



**Barefootable Grass Awaits.**

Keep your lawn thick, green & barefoot-friendly all season long! Stock up on **Scott's Step 3 Lawn Food** to strengthen against heat & drought. ON SALE while supplies last only in July. 5M and 15M sizes.

Visit **GNH Lumber** to get started today!



Greenville | Windham | Latham

**THE RAVENA News-Herald**

Albany County's oldest continuously published weekly newspaper

Volume 147, NO. 31 www.ravenanews.com

THURSDAY, AUGUST 5, 2021

CAPITAL REGION INDEPENDENT MEDIA

\$1.50

**Residents clamoring for lower speed limits**

By **Melanie Lekocevic**  
Capital Region Independent Media

**COEYMANS** — The town has begun the process of requesting lower speed limits from the state following a spate of requests from local residents.

"We have gotten a lot of phone calls about speed limit requests," Town Supervisor George McHugh said at the July 22 meeting of the Coeymans Town Council.

Local residents are calling for lower speed limits on town roads including Bushendorf, Biechman and Blossom Hill roads, where the speed limit is 40 mph, McHugh said.

There is a process the town must undergo before any speed restrictions can be changed, he said.

"We cannot set our speed limits," McHugh said. "We have to get the state to allow us to do that. There is a process where the town clerk has to request in writing after the town board does a resolution requesting that the county highway superintendent request to the state DOT (Department of Transportation) to do some kind of a survey on our roads and to justify whether or not we can lower the speed limits."

McHugh spoke with Town Highway Superintendent Scott Searles to

determine if there was a reason why any town roads should have a speed limit over 30 mph.

"He couldn't think of any. I can't think of any," McHugh said.

He pointed out the distinction between town roads — roads that are under the jurisdiction of the town — and roads in the town, some of which are operated by the county or state. The request to the state highway superintendent only applies to roads operated by the town.

Town Councilman Daniel Baker supported the move to lower the speed limit to 30 mph, pointing out that some state

thoroughfares are at that speed limit in areas.

"When you come down (Route) 9W, it goes from 45 down to 30 (mph), (Route) 144 goes from 55 to 30, but we are getting pushback in getting these town roads from 40 to 30," Baker said. "To me, it doesn't make any sense."

Town roads are smaller, don't have traffic lines and are largely residential, McHugh pointed out.

Larger towns do have the ability to change speed limits on town roads, but Coeymans does not meet the criteria, McHugh



Melanie Lekocevic/Columbia-Greene Media

Town officials are trying to get the speed limit reduced from 40 mph to 30 mph on all town-owned roads in Coeymans.

See **SPEED A2**

**If you have vaccine questions, ask, doctors say**

By **Kate Lisa**  
Courtesy of Columbia-Greene Media

New York doctors and health care workers want people with questions about the COVID vaccine to do one thing: Ask.

No vaccine-related question is silly or unacceptable, infectious disease experts said last Tuesday, citing common concerns about the one- or two-dose vaccine to protect against coronavirus COVID-19.

"If you have questions, ask," said Dr. Anja Bottler, chief of infectious disease at Unity Hospital within Rochester Regional Health. "Don't just sit there and pout and get stuck in your thinking hole. Ask questions. Talk to other people. Get a feeling on what is the right thing for yourself to do."

Bottler also works at United Memorial Medical Center in Batavia, and regularly sees patients from all backgrounds.

About a quarter of New Yorkers eligible to receive the COVID vaccine, or about 3.5 million adults, have opted not to get the shot. More than 68.3% of state residents ages 18 and older are fully



Courtesy of Columbia-Greene Media

Misinformation about the COVID-19 vaccines has discouraged some people from getting inoculated, doctors say.

vaccinated against the upper respiratory disease, which has killed more than 54,226 New Yorkers to date, according to the U.S. Centers For Disease Control

and Prevention.

More than 74.9% of New York adults have at least one vaccine dose as of Friday.

**FDA & QUICK APPROVAL**

"People are skittish about the vaccination because of the FDA approval," said Dr. Alan Sanders, chief of the Infectious Diseases Division at Albany Medical Center. "I'm not trying to be flip about this — I'm not sure a lot of these individuals have knowledge that the FDA has been involved with approval of vaccines for many, many decades."

The U.S. Food and Drug Administration and the state's vaccine Clinical Task Force separately approved Pfizer and Moderna's two-dose coronavirus vaccines in December under Emergency Use Authorization. Johnson & Johnson's one-shot vaccine was approved for emergency use in late February.

U.S. patients frequently use medications and treatments that are not FDA-approved, Sanders said. Physicians often prescribe off-label medications.

"People do prescribe and seek medications that aren't FDA-approved, and

See **ASK A7**

**Justice for Orphans helping children, families in crisis**

By **Melanie Lekocevic**  
Capital Region Independent Media

**RAVENA** — Justice for Orphans has helped 1,600 Capital Region children over the past three years through the national Care Portal platform and is next looking to expand its reach into Greene County.

The organization is based in Ravena and links area churches with families that need help.

"Justice for Orphans is a local faith-based nonprofit and we educate, equip and inspire the faith community to step in and care for children and families in crisis through adoption, foster care and kinship care," founder Sandra Flach said. "One of our biggest programs is Care Portal, which is a technology platform that connects child welfare agencies with churches so churches can meet the needs of local kids in cri-

sis."

Justice for Orphans is celebrating its 10th anniversary in November, but began working with Care Portal in 2018 in Schenectady County and in late 2019 added Albany County.

Care Portal is a national technology platform launched in March 2015 by The Global Orphan Project, headquartered in Kansas City, that brings faith and government entities together to meet the needs of children and families in crisis, according to the group's website. The group has helped 100,000 children nationwide so far.

"Case workers through the Department of Social Services in both counties identify needs of kids in crisis, kids that would



Contributed photo

Justice for Orphans founder Sandra Flach, left, was recently at Gospel Community Church in Coxsackie to recruit Greene County churches to join the Ravena-based effort to help kids and families in crisis.

See **CRISIS A2**

**Bethlehem Banner:**  
Coxsackie-Athens Carings earns All-American status  
See page B1

**Get the latest online**  
For video, photo galleries and breaking news, go to:  
www.ravenanews.com  
Email: markvinciguerra@ravenanews.com

**Social Media**  
Facebook.com/ravenanewsherald  
Twitter.com/RavenaNews

**Index:**  
Local/County.....A3 Kids Page.....A11  
Neighbors.....A4 Sports.....B1  
Back to Nature.....A5 Obituary.....B3  
Religion.....A6 Community.....B5  
Calendar.....A10 State.....B7



**JOY IAFALLO**  
Associate Real Estate Broker

## Let Joy Iafallo Be Your Personal Real Estate Guide!

Joy has over 18 years of industry and remodeling experience in the Capital Region.

She brought her vast local knowledge and vibrant, kind personality to Gabler Realty in April 2018. Whether you're buying or selling,

Joy's experience and guidance can help you succeed in your real estate move!

Let Joy be your personal real estate guide. You won't be disappointed!



**GABLER REALTY**

**518-928-1825**

Joy@GablerRealty.com  
321 Delaware Avenue, Delmar, NY 12054

### SPEED from A1

explained. "If you have 10,000 or more residents, you have a town first class — you have certain privileges and rights," he said. "If you are less than 10,000, which is the town of Coeymans, you are a town of the second class and you have other priv-

ileges. One of the privileges if you are a town of the first class, we could, on our own, set the speed limits on our town roads. Because we are not, we have to go through this process."

Town Councilman Zachary Collins read a resolution authorizing Town Clerk Cindy Rowzee to submit to the Albany County highway

superintendent a request to reduce the speed limit on all roads operated by the town to 30 mph. Town Councilwoman Linda Bruno seconded the motion.

The resolution was adopted unanimously. "This gets the ball rolling and we can get the superintendent of highways to start the process for us," McHugh said.

### CRISIS from A1

maybe be headed to foster care if things at home are not stabilized," Flach said. "Sometimes it is to help make a foster placement or kinship placement. A lot of what is asked for is beds — bedding, cribs, car seats, things like that. It is always child centered."

In one case, a grandmother was willing to take in her grandchildren who were in crisis but didn't have beds for them. The children's case worker entered the request for beds into the system and a local church stepped up and provided bunkbeds, enabling the grandmother to care for the children.

It is up to the church to determine if they can and want to meet the needs of the family in question.

"In three years, our churches using Care Portal have served over 1,600 Capital Region kids in just those two counties," Flach said.

The group is in the process of adding Greene County to the list, which would connect willing local churches to Care Portal and then social service case workers would enter requests for families in need, Flach said. Getting approved in Rensselaer County is also in the works.

"Our goal at Justice for Orphans is to bring Care Portal to all 11 Capital Region counties, one

county at a time," she said.

Flach's organization, which is run by volunteers and is financed by donations, provides the platform to the counties and trains volunteers, case workers and churches in using the platform, and provides support along the way.

The connection built between the volunteers and families can sometimes run deep, Flach said. A pair of church volunteers in Schenectady County helped a single mother with twin babies keep her children at home with her.

"These two volunteer moms from the church set up the crib, bounced the babies on their knees, so to speak, and really had a connection with this young woman," Flach said. "She had just gotten the apartment and they were stabilizing her situation so the babies didn't go into foster care, but they noticed her ground floor apartment had no curtains and the moms asked if she would like them to come back with curtains and help her hang them. Curtains are expensive to buy and it was really a need she had. The moms saw that and they built a relationship with her and became mentors to help her learn how to be a mom.

"Not every request ends in a connection like that, but that is the goal."

For the churches, it is

reassuring to know the request for assistance is legitimate because it has been vetted and entered by a case worker, Flach added.

Most requests are preventative, with the goal of keeping families together, but sometimes the assistance helps make foster care possible. One family was willing to take in two neighborhood children whose mother was unavailable for a time — it is unclear why, Flach said — but had an older home that didn't meet state requirements for a foster home.

"The family owned an older home and the bedroom windows didn't all open," Flach said. "The county comes and does a walk-through and the home didn't pass inspection because of the windows — they needed replacement windows. One of the churches stepped up and provided [a gift card] so the windows could be switched out right away and those kids went into that home."

Several families in the Ravena, Delmar and Glenmont areas have benefited from the program, Flach said.

She expects Greene County will join the initiative later this fall, and then work will begin in bringing Rensselaer County in as well, she said.

"Every community has children and families in crisis," Flach said.



# EMPIRE PLAN ENROLLEES: NO Out-Of-Pocket Hearing Aids

**Skilled Practitioner • Speech Clarity • Background Noise Reduction**  
CDPHP, MVP, Blue Cross/Blue Shield, etc. through our Assurance Plan

## A Hearing Aid Education: Pinching Pennies & Good Hearing Health...

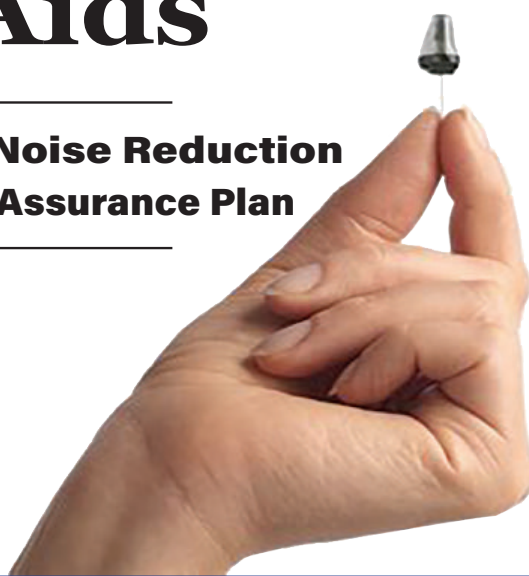
Stay local. Stay safe. Stay small. Stay safer yet. I live in Coeymans and my offices are within minutes of my house.

Our practice doesn't have 30 waiting room chairs, but I do have over 30 years of experience. That's thousands upon thousands of successful hearing aid fittings.

One neuroscientist recently wrote that the role of the hearing dispenser is the critical component of successful hearing aid fittings. For those who have been frustrated by hearing loss or even hearing aids, it may be that you're missing...US!

So many of the hearing impaired and their families relationships have been seriously disrupted and disturbed when they try to pinch pennies on their hearing. Our fees are fair, usually save you significantly as we are determined to stay small and keep overhead down and honor the insured (that's you) with our Assurance Plan™ to include the role of your insurance company.

**Robert J. LaCosta, BC-HIS**  
Proud Owner of a Local Practice



## Hearing Aid Users Warning: BE AWARE OF THE SELF-REFERRING PRACTITIONERS!

If you are a user or in need of a hearing aid... You **Do Not** have to go where your physician directs you to... Whether they send you "down the hall" or down the block to their own hearing aid dispenser, it is called "self-referral" and usually not in your best interest.

We don't have 30 chains, we have 30 years experience. We are local. You can pull right up to our front door. You won't be scheduled weeks ahead. See why we have positive reviews by your neighbors.

**HEART Ear** **Robert J. LaCosta**  
Glenmont Plaza  
Coxsackie Hope Plaza  
**518-435-1250**

# Tire disposal fees going up in New Baltimore

By **Melanie Lekocevic**  
Capital Region Independent Media

**NEW BALTIMORE** — The cost to dispose of tires is increasing in New Baltimore.

The town council voted unanimously last Monday to raise the fee for tire disposal to better reflect what it costs the town to get rid of them.

Town Supervisor Jeff Ruso said it was brought to his attention that the town charges less than what it costs the municipality to dispose of the tires brought to the recycling facility.

“Our disposal of tires — people bring tires to us — and we charge them for the tires. We, in turn, take those tires and bring them to another recycling center, which charges us money,” Ruso said.

Those costs don’t match up, putting the town at a slight loss.

“We charge \$2 for a tire up to 16 inches and we are charged \$3. Those with a rim, we charge \$3, but we, in turn, are charged \$4,” Ruso said. “Anything larger than 16 inches with rims, we are charged \$15 and we charge \$7.50 for people to drop them off.”

“Lately, we have been

getting a lot of tires dropped off and no wonder — we are the best deal in town,” Ruso added.

The town supervisor introduced a motion to raise tire disposal fees to \$4 for tires up to 16 inches without rims and \$5 for those with a rim. For tires larger than 16 inches, residents would be charged \$15.

The town also incurs costs when people illegally dump tires on the roadside and the town has to pick up the tab to dispose of them.

“That gives us a slight increase in what is called a premium, but some of the problem is that it still costs the town money because of the tires that are dumped on roads here and there and are picked up by the highway department,” Ruso said.

Greene County Legislator Patrick Linger, R-New Baltimore, said the county’s Solid Waste Department also accepts tires for disposal at its facilities.

“It is \$3 for tires up to 16 inches without rims, \$4 for tires up to 16 inches with rims, and over 16 inches without rims is \$7.50,” Linger said.

Town Councilwoman Shelly VanEtten said the

county might get a discount for disposing of a larger number of tires.

Town Councilman Bill Boehlke asked why the town accepts tires in the first place when residents could drive to a local tire recycling company or the county transfer station in Cossackie.

“It’s a nice service,” Town Councilwoman Kelly Downs said. “You know what it’s like Saturday morning — you go and dump your garbage, but you don’t want to go to 15 different places so you are willing to pay a little extra to have the convenience just to drop them off.”

The town would also not want to discourage people from disposing of unwanted tires illegally, Ruso said.

“The concern is that if we don’t have an outlet for people to drop off their tires, we will find more along the road,” Ruso said.

The board voted unanimously to raise the fee to \$4 for 16-inch tires without rims, \$5 for those with rims, and \$15 for tires larger than 16 inches. The change goes into effect immediately.

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

**News Herald - August 5, 1921 - F.E. Bleezarde, Publisher**

**Coeymans:**  
• Wm. VanHeusen of the firm VanHeusen & Smith suffered a slight stroke last Saturday and has been confined to his home ever since.

• Edward Duncan, Clifford Smith, Frank Leedings and Durrel Swartout are spending two weeks in camp at Snyder’s Lake.

• The Sunday schools here are making final arrangements for the annual picnic, which is to be held in Sutton’s Grove on Aug. 10.

• Guy Hazelton is in the Homeopathic Hospital in Albany, where he is having treatment for an injury he received while working as a mechanic’s helper at the Ravena engine house in June.

• Charles Duncan of Coeymans has been nominated for the office of assemblyman from the first district by the Democratic Party. He will most undoubtedly carry his hometown by a good majority.

• At the annual school meeting held in the high school building on Tuesday evening, Henry Sherman and Harry Harris were re-elected members of the board of education without opposition. The school budget as asked

for was voted on and passed.

**Ravena:**  
• No dances will be conducted at Finke’s pavilion until further notice on account of illness.

• David W. Coffin spent a very enjoyable vacation with relatives in Catskill and Catskill Mts.

• The members of the Boy Scouts of America, of Ravena, hereby express to those who assisted in making their stay in camp a pleasant one, their heartfelt thanks.

• Mr. and Mrs. Clarence Lawson, and son Frederick, and Mr. and Mrs. Fred Lawson of Coeymans Hollow, are spending a two-week vacation on Lake George.

• A number of money savings specialties for Ford are being sold by the Snyder Brothers garage that ought to draw the attention of the wise auto owner.

• Fruit is selling at high prices on the New York market and the C.

• D. Ward Co. in Ravena is hauling large quantities to their boats in Cossackie. The boats are now making trips daily and your fruit will get to market in excellent shape.

