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NEWS: Chase leads to arrest, 75 tickets for Slingerlands man See page A3

THE RAVENA News-Herald

Albany County's oldest continuously published weekly newspaper

Volume 147, NO. 51 www.ravenanews.com **THURSDAY, DECEMBER 23, 2021** CAPITAL REGION INDEPENDENT MEDIA **\$1.50**

18 inducted into RCS Hall of Fame

By Melanie Lekocevic
Capital Region Independent Media

RAVENA-COEYMANS-SELKIRK — The Ravena-Coeymans-Selkirk school district has a long and storied history in athletics and inducted 18 into the RCS Athletic Hall of Fame last Saturday.

The Hall of Fame was created three years ago to honor both athletes and coaches who have made their mark on the district.

“We started this before the pandemic in 2018 and then we had another class in 2019,” said teacher and coach Bob Dorrance prior to the ceremony. “Then the pandemic shut everything down last year. This is our third class since we started the Hall of Fame.”

A committee goes through lists of former players and coaches to pick the cream of the crop.

“There is a committee of six people who are all former coaches or athletic administrators from Ravena,” said Dorrance, a member of the selection committee. “Bruce Stott has done a tremendous amount of work with the historical society in Ravena and the library, going through all the yearbooks, and we have an extensive list of candidates. We go through it each year to pick candidates that should be honored and we bring those people back



Above left, coach Bruce Stott was inducted into the RCS Athletic Hall of Fame on Dec. 11. Above right, the four Baranska brothers were all inducted into the RCS Athletic Hall of Fame during the annual ceremony.

Below left, Bill Sinnegan, right, a member of the RCS Class of 1953, accepts his award as the crowd cheers.

Below right, coach Gary VanDerzee was among the 18 coaches and athletes inducted into the RCS Athletic Hall of Fame this year.



Photos by Melanie Lekocevic/Capital Region Independent Media



to recognize their athletic accomplishments. We usually have inductees from each decade.”

The induction ceremony was held Dec. 11 after the girls’ varsity basketball game against Voorheesville.

Of the 18 inductees this year, four were brothers from the Baranska family, each wearing a gold sport

coat and earning recognition in sports as diverse as wrestling, football, track and basketball.

Two of the inductees are coaches and 16 were athletes, spanning the years 1953 to 2006. Four families had multiple inductees — the Baranska, Connors, Sinnigen and Stott families.

Coach Gary VanDerzee

was one of two coaches inducted this year. VanDerzee has coached five sports at RCS — football, wrestling, bowling, baseball and outdoor track. His track record in the district includes 15 year as head coach of the wrestling team, which saw 103 victories during his tenure, as well as 14 years with baseball

for 124 wins, more than 16 years coaching varsity bowling — including Colonial Council championship teams in 2005, 2015 and 2017, including Section 2 Class B champions in 2017. The RCS football team has had 239 wins under VanDerzee’s tutelage, including this year’s sectional championship, along with 1996,

1997, 1998 and 2004. The football team went to five state semi-finals, including this year, and was a state finalist in 1996. VanDerzee has won numerous coaching accolades, including Section 2 Football Coach of the Year five times and was inducted into the Capital District Football Hall of Fame in 2013. He was RCS athletic director from 1999 to 2005.

Coach Bruce Stott was inducted into the RCS Athletic Hall of Fame this year for his work with the football, boys’ and girls’ basketball, and softball teams. Under his leadership as defensive coordinator for the football team over 28 years, the team won 10 league championships between 1984 and 2009, four sectional championships and four state semi-finals. The team made state finals in 1996. Stott was inducted into the Capital District Football Hall of Fame in 2017. He also coached junior varsity boys’ basketball for 10 years and varsity boys’ basketball for eight years for 96 wins. Stott also coached varsity girls’ basketball for nine years, junior varsity softball for four years and varsity softball for 26

See 18 A4

Village honors football team for ‘phenomenal’ season

By Melanie Lekocevic
Capital Region Independent Media

RAVENA — For the RCS football team, 2021 was a once-in-a-generation season.

