 State Street STE 700 Office 40 Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of Helio-vaas LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 5/28/2021. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to; 90 State Street STE 700 Office 40 Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of Ren-egade C, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 6/9/2021. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to; 90 STATE STREET, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of Doug Johnston Studio LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 6/9/2021. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to; 90 State Street, Ste 700 Office 40 Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of MJ Creditsolutions LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 6/9/2021. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to; 90 State Street STE 700 Office 40 Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of Exp-licabyte, LLC. Articles of Organization filed with Sec-

retary of State of NY (SSNY) on 6/9/2021. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to; 90 State Street STE 700 Office 40 Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of Bhair Skin Studios LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 6/7/2021. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to; 90 State Street STE 700 Office 40 Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of New Leaf Counseling LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 4/14/2021. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to; 90 State Street STE 700 Office 40 Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of J&J VIP Auto Spa LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 5/12/2021. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to; 90 State Street STE 700 Office 40 Albany NY 12207. Purpose: Any lawful purpose

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Notice of Formation of 530Park17J Holdings LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 6/10/2021. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to; 90 State Street Suite 700, Office 40 Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of Bark Lane. Articles of Organization filed with Secretary of State of NY (SSNY) on 5/20/2021. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to; 90 State Street STE 700 Office 40 Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of CATM Labs LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 5/28/2021. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to; 90 State Street STE 700 Office 40 Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of Apothecary Emaline LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 6/10/2021. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to; 90 State Street STE 700 Office 40 Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of IM NOT MINIMAL LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 1/28/2021. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to; 90 State Street Suite 700, Office 40 Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of FNM East 23rd Street LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 6/7/2021. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to; 90 State Street STE 700 Office 40 Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of FNM 60 Freeman Street LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 6/10/2021. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to; 90 State Street STE 700 Office 40 Albany NY 12207. Purpose: Any lawful purpose

Notice of Qualification of Domestic & General USA Services LLC. Certificate of Authority filed with Secretary of State of NY (SSNY) on 9/30/2019. Office location: Albany County. LLC formed in DE on 7/1/2019. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to Registered Agents Inc.: 8 The Green, Ste R Dover DE 19901. Articles of Organization originally filed with DE Secretary of State (SOS). 8 The Green, Ste R Dover DE 19901. Purpose: Any lawful purpose.

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# WAVES OF FUN

## Swimming safety tips for summer

FAMILY FEATURES

**P**laying in or around water is one of the joys of summer, but this treasured seasonal pastime comes with some serious risks. Drowning is the second-leading cause of accidental death for children under the age of 14 in the United States, according to the Centers for Disease Control and Prevention.

As COVID-19 restrictions ease, many families will have more informal gatherings and take trips to the beach, increasing the potential for children to have unsupervised access to water sources. Because of this, it's important for children to take swimming lessons to learn water safety skills and create safer habits in and around water. As swimming lessons begin across the country, many are being conducted safely with COVID-19 precautions in place.

Protect your family's safety around water this summer with these tips from the Make a Splash Tour, presented by Phillips 66 and the USA Swimming Foundation.

**Designate a Water Watcher and Closely Monitor Children.** Designate a water watcher when you are in, on or around water. Watch all children and adolescents swimming or playing in or around water, even if they know how to swim. Keeping young children or inexperienced swimmers within arm's length at all times can help ensure you're able to provide assistance if and when it's needed.

**Wear a Life Jacket.** Anyone participating in any boating, paddling or towed water sports, regardless of swimming ability in pool or open water situations, should wear a Coast Guard-approved life jacket. Preschool-aged children (5 years old and younger), who are not protected by touch supervision, in particular, should always wear a life jacket. Swimming aids and water toys – such as water wings, inflatable water wings and rings – are not intended to be life-saving devices. They may provide some buoyancy in the water but do not prevent drowning.

**Swim with a Buddy.** When possible, choose swimming locations where a trained lifeguard is watching for dangerous conditions and helping keep an eye on swimmers. Also make it a practice to always have at least two people swimming together. That way, if someone has a problem, the other can get help.

**Learn to Swim.** Research has shown formal swimming lessons reduce the risk of childhood drowning by 88%. Through the annual Make a Splash Tour, the USA Swimming Foundation, with the support of Phillips 66, encourages children's swim lessons. By equipping your child with the skill of swimming, you'll open doors to a lifetime of safety, fun, fitness and even employment opportunities.

While lessons progressively teach a variety of swimming strokes, some of the most important things swimmers learn – even in beginner classes – are breath control and how to float. These basic skills are essential for staying above water should someone find himself or herself unable to touch or too tired to swim to safety. Children can participate in swimming lessons before they can walk, and parent-child swim lessons provide bonding opportunities along with water safety education.

**Enter Water Feet First.** Diving in a pool that is too shallow or into water where you're not certain what's below the surface, like a lake, can have dire consequences. Teach children to dive only in designated diving areas and to always enter water of unknown or non-visible depth feet first.

**Swim in Designated Areas and Obey Posted Signs and Flags.** Ropes, buoys and flags in larger bodies of water like lakes or oceans are commonly used to mark off safe swimming areas and provide visual cues about changes in depth, underwater surfaces and currents. Teach children what these signs and markers mean and that they're in place as safety tools, not toys to play with or float on.

**Learn CPR.** If the unthinkable does happen, knowing how to perform CPR allows you to take immediate action, which has been shown to significantly better the outcome for children with submersion injuries. In the time it takes for paramedics to arrive, you could save someone's life. Seconds count; the more quickly lifesaving CPR is started, the better the chances of recovery. There are many places that offer CPR training, including community organizations and nonprofit groups. Remember to keep your certification current once you have completed the initial requirements.

Make safety a priority for your summer water fun. Find more information, including swim lesson providers in your area, by visiting [usaswimming.org/makeasplash](https://usaswimming.org/makeasplash).



### FINDING A SWIM LESSON PROVIDER

If you're unsure where to take your child for swim lessons in your community, these tips can help:

- Ask other parents in your area where they take their children. You can ask people you know and use social media and neighborhood boards to get tips. If your school has a swimming team, the coach may also be able to give you some ideas.
- Another resource is online search tools, such as [usaswimming.org/makeasplash](https://usaswimming.org/makeasplash), which allows you to search for swim lesson providers near you. Many of these programs also offer options for free or reduced-cost swim lessons.

- Once you identify a program, visit the facility with your child to see how swim lessons are run.
- Find out who your child's teacher will be and whether it's possible to meet him or her in advance.
- Learn the program expectations for you as a parent or guardian.
- Inquire about the provider's approach and learn-to-swim philosophy.

While researching programs, some industry best practices to look for include:

- Ask about the facility's COVID-19 mitigation protocols. Swim lessons can be safely administered with proper protective equipment and procedures.
- A nationally recognized learn-to-swim curriculum or an independently developed learn-to-swim curriculum that follows a similar model.

- Trained and certified instructors, with on-deck lifeguards holding current CPR and first aid certifications.
- A maximum 6-to-1 student-to-instructor ratio for group lessons.
- Minimum of 30 minutes per week of in-water instruction with a minimum total in-water instruction time of four hours.
- Written and practiced emergency action plans.
- Regulation of the facility and water by the Department of Health or similar governing agency.
- Established and practiced child-protection policies.
- Screening and background checks on all staff members.