• The annual celebration of Assumption Day will take place in

Ravena on Aug. 15. The usual parade will take place in the morning after which mass will be said in St. Patrick’s Church. The Schenectady band will furnish music for the parade and for the concerts in the afternoon and evening. The usual fireworks display will take place on the Nunziato lots on lower Main Street in the evening. The officers of the organization are: Louis Bruno, president; Joseph Martino, vice president; Dominick Tiberio; secretary; Joseph Biscone, treasurer.

**Coeymans Herald - August 4, 1886 - S.H. & E.J. Sherman, Proprietors**

• The West Shore RR. will give an excursion to Coney Island and Manhattan Beach, Sunday, Aug. 8. A special train will leave Coeymans Junction at 5:45 a.m. and will return on the 6:15 p.m. train. Fare for the round trip is \$2.25.

• J.N. Briggs has a dredge at work on the west side of Baeren Island, making a plot of land to be used for baseball and lawn tennis grounds in connection with the excursion grounds.

• Provost and Shear will have another “hop” on Thursday night, Aug. 5. Good music will be in attendance.

**BOEHM FARM, LLC**

**Pick Your Own Cherries**

STARTING FRIDAY, JUNE 25\*

Available in the Farm Stand Too!

**Open 10am-5pm Daily — Until the Cherries are Gone!**

**(518) 731-6196 • Cty Rt 26, Climax, NY 12042**

(1/4 Mile Past Quarry Steakhouse on County Route 26. Big red barn on the hill)

Visit [BoehmFarmLLC.com](http://BoehmFarmLLC.com) for more information

Follow us on Facebook

**NOW HIRING LABORERS**

**NEW YORK**

- ✓ Full-time Employment
- ✓ Benefits
- ✓ Opportunity for Growth
- ✓ Competitive Pay Scale

**COMPLETE YOUR APPLICATION TODAY**

at TCI, 99 Industrial Park Lane, Coeymans  
or email your resume to [hr@tci-ny.com](mailto:hr@tci-ny.com)  
518-756-9997

**Please recycle this newspaper**

GO  
BIG

Sean Van Etten '20  
Automotive Technology  
Lake Katrine, N.Y.

THE NUMBER OF QUALIFIED  
AUTO TECHNICIANS NEEDED NATIONWIDE  
IS PROJECTED TO RISE ABOVE

750,000

BY THE YEAR 2024

Source: Bureau of Labor Statistics

**COLUMBIA GREENE**

COMMUNITY COLLEGE

Route 23 | Hudson, NY | 518-828-4181 | [SUNYcgcc.edu](http://SUNYcgcc.edu) |

Let's Go Together, #CoGreene!

The Ravena News-Herald

Always Keeping You Connected.

www.facebook.com/ravenanewsherald

Like us on Facebook!

# Virtual Alzheimer's programs this summer

ALBANY — Alzheimer's Association Northeastern New York announces the virtual programs for August.

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

ment and Self-Care: Presented in Partnership with Eddy Alzheimer's Services 1-2 p.m. Aug. 12.

- Healthy Living for Your Brain and Body: Tips from the Latest Research noon-1 p.m. Aug. 17.
- Research Update: Learn More

About New Medication, Aduhelm 3:30-4:30 p.m. Aug. 18.

- Effective Communication Strategies 10:30-11:30 a.m. Aug. 24.

- Understanding and Responding to Dementia-Related Behaviors noon-1 p.m. Aug. 30.



**Business Loan Special from National Bank of Coxsackie!!**

From creating your dream office to upgrading your excavator....

No matter the type of business, NBC's got you covered!

**Only 3.99% APR<sup>1</sup>**

From NOW until September 30th, 2021!

Contact your local branch to get started today!



Member FDIC  
APR= Annual Percentage Rate. Subject to credit approval. Certain terms and conditions apply. Maximum term of 60 months. Minimum loan amount of \$10,000. Must auto debit payment out of National Bank of Coxsackie account. Other terms and rates apply.

# SENIOR PROJECTS

Senior Projects of Ravenna reopened to the public July 12 for the first time in more than a year after being closed due to the COVID-19 outbreak.

Dinner is being offered every weekday at 4 p.m. Call 518-756-8593

for information and the menu. Exercise classes are also being offered.

The Meals on Wheels program and the transportation program are still available, according 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.



## RCS COMMUNITY LIBRARY

"Sunsets, like childhood, are viewed with wonder not just because they are beautiful but because they are fleeting."

- Richard Paul Evans  
**TUESDAYS AT THE LIBRARY**

**LEAF PRINTING**  
On Tuesday, Aug. 10, at 2 p.m., try printing images on paper and rocks with leaves (real ones) and string using acrylic paint. For school-age kids and up. Registration required - sign up via the library's website under "Events."

**TAKE AND MAKE TUESDAYS**  
Next week's Take and Make project is for the budding artist. Texture

Rubbing Art uses various textured materials and crayons to create unique abstract or concrete art. For school-aged kids. Pick up your packet beginning at 9 a.m. on Tuesday, Aug. 10.

**NERF SCIENCE**  
How far does a nerf fly? Bring out your inner scientist on Friday, Aug. 13, at 2 p.m. as group members break out the measuring tape, protractors and graph paper to test out various nerf launchers and methods. These experiments are recommended for budding scientists ages 6-14. Register today via the library's website

under "Events."

**PHOTOGRAPHY FOR KIDS**  
Aug. 12, at 2-3:30 p.m., grades 4 and up

What makes a photo interesting? In this class, participants will learn about some basic photography composition techniques and talk about developing a personal style. Then you will put your new knowledge into practice with a photo walk and have some fun reviewing the results! Please bring a phone or tablet for taking photos. Registration required via the library's website under "Events."



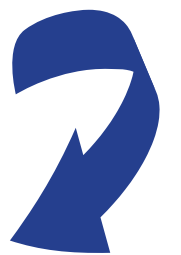
**ORDER FROM ANY LOCAL RESTAURANT**

**ALL IN ONE SPOT**



Get Take Out, Delivery & Gift Cards!

**ORDER NOW!**



**LocalEatsAndEssentials.com**

**Please recycle this newspaper**

The Ravana News-Herald  
www.facebook.com/ravenanewsherald  
Like us on Facebook!  
Always Keeping You Connected.  
Like

The Ravana NEWS-HERALD  
Capital Region Independent Media

**MARK VINCIGUERRA**  
PRESIDENT

**WARREN DEWS JR.**  
PUBLISHER

The Ravana News-Herald, USPS # 386-720, is published weekly by Capital Region Independent Media at 164 Main Street, Ravenna NY 12143. Business, and Editorial Offices at 164 Main Street, Ravenna NY 12143. Periodical postage is paid at Albany NY.

**POSTMASTER:** Send address changes to The Ravana News-Herald at 164 Main Street, Ravenna, NY 12143.

To order a subscription, call our circulation department at (518) 859-6353

**SUBSCRIPTION RATES**

The Ravana News-Herald is published weekly for \$70 per year in Albany & Greene Counties, and \$75 elsewhere.

**PHONE: 1-518-756-2030 After April 1--1-518-642-4138**  
**EMAIL: markvinciguerra@ravenanews.com**  
**WEBSITE: www.ravenanews.com**

**COLLINS & SON**  
TRUCKING & EXCAVATING

SITE WORK - LAND CLEARING  
SEPTIC SYSTEMS - ROLL-OFFS & MORE  
RESIDENTIAL & COMMERCIAL - FULLY INSURED

COLLINS & SON, INC. - A NAME YOU CAN TRUST  
In Business Since 1966 - Family Owned & Operated

**BOOK A JOB NOW & SAVE**  
**518-756-2070**

# The local supermarket has it all

When I was a younger man, my leisure time was filled to capacity with things like white-water rafting, car racing, competing in a variety of sports, hiking, visiting museums and journeying to new places.

Most of my limited free time now seems to be spent in the supermarket. It is a necessary part of life and not as stressful as some of my previous activities.

I usually start my day by finishing my coffee and planning my morning trip to the market. This involves choosing an outfit, clean socks and such. I then prowl the kitchen and make a list of our needs and wants. I have a mental list that I run down — milk, bread, coffee, dog food, cat food, toilet tissue, fruit, veggies and meat. I write down any that need restocking and thus armed, head off for the day.

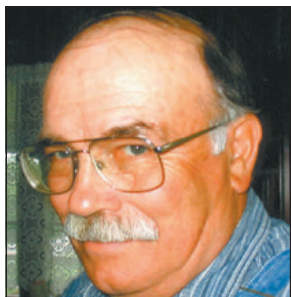
I look at the market as a daily adventure, which is sad. It doesn't take a large amount of gas to get there. It's a clean, well-lit place that's air conditioned. There's no admission fee. It's not hard to find a parking place within an easy day's hike of the door. The door even opens by itself, welcoming you in.

Once inside, I spend some time at the cart corral where they park the grocery carts. This is time well spent. I check the cart's tires in particular — are they round and do the wheels turn? Does it have the little plastic piece that folds up to block off the leg holes for little kids? These are things that the mature shopper notices, having pushed carts with flopping wheels, wheels with flat spots or wheels that would not turn and having had cans and pieces of fruit escape through the leg holes and have to be pursued down the aisle. Retrieving those objects on the floor can put you at risk — never bend over in the market because you take the risk of being run over by some large lady with a full cart.

It has happened to me on more than one occasion.

Having picked a good cart, you can now get

## WHITTLING AWAY



DICK BROOKS

down to the business of the day, visiting with all the folks you run into that you know. The market is a social center for seniors, we wouldn't get to see each other if it weren't for our frequent trips to the market. The folks who run the market, being good businesspeople, recognize this. That's why there are bathrooms at the market. I have gone into the market for a loaf of bread and on a good day, spent as much as three hours before I was back in the parking lot.

Make sure that you bring your reading glasses. I spend a lot of time reading labels and nutritional information blocks. In fact, I do more reading there than in the library.

Some products are really entertaining, anything with Paul Newman's picture on it usually has something humorous on it and is worth reading. You can spend hours reading over the labels on just one item, like bread. There

must be 50 different kinds of bread on the shelves. It's fun trying to find the product with the least amount of salt or the one that's highest in fiber.

You can learn a lot about geography, too, by trying to figure out where something came from. The nutritional information will teach you a lot about chemistry, too. I've discovered several food items that have no food at all in them, being made entirely of chemicals and preservatives.

Entertainment, education, social interaction, nourishment, free samples, air conditioning and bathrooms — who needs more than that for excitement? An added plus is if you go often enough you get to know the cashiers and can have a pleasant time chatting while you're cashing out.

Out to the parking lot, a quick trip home, put away the morning purchases, have a nice lunch and then you can plan the afternoon trip back to the market for the items you forgot during the morning trip.

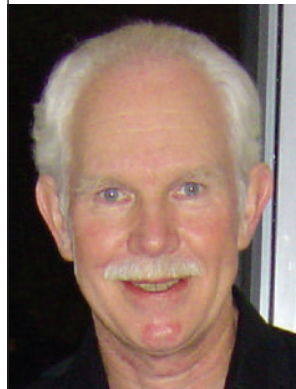
Thought for the week — Why do croutons come in airtight packages? Aren't they just stale bread to begin with?

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

*When he's not at the supermarket, you can reach Dick Brooks at Whittle12124@yahoo.com.*

# Roadside plants

## GARDENING TIPS



BOB BEYFUSS

Before I begin this week's column, I would like to give a big "Thank you" to the highway department workers from the towns of Conesville in Schoharie County and Rensselaerville in Albany County.

The July monsoons from a week ago that dumped 6 inches of rain on the hillside I happen to live on, pretty much washed away much of my gravel/dirt road. Half of this mile-long road is in Schoharie County and half in Albany County.

I got up Monday morning, July 19, to see that it was completely impassable in several spots in both counties and I could not even get down it with my ATV. My first guess was that I was not going anywhere, for at least a week, maybe longer, such was the damage. Well, within a day the road was passable for a four-wheel drive car and by Tuesday, at least six or seven pieces of heavy equipment had appeared to begin work.

In less than a week, 90% of the road has been restored! Both town highway departments worked hard and quickly to do an amazing job.

This is a great segue to this week's topic of roadside plants. Most people really don't pay much attention to the plants growing along the highway, as we zoom by at 50 or 60 mph. Back roads, especially dirt or gravel roads, slow us down considerably, but it is still hard to recognize plants at 25 or 30 mph. If you are fortunate to live on a really rural road, as I do, you can take the time to check it out much more carefully.

Some of the very first wildflowers of spring we see in our region are called Coltsfoot and they sometimes bloom as early as March along back roads. The yellow flowers are identical to dandelions, which most people assume is what they are seeing. On closer observation, you would notice

that these flowers appear as much as a week or two before the leaves come up.

When the flowers fade the somewhat horse hoof shaped leaves appear. They are shiny green on top, with a whitish "bloom" of fuzz on the underside. In August I collect the leaves from a safer location (not a good idea to eat roadside plants in general) and make a cough medicine from them that is really quite effective. The dried leaves can also be crumpled up and used as a mild salt substitute.

As the season progresses the sequence of roadside bloom continues uninterrupted. Right now, my road has a good crop of white and yellow sweet clover. These tall plants do not resemble the common red and white clover we see in lawns, but when it gets mowed, the fragrance is beautifully sweet and lingers for days.

There are several roadside plants in the carrot family that bloom all summer long, including Queen Anne's lace, hemlock parsley and the toxic, yellow-flowered wild parsnip. Yellow flowers seem to be the dominant color on my road now as goldenrod is coming into bloom along with St. John's Wort, whorled loosestrife, birdsfoot trefoil and yellow hawkweed.

If you take the time to walk slowly and look down, you may see the

tiny, red-flowered scarlet pimpernel. These pretty wild flowers are no more than a quarter inch broad and grow flat on the ground. Blue "forget me nots" have already come and gone.

Any back road that is rural enough to allow horseback riders will most likely have some burdock present, as well as some nasty thistles that can grow 6 feet tall or more. Another blue, daisy-like flower is called chicory and the flowers open only in full sunlight. Chicory root has been used as a coffee substitute when roasted and ground into a powder.

Unfortunately, along with the pretty wildflowers come the weeds. Plants like poison ivy, Asiatic bittersweet, garlic mustard, Japanese knotweed, (aka bamboo), purple loosestrife, tree of heaven and multiflora rose, often invade fields and woodlands from roadsides, where they are often unintentionally transplanted by highway equipment or floods.

Of course, none of these plants are completely without any merit, but in general they are not desirable species to allow to proliferate. Perhaps the best way to prevent these invasive plants from becoming established is to get rid of them as soon as they appear along the roadside. For the past 20 years I have managed to keep much of my property free of poison ivy by systematically spraying it with glyphosate in September, along the road before it migrates into my woods. I also will stop and pluck out purple loosestrife if I see a lone specimen growing near my property.

I think it would be very helpful if the average rural resident took the time to identify roadside plants near their homes and remove the worst offenders before they become fully established.

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

**TREE SERVICES**

**SEVENZOCKS TREE SERVICES**  
Commercial - Residential  
www.sevenzocks.com

- Tree Trimming and Pruning
- Large Tree Removal
- 60ft Bucket Truck
- Free Estimates

PROFESSIONAL SERVICE  
GREAT PRICES • FULLY INSURED

518-635-4111 • 1277 Rte 9W, Selkirk (2 miles south of Juricho Drive-In)

**BARONI**

We Buy All Scrap Metal & Junk Vehicles

Container Rentals Available

518-756-8525

48 Village Industrial Park Lane Coeymans, NY

**Carver COMPANIES**

PORT OF COEYMAN'S MARITIME

Connecting the world to the Northeast

For over 30 years, the Carver Company's Core Competencies consist of General & Marine Construction, Sand and Gravel Mining, Property Management, Port, Stevedoring, Terminal & Warehouse Management, Maritime and Logistics, and Tug and Barge Marine Towing.

We strive to inspire our diverse, well-rounded work force and management team to always perform at the highest levels of safety and professionalism. We deliver service by maintaining a reputation where our unquestionable Values of honesty and integrity drive our actions on and off the job.

- » Aerial Pictures
- » Towing
- » Port-To-Port
- » Trucking
- » Warehousing
- » Crane Rentals
- » Stevedoring

COEYMAN'S MARINE TOWING

Carver STEVEDORING

COEYMAN'S INDUSTRIAL PARK

494 Western Turnpike | Altamont, NY  
Phone: 518.355.6034 | [www.carvercompanies.com](http://www.carvercompanies.com)

**Please recycle this newspaper**

The Ravena News-Herald welcomes letters to the editor and op-ed, or My View, pieces. All opinion submissions must contain a full name, address and daytime telephone number to verify your identity. Only your name and town will be published.

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:**

- Mail: The Ravena News-Herald Letter to the editor 164 Main St. Ravena, NY 12143
- E-mail: [ravenanewsroom@gmail.com](mailto:ravenanewsroom@gmail.com)

The Ravena News-Herald

Always Keeping You Connected.

[www.facebook.com/ravenanewsherald](http://www.facebook.com/ravenanewsherald)

Like us on Facebook!