For the first time since 2004, the team won the Class B, Section II championship title, knocking down competitors in the march to a 10-3 season that only ended in the state semi-finals.

The village of Ravena honored the team with a proclamation commemorating their accomplishments during the December meeting of the village board. Village Trustee

Linda Muller, a retired physical education teacher and coach in Averill Park for 35 years, opened the ceremony.

“I know how exciting it is to get where you got,” Muller told the team. “Not many teams get there. I wanted to make sure you are honored in a way that you deserve to be honored in our village. We are very proud of you.”

Muller also thanked the teachers and coaches — from elementary school up to Pop Warner, junior varsity and varsity level — for helping to shape the players both as ath-



Mayor Bill Misuraca, right, presents RCS Indians' Erik Chapman, left, with a proclamation honoring the football team's achievements in the 2021 season as village trustees look on.

letes and as young men.

“I am very proud of you. We are very proud of you, and we hope to

see more seasons just like you had. And I expect we will,” Muller said. “Thank you for a successful sea-

son.”

Mayor Bill Misuraca presented the players with a proclamation honoring the 2021 RCS football team for a “phenomenal 2021 season,” Misuraca said.

“We are extremely proud of each of these student athletes who are an excellent example of dedication and heart, and we are honored to have their team in our community,” the mayor read from the proclamation.

Erik Chapman, who plays left guard on offense and tackle on defense, accepted the award on

behalf of the team.

“It’s been a great season, so much fun,” Chapman said following the meeting. “We did it through hard work, day in and day out, and we had good team chemistry.”

Athlete Xavier Bermudez said recognition from the community was gratifying.

“It felt really good — it’s nice to be recognized in your community and in the village of Ravena,” Bermudez said.

Hard work and team-

See TEAM A3

Historical society offers glimpse into the past

By Melanie Lekocevic
Capital Region Independent Media

RAVENA — The community gathered at the Ravena Coeymans Historical Society Museum for the first time in two years for an open house and a glimpse into the past.

Canceled in 2020 due to the COVID-19 pandemic, the historical society open house gave residents the chance to view permanent exhibits at the museum, such as displays focusing

on business, Main Street and the railroad, as well as a current exhibit on women’s history in Coeymans in the decade prior to winning the right to vote.

“Our mission is to collect and make available the history of Coeymans and Ravena,” historical society trustee John Bonafide said. “In the past year, with COVID and just coming out of COVID, it’s nice to bring back some normality to the community. It’s important

to have cultural institutions open — it’s a good place for people to gather and talk.”

The organization this year reactivated its lecture series for the first time in two years, he added.

“It has been good to get people out, still masked and socially distanced and responsible, but it’s bringing back a part of the community that has been gone for a couple of years and that is important,” Bonafide said.

The Ravena Coeymans Historical Society is one of three historical groups in the area, along with The Little Red Schoolhouse and the Alcove Preservation Association, Historical Society President Joseph Boehlke said.

“We collect, educate and preserve all the artifacts from both the town and the village of

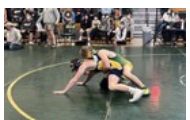


Melanie Lekocevic/Capital Region Independent Media

See PAST A2

A visitor checks out an exhibit at the Ravena Coeymans Historical Society's open house Dec. 12.

Sports :



Indians take 4th in wrestling tournament
See page B1

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Ravena,” he said of the group’s mission.

In addition to artifacts from high school jackets to railroad equipment, photos, documents and business memorabilia, there are original portraits of some of the village’s and town’s most influential residents of yesteryear. One exhibit has portraits of Albert and Maria Briggs, the former a major business owner in Coeymans and Coeymans Landing in the 19th century. The portrait was recently restored by a conservator funded by a grant from the Bender Family Foundation, Boehlke said.

The exhibit “Women’s Lives in the Town of Coeymans 1910-1920” has been up for nearly a year because the COVID-19 pandemic and associated closures prevented the organization from welcoming visitors to view it. The display looks at the lives of women in the decade prior to the year women gained the right to vote.

“I thought it was very important to focus on the lives of women in the decade prior to passage of the 19th Amendment to the United States Constitution,” historical society treasurer Marie Sturges, who curated the exhibit with Cathy Ricciardi, said. “I did a great deal of research looking at the News-Herald and the kinds of employment women had in 1910 to 1920.”

Women did far more than work in the home in the early 20th century, she said.

“They were not just

in the home. They were teachers and nurses and secretaries, and we also wanted to show that their social lives were also important — what they did in the community,” Sturges said.

The group received another grant from the Bender Family Foundation to pay a textile conservator to restore a wedding gown from 1916. The wedding gown was worn by Jane F. Springsted, grandmother of Lynn VanDerzee Christie, when she married Jay VanDerzee of Aquetuck on June 15, 1916, according to the exhibit. The gown was restored in November 2020 by Sarah C. Stevens from Zephyr Preservation Studio in Cohoes.

One section of the exhibit commemorates the work of activists — on a local, state and national level — who fought for women’s suffrage, which was granted when the 19th Amendment to the Constitution was ratified on Aug. 18, 1920, according to the exhibit.

Sturges also looked at limitations that were put on women of the era.

“I found so much information that was disquieting as a woman today,” Sturges said.

Women were prevented from attending college, barred from professions and deemed “incompetent to testify in court,” according to the exhibit. Women were not allowed to own or inherit property, had no rights in a divorce — including gaining custody of their children — and were thought “indecent” if they dared to speak in public.

“You were the property of your husband, who was entitled — by law — to his wife’s wages and bodies,” according to the exhibit.

“Women’s Lives in the Town of Coeymans 1910-1920” is expected to remain on display at least through the end of the year.

The historical society also just opened a World War II exhibit, which will follow the war’s history from 1941 through its end in 1945, with displays changing over a period of time, Boehlke said.

“We started with the 80th anniversary of the bombing of Pearl Harbor and this will go through 1945 at the end of the war,” Boehlke said. “For the next five years, we will have this exhibit and keep changing it out.”

Another new exhibit will focus on an award-winning film by RCS alumnus Zachary Clouse, who was also awarded the annual scholarship from the historical society when he graduated RCS High School several years ago, Boehlke said.

“He is now a Siena [College] student and a young filmmaker and he won an award,” Boehlke said. “He created the film ‘Hermann,’ and on Jan. 9, he will be speaking on the film that he created, on how he selected Theodore Hermann. Theodore Hermann was a local boy who became nationally famous because of a News-Herald article from 1944.”

“Hermann” won Best Picture, Audience Choice, and Best Documentary, Audience Choice, at the 2021 Catskill International Film Festival.



Photos by Melanie Lekocevic/Capital Region Independent Media
Above, the exhibit “Womens Lives in the Town of Coeymans 1910-1920” remains on display at the historical society through the end of the year at least. Below, the sash and white garb worn by women activists fighting for the right to vote in the early 20th century.



Williams for their volunteer efforts in renovating the museum. Blakesley and Williams painted the museum’s interior, built walls and display spaces, installed cabinets in the museum’s office and performed electrical work. “We are extremely grateful for all their dedicated hours of hard work and to bring us to what you see here today,” Boehlke said during the award ceremony.

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

News Herald - December 23, 1921 - F.E. Bleezarde, Publisher

Coeymans:
• Since the last issue of this paper, the river froze over but tug-boats made an opening so that several loaded barges could proceed to New York, and the mild weather that followed caused the ice to pass out. Yesterday morning the river was again frozen over and it is a fine freeze-up. It is hoped that the cold weather will continue so that a full crop of ice can be harvested.