Like

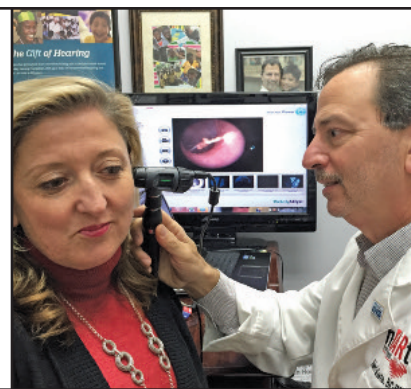
**HEART**  
**EAR BOUTIQUE**  
**HEARING AIDS**  
*Compassion down to a Science*

Glenmont • Coxsackie  
 518 435-1250

**We don't have 30 waiting room chairs -  
 We have 30 years of expertise!**

*"You will hear again. That's a promise!"*

"Home of the N-O-P" - No Out Of Pocket Hearing Aids for Empire Plan



**RELIGION/COMMUNITY**

A6 Thursday, August 5, 2021

CAPITAL REGION INDEPENDENT MEDIA • RAVENA NEWS-HERALD

# Ravena, Coeymans, a Radiothon and the Old Testament

*EDITOR'S NOTE: We have not heard from columnist Gary W. Moore this week. As you are aware, Gary is battling a serious illness. Gary has been a beloved columnist with the Ravena News-Herald for some time and we are keeping him in our thoughts at this difficult time for him and his family.*

*We will share news about his status when we hear from him. Thank you.*

*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.*

**By Robert LaCosta**  
 For Capital Region Independent Media

It's impossible to learn humility without relationships. The most amazing thing about humility is that it spawns growth and cooperation in nearly every area of our lives.

In the Old Testament, an overwhelmed King

Portals to heaven



**Robert J. LaCosta**

Solomon humbly sought the services of a neighboring monarch for the construction of his famed temple:

"Now therefore command that cedars of Lebanon be cut for me. And my servants will join your servants, and I will pay you for your servants such wages as you set, for you know that there is no one among us who knows how to cut timber like the Sidonians." (1 Kings 5:6 ESV)

Known for wisdom, Solomon recognized that he and his countrymen couldn't do the job alone. But he took the next step: he admitted it in writing and asked for

help. In my junior year at college I faced a daunting project that was beyond my abilities. As the radio station manager, I was tasked to raise a significant amount of money for the March of Dimes at our annual Radiothon.

The goal of \$5,000 (probably \$50,000 today) seemed insurmountable as we had no budget and an all-volunteer staff who were constantly trying to keep up their grades while helping out. We certainly were a rag-tag organization.

What changed everything was the discovery that relationships that had already been formed amongst college group leaders and myself would open the door for an unprecedented amount of cooperation.

For example, I had become a good friend with the two college newspaper editors. They began to launch a lot of pre-Radiothon publicity. That, in turn, spawned a lot of interest in all the preparations, prizes and general momentum

leading into the fundraiser.

Perhaps even a greater surprise was the support we began to receive from the college itself. Previously, the school's administration and the student media were at odds. This was the 1970s, which had incubated a cultural "hang-over" from the militant 1960s. Nevertheless, the college president and other departments jumped on board with full support toward our efforts to help the March of Dimes.

The ripple effect exponentially worked its way into the greater community as banks, restaurants, gift shops and a host of other commercial establishments generously donated pricey giveaways and auction items that ultimately contributed to our success.

Another thing about momentum is that it's like a stairway of confidence. We began to recruit notable celebrities from New York City and Philadelphia who agreed to come speak or perform at no charge. During the

height of the popularity of the first "Rocky" movie, "Valentine," Sylvester Stallone's brother's group, raised big bucks with their "kiss-a-thon" when dozens of girls lined up to smooch each a cappella member.

As the Radiothon was publicized with the help of our station's disc jockeys, my print media buddies, and the local newspapers and television stations, a great deal of anticipation was triggered far beyond the college campus.

When it was all over, I was deeply "humbled" when the \$5,000 sign lit up and some of my staff poured a bottle of champagne over my shoulder-length 1970s hair.

It wasn't solely the phenomenal cooperation that helped us achieve a seemingly impossible goal. Every step involved a tremendous amount of commitment by everyone involved — especially me. My GPA suffered that semester and I got behind on my credits.

Hard work aside, it was the networking brought about by trusting relationships that took our annual Radiothon to a

historic level. That camaraderie amongst the student media remained well after I graduated. Moreover, a deep sense of respect was earned from professors and departments. Previously, they had no idea what an integral part a college radio station could play in the overall campus culture.

Over four decades later, the lesson of relationship building, trust and humility amongst formerly "rivaling" entities remains with me.

Forgive me for my naivete, but I see how that same principal could work here in the village of Ravena, the town of Coeymans and in this nation.

A lot has been said about how Jesus changed the world with a bunch of common people. But not enough has been said about how he changed the disciples' pride into humility.

*Robert J. LaCosta's free daily devotional is on his Facebook Page, "Robert J. LaCosta Writer" and/or his website robertlacosta.com. Write him at norepcom@gmail.com.*

## House of Worship News & Services

SPONSORED BY

# Babcock

**Funeral Home, Inc.**

**518-756-8333**  
 19 Pulver Avenue • Ravena, NY 12143  
 www.babcockfuneralhomeinc.com

Dignified Personal Services

Pre-Planning Available Handicapped Accessible

*"Four Generations and Over One Century of Service to Our Community"*

<p><b>Trinity United Methodist</b>          1311 Rte. 143, Coeymans Hollow          NY 12046 • 756-2812  <b>Pastor Paul Meador</b>          • Sunday Worship 11:00am (all are welcome)          • Church School: "Faith Builders Kids Christian Education" Wednesday at 7pm          • Wednesday, Bible Study &amp; Prayer - 7-8:30pm (all are welcome)          • Food Pantry, Last Saturday of the month, 10-11am and last Monday of the month, 5-6pm, or by appointment          • Thrift Shop Open April 12 - Mid Oct., Thursdays 10 - 4 • Saturdays 10 - 2 and when Food Pantry is open.          Handicap Accessible          • Youth Group • Grades 6 - 12          2nd and 4th Thursdays @ 6:30pm</p>	<p><b>Riverview Missionary Baptist Church</b>  <b>"The Church at Riverview"</b>          11 Riverview Drive Coeymans, NY 12045          (518) 756-2018          www.riverviewchurchcoeymans.com  <b>Rev. Antonio Booth &amp; Rev. Dr. Roxanne Jones Booth Co-Pastors</b>          "Being God's family: loving, caring, supporting and encouraging one another"          • Sunday Bible School 9:30 AM          • Sunday Morning Worship 11:00 AM          • 2nd Tuesday of the Month - Prayer Meeting 6:30 PM - 7:30 PM          • Wednesday Bible Study 6:30 PM - 8:00 PM</p>	<p><b>Grace United Methodist Church</b>          16 Hillcrest Drive          Ravena, N.Y. 12143 • 756-6688  <b>Rev. Kim Krause</b>  <b>SUNDAY</b>          9:00am, Adult Sunday School Classes          10:30am, Morning Worship (Nursery care provided) Communion on first Sunday of each month          10:30am, Sunday School for ages 3-8th grade during Worship Service.          11:30am - Fellowship Hour  <b>THURSDAY</b>          7pm, Senior Choir</p>	<p><b>New Baltimore Reformed Church</b>          Telephone: 756-8764          Rt. 144 and Church St.          NBRChurch@aol.com          www.nbrchurch.org  <b>Rev. Rick L. Behan</b>          • Sunday Worship - 9:30 AM          • Fellowship before and after worship          • Sunday school time TBD          • Choir Thursday - 4:45 PM          • Bible Study Friday - 10:00 AM          • Helping Hands 2nd Sunday - 10:30 AM  <b>Working together since 1833</b></p>
<p><b>South Bethlehem United Methodist Church</b>          67 Willowbrook Avenue          South Bethlehem, NY 12161          Church: (518) 767-9953 / 767-9015  <b>Rev. Dana Horrell</b>          • Sunday Services:          - Sunday School for Adults, 9:45 am - 10:30 am          for Children, 11:00 am - 12:00 pm          - Worship Service, 11:00 am (nursery is available during service)          Fellowship immediately follows Service in Fellowship Hall</p>	<p><b>Church Of Saint Patrick</b>          21 Main Street, Ravena, NY 12143          (518) 756-3145  <b>Pastor: Fr. Scott VanDerveer</b>          Weekly Mass: 9:00 a.m. Wed &amp; Thurs          Saturday Vigil 4:30 p.m.          Sunday 9:30 a.m.          Food Pantry Hours:          Tues &amp; Thurs 10-11 a.m.          Wednesday 6-7:00 p.m.          Thrift Shop Hours: Wed. 6:00-7:00          Thurs, Fri. &amp; Sat. 1:00-3:00 p.m.  <b>All Are Welcome!</b></p>		

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

**HUMOR ON AGING:**  
 First you forget names, then you forget faces,  
 then you forget to pull your zipper up,  
 then you forget to pull your zipper down.

**For more material to make you feel good, visit [Smiletherapy.com](http://Smiletherapy.com)**

# Martin Luther King and the struggle for Black voting rights

The League of Women Voters and Greater Capital Region Teacher Center are hosting an online program on Martin Luther King Jr.'s struggle for black voting rights on Aug. 12, at 7 p.m.

Educators and community members are invited to join a thought-provok-

ing analysis and discussion of the challenges King faced in making the controversial and consequential decisions that shaped the Civil Rights Era.

Facilitated by teachers Sean Fitzsimons of Albany High School and Matthew Pinchinat of Guilderland High

School, the program is based on the highly successful experience of Harvard Business School in using case-based teaching.

The case study method can strengthen school and community teaching, making a more relevant and effective experience for students, teachers

and participants of all ages and across a range of subjects. It presents a unique opportunity to help reverse the broad decline in civic engagement and civic education in the United States.

Fitzsimons and Pinchinat's brief video introduction to the program can be viewed at [tinyurl.com/MLKCivilRightsDiscussion](http://tinyurl.com/MLKCivilRightsDiscussion).

Register for the Martin Luther King and the Struggle for Black Voting Rights at [tinyurl.com/MLKCaseStudyRegister](http://tinyurl.com/MLKCaseStudyRegister).

Teachers may also register to earn four hours of CTLE credit through the Greater Capital Region Teacher Center at [tinyurl.com/jjah3cw](http://tinyurl.com/jjah3cw).

Si publius serior hingu- li stenatquam, cae etem tus audem fac medo, quam publina, vidius ius pravoc, oc, quit, no. Um dum ne ine iam dis etici sentem terevis conostat, conferum am. Tis maximoviveri inem non-sul hore interis bonfe-naturu cura ponferemne omnihili seremus fachum- us Catilist graessu

## ASK from AI

they wouldn't think twice about it," Sanders said. "I don't think anyone was looking for FDA approval for the polio vaccination. It's been many months now since December, we have eight months of a track record of great safety and great efficacy."

Each vaccine was tested in tens of thousands of patients before the FDA granted its emergency-use approval.

Other patients express hesitancy to get the vaccine because of the speed it was developed.

The novel coronavirus was first discovered in Wuhan, China, in December 2019. Pfizer-BioNTech's two-dose COVID-19 vaccine was approved for emergency-use authorization one year later on Dec. 11.

The COVID-19 vaccine was developed based on years of research on mRNA vaccinations, and previous epidemics caused by coronaviruses, such as the SARS virus in 2002 and MERS in 2012.

"This is the first mRNA vaccine rolled

out, but the technology is not new," Sanders said.

The H1N1 flu epidemic in 2009 led to the rapid development of a vaccine against the virus that year.

"I don't recall any marked vaccine hesitancy at the time," he added. "Nurses and doctors took that vaccine like it was magic. ...That vaccine was manufactured very rapidly using existing technology and it was very efficacious."

"We have studies around the world. These vaccines work."

The prevalence of the COVID delta variant, which originated in India, has caused coronavirus infections and hospitalizations to largely increase in unvaccinated people over the last month.

New York's daily positivity rate was 2.46% Friday, and averaged that rate for most of the week. The state's coronavirus infection rate was one of the nation's lowest about a month ago, or 0.34% June 23.

### SAFETY AND SIDE EFFECTS

Johnson & Johnson's coronavirus vaccine was discovered this spring

be linked to rare instances of blood clots — especially in young women. The FDA in April added a warning label on the vaccine about the rare side effect.

The issue and addition of the label were widely publicized throughout the world and nation.

The side effect has emerged in dozens of patients, opposed to 1.08 billion fully vaccinated around the world as of Tuesday, according to [ourworldindata.org](http://ourworldindata.org).

"Look at the number of vaccines that are distributed — then all of a sudden, that severe side effect is not that common," Bottler said. "If we find side effects like that, we want to know about it so we can adjust and make recommendations."

Some people worry about common side effects caused by the coronavirus vaccine, including pain, redness or a swollen arm where the shot was administered, and headaches, fatigue, muscle pain, chills, fever and nausea for up to a day or two afterward.

"It could be that you

don't feel great after the second shot, but you feel a whole lot better than getting COVID," Bottler said.

A sore arm or fever are typical vaccine side effects for several routine vaccinations, including measles, mumps, rubella; DTaP for tetanus; hepatitis A or B; rabies; Zoster vaccine for shingles; and yellow fever, according to CDC.gov.

People in rural, low-income and minority communities who often lack access to health care are quickest to question the vaccine's safety and efficacy.

"We are not living in a vacuum, we are living in a community," Bottler said. "It's not all right to expose other people to the virus if there's something you can do that is very safe and everyone can do one little step to protect the other people around them."

Vaccines are the only way to stop a virus from mutating and to nearly eradicate an illness, as seen with polio and smallpox, which stopped naturally occurring in the world because of inoculations.

"If we all get the vaccine, everyone will benefit," Bottler said. "We can travel, participate in sports, we can go to restaurants ... the economy will be better."

Bottler often recommends people visit [cdc.gov](http://cdc.gov) and see the correlation between each state's COVID infection and vaccination rates when they question the vaccine's efficacy.

Employees in New York are mandated to receive four hours of paid time off, per dose, to get the COVID vaccine. Any necessary recovery period from receiving the vaccine or its side effects is covered under the state's Paid Sick Leave law.

"New York state continues to fight COVID-19 statewide by getting shots in arms and to date, over 22 million doses of vaccine have been administered statewide — meaning over 74% of New York adults have received at least one vaccine dose, and 68.1% are fully vaccinated," state Health Department spokeswoman Abigail Barker said in a statement. "All COVID-

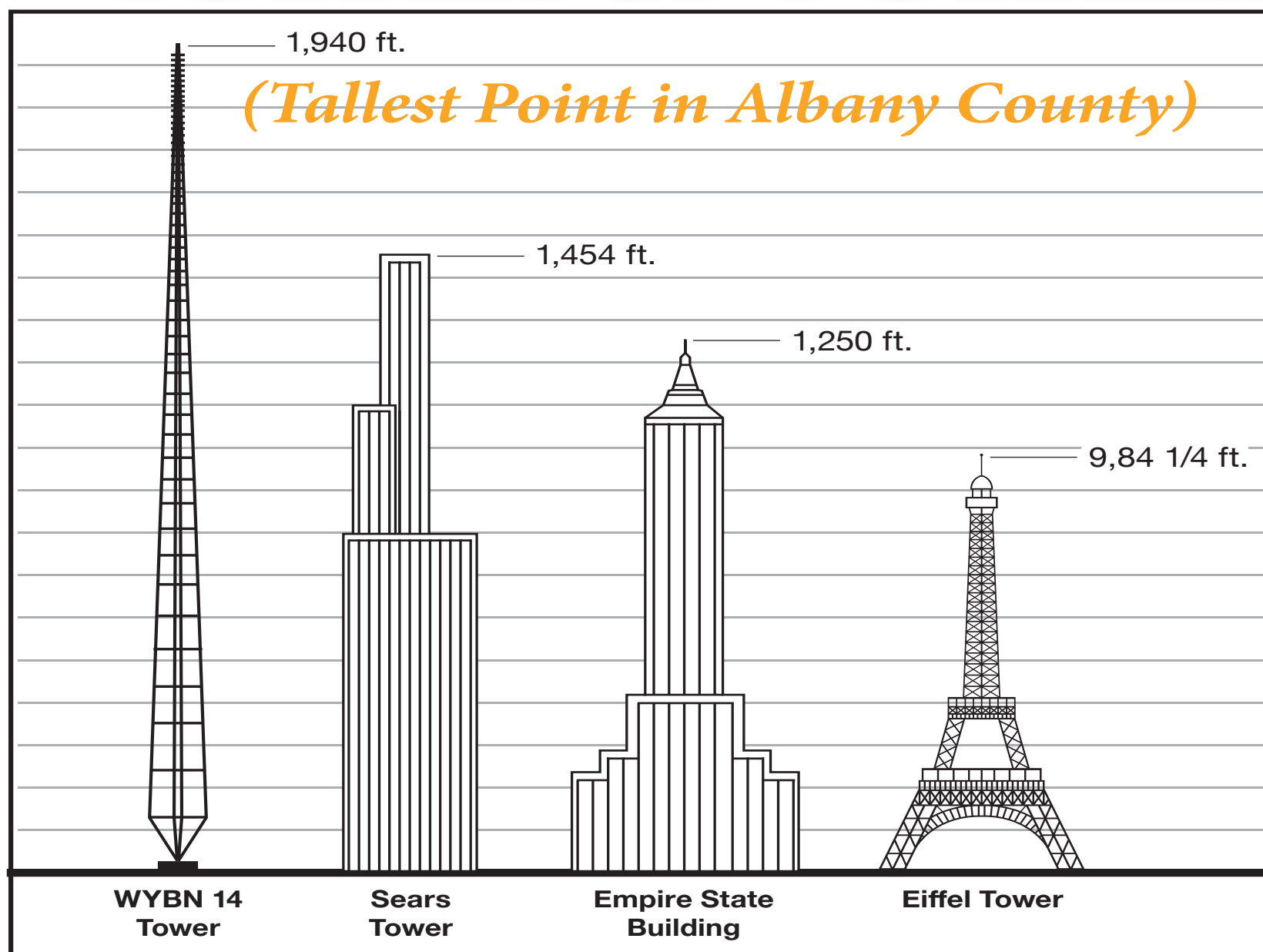
19 vaccines authorized for emergency use in the United States have proven extremely effective at preventing serious illness, hospitalization and death from COVID-19, and remain strong against newer strains, including against variants of concern such as the delta variant."

The state Health Department promotes fact-based graphics about the vaccine on social media and other advertising across the state to bust misinformation about the vaccine. Graphics are framed in sensitive Q&A formats to promote vaccine education.

"Those who are unvaccinated have the greatest risk of becoming seriously ill, which is why the New York state Department of Health continues to do everything possible to make the vaccine accessible and available in every community — and we urge all eligible New Yorkers to get vaccinated as soon as possible," Barker said.

To see where you can get a free COVID vaccine, visit [vaccines.gov](http://vaccines.gov).

# WYBN TV-14 TOWER OF POWER!



**Albany/Schenectady  
Troy**

- 1,940 Feet Above Average Terrain
- 1.75 Degrees Beam Tilt
- 30,000 Watts of Power
- 1,186,109 Population Covered

WYBN TV-14 • (518) 772-4414 • (845) 876-1212  
[cannytv@gmail.com](mailto:cannytv@gmail.com) • [www.wybntv14.com](http://www.wybntv14.com)

The Catskills' Only Locally Owned and Operated  
 TV Station (Cable & Over-the-air television)

# Merger creates new \$8B credit union

ALBANY — SEFCU and CAP COM leaders have been exploring a potential merger of the two federal credit unions headquartered in New York's Capital Region. Throughout the discussions, they have found a consistent mission, common purpose and shared vision that prioritizes employees, members and communities, according to representatives from the two organizations.

To that end, the CAP COM and SEFCU Boards of Directors unanimously voted July 28, to approve a "merger of equals," creating a Capital Region headquartered financial and community powerhouse that will become fully integrated next year.

The newly combined entity will be renamed to reflect the respective histories and common values of both organizations, which are rooted in the credit union philosophy of "People helping People" for all stakeholders.

This merger is subject to the standard due diligence review commensurate with a transaction of this size and complexity. Employees were informed of this development by the president and CEOs of each organization.

Merging SEFCU and CAP COM is supported on three critical criteria: dedication to employees and their careers; value to members and

their communities; and the ability to succeed in a marketplace that is expected to see significant change and the consolidation of like-minded credit unions.

"We are excited to explore this potential opportunity to become stronger together. As like-minded, mission-driven credit unions who share a commitment to our employees, members, and community — this represents an exciting possibility to continue to expand our award-winning service to members across New York state, while continuing to invest in technology that makes banking more convenient," said CAP COM President and CEO Chris McKenna. "We look forward to continuing the process, with the intent to merge in 2022."

When CAP COM and SEFCU join, there will not be any layoffs related to the unification, according to a statement from the companies. The creation of a new, \$8 billion financial institution is aimed at providing the scale necessary to create greater opportunities for existing employees, the need for additional team members, and significant advancements in products, services and support for members and community partners, according to the statement.

This effort will cre-

ate the largest financial institution in the Capital Region based on local deposits, and one of the top five credit unions in the state. The unified financial institution will also become one of the top 30 credit unions in the nation.

"Along with growing in size, this alignment will allow us to expand our reach and positive impact on our members and the communities we serve. CAP COM and SEFCU share similar values, culture, and commitment to community. We plan to apply the 'best of both worlds' principle in everything we do as we integrate our approach to supporting employees, members and the community," said SEFCU President and CEO Michael Castellana. "We are also excited about advancing our purpose-driven mission in new and exciting ways from expanding and enhancing our products, services, and support for our members, to offering deeper, more meaningful financial and volunteer contributions to nonprofit organizations."

The due diligence process and regulatory approval of both the National Credit Union Administration and the New York State Department of Financial Services, and the membership vote, will likely require an effective date of the transaction in 2022.



## COXSACKIE DENTAL ARTS

### NEW SMILES START HERE



**GENERAL DENTISTRY  
COSMETIC DENTISTRY  
IMPLANT CENTER**

**THE DENTAL ARTS DIFFERENCE**

**12077 STATE RT. 9W  
WEST COXSACKIE, NY 12192**

**PHONE: 518-731-8008  
COXSACKIEDENTIST.COM**

## WE ACCEPT ALL N.Y. STATE DEPOSITS

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

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

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

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

Shane DeCrescenzo

**Just Makes Cents**  
Bottle & Can Redemption Center  
518-577-3084  
Justmakescents6@gmail.com

## GLASS ♻️ PLASTIC ♻️ CANS



**JUST MAKES CENTS**  
**6¢ BOTTLE & CAN REDEMPTION**

## GLASS ♻️ PLASTIC ♻️ CANS

GLASS

GLASS

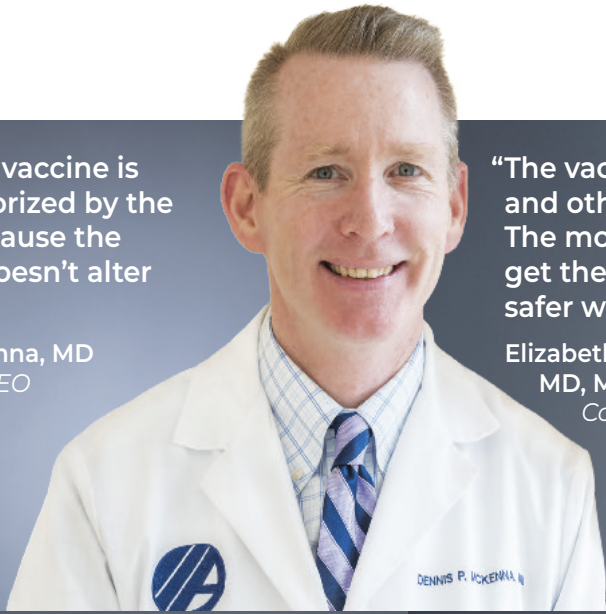


# DON'T HESITATE. VACCINATE.

Together we can end the pandemic.

"The COVID-19 vaccine is safe. It's authorized by the FDA. It can't cause the virus, and it doesn't alter your DNA."

Dennis P. McKenna, MD  
President and CEO  
Albany Med



"The vaccine protects you and others from COVID-19. The more people who get the vaccine, the safer we all are."

Elizabeth F. Whalen, MD, MPH  
Commissioner  
Albany County  
Department of Health



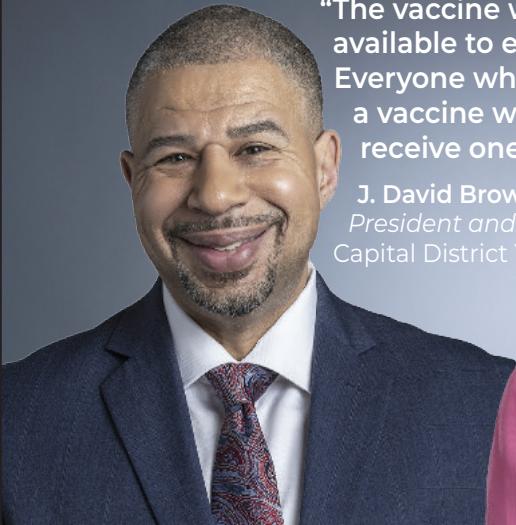
"The vaccine is free; it doesn't cost anything. Please, don't hesitate, vaccinate."

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  
KeyBank



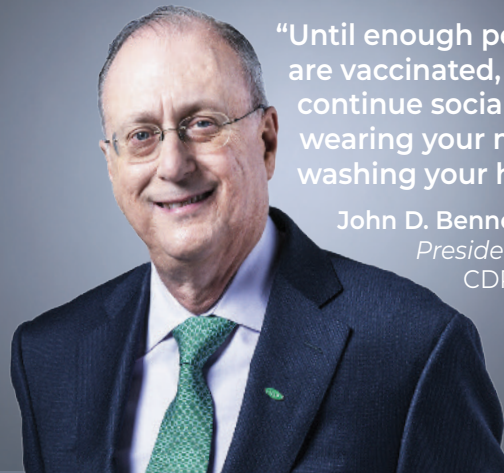
"We can recover from the pandemic if everyone is vaccinated."

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  
CDPHP



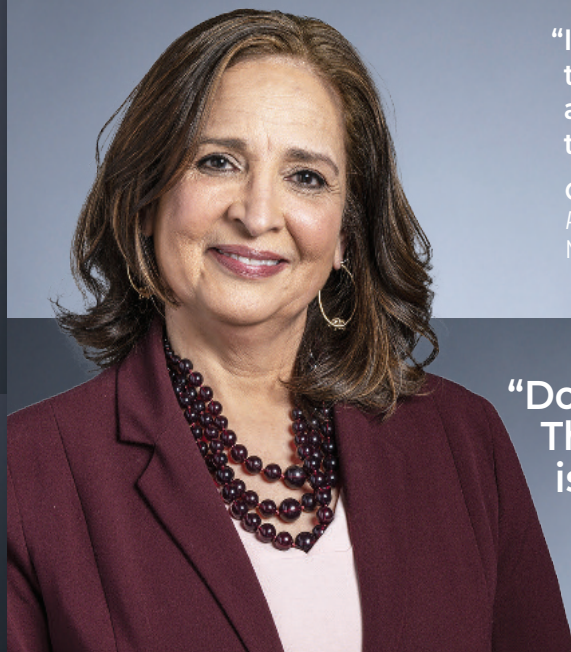
"When it is your turn, don't hesitate, vaccinate."

Odo Butler, DLP  
Past President  
Schenectady NAACP



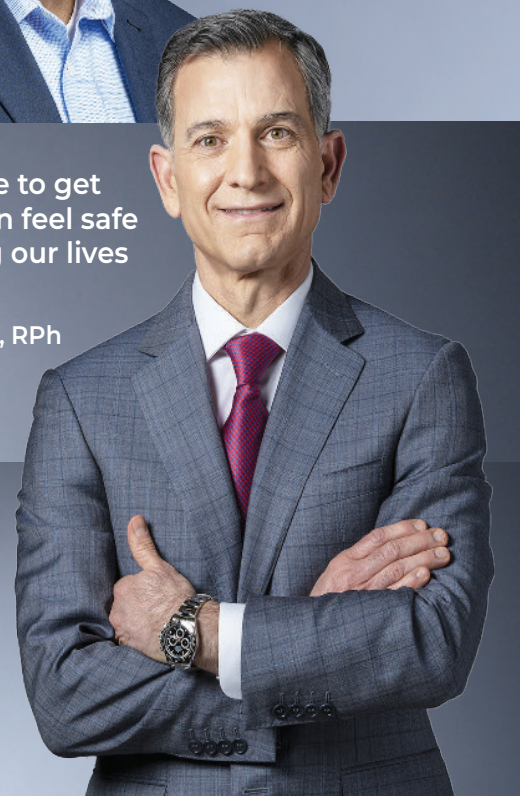
"I encourage everyone to get the vaccine so we can feel safe again and start living our lives to the fullest."

Christopher Del Vecchio, RPh  
President and CEO  
MVP Health Care



"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  
Vice President of Medical Services  
Columbia Memorial Health



**Capital Region**  
VACCINE NETWORK

Albany County  
Columbia County  
Greene County  
Rensselaer County  
Saratoga County  
Schenectady County  
Warren County  
Washington County

Visit [CapitalRegionVax.org](https://CapitalRegionVax.org) to find out when and where you can get your free vaccination.

The Capital Region is pulling together to encourage everyone to receive the vaccine. Thank you especially to the following for underwriting a vaccine awareness campaign. They exemplify the region at its very best.

**SIGNATURE PARTNERS**



**SUSTAINING PARTNERS**



**STEADFAST PARTNER**



[CapitalRegionVAX.org](https://CapitalRegionVAX.org)

# 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.*

### August 2021

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

11 - Evenings on the Green, Playin' With Fire performs from 6-8 p.m., Coeymans Landing gazebo. Free admission.

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

18 - Ravena Village Board meeting, 6 p.m., Village Hall, 15 Mountain Road, Ravena.

18 - Evenings on the Green, Biggie & The Brutes performs from 6-8 p.m., Coeymans Landing gazebo. Free admission.

21 - "We Give Water" Golf Tournament, Sycamore Country Club, Coeymans Hollow. All proceeds go to build a well for a school in The Gambia, a fundraiser started by RCS students. Cost is \$100 per person. Includes lunch and BBQ dinner, prizes and raffles awarded. Call Kate Robertson at 518-225-1495.

Brought to you by



For over 30 years, the Carver Company's Core Competencies consist of General & Marine Construction, Sand and Gravel Mining, Property Management, Port, Stevedoring, Terminal & Warehouse Management, Maritime and Logistics, and Tug and Barge Marine Towing.

We strive to inspire our diverse, well-rounded work force and management team to always perform at the highest levels of safety and professionalism. We deliver service by maintaining a reputation where our unquestionable Values of honesty and integrity drive our actions on and off the job.

494 Western Turnpike  
Altamont, NY

Phone: 518.355.6034  
[www.carvercompanies.com](http://www.carvercompanies.com)



# Nolan's customers save \$\$\$

## What does your PROPANE PROVIDER do for you?



Family Owned & Operated Since 1965

### Unbeatable Rates

JUST ONE REASON WE ARE

### GREENE COUNTY'S #1 PROPANE PROVIDER

**Why continue to overpay? Call Nolan today!**

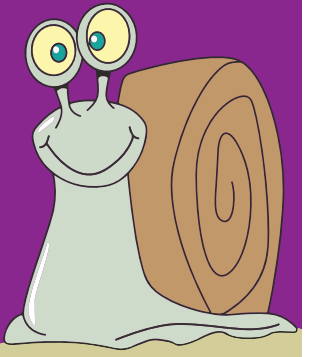
54 Mountain Road Ext. • Ravena, NY | **518-756-2010**  
[www.nolanpropane.com](http://www.nolanpropane.com)

SEE WHAT'S NEW THIS WEEK ON KID SCOOP!



**Kid Scoop**.com

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE



THE KID SCOOP PAGE IS SPONSORED BY TCI. WE CARE ABOUT OUR COMMUNITY - WWW.TCI-NY.COM/TCI-OUR-COMMUNITY

COMMUNITY

RAVENA NEWS-HERALD | CAPITAL REGION INDEPENDENT MEDIA

Thursday, August 5, 2021 A11



**Kid Scoop**.com

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE



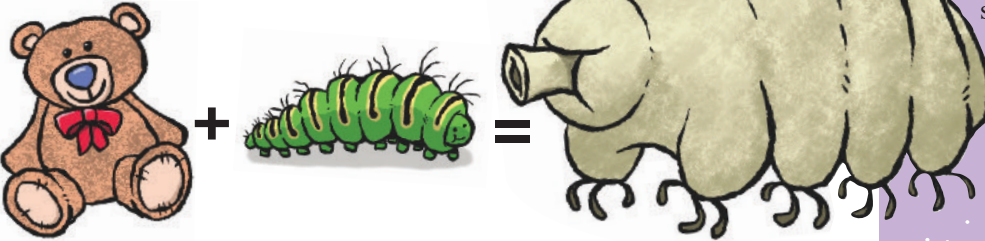
© 2021 by Vicki Whiting, Editor Jeff Schinkel, Graphics Vol. 37, No. 37

**Kid Scoop Together:**

**How to Draw a Tardigrade**

**TARDIGRADES TOUGHEST ANIMAL ON EARTH**

Imagine an animal that looks like a combination of a caterpillar and a teddy bear. Can you picture that? Then you have imagined a **tardigrade**!



Tardigrades, sometimes called water bears or moss piglets, are really tiny. They're **microscopic**—you need a microscope to see them.

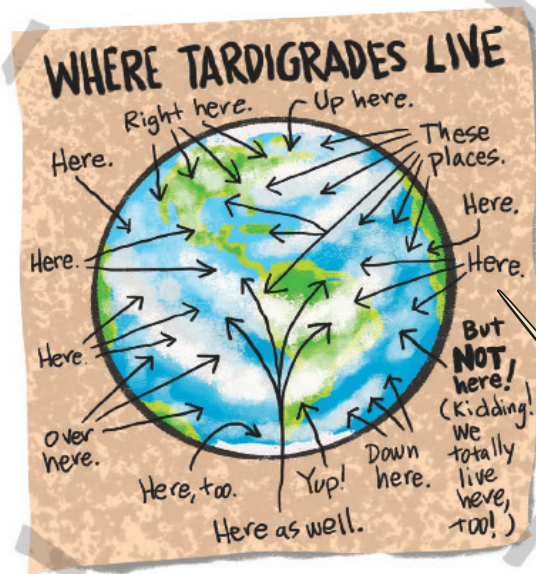
**SURVIVED** **INFORMATION** **SPACECRAFT** **HARSH** **REASON** **SURFACE** **LIVING**

**Tardigrades on the Moon**

In 2019, a small \_\_\_\_\_ called *Beresheet*, crashed on the \_\_\_\_\_ of the moon.