• Coeymans chapter No. 464, O.E.S. elected the following as officers on Tuesday evening: Gertrude L. Robbins, Worthy Matron; Carrie Hazelton, Associate Matron; W. Winne Wolfe, Worthy Patron; Bertha VanValkenburgh, Treasurer; Elizabeth Zeigler, Secretary, Edna Hazelton, Conductress; and Jessie Burlingham, Associate Conductress; Carrie Long, Trustee.

• Remember the date Jan. 13 for the drama to be held in the Reformed Church. The bazaar will be held Feb. 1.

• Mr. and Mrs. N. Randolph Briggs and son Norman, Jr., of Boston, Massachusetts, are visiting his parents, Mr. and Mrs. A.R. Briggs.

• Miss Anna

Baker, 15-year-old daughter of Mr. and Mrs. James Baker, suffered a slight stroke recently.

Ravena:
• A son was born to Mr. and Mrs. George Shutter on Monday.
• It is "Maxwell" Krach who is in charge of the Park Hotel.
• Quite a number of men in the railroad's car repair department were laid off on Monday.

• While passing over Ravena early Wednesday morning, a stork called at the home of Mr. and Mrs. Walter J. Jackson on Western Avenue and left a baby girl by the name of Lois Jeanette.

• Charles Pausley has again appeared in the limelight as a pork raiser. He butchered two 13-month-old pigs the last part of the week that weighed 1,020 pounds dressed. The animals never had any milk and were fed on Schumacher feed.

• A showroom is being planned for the Joralemon Bros. garage on Main Street where the new wonder car, the Durant, will be easily shown off to the public. The office and supply room has been enlarged for the care of auto supplies and accessories. The showroom will be lighted, commodious and spacious.

• The regular meeting of the Ravena Grange will be held on Monday night and the annual Christmas tree with the exchange of gifts will take place and refreshments will be enjoyed.

• Go to Swartz Bros. Bargain store where all shoes have been cut 10%.

Coeymans Herald - December 22, 1886 - S.H. & E.J. Sherman, Proprietors

• The ice is from 5 to 7 inches in thickness and makes slowly.

• The standard diaries for 1887 are for sale at the drug store.

• Ward, Nodine & Bates are a new shipping firm at Coeymans Junction.

• The K.I. Co. have shipped the horses to their several houses in this vicinity.

• The young people are planning straw rides as soon as sleighing is replenished.

• The exterior of the new Pulver building, for stores and public hall, will be completed this week.

• The freight business at present on the West Shore railroad is the heaviest since that thoroughfare was opened.

• The Social Circle have issued invitations for a grand Holiday social in Music Hall on the evening of the 27th.

Chase leads to arrest, 75 tickets for Slingerlands man

By **Melanie Lekocevic**
Capital Region Independent Media

CATSKILL — A Slingerlands man was arrested and issued 75 tickets after a chase through Greene County, according to state police.

Timothy B. Hall Jr., 41, of Slingerlands, was arrested Dec. 12 by state police from the Cocksackie barracks after he led officers on a chase that lasted 20 miles and at speeds reaching 90 mph, police said.

Troopers stopped Hall in a 2019 Mitsubishi Outlander at approximately 1:44 a.m. on West Main

Street near the intersection of Route 9W in the town of Catskill to issue a traffic violation, according to state police.

"Astroopers approached the vehicle, the operator, later identified as Timothy B. Hall Jr., 41, from Slingerlands, put the vehicle in reverse and attempted to strike a police vehicle as he fled the scene," according to a statement from state police. "Troopers pursued the vehicle for approximately 20 miles with speeds reaching 90 miles per hour."

Hall pulled over into a driveway on Route 67 and fled the scene on foot,

police said. He was arrested following a brief foot pursuit and taken into custody.

Hall was charged with second-degree assault, a felony; third-degree fleeing a police officer in a motor vehicle; obstruction of governmental administration; reckless driving and driving while intoxicated, all misdemeanors, according to police.

He was also issued 75 tickets for traffic violations in Cairo and Catskill.

Hall was arraigned in the Town of Athens Court and remanded to the Greene County Jail.

TEAM from A1

work got the team to its top ranking in the 2021 season, Offensive Coordinator Bob Dorrance said.

"They are a great group of kids and they work very hard," Dorrance said. "The work it takes to get here most people don't see — the workouts in the morning, the practices on the field when we are out of season. They have great team chemistry and they really enjoy each other, and that helps

lead you down the path to success."

The RCS Indians had a magical season, defeating Gloversville 33-14 on Nov. 14 to win its first Section II title in 17 years, scoring five unanswered touchdowns in the first three quarters of the game. The team moved on to defeat the Peru Nighthawks by a score of 39-21, scoring multiple times in the waning minutes of the game to pull out of reach.

The winning streak would end in Middletown

in a close contest against the Pleasantville Panthers by a score of 15-7. The Panthers moved on to the Carrier Dome in Syracuse for the state finals, where they were defeated by the state champions, Maine-Endwell, 21-12.

But the hometown RCS team was welcomed back to a cheering community. At the Christmas parade down Main Street, players waved from a float as the crowd roared. The team is also expected to be honored by the Coeymans Town Council this week.

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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....

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RCS SCHOOL MENUS

<p>RCS Elementary School Menu Dec. 27 to Dec. 31 Breakfast Menu Monday: Holiday recess. No school. Tuesday: Holiday recess. No school. Wednesday: Holiday recess. No school. Thursday: Holiday recess. No school. Friday: Holiday recess. No school. Lunch Menu Monday: Holiday recess. No school.</p>	<p>Tuesday: Holiday recess. No school. Wednesday: Holiday recess. No school. Thursday: Holiday recess. No school. Friday: Holiday recess. No school.</p> <p>RCS Middle & High School Menu Dec. 27 to Dec. 31 Breakfast Menu Monday: Holiday recess. No school. Tuesday: Holiday recess. No school.</p>	<p>Wednesday: Holiday recess. No school. Thursday: Holiday recess. No school. Friday: Holiday recess. No school. Lunch Menu Monday: Holiday recess. No school. Tuesday: Holiday recess. No school. Wednesday: Holiday recess. No school. Thursday: Holiday recess. No school. Friday: Holiday recess. No school.</p>
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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

"The way you spend Christmas is far more important than how much." — Henry David Thoreau

TAKE AND MAKE TUESDAY

What do birds do in winter? When the birds head south, make your own winter collage of birds inspired by the shapes of famous artist Henri Matisse. Matisse art for kids is a great way to explore art with kiddos of all ages. The library will provide all the supplies for this easy winter art activity.

SIGN LANGUAGE FOR TEENS AND ADULTS

A six-week series on Zoom. Join in for a six-week introductory course in American Sign Language (ASL) taught by Colette Steves.

The one-hour classes will meet on Zoom on consecutive Mondays, at 3 p.m., beginning Jan. 3, and running through Feb. 14 (no class Jan. 17).

The class will cover basic signing skills so you can begin to interact and communicate using ASL.

Classes are cumulative, so plan to attend all

sessions. Registration is required and limited.

HOLIDAY HOURS

The library will be closed Dec. 24 and 25 for the Christmas holiday and Dec. 31 and Jan. 1 for the New Year. Visit the library between the holidays – and, of course, you can access books, music and movies at Hoopla and books and magazines on Overdrive. They're always open!

SCHOOL VACATION WEEK AT THE LIBRARY

Bored over school vacation? Not at the library! The library will have a program for kids each day of school vacation. Registration is required, so sign up today under "Events" on the library website.

SHARKY SCIENCE

Monday, Dec. 27, at 2 p.m.
Make a mini earthquake and find out what happens to buildings built on sand. This fun and simple earthquake experiment is a great geology activity for kids age 5 and up.

BOTTLE CAP SHOOTER

Tuesday, Dec. 28, at 2 p.m.
Kids 8 and up will

design, build and decorate a rubber band powered bottle cap shooter out of cardboard, glue, paper and awesomeness*.

*The library can only provide craft supplies, children must provide their own awesomeness.