*Beresheet* was carrying a special "library." This library had all kinds of \_\_\_\_\_ about Earth, including some \_\_\_\_\_ tiny tardigrades.

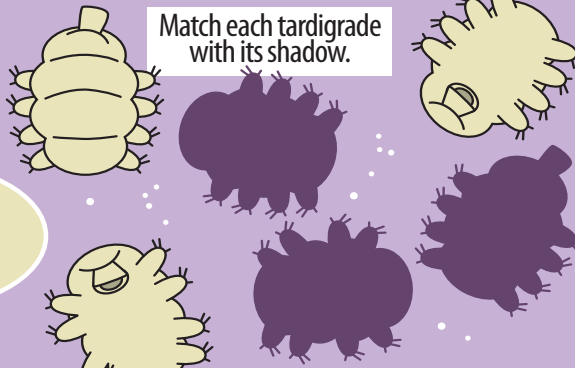
Some scientists think the tardigrades may have \_\_\_\_\_ the crash. They can survive all kinds of \_\_\_\_\_ situations, including times with no water and no air. That's just one \_\_\_\_\_ they are often considered the toughest animals on Earth.



**WHERE ON EARTH?**

Tardigrades live **everywhere** on planet Earth. They live in the ocean and in every climate zone!

Here's a helpful tardigrade chart I made!



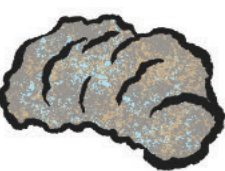
A tardigrade's tiny feet have claws to help grip surfaces.

A tardigrade's mouth is a tiny tube. They use this to suck food out of plants and animals.



Tardigrades have eight short, thick legs. The first pair of legs, closest to their head, is used for holding on to things. The other three pairs are used for walking.

**TARDIGRADE TOUGHNESS**



When it is dry, tardigrades shrink into a little pill shape called a **tun**. They slow their breathing and **metabolism** to a death-like state. They can survive like this, without water, for **decades**. Once they get wet again, they come back to life in just a few hours!

**WORD BOX**

**Metabolism:** The processes in plants and animals by which food is changed into energy or to make cells and tissue.

**Use the Code**

Tardigrades can withstand cold as low as negative \_\_\_\_\_ °F (-200°C)  
They can live in temps as high as \_\_\_\_\_ °F (148.9°C).

	= 0		= 5
	= 1		= 6
	= 2		= 7
	= 3		= 8
	= 4		= 9

Tardigrades can survive high radiation, boiling liquids, enormous pressure of up to six times the pressure at the depth of oceans, and even a vacuum.

Can you help me reach the water droplet?



**Extra! Extra!**

**Tiny and Tough**

**Tiny and tough** both start with the letter "T." Using words that start with the same letter in a description, is called alliteration. Look through the newspaper for pairs of words that start with the same letter. What could your pairs of words describe?

Standards Link: Language Arts: Understand alliteration.

**Kid Scoop Puzzler**

**What do tardigrades eat?**

Tardigrades really like to live in damp moss where they get all the food and water they need to thrive. Circle every other letter to discover the things tardigrades like to eat.

**P K O N A P N C T R S Y B M**  
**A S C B T U E G R H I Y A L A**  
**G N F D S M W E D A Q T A**

**PL**

**Double Double Word Search**

TARDIGRADE  
CLIMATE  
SURVIVE  
LIBRARY  
DECADES  
TOUGH  
CRASH  
STATE  
HARSH  
CLAWS  
TINY  
DAMP  
TUBE  
PILL  
WET

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

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

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

**KID SCOOP'S MISSION**

Children are born curious. From their earliest days, sensory exploration brings delight and wonder. New discoveries expand their minds. When they unlock the joy of reading, their world widens further. **Magic happens.**

**Kid Scoop** opens the doors of discovery for elementary school children by providing interactive, engaging and relevant age-appropriate materials designed to awaken the magic of reading at school, at home, and throughout their lives.

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

**Kid Scoop VOCABULARY BUILDERS**

This week's word: **RADIATION**  
The noun **radiation** means the process of giving off energy in the form of waves.

Solar **radiation** is the energy and sunlight that comes from the sun.

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

**FROM THE Kid Scoop LESSON LIBRARY**

**Decade Math**

A **decade** is 10 years. Look through the newspaper for three numbers that are more than ten. Rewrite each one as five decades and years. For example, 54 is five decades and four years.

Standards Link: Mathematics: Understand base 10 place value.



**How do pennies look under a microscope?**

ANSWER: Magnificent

**Write On!**

**Ticket to Space**

Pretend you could win a ride into space on a rocket ship. Write a paragraph telling why you should win this prize.

# COVID vaccine mandated for state employees, health workers

By **Kate Lisa**

Courtesy of Columbia-Greene Media

ALBANY — All state employees and health care workers in state-run hospitals who directly treat patients will be mandated to get a COVID-19 vaccine by the end of the summer, Gov. Andrew Cuomo said last Wednesday.

Health care workers at state-run hospitals who directly interact with patients must get the vaccine by Labor Day. The facilities include SUNY Stony Brook, SUNY Upstate, SUNY Downstate, Long Island Veterans Home at Stony Brook, Helen Hayes Hospital, SUNY College of Optometry, Montrose Veterans Home, St. Albans Veterans Home, Oxford Vet-

erans Home and Batavia Veterans Home.

“Politicians don’t like to suggest actions that are not popular,” Cuomo said during a virtual briefing. “A politician who suggests too many unpopular options is not a long-term politician, but there’s a choice in doing the political thing or doing the right thing, and I’ve always chosen to do the right thing.”

Regular COVID testing throughout the work week is not an acceptable alternative for public-facing health workers in lieu of getting vaccinated.

The vaccine mandate was announced after new coronavirus infections and hospitalizations have increased across the state and nation for several

weeks.

The state reported 2,203 new COVID-19 infections July 27 compared to 275 new cases June 28, or one month ago.

“We need dramatic action to get a control of the situation,” Cuomo said.

Health experts around the globe have tied the increase to the more contagious COVID delta variant. Pfizer or Moderna’s two-shot and Johnson & Johnson’s one-dose coronavirus vaccines have proven effective against the mutated virus.

“It’s an aggressive step, and there will be push-back,” Cuomo said. “I’m going to be having more conversations with the unions about it, but we know what we’re dealing with.”

“... I believe the unions even get it,” Cuomo added.

The governor encouraged counties, municipalities and local governments across the state to adopt the same mandate for public-facing employees.

“I think we have to go there, otherwise we know



Courtesy of Gov. Andrew Cuomo's Office  
Gov. Andrew Cuomo gives a virtual COVID-19 briefing July 28 in the state Capitol in Albany.

what happens,” he said. “We’ve seen the movie. We had the front-row seat in the movie. We had the highest price of admission to see COVID movie 1. I don’t want to see the sequel.”

An employer can mandate workers get a specific vaccine by law.

The U.S. Food & Drug Administration has approved the Pfizer-BioNTech and Moderna’s two-shot COVID vaccine and Johnson & Johnson’s one-dose injection under Emergency Use Authorization.

The vaccine cannot be legally mandated in schools without final approval from the FDA.

The COVID vaccine mandate will apply to

legislative employees, including state assemblymembers and senators.

“In light of the recent spike in COVID-19 cases, the Senate will be following all recommended protocols for vaccinations and testing as laid out by the CDC, the federal and state government,” Senate Majority Leader Andrea Stewart-Cousins, D-Yonkers, said in a statement. “This will include mandating vaccinations or regular testing for those not vaccinated. We will continue to monitor the situation and make science-based decisions. Our Majority remains committed to ensuring the health and safety of our workforce and our community as we work to

overcome this pandemic.”

Some state employees and representatives reacted to the decision with frustration and outrage.

“It’s disheartening that an administration that touts itself being NY Smart would take such a drastic measure without any input from the individuals this directly impacts,” New York State Correctional Officers & Police Benevolent Association President Michael Powers said in a statement. “Just a month ago, the state celebrated the lifting of restrictions with fireworks shows and now today’s about-face. It’s time that we stop making these decisions in a vacuum and start including stakeholders.”

**D.H. Landscaping & Home Services, LLC.**  
Insured and Professional

- Spring & Fall Cleanups
- Lawn Care
- Mulch Install / Bed Edging
- Tree & Hedge Pruning
- Yard Work
- Compact Tractor Work
- Stump Grinding
- Gutter Cleaning
- Handyman Work
- Pressure & Soft Washing
- Painting Indoor & Outdoor

From Delmar to Coxsackie **518-466-1397** Dan Houghtaling

**SAVE THE DATE!**  
**Cancer Patient Aid Car Show**  
**Sunday, Aug. 15, 2021**

*100% of the proceeds benefit the Greene County Women's League*

The **Ravena News-Herald**  
Always Keeping You Connected.

www.facebook.com/ravenanewsherald  
Like us on Facebook!

Like



**WE HAVE HIGH STANDARDS. WE JUST DON'T CHARGE EXTRA FOR THEM.**

**CFORCE® 600**

**\$6,399**  
MSRP  
(Plus freight & setup)

has a powerful 580cc EFI engine. Standard features include durable composite-over-steel racks, Ridevision™ LED headlights and taillights, hand guards, winch—the list goes on. With CFMOTO, you get more so you can get out and experience more together.

At CFMOTO, we’ve always held ourselves to high standards. But the difference between us and our competitors is that we don’t charge you extra for them. When you compare features to features with the big guys, the only place we’re not equal is the price. Our CFORCE 600



**TOWN LINE MOTORSPORTS**

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

**PARTS | SERVICE | SALES**

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

WARNING: CFMOTO recreational vehicles are intended for off-road use only, and can be hazardous to operate. Read Owner's Manual and all product labels before operating. Never operate on paved roads. Operators and passengers must wear a helmet, eye protection and protective clothing. Operators must be at least 16 years old with a valid driver's license. Passengers, if permitted, must be at least 12 years old. Always use seat belts, cab netting and doors (if equipped). Never operate under the influence of alcohol or drugs. Avoid excessive speed and sharp turns, and never engage in stunt driving. Check state and local laws before operating on trails. Take a safety training course before operating. Contact your CFMOTO dealer for more information, call the ATV Safety Institute at 1-800-887-2887, or go to www.atvsafety.org. ©2021 Zhejiang CFMOTO Power Co., Ltd.

**TOWN LINE AUTO**

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

**TOWN LINE SELF-STORAGE**

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



# This Section is Sponsored By Shop 'n Save



# SPORTS

| B

RAVENA NEWS-HERALD CAPITAL REGION INDEPENDENT MEDIA Thursday, August 5, 2021 B1

## Coxsackie-Athens' Caringi earns All-American status

Courtesy of Columbia-Greene Media

**COXSACKIE** — Coxsackie-Athens junior Schyler Caringi's recent trip to the 2021 USMC USA Wrestling National Championships in Fargo, North Dakota, proved to be a great success.

Caringi qualified for Fargo a second time, this time attending as a Northeast regional and state champion at her weight class. She placed sixth in the United States at her weight, earning the title "All-American."

In her 2019 campaign, Schyler reached the "Blood Rounds" (the round before guaranteeing an All-American Place on the podium). Between 2019 and now, Schyler continued bettering her craft by training full-time at Curby 3-Style Wrestling, and at Coxsackie-Athens with the Coxsackie-Athens wrestling team.

She is the first All-American in the C-A wrestling program's history.

Caringi's coach at Coxsackie-Athens, Ryan Palmer, couldn't be more proud.

"Just a 'wowing' moment and one filled with extreme pride," Palmer said. "Congratulations to Schyler. Her hard work, tenacity and commitment to success is incredibly inspiring for all of our athletes here at C-A."

After taking over for J.P. Hulslander as the C-A wrestling coach, it didn't take long for Palmer to realize he had a special talent to work with in Caringi.

"J.P. (Hulslander) told me that she was a special one," Palmer said. "Schyler is one of the most driven and hard-working athletes I have ever seen, let alone coached. She often heads to the gym



Courtesy of Columbia-Greene Media

From left: Coxsackie-Athens' Schyler Caringi and Tamarac's Ragan Retell and Emily Frost recently earned All-American honors at the USA Wrestling National Championships.

before school, performs well in the classroom, and hits the practice room hard after school.

"In the off-season, she frequents her local club, Curby 3-Style Wrestling, in Troy. While my admiration for Schyler's work ethic is extremely high, I think

Schyler would agree that a lot of praise must go to her club coach Joe Uccellini," Palmer said.

He continued, "Joe is the owner and founder of Curby, and will do anything and everything to help his athletes succeed. I have had the privilege to learn

from Joe over the course of my coaching career. His knowledge and commitment to the sport is incredible, and his commitment to his athletes is beyond admirable. Joe's proof is in the pudding. In the past week alone, three of his local girls All-American'd at the USA Wrestling National Championships in Fargo.

Athletes coached by Uccellini who made the list include Caringi, Coxsackie-Athens, sixth place; Ragan Retell, Tamarac, third place; and Emily Frost, Tamarac, sixth place.

"If that wasn't enough, Angie Dill, of Salem/Cambridge Wrestling, placed third at the Cadet Worlds Tournament, representing the United States in Budapest, Hungary," Palmer said. "Four local girls getting it done on the national and international stage is simply incredible, and one thing that they all have in common is Joe Uccellini and Curby 3-Style Wrestling Club. As a coach, I am beyond thankful for the partnership we have with local clubs and organizations."

Caringi's success should prove to encourage other young people to pursue their interests, Palmer said.

"I could not be more proud of Schyler and all of these wrestlers for accomplishing such extraordinary accolades," he said. "I hope that this is truly inspiring for young boys and girls to put everything they have into whatever it is that interests them. Most importantly, I hope that NYSPHSAA will finally sanction Girl's Wrestling so that these hardworking girls can have a platform to perform in front of their local communities."

## RCS sports registration for fall season

**RAVENA-COEYMANS-SELKIRK** — The New York State Department of Health and the New York State Education Department have not yet released updated guidance for the reopening of schools for the 2021-22 school year, including updated guidance relating to athletics.

RCS athletic programming for the 2021-22 school year will be subject to the newly released guidance from these entities when it becomes available, according to a statement from the district.

The district is, however, moving forward with fall sports registra-

tion so students and their families have all of the information that they will need to participate.

The district last week released the new sports registration process for the upcoming school year.

RCS families now have the convenience of online athletics registration through FamilyID ([www.familyid.com](http://www.familyid.com)). This is the only way for families to register students for sports moving forward.

FamilyID is a secure registration platform that provides registrants with an easy, user-friendly way to register for RCS programs, and helps the district be more admin-

istratively efficient and environmentally responsible, according to the district.

When an athlete registers through FamilyID, the system keeps track of their information in the FamilyID profile. Families enter their information only once for each family member for multiple uses and multiple programs. Once you have created and logged into your FamilyID account, you will be able to view a full list of available sports for the fall.

Junior varsity and varsity sports registration began July 23 and runs through Monday, Aug. 16.

Modified sports registration begins Friday, Aug. 7, and will conclude Tuesday, Sept. 7.

### REGISTRATION PROCESS:

A parent/guardian can register by visiting <https://www.familyid.com/organizations/ravena-coeymans-selkirk-athletics>

To register as a new user on FamilyID, follow these steps:

1. Create and activate your FamilyID account.

2. After you sign up for an account, check your inbox for an activation email from Family-

ID. You'll need to click the link in that email to activate your account.

3. Once you have activated your account, you will be ready to register for an RCS sports program.

4. Program registration is now open for junior varsity and varsity teams. Registration opens Aug. 7 for modified teams.

5. After registering for a program, Click the blue "Submit" button. After selecting "Submit," the registration will be complete. You will receive a completion email from FamilyID confirming your registration.

At any time, you may

login at [www.familyid.com](http://www.familyid.com) to update your information and to check your registration(s). To view a completed registration, select the "Registrations" tab in the blue menu bar at the top of your screen.

### SUPPORT:

- If you need assistance with registration, contact FamilyID at: [support@familyid.com](mailto:support@familyid.com) or 781-205-2800 x1.

- Support is available Monday through Friday and messages will be returned promptly, according to the district.

More athletics information for the 2021-22 school year will be available for families in the coming weeks.

## Horst joins prestigious Maine Warden Service

### OUTDOORS

By Larry DiDonato  
For Capital Region Independent Media

I'm happy to announce Julia Horst, 27, of Chatham, is now a proud member of the Maine Warden Service.

Julia officially joined the prestigious ranks as a Maine game warden upon her graduation from the state's 39th Basic Law Enforcement Training Program (BLETP) on July 16. She was even bestowed the honor of singing the national anthem to initiate the ceremony.

Julia and three other Maine game wardens joined 63 other police officers including state troopers, deputy sheriffs,

county and municipal police officers, comprising the largest graduating class ever in the program's history.

Julia now begins an exciting journey into her chosen career as a Maine game warden with a five-month field training program with an experienced warden training officer (WTO). Upon completion of the WTO program, she will undergo further job-specific training on topics including fish and wildlife enforcement, snowmobile, ATV and boat operation, recreational vehicle enforcement, swift water survival, and search and rescue operations.

The Maine Warden Service is a division of the Maine Department of Inland Fisheries and Wildlife (MDIFW), whose mission is to preserve, protect and



Contributed photo  
Julia Horst, 27, of Chatham, upon her graduation as a

enhance the inland fisheries and wildlife resources of the state. Established in 1880 to protect big-game populations, MDIFW has since evolved in scope to include protection and management of fish, non-

game wildlife and habitats, as well as restoration of endangered species like the bald eagle.

Main game wardens are also responsible for promoting the safe enjoyment of Maine's outdoors — from whitewater rafting to boating, snowmobiling, hunting, fishing and wildlife observation, in addition to their traditional role to combat poaching.

You may have seen Maine game wardens in action and on patrol in the television series "North Woods Law," which put a spotlight on their fight against fish and wildlife poachers.

Julia's passion for the past 10 years was to work in conservation law enforcement. Landing the coveted position as a Maine game warden has now fulfilled that dream.

If Julia Horst's name sounds familiar, it is. You may remember her from her time as press information officer, then vice president of the Columbia County Sportsmen's Federation.

Prior to that, Julia served as treasurer and federation representative for the Canaan Conservation Club.

Please join me in congratulating Julia on her outstanding achievement as she now embarks on the adventure of a lifetime, with all the limitless, exciting opportunities the future has in store for her and her family.

Happy hunting, fishing and trapping until next time.

### NEWS AND NOTES

- Save the Date for Greene County Chapter of Ducks Unlimited Banquet: Jeff Holiday and the

Greene County Chapter of Ducks Unlimited want you to "save the date" for their banquet scheduled to be held at Anthony's Banquet Hall in Leeds on Sept. 26. More information to follow.

- Lake Taghkanic Bass Tournament Results and Schedule: Bill Johnson announced the results of the July 17 tournament as follows: first place went to Gerry and Chris Damm of Elizaville with 17 lbs. 4 oz. Lunker was 5 lbs. 7 oz. caught by Rob Regan of Dover Plains.

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

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

# Our blueprint, compass and instruction manual

By Dr. Billy Holland  
For Capital Region Independent Media

When it comes to finding our place in this world, let's consider two categories.

The first one let's call, floating down the river. Imagine someone napping in a small boat without a compass or a paddle and not caring about where they are going. Having a spectator mentality, they have no map or intentional direction, but rather are just hoping for the best.

It's also common for these individuals to throw pity parties from time to time, as their happy-go-lucky lifestyle includes serious disappointments. Often haunted with thoughts of being left behind, they are caught in a vicious cycle of confusion and discouragement.

As a Christian counselor, I've had conversations with those who are stuck

## LIVING ON PURPOSE

in this drifting mindset and certainly have compassion for them, but we all have to do our share of searching and praying. No doubt it's extremely difficult to know our calling, but it does not help the situation by living in denial and blaming everyone else for our problems.

It's always scary to move out of our comfort zone and face reality because sometimes life can seem like a huge mountain that's impossible to climb. If you've ever tried to help someone find their destiny, you understand when I say we cannot force anyone to do anything, and neither can we help those who are not willing to

help themselves.

In every area of life, those who desire a healthy state of being must see the truth about their circumstances and be willing to do something about it. Since God's character and nature are based on divine order, we can agree there are no mandates or divine commissions for drifting aimlessly through life. The good news is that God is patiently waiting to help us whenever our passion to change becomes stronger than our excuses.

The second category includes those who realize that life is to be lived with a specific purpose. I believe that having Jesus Christ as the commander of our life is the meaning

and reason for everything we do. As the author and finisher of our faith, God's word reminds us that He's drawn a specific one-of-a-kind blueprint for everyone's life according to His perfect plans.

It's true, He rarely writes, for example, "John Smith will be a plumber" on the wall, but the basic concept of the Christian life is to become aware of our calling and determined to accomplish it. This spiritual reality encourages and motivates us, but another aspect of this challenge is to realize we have certain conditions and responsibilities on our part in order for this vision to be manifested. It will require surrendering our will to Him.

You see, with God being the Potter and us being the clay, it's critical to accept the fact that we do not conveniently ask God to bless the dreams

and ambitions of our own making, but rather we allow Him to transform us into what He wants us to be. Yes, it's painful to yield control, however this must happen if we want to have a genuine relationship with our maker. He desires to be more than a Savior, He demands to be our Lord.

Transforming our mind is not easy and anyone who advertises how wonderful it is to sacrifice, suffer and be uncomfortable, probably has a degree in marketing. There's nothing wrong with learning how others have accomplished their goals, but even if we become experts on personal change, this does not automatically mean we will. Besides, beyond the motivational seminars and the achievement formulas that are available, like we said before, you are a unique individual and God has arranged a special path for you to

take. Allow me to include, there is also no substitute for prayer and perseverance if we are to become all that Jesus died for us to be. Christians that have experienced even a modest amount of success had to not only discover their spiritual blueprint, but demonstrated the value of hard work. Obedience requires faith and determination, but without allowing God to build us His way along with our complete cooperation, we will most likely never fulfill our true destiny. May we remember, the story of our life is being written and if we choose to follow God's plans, we are already on the road to pleasing Him and will never be disappointed or ashamed.

Learn more about the Christian life at [billyholandministries.com](http://billyholandministries.com) and we invite you to send your prayer request to [psalmz103@gmail.com](mailto:psalmz103@gmail.com).

# All dogs are wired the same

By Charlene Marchand  
For Capital Region Independent Media

I have run my "drive" articles before. By popular request, I am sharing them again.

The opening preamble to my beginning training groups goes something like this in outline:

Dogs always do what they think is right. They are reactors, not actors on this great stage of life. They live in the moment, very Zen, and make their split-second decisions one after another.

Their decisions are always drive-driven,

based on one of three canine drives. They have no malice, no ill intent. They do not spend their waking moments trying to "get back at us," manipulate us, outmaneuver us or analyze us. They take us as we are, responding more to body language than any verbal treatise we may deliver to them.

Dogs are not jealous, they are anxious and insecure. Dogs are not spiteful; they are again anxious and concerned about abandonment. They are not disobedient, but more likely are confused

## SOFT PAWS

or untrained. The guilt is almost always on us, the human pack leaders (I was raised in a strong Judeo-Christian tradition), who aren't consistent with the lessons, timing, directions, repetition, reinforcement, etc., etc.

Mother Nature wires all canines with three basic drives, be they your Chihuahua, your hunting dog, my purebred German shepherd dogs, your

mixed breed — all wired the same way, though the intensity of the drives vary from breed to breed and individual to individual.

Our domesticated predators respond to their environment based on these drives. They are as follows: pack, prey and defense.

The most important lesson my packs of shepherds taught me was that there was only one Number One. My dogs, whose numbers were 1 through 12, never looked over their shoulders to see what the numbers behind them were doing, they all looked up that hierarchal ladder to the Number One dog, and the presiding Number One pack leader — me.

The problem many dogs face in multi-person households is that they're never quite sure who is number one, or they only show deference to the most consistent member of that household. It is tantamount to the success of our dogs, in any family structure, to have a consistency of "job descriptions," using the same words for those jobs, as well as a clearly delineated "signal" to let them know the second they've done it right, that they've done it right!

A 2021 canine also requires a paycheck or currency ("minimum wage," if you will) for their employment to be steady and reliable.



Contributed photo  
Pictured is CGHS/SPCA Adoption Counselor Kay Saracione with her favorite new pup, Pongo. Pongo is a 2-year old Australian shepherd mix who has been calling the shelter home for about a month. He came in as a stray with no one coming forward to reclaim him. He is a sweet and affectionate guy, loving to run around in the paddock area. He'll need an active household, making sure that both his body and mind stay active!

"It's all about money," I chirp to my students.

Your canine kids are putting in more than 40 hours a week, and if they're not getting New York state minimum wage at your house, they're going to head to a fast-food restaurant where they'll be guaranteed benefits by law.

A dog in pack drive desires to be part of a group, a team, particularly in reproduction and tending, and they thrive by living by the rules. We pack leaders should be safe (Dr. Phil's "a safe place to fall"), trustworthy, easy to understand, giving direction,

empowering, nurturing and freely giving guidance.

Good dog training and pack leadership is a lifestyle. Pack leaders address the food gathering and survival. The pack drive of our dogs is the instinctive behavior that ultimately makes them such a pleasure to share our lives with — our beloved dogs reigning as the supreme companion animal. Our dog training style should set limits for sure, while we boast being the "best game" in town, and that game is "Follow The Leader!" We'll dissect prey drive next time.



"A hand up, not a hand out"



Helping Harvest functions like any grocery store, but we serve those who are struggling to make ends meet. We provide assistance for:

- People on a fixed income
- Those who have experienced unexpected illness, injury or catastrophic events
- Working people who simply are not earning enough to cover expenses

Now Accepting SNAP, Credit & Debit Cards!  
OPEN: WED 2-6 • THU 10-2 • FRI 2-6 • SAT 10-2

2480 US Route 9W, Faith Plaza, Ravenna  
518-756-9091 • [www.HopeFullLifeCenter.org](http://www.HopeFullLifeCenter.org)

A program of Hope Full Life Center Inc., a 501(c)3 charity, recognized by the IRS.

**Donate Your Car & Help Grant A Child's Wish**

Help Local Children And Get Free & Easy Towing

Visit [WheelsForWishes.org](http://WheelsForWishes.org) or call (877)-798-9474



Benefiting **Make-A-Wish**

Car Donation Foundation d/b/a Wheels For Wishes. To learn more about our programs or financial information, call (213) 948-2000 or visit [www.wheelsforwishes.org](http://www.wheelsforwishes.org)

**COMPUTER PROBLEMS?**



**Geeks on Site**  
Call Now for a FREE Diagnosis  
**1-866-848-0045**

**Friendly Certified Computer Repair Experts**

Simply mention coupon code **42513** and get **\$20 OFF** any service you need!

One time use only. Cannot be used in conjunction with any other coupon or offer. Good thru 9/30/21. Expires 9/30/21. While supplies last. Member support at time of sale.

Please

recycle

this

newspaper

# Greene County seeks nominations for achievement awards

CATSKILL — The Greene County Planning Board is soliciting nominations for the Ellen Rettus Planning Achievement Awards, which will honor worthwhile planning, community and economic development activities that have taken place in Greene County over the past three years.

Awards will be given for outstanding achievement in one or more of the following categories:

- Economic development

- Community design or improvement
- Planning for municipal services or utilities
- Environmental preservation, recreation and open space
- Zoning - Innovative techniques
- Community or Main Street revitalization
- Historic preservation
- Municipal services
- Distinguished service

In 2020, the county planning board presented awards the Cairo Town Board for their work on hamlet sidewalks and a bike path, creating a more walkable and bikeable community; the Village of Catskill for the update of their comprehensive plan, adopted by the village trustees in February 2020, which prepares Catskill for the next 10 years with the broad goals of enhancing its social and economic vitality; and Hickory

Hill Market in Windham for the creation of a new locally-owned market, with outstanding architectural, mountain style design, filling a market niche in the community and helping the local economy through the creation of approximately 30 full- and part-time jobs

Ellen Rettus was a long-time county planning board member who served for several years as chairwoman of the Greene County Planning

Board and chairwoman of the Town of Durham Planning Board. As chairwoman of these boards, Rettus worked to promote sound and thoughtful planning throughout Greene County.

Previous award winners and an 'Award Nomination' fillable PDF can be found on [greene-government.com](http://greene-government.com).

Project nominations will be accepted by government entities, quasi-government agencies (e.g. IDA, Chambers of

Commerce) and not-for-profit organizations.

Please send nominations by Sept. 10 to:

**Rich Schiafo, Principal Planner**

**Greene County Economic Development, Tourism and Planning**  
411 Main Street, Suite 419,

Catskill, NY 12414

[rschiafo@discover-greene.com](mailto:rschiafo@discover-greene.com)

**Fax: 518-719-3789**

For more information please call 518-719-3290.

# State invests \$15M to lift COVID vaccinations

By Kate Lisa

Courtesy of Columbia-Greene Media

NEW YORK — The state will invest \$15 million to encourage the last quarter of New York adults to get vaccinated against COVID-19 as new cases increase in communities with low vaccination rates, officials said.

The state has 117 ZIP codes with new daily COVID infections per capita above the 1.88% average statewide positivity and vaccination rate. About 74.6% of New Yorkers ages 18 and older have received at least one vaccine dose and about 68% have completed the vaccine series, according to U.S. Centers for Disease Control and Prevention at press time.

About 25% of New York adults have not been vaccinated against the novel coronavirus.

"I am telling you as I sit here today, if we do not make progress on vaccinating that unvaccinated population, 25%, with the Delta variant, you're going to see the numbers

go up," Gov. Andrew Cuomo said during a COVID-19 briefing at Yankee Stadium. "That is a large number and we're going to lose lives and it will be disruptive and we cannot let that happen."

New coronavirus infections and hospitalizations have increased in the state over the last month.

About 61% of the 117 targeted areas are in the Bronx, Brooklyn and Staten Island, and tends to be minority neighborhoods or communities with less access to health care.

About 21% of the ZIP codes are scattered across the state, and include Selkirk in Albany County, and Earlton, Greenville and Medusa in Greene County.

"It's in the mid-Hudson, it's all over the state, but we know exactly where it is by ZIP code, and it is Capital Region and Central New York," Cuomo said. "It is the Mohawk Valley. It is the North Country. It is the Southern Tier. It's everywhere, but it's targeted and it's

focused."

The state will allocate \$15 million from the state budget to promote the coronavirus vaccine in poor, minority communities in the 117 targeted ZIP codes through strengthening communication, expanding public education and enhancing ongoing outreach efforts. The state will award \$5.5 million to the Hispanic Federation, \$5.5 million to Federation of Protestant Welfare Agencies, \$1 million to New York Immigration Coalition, \$1 million to Asian American Federation, \$1 million to Charles B. Wang Community Center and \$1 million to APICHA Community Health Center.

"We see the COVID numbers and we see the reality and we know what we have to do," Cuomo said.

"Yes the numbers are going up, so let's do something about it," Cuomo said. "That's what makes us different as New Yorkers, because we act. We're not passive, we're

not going to sit there and let it happen to us. We see the problem coming, we see the cloud on the horizon. Let's get to work

together as New Yorkers and recognize our individual responsibility and let's get this job done."

For more information

about what local health department, pharmacy or doctor's office to get the COVID vaccine, visit [vaccines.gov](http://vaccines.gov).

## Serving the insurance needs of individuals and businesses

**AUTO • HOME • BUSINESS**

We can shop your auto, home or business insurance to find you the best coverage at the lowest possible price saving you time and money...

*That's the Anatriello Agency difference!*



"I have had the privilege of working with John and the Anatriello Agency both professionally and personally. I am a retired insurance agent and underwriter and worked very closely with this agency for many years. I know how concerned they were to make sure they were providing the right coverage for their clients.

When I retired I chose the Anatriello Agency as my personal agent because I knew that my insurance needs would be met.

Because they are a small Agency every client gets the personal care that is so lacking in larger agencies. You can talk with them and they will listen. I, for one, like to know that they are looking out for me and reviewing my coverage often. I don't feel like just another client. I feel like family.

— Helen Michel



We are locally based in Ravenna, and we are always eager to support our community. Let us get you covered today.



Anatriello Agency is a multi-generational, family-owned, insurance agency that has been trusted for over 60 years. Whether you need auto, homeowners or business insurance, we'll take the time to listen to your needs and concerns, and find the perfect policy for you and your family.

**Anatriello Agency**  
Insurance of course!

FOUNDED IN 1958

130 Main Street Suite 102, Ravenna, NY 12143 (518) 756-2877 [John@AnatrielloAgency.com](mailto:John@AnatrielloAgency.com) [AnatrielloAgency.com](http://AnatrielloAgency.com)

## ST. CATHERINE'S CENTER FOR CHILDREN



# Everyone is looking for something

For children removed from their homes under difficult circumstances, that something is a safe and nurturing home. *That's why St. Catherine's Center for Children is looking for people who have room in their hearts, and homes, for a child in need.*

Foster care providers at St. Catherine's not only experience the joy of making a positive contribution in a child's life, but they also receive training, support, and a monthly stipend to help offset costs.

*Everybody is looking for something. How about you?* If you would like to learn more about what it takes to become a foster care provider, contact us today.

**St. Catherine's Center for Children**  
40 North Main Avenue, Albany, NY 12203  
[www.st-cath.org](http://www.st-cath.org) • 518-453-6700



## TAYLOR'S MONUMENT CO. INC.

- Monuments
- Markers
- Cemetery Lettering
- Memorial Cleaning

Conveniently Located  
13199 Rt. 9W • Hamacroix, NY

**756-3530**

**MUELLER'S AUTOMOTIVE LLC**  
EST. 1995  
88 MAIN STREET, RAVENNA, NY 12143  
518 756-3550

**FULL SERVICE AUTOMOTIVE REPAIR SHOP**  
- 25 Years in Business -

- Alignments
- NYS Inspections
- Transmissions
- Brakes
- Engine Overhauls
- Fuel Injection
- Computer Diagnosis
- Electrical
- Suspension & More
- We Even Sell Tires!