MORSE CODE BRACELETS

Wednesday, Dec. 29, at 2 p.m.

Spell out your name or a secret message when you make a secret Morse code bracelet or necklace in just a few easy steps! Ages 8 and up. The craft involves use of a sharp beading needle. Adults are welcome to help with the beading if their kid is not comfortable using a needle.

PLASTIC CANVAS CREATIONS

Thursday, Dec. 30, from 2-3:30 p.m.

Patient kids 10 and up will learn to make personalized swag out of plastic canvas.

Plastic canvas is a semi-rigid material that allows for versatile, free-standing embroidery art. Kids will learn how to sew yarn into the canvas to create colorful patterns and pictures of their own design.

18 from A1

years. The varsity softball team won 304 games during his tenure and was Colonial Council champion in 2003.

Athletes earning induction into the RCS Athletic Hall of Fame are:

- Karen Aluise: Played soccer, basketball and volleyball and was a member of the RCS Class of 1979. Aluise was on the Colonial Council championship teams spanning several years in both soccer and volleyball, and was captain of the varsity basketball team for two years, including with the 1979 undefeated regional champions team. She went on to play varsity basketball for four years and women's softball for one year at Manhattan College.

- Bob Baranska: Played football, basketball and track as a member of the Class of 1986. Baranska was captain of the football, basketball and track teams for several years, and was a 2nd Team All-Star in 1986 in football and won numerous championship titles in high jump and hurdles. In 1986 he qualified for state competition in high jump and hurdles, placing eighth in the state in both.

- Dave Baranska: A member of the Class of 1993, Baranska was a multi-sport athlete playing on the football, wrestling and track teams. He was captain of the football team, a Colonial Council Team All-Star, Times-Union First Team All-Star and NYS First Team All Star. Baranska was on varsity track for four years, including the Colonial Council championship teams of 1989 and 1991, and was captain of the wrestling team for five years. While on the wrestling team, the team saw numerous championships, including Colonial Council team and individual championships and Section 2 Class B champion. He had 105 career wins, including 50 career pins.

- Sandra Conners (Trombley): Conners was a four-sport athlete, playing on the soccer, volleyball, basketball and track teams. She was captain of the soccer team in 1976, and the team went on to be Colonial Council champs for three years and Sectional Team champions for two years, with Conners making the All-Star team for two years. Her volleyball team won the Colonial Council championship for four years and Section Team championship for two years, and Conners set school records in shot putt and discuss.

- Ronald D'Ambrosi: A player on the football, basketball and baseball teams, D'Ambrosi was captain of all three in 1961. During his tenure, the basketball team won league championships for three years and D'Ambrosi was a CHVL Team All-Star; the baseball team won the league championship once and the football team was league champions three times. After high school, D'Ambrosi went on to play both football and soccer for one year each at Ithaca College.

- Howard Engel, Jr.: Engel was a member of the Class of 1962 and played on the football, baseball and basketball teams. His teams won league championships several years in each of the three sports he played. After high school, Engle played varsity football for three years at Ithaca College — including on the 1965 undefeated team — and was a member of the Fast Pitch Softball Air Defense League for four years in the U.S. Air Force. He went on to coach both soccer and football in the RCS district.

- Marco Gonzalez: A three-sport athlete in football, indoor track and outdoor track, Gonzalez was a member of the class of 1998. He was on multiple championship teams for football, including

captain in 1988, with the team winning multiple Colonial Council team and individual championship designations, and was an individual champion twice for Section 2 Class B, including state qualifier for high hurdles in 1988.

- Anthony "Tony" Carrk: Carrk played on the football, basketball and baseball teams and graduated in the Class of 1976. He was captain of all three teams, and while he was a player and captain the teams all won the Colonial Council championship and he was a Colonial Council All-Star.

- Dot Conners (Persico): A player on the basketball, volleyball and track teams, and a member of the Class of 1978. Conners was captain of all three teams. The volleyball team was Colonial