AAA Approved Repair Shop  
NAPA Auto Care Member

## MATTRESS BY APPOINTMENT RAVENA

50% to 80% Less Than Retail Stores  
[www.mbaravena.com](http://www.mbaravena.com)

For Bedroom Furniture go to: [beds.mbaravena.com](http://beds.mbaravena.com)



**\$40 Down & Take Home Your New Mattress Set Today**

Call or Text Anne @ 518-852-9379 or Mike @ 518-852-0071

**Please recycle this newspaper**

# Should I claim family benefits?

**Dear Rusty:**  
I was born in 1956 and my wife in 1961. I've got 45 years of SSA earnings, and I will have income in 2021. We have four minor children, the youngest born in 2012. When is the best time for us to apply for benefits? Are we eligible for family benefits? My statement infers that we are.

**Signed: Older Dad**

## SOCIAL SECURITY MATTERS



**RUSSELL GLOOR**

taken any time before her FRA.

Your wife isn't normally eligible for benefits until she is 62 years old, but if she is providing full-time childcare to your minor children, she is eligible for spouse benefits sooner. Child-in-care spouse benefits are available at any age for your wife if she is providing care for at least one of your minor children under the age of 16. You must be collect-

ing your own SS benefit for your wife to be eligible for this.

Once you start collecting your Social Security, your minor children will also become eligible for benefits. Minor child benefits are available to any child under the age of 18, or 19 if still in high school. All your children who qualify under that definition would be eligible for benefits based upon your Social Security earnings record. But, because of Social Security's Family Maximum, the amount each child receives would be less than half of your FRA benefit amount.

The Family Maximum amount is different for everyone because it is computed using each person's Primary Insurance Amount, or "PIA," which is the amount you are entitled to at your FRA. The Family Maximum normally computes to somewhere between 150% and 180% of the

primary beneficiary's PIA, and that amount is shared by all those collecting.

So, in your family's case, your PIA amount is first deducted from your Family Maximum amount and the remaining 50% to 80% is equally apportioned among all those collecting benefits on your record (including your wife if she receives child-in-care benefits). If all four of your children are minors, and your wife is collecting child-in-care benefits, those five individuals would each receive an equal portion of the remaining family maximum amount after your PIA is deducted.

It's probable that your family would get the entire family maximum amount, for as long as your wife and minor children are eligible for benefits. But remember that claiming your own benefit before your full retirement age results in

a permanent reduction to the benefit you will receive for the rest of your life.

So, you should evaluate which option is financially better considering your life expectancy - claiming now and getting the full Family Maximum amount in these earlier years or waiting longer (even up to age 70) to receive a higher personal benefit for the rest of your life. You should also consider that if you die first, your wife's survivor benefit will be based upon the amount you are receiving at your death, so the age at which you claim also affects your wife's benefit as your widow.

Finally, if you claim before you have reached your full retirement age, Social Security's earnings limit will apply until you reach your FRA. If you work and exceed the limit (\$18,960 for 2021), Social Security

may withhold your benefits for several months, and your dependents won't receive their benefits while yours are withheld. Note too that your earnings limit will go up by about 2.5 times during the year you attain FRA.

*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](http://amacfoundation.org/programs/social-security-advisory)) or email us at [ssadvisory@amacfoundation.org](mailto:ssadvisory@amacfoundation.org).*

# Dake family celebrates a century of ice cream

**SARATOGA SPRINGS** — The very first Stewart's Shop was purchased in 1945, but the Dake family was making ice cream long before that. The year 2021 marks their 100-year anniversary of ice cream production.

In 1921, dairy farmers Percy and Charles Dake were busy making milk and butter, but the changing economy created an opportunity for ice cream produc-

tion. They sold 4,000 gallons of ice cream in the first year! This was the beginning of Dake's Delicious Ice Cream.

They purchased a bright red Model-T delivery truck and painted "Dake's Delicious Ice Cream" on the side of it. They made deliveries of bulk ice cream to Saratoga, Troy, Schenectady and Albany for \$5 per 5-gallon can.

With the help of Robert McMullen, the ice

cream plant was relocated to a new state-of-the-art building on Route 9N at a cost of \$150,000. In the same year, McMullen built the biggest, most modern cow barn in the country, which was 20 years ahead of its time.

Despite all of its fine features, there was never a cow in the barn due to McMullen going broke with the stock market crash.

That building eventu-

ally became the Stewart's Shops' ice cream plant in 1950.

True entrepreneurs, the Dakes sought other outlets for their talents, eventually becoming retailers. In 1945, the Dake brothers purchased a small dairy and ice cream business from Don Stewart's, this became the very first Stewart's Shop on Church Avenue in Ballston Spa, a Stewart's Shop exists today in that

very location.

Today there are 348 Stewart's Shops in 31 counties across New York and southern Vermont. Stewart's was founded as a dairy business and to this day, Stewart's drivers pick up fresh and local milk from 20 local dairy farms every day; this award-winning milk is the base for all of their delicious ice cream. Customers can choose between dozens of fla-

vors in half gallons and pints in the freezer and cones, milkshakes, or sundaes at the cone counter.

In honor of a "Century of Ice Cream!" an exhibit celebrating the centennial will be featured at the Saratoga County History Center/Brookside Museum on 6 Charlton St., Ballston Spa. Summer hours are 1-6 p.m. Thursdays and 1-5 p.m. Friday through Sunday.

## Crossroads Ford

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

# The All-New 2022 Ford Maverick

# Defying Expectations

Reserve Now

Preproduction computer-generated image shown. Available starting fall 2021. By completing the reservation process, you are not ordering or purchasing a vehicle. Participation in the program does not guarantee you vehicle delivery. Your reservation does not guarantee a set price for the vehicle. Terms and conditions may apply.

**BRAND USED SPECIALS**

2021 FORD TRANSIT CONNECT XLT

Premium Pack Wagon  
LWP Passenger Van,  
HID Headlamps, SYNC  
3, Heated Seats, Ready  
To Go, 634 Miles.

\$30,400

STK# U11015PT

2017 FORD SUPER DUTY F-350

6.7L V8, Auto., Lariat  
4x4 4dr Crew Cab,  
Leather Interior, Naviga-  
tion, Back Up Camera,  
Moonroof, 43,614 Miles.

\$69,995

STK# U11004T

2018 FORD F-150 KING RANCH 4X4

3.5L V6 Twin Turbo,  
FX4 OFF ROAD, Twin  
panel Moonroof, 20"  
Alloys, 36 Gal. Fuel Tank,  
LOADED, 16,113 Miles.

\$53,995

STK# U11026PT

2018 FORD FOCUS SEL

Cold Weather Package,  
Heated Steering Wheel,  
Heated Front Seats,  
Heated Mirrors, Power  
Moonroof, 24,173 Miles.

\$16,495

STK# U10994C

115412\_4



# State warns of text message phishing scam

ALBANY — The New York State Division of Consumer Protection and the Department of Motor Vehicles is warning New Yorkers of a text message phishing scheme.

Phishing texts are fraudulent messages designed to obtain data or sensitive personal information to be used to commit identity theft or trick the recipient into installing malicious software onto a computer or mobile device.

The illegitimate text messages reference the Secretary of State New York Driver's License Facility and tells recipients they are required to update their data for their current driver's license. Anyone who received such a text message should delete it right away.

To help protect against phishing or smishing (SMS phishing) scams, the New York State Office of Information Technology Services (ITS) and the Division of Consumer Protection recommend the following precautions:

- DO exercise caution with all communications you receive, including those that appear to be from a trusted entity. Inspect the sender's information to confirm the message was generated from a legitimate source.
- DO keep an eye out for telltale signs of phishing — poor spelling or grammar, the use of threats, the URL does not match that of the legitimate site. If the message does not feel right, chances are it is not.
- DON'T click on links embedded in an unsolicited message from an unverified source.
- DON'T send your personal information via text. Legitimate businesses will not ask users to send sensitive personal information through text message.
- DON'T post sensitive information online. The less information you post, the less data you make available to a cyber-criminal for use in developing a potential attack or scam.

For more information on phishing scams, as well as steps to mitigate a phishing attempt, visit the NYS Office of Information Technology Services Phishing Awareness resources page at <https://its.ny.gov/resources> or the Division of Consumer Protection Phishing Scam Prevention Tips page at <https://dos.ny.gov/identity-theft-prevention-and-mitigation-program>.

The New York State Division of Consumer Protection serves to educate, assist and empower the State's consumers.

For more consumer protection information,

call the DCP Helpline at 800-697-1220, Monday through Friday, 8:30 a.m.-4:30 p.m. or visit the DCP website at <https://dos.ny.gov/consumerprotection>.

The Division can also be reached via Twitter at @NYSConsumer or Facebook at [www.facebook.com/nysconsumer](http://www.facebook.com/nysconsumer).

**TREE SERVICES**

**SEVENZOCKS TREE SERVICES**  
Commercial - Residential  
www.sevenzocks.com

- Tree Trimming and Pruning
- Large Tree Removal
- 60ft Bucket Truck
- Free Estimates

PROFESSIONAL SERVICE  
GREAT PRICES • FULLY INSURED

518-635-4111 • 1277 Rte 9W, Selkirk (2 miles south of Jonico Drive-In)

Here at Maple Ledge Organics we consider all of our customers family, so we want to ensure you're receiving the HIGHEST QUALITY CBD and CBG possible.

All of our ingredients here are 100% Certified USDA organic. We partnered up with craft hemp growers to provide the highest quality hemp extracts available on the market just for you! And with our special anti-inflammatory, anti-viral immunity booster formula (1000 mg CBD Chaga & Vitamin C) your immune system will be thriving all year long!

Multi-Purpose, USA - Organically Grown CBD Quality  
May be used for: chronic pain management, promoting restful sleep, seizures, depression and much more.  
mapleledgeorganics.com • 518-470-6078

**STS STEM TO STERN BOAT RESTORATION**

Owner/Operator: Mel Perkins  
*fiberglass and gel coat*

20 Marine Drive, Coeymans, NY 12045  
Located at Coeymans Landing Marina  
518.928.1548 | stemtosternmarine@yahoo.com



**24 HOUR BURNER SERVICE**

## TCB Energy, LLC

### FUEL OIL, DIESEL & KEROSENE

**QUALITY FUELS AT AFFORDABLE PRICES**

Family Owned & Operated

Joseph DeGennaro, Owner  
WESTERLO, NY

Call us for pricing and delivery schedule



**518-708-4820**  
**OR 518-470-8334**

## Now Renting! THE FALLS

### The Falls luxury apartment complex

A 100 year old school renovated into a 116 luxury apartment complex located in the Historic Hudson Valley Region.

- 1, 2, 3 bedroom apartments
- Lots of indoor/outdoor amenities
- 22 acres property

Tenants are responsible for paying electric & gas.

- INCLUDED WITH RENT:** Use of all amenities: \* 30 seat movie theatre \* indoor spa \* gym \* yoga room \* children's room \* adult lounging \* pool lounge \* outdoor pool
- WiFi and Cable • Dedicated off-street parking • 9x9 storage in full basement setting
  - Use of all common areas • Trash & recycling rooms located on each floor
  - Pet friendly • Elevator access to each floor • Smoke-Free Community
  - Pre-wired for high speed Internet/TV technology



[rentals@JMSCollective.com](http://rentals@JMSCollective.com)  
**jmscollective.com/thefalls** | **518-719-1600**

**Please recycle this newspaper**

# Coeymans Hollow Volunteer Fire Corporation news

## COMMISSIONER MEETING SCHEDULED:

The Coeymans Hollow Board of Fire Commissioners for Fire District No. 3 will hold its monthly meeting on Wednesday, Aug. 11, beginning at 7 p.m. All Coeymans Hollow Board of Fire Commissioners members are encouraged to attend. All Coeymans Hollow Board of Fire Commissioner meetings are open to the public.

## RECRUITMENT AND

## RETENTION:

New volunteers are needed to help protect

the community. Active interior and exterior firefighters, EMS personnel, fire police, ladies auxiliary members and associate members are needed to assist with many committees. Volunteers are here to protect lives and property in the Coeymans Hollow Fire District. They will provide all the equipment and training for you to become a member of the Coeymans Hollow Volunteer Fire Corporation. Think about it — if you don't volunteer, who will? For more information or to obtain an appli-

cation, give them a call at 518-756-6310 or stop by and check it out.

## EVENTS SCHEDULED BY NEIGHBORING FIRE COMPANIES:

- Ravena Hose Fire Company's annual steak dinner: The Ravena Hose Fire Company will host their annual drive-thru/take-out only, cooked-to-order steak dinner on Thursday, Aug. 19 from 4-7 p.m.

- Cornell Hook and Ladder to host the Greene County Volunteers Firemen's and Ladies Auxiliary 2021 Convention: Greene County Volunteer Firemen's and

Ladies Auxiliary Association 2021 Convention will be hosted by Cornell Hook and Ladder Fire Company beginning on Tuesday, Sept. 7, and concluding on Saturday, Sept. 11. The Cornell Hook and Ladder Fire Company will also be celebrating their 125th anniversary. Events will include:

- Tuesday, Sept. 7: Ladies Auxiliary Dinner and Meeting at the Gill Road Firehouse

- Thursday, Sept. 9: Men's Dinner and Meeting

- Friday, Sept. 10:

Mardi Gras Parade. Line-up at 6 p.m. Step-off at 7 p.m. Skeeter Creek will provide the entertainment following the parade and food trucks will be available to purchase refreshments at the New Baltimore Town Park.

- Saturday, Sept. 11: Formal Dress Parade. Line-up at 1 p.m. Step-off at 2 p.m. A DJ and The Refrigerators will provide the entertainment following the parade and food trucks will be available to purchase refreshments at the New Baltimore Town

Park.

## SAFETY TIP:

If you haven't been vaccinated against COVID-19, please get the shot. It is important to protect you, your family and friends from this very vicious disease. Remember, small children are not vaccinated at this time, so protect them and get the shot. It's free!

## FIRE AND EMS REPORT:

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

## The life-extending benefits of watermelon

Did you know Aug. 3 was National Watermelon Month? I can't think of a better way to pay homage to summer's favorite melon by learning a little more about this fruit/vegetable (it's in the same family as the cucumber) and highlighting its awesome health benefits.

The watermelon first appeared in South Africa some 5,000 years ago and today it is grown in warm places like Florida, Georgia, Guatemala

## CONCEPTS IN FITNESS



MARY SCHOEPE

and Egypt, making it available year-round!

Mark Twain (a big fan of the watermelon) once proclaimed that to taste a watermelon is to know "what angels eat."

However, the angels would have gagged if they had eaten the watermelon's wild ancestor — a bitter fruit with hard pale green flesh.

But generations of selective breeding have produced the sweet red fruit that 75% of Americans love to eat. So if you're one of those peo-

ple that loves watermelon, then you're going to love it even more when you find out about its incredible benefits.

Watermelon boosts your immune system by increasing your body's levels of arginine.

A study published in the Journal of Nutrition found that watermelon increases levels of arginine, "an important amino acid that is used for the synthesis of nitric acid," writes Dr. Josh Axe. This helps

dilate blood vessels and keeps blood flowing, which reduces the risk of high blood pressure.

Watermelons are high in vitamin C, which is famous for its ability to prevent hardening of the arteries by increasing the elasticity of the blood vessels and decreasing inflammation, all of which can help prevent high blood pressure and heart disease.

High in vitamin B1, watermelon ensures a

healthy nervous system. Also known as a thiamine deficiency, a lack of vitamin B1 can result in confusion and memory loss.

Alcohol can also lead to thiamine depletion, which makes watermelon a great breakfast food after a night of indulgence.

The health benefits of watermelon are extensive and you can't beat the refreshing taste of a nice, juicy watermelon, so dig in and enjoy!

## Proposed House bill to expand food stamps for college students

By Kate Lisa

Courtesy of Columbia-Greene Media

Sen. Kirsten Gillibrand, D-N.Y., and Congressional lawmakers are pushing to pass

a measure that would expand Supplemental Nutrition Assistance Program, or food stamp, benefits for college students after increasing reports of students going hungry on campuses across the nation.

The Enhance Access to SNAP Act, or EATS Act, would permanently expand SNAP eligibility to students who attend two- and four-year universities at least part time and some graduate students who meet traditional SNAP income and other eligibility requirements.

Under the proposed bicameral legislation, SNAP would no longer require eligible students to work 20 hours per week or participate in a federal or state work study to receive assistance for food purchases. "Food insecurity has been a serious problem on college campuses across New York and across the nation since well before the pandemic," Gillibrand said Wednesday during a virtual press conference about the bill. "We know you can't focus, learn or thrive if you're hungry."

About 45% of U.S. college students reported struggles to afford or access food before the COVID-19 pandemic, impeding their learning, health and stability. Food insecurity impacts 39% of students at two-year colleges and universities and 29% of students at four-year institutions nationwide.

"No student should be forced to make the impossible choice between food and education, but that is sadly the choice students face on campuses across New York every single day," Gillibrand said. "Students who commute have to decide if they're going to pay for a meal or for gas or for bus fare to get to class."

Low-income students who are parents often prioritize feeding their children before themselves.

Roughly 36% of surveyed SUNY students in fall 2019 reported suffering from hunger within the past 30 days. About 55% of SUNY's community college and 41% of four-year college students reported experiencing hunger while in school, according to the same 2019 survey.

"That means young people, many of whom grew up in families who relied on SNAP and are now newly financially independent are expected to balance a part-time job on top of their full-time academic career just so they don't go hungry — that has to change," Gillibrand said. "The SNAP work for food requirement is creating a vicious cycle that makes it harder for low-income students to succeed."

About 290,000 New York students would become eligible for SNAP assistance if the EATS Act becomes law, bringing the total to 470,000 qualified stu-

dents in the state.

"Struggling against hunger hurts college students' chances to complete their education now and undermines their financial success in the long-term," Food Research & Action Center President Luis Guardia said in a prepared statement.

First-generation students, students of color, those who are low-income and students at community colleges are most likely to experience food insecurity. About 75% of Indigenous, 70% of Black, and 70% of American Indian or Alaska Native students reported experiencing hunger, housing insecurity or homelessness.

"Breaking down barriers to higher education extends far beyond making college affordable, especially for first-generation students and students of color," said U.S. Rep. Jimmy Gomez, D-Calif., who introduced the bill in the House of Representatives earlier this year. "If we ignore the hunger crisis on campuses nationwide, we are setting this generation of students up for failure. The EATS Act is a necessary step to provide an equitable, healthy learning environment for all of our country's bright young minds."

Gomez leads the House legislation with U.S. Reps. Josh Harder and Jimmy Panetta, both D-CA.

"Although SNAP is

our nation's most effective tool for fighting hunger, many food-insecure college students are excluded from its benefits," said Andres Vives, Interim Executive Director of Hunger Solutions New York. "By permanently expanding SNAP access to struggling college students, this bill takes a huge step forward in addressing the growing hunger crisis in higher education."

The bill has support in the House and is gaining momentum in the Senate.

U.S. Sens. Patrick Leahy, D-Vt.; Cory Booker, D-N.J.; and Tina Smith, D-Minn.; have also joined sponsoring the bill. Gillibrand plans to contact Sen. Lisa Murkowski, R-Alaska.

"We have the beginning of a good coalition," Gillibrand said.

In December, Congress passed the Consolidated Appropriations Act of 2021, which temporarily extended SNAP assistance students eligible for federal or state work studies and students with an Expected Family Contribution of \$0 or students eligible for the maximum Pell Grant.

The EATS Act would make the expanded access permanent. Otherwise, the temporary eligibility changes remain in effect until 30 days after federal officials declare the COVID-19 public health emergency concludes.











STREET, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of Chronic Cannabis Company LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 3/22/2021. 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 GALAXY BRAIN DISTRIBUTION LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2/25/2021. 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 ZENNDEN G9 LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2/26/2021. 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, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of SINGULARITY LABS, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 3/16/2021. 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 BRI & KEY ENTERPRISES LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 3/11/2021. 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, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of AZZARONE LAWN & LANDSCAPE LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 4/2/2021. 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 277FIFTH41A LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 3/11/2021. 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, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of BOCA BLUE CAPITAL LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 3/15/2021. 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, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of ERIC CHAMBERS DESIGNS LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 3/15/2021. 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, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of BIG WILL 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, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of MUSIC BUSINESS PODCAST, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 3/22/2021. 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 WILLOW GATE LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 3/29/2021. 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 SMC RELIANCE BUILDERS LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 4/20/2021. 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, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of FARCO TOYCO LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 3/31/2021. 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 ALL BUNS LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 4/5/2021. Office location: Albany County, SSNY design-

ated 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 FICO FETE 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, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of CANNA-AID LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 4/8/2021. 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, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of FLYT LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 4/20/2021. 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, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of SHOWTIME VENTURES LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 4/20/2021. 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, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of JANE AVE LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 4/29/2021. 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 DALE-ART TRUCKING LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 4/27/2021. 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 LOGISTICS TRADE GALAXY LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 4/26/2021. 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, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of CARP ECOM SERVICES LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 4/29/2021. 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 ARCH EVENTS LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 5/4/2021. 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, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of SUNRO STUDIO LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 5/4/2021. 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, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of KIKI CONSULTANTS LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 5/7/2021. 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, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of EXQUISITE CLEANING NYC 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, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of MORNING KARMA, 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, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of PROFITIC LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 5/13/2021. 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 MCKONGO LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on

5/14/2021. 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, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of Toxica LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 4/26/2021. 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, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of EMPOWERING COMMUNITIES THROUGH ART LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 7/24/2021. 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, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of ELEVEN SOMERS BK, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 7/19/2021. 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 DO THE RIGHT FILMS LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 7/23/2021. 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 X MARK DA SPOT LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 7/26/2021. 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, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Qualification of TORQ WORLD LLC. Certificate of Authority filed with Secretary of State of NY (SSNY) on 7/6/2021. Office location: Albany County, LLC formed in DE on 6/25/2018. 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 OVERSEA SOLUTION LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on

4/28/2021. 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 Integrated Automation Systems LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 7/26/2021. 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, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of Mellys Den LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 7/26/2021. 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, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of NATALAE VELEZ CONSULTING LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 3/8/2021. 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, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of Art, Beauty & Mind LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 7/19/2021. 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 No-house LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 5/25/2021. 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 SORANI CAPITAL LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 7/27/2021. 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 JETX 365, 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

40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of ELYSSE LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 7/27/2021. 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 PERFECT TEN CREDIT SOLUTIONS, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 7/27/2021. 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 TOUSSAINT HOLDINGS LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2/26/2020. 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, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of LAKE CHAMPLAIN ROOFING HOLDINGS, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 6/15/2021. 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, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of 555 FILMS LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 7/28/2021. 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 GREEN LEAF OF NY LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 7/28/2021. 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 VIZIER CONSULTING, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 12/13/2013. 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 VICK OF ALL TRADES LLC. Ar-

cles of Organization filed with Secretary of State of NY (SSNY) on 7/27/2021. 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 REVE REPUBLIC LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 7/28/2021. 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 EXPRESS BOOKKEEPING LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 4/16/2021. 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 Qualification of INSANE FORENSICS, LLC. Certificate of Authority filed with Secretary of State of NY (SSNY) on 7/16/2021. Office location: Albany County, LLC formed in TX on 1/10/2020. 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 70 office 40 ALBANY NY 12207. Articles of Organization originally filed with TX Secretary of State (SOS): 5900 BALCONES DRIVE, STE 100 AUSTIN TX 78731. Purpose: Any lawful purpose.

Notice of Formation of Quant Design LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 7/6/2021. 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, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of The Princess & Prince International Company LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 7/26/2021. 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, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of BDA-A LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 5/7/2021. 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, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

**HOMEOWNER FUNDING**

When you need a new roof, windows or doors and need help paying for them, call us.

**800-736-9629**  
**NYImprovementFund.com**

PROGRAMS AVAILABLE RIGHT NOW FOR NEW YORK RESIDENTS

Roofing | Windows | Siding | Insulation | Walk-In Tubs

**GENERAC**

Prepare for power outages with a Generac home standby generator

REQUEST A FREE QUOTE!  
**877-516-1160**

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

Limited Time Offer - Call for Details

Special Financing Available  
Subject to Credit Approval

\*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

**County Wide Paving**  
THE PAVING EXPERTS

SPECIALIZING IN RESIDENTIAL DRIVEWAYS  
Asphalt Paving • Seal Coating • Repairs

No job is too big or too small; we will work with you to get it done!

Spring Stimulus Check Special **\$200 OFF!**

Call for a **FREE estimate!**

Easy Financing Available  
Apply Online

**518.416.8844**  
countywidepavingcompany.com

**Saving a Life EVERY 11 MINUTES**

I'm never alone

Life Alert® is always here for me.

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

Help at Home | Help On-the-Go

**Life Alert** Batteries Never Need Charging.

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



**LARGEST BLUEBERRY FARM IN NEW YORK STATE!**  
 35 acres with 25 varieties!  
 U-PICK AND AT FARM STAND!



**BACON HILL BLUEBERRIES**  
 113 Winney Rd Schuylerville NY 12871  
 (On Rte 32)

Open 8am-6pm every day  
 July through all of August

**518-695-5547**  
 Cash or Check Only... No credit cards.

**Leaf Filter**  
 GUTTER PROTECTION

**BACKED BY A YEAR-ROUND CLOG-FREE GUARANTEE**

EXCLUSIVE LIMITED TIME OFFER!

**15% OFF** & **10% OFF**  
 YOUR ENTIRE PURCHASE

**FINANCING THAT FITS YOUR BUDGET!**  
 Promo Code: 285  
\*Subject to credit approval. Call for details.

**CALL US TODAY FOR A FREE ESTIMATE**  
**1-855-478-9473**  
Mon-Thu: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

\*For those who qualify. One coupon per household. No obligation estimate valid for 1 year. \*\*Offer valid at time of estimate only. The leading consumer reporting agency conducted a 18-month field test of gutter guards in 2010 and recognized LeafFilter as the #1 rated professionally installed gutter guard system in America. CLEM 108799, DOR, #10788085555, License# 7656, License# 50445, License# 41354, License# 99338, License# 12884, License# 218234, WA/UB# 603 233 977, License# 210221, 7386, License# 210612946, License# 2705 121534, License# 1817490222, License# W0696172, License# WC-29986-H17, Nantux HC License# N01807000, Registration# 174447, Registration# HC-246965, Registration# C-17229, Registration# C-157333, Registration# 360209198, Registration# 174645, Registration# R731804, Registration# 13440953900, Registration# PA09383, Suffolk HC License# 52229-H, License# 270510946, License# 262000022, License# 262000403, License# 086970, Registration# 14 1914.

**DENTAL Insurance**  
 from Physicians Mutual Insurance Company.

Call to get your **FREE** Information Kit  
**1-855-225-1434**  
 dental50plus.com/nypress

Includes the Participating (in GA: Designated) Providers and Preventive Benefits Rider. Product not available in all states. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO; call 1-800-969-4781 or respond for similar offer. Certificate C250A (ID: C250E; PA: C2500); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN); Rider kinds B438/B439 (GA: B439B).  
 6255

**Looking for a great, new start?**

Maybe looking to reinvent yourself or apply your skills to a place that cares for you too?

Elderwood at North Creek is looking to fill some key positions!  
 We have multiple openings so help us fill your needs and ours!

**We are looking to fill the following positions:**

- FT Maintenance Assistant
- FT Cook and Dining Services Associates
- FT/PT Housekeeping Aides
- CNA's (Certified Nursing Assistants (Not certified? No problem. We provide FREE, paid on-site training - become a Support Aide and join our class!)

Elderwood at North Creek offers a robust Benefit Package, Tuition Assistance Programs, and Employee Referral Bonuses + a host of other benefits.



**Don't Delay! Apply Today!**  
[www.elderwoodcareers.com](http://www.elderwoodcareers.com)

Don't forget to ask us about our sign-on bonuses!

Upgrade Your Home with a  
**NEW METAL ROOF**  
 Guaranteed to Last a Lifetime!

**LIMITED TIME OFFER**

**\$500 OFF**  
 +  
**TAKE AN ADDITIONAL 10% off**  
 Install for Military, Health Workers and First Responders

**ERIE Metal Roofs**  
Transferable to 1 subsequent owner from original purchaser. Terms and conditions apply. Not valid in CA. Appointment of the surface coating beyond normal wear and tear.  
 Expires 8/31/21

**STRONG AS STEEL WITH THE ATTRACTIVE LOOK OF VARIOUS ROOF STYLES**

From Dimensional Shingles to classic styles reminiscent of Cedar Shake and Spanish Tile, an architectural roofing system by Erie Metal Roofs can enhance the beauty of your home while protecting your family and property for a lifetime.

Call today to schedule your **FREE ESTIMATE** **1-855-492-6084**

**ERIE Metal Roofs**  
 Made in the USA

This is an advertisement placed on behalf of Erie Construction Mid-West, Inc ("Erie"). Offer terms and conditions may apply and the offer may not be available in your area. Offer expires October 1st 2021. If you call the number provided, you consent to being contacted by telephone, SMS text message, email, pre-recorded messages by Erie or its affiliates and service providers using automated technologies notwithstanding if you are on a DO NOT CALL list or register. Please review our Privacy Policy and Terms of Use on [homeservicescompliance.com](http://homeservicescompliance.com). All rights reserved.

**Senior Project Manager**

Holcim (US) Inc. seeks Senior Project Manager in Ravena, NY to define, plan, & execute capital projects for large cement plant with crushing plant, vertical roller mill, preheater / precalciner burning system, 3 finish mills & truck/berge loading systems. Apply engineering & construction principles/practices to project engineering; make decisions regarding plant operations. Requires up to 10% travel. Apply online @ <https://uscareers-lafargeholcim-na.icims.com/jobs> (Search for Keyword: 2021-10827)

**Congratulations on starting your new business!**

**The Ravena News-Herald** Now, make sure you know how to properly market your business to attract customers.

Go to <https://citymedia.ca/ravena-healthcheck-offer/> and complete a digital health check to ensure your business is presenting as well as it should on social media and the web.

**See how your business is performing vs. others in your field.**

**Normally, a \$100 value, visit [www.ravenanews.com](http://www.ravenanews.com) to get this at no cost!**

**Sweet and Savory Curried Popcorn**

Yield: 8 cups

- 8 cups unsalted, unbuttered popped popcorn
- 1/3 cup ghee (clarified butter) or coconut oil
- 2 tablespoons brown sugar
- 1 tablespoon honey
- 1 teaspoon curry powder
- 1/2 teaspoon cumin
- 2 teaspoons flaked sea salt

Place popcorn in large mixing bowl. In saucepan over medium heat, melt ghee, brown sugar, honey, curry powder and cumin; stir until dissolved. Bring to light boil; remove from heat. Toss ghee mixture and salt with popcorn; transfer to serving bowl.



# Fun, On-the-Go Health Hacks

Make every bite count with whole-grain popcorn snacks

**FAMILY FEATURES**

As many people start getting back into normal routines, they're returning to familiar on-the-go lifestyles by heading back to work, traveling to new destinations and enjoying time with loved ones.

While you get out to explore and gather with family and friends again, remember you'll need fuel for your adventures. According to a National Health and Nutrition Examination Survey, most Americans fail to get enough whole grains each day, opting instead for mostly refined grains.

Foods like tasty whole-grain popcorn offer an easy health hack so you can make every bite count. Try getting in the habit of popping 9 cups of popcorn in the morning and dividing it into two containers. Season one container with salt and herbs, the other with a pinch of sugar and cinnamon so you can alternate between sweet and salty throughout the day. Bringing delicious options like these while on the go can help satisfy hunger pangs while adding the fiber your body needs.

Because mouthwatering whole-grain popcorn is versatile and 3 cups is equal to one serving of whole grains, it's a simple yet flavorful option for meeting dietary recommendations. It can be a breeze to add it to snacks like Blueberry and Pomegranate Power Bars, Crunchy Popcorn Trail Mix or Sweet and Savory Curried Popcorn. You can even satisfy kids' cravings with Grab and Go Pizza Popcorn, a six-ingredient recipe made in a matter of minutes.

Visit [popcorn.org](http://popcorn.org) to find more nutritious snack ideas.



**Crunchy Popcorn Trail Mix**

Yield: 9 cups

- 5 cups popped popcorn
- 3 cups whole-grain oat cereal
- 1/3 cup raisins
- 1/3 cup peanuts or other nuts
- 1/3 cup sunflower seeds
- 1/4 cup (1/2 stick) butter or margarine
- 6 tablespoons brown sugar
- 2 tablespoons light corn syrup

In large, microwavable bowl, stir popcorn, cereal, raisins, nuts and seeds; set aside.

In small saucepan, heat butter, brown sugar and corn syrup until boiling; cook 3 minutes, stirring occasionally. Pour over popcorn mixture, stirring to coat evenly.

Microwave 3-4 minutes, stirring and scraping bowl after each minute.

Spread onto greased cookie sheet; cool. Break into pieces and store in airtight container.



**Blueberry and Pomegranate Power Bars**

Yield: 12 bars

- Nonstick cooking spray
- 8 cups popped popcorn
- 1 1/2 cups old-fashioned rolled oats
- 1 cup dried blueberries
- 1/2 cup pomegranate seeds
- 1/2 cup whole natural almonds, toasted and coarsely chopped
- 2/3 cup honey
- 2/3 cup light brown sugar
- 2 tablespoons butter or margarine
- 6 ounces bittersweet chocolate, melted

Line 13-by-9-inch pan with foil; spray with nonstick cooking spray.

In large bowl, combine popcorn, oats, blueberries, pomegranate seeds and almonds.

In small saucepan over low heat, boil honey, brown sugar and butter 2 minutes. Pour over popcorn mixture and mix thoroughly.

Using damp hands, press mixture firmly into prepared pan. Refrigerate until firm, about 2 hours. Cut into 12 bars.

Dip bottoms of bars into melted chocolate. Place on wax paper-lined pan; refrigerate until ready to serve. Store in tight covered container in refrigerator.



**Grab and Go Pizza Popcorn**

Yield: 6 quarts

- 6 quarts popped popcorn
- olive oil cooking spray
- 1 cup grated Parmesan cheese
- 2 teaspoons garlic salt
- 2 teaspoons paprika
- 1 tablespoon Italian seasoning

Place popcorn in large, sealable plastic container or 2 1/2-gallon plastic sealable bag.

Spray popcorn lightly with olive oil cooking spray.

Sprinkle cheese, garlic salt, paprika and Italian seasoning over popcorn and shake to distribute evenly.

To serve, scoop popcorn into reusable plastic cups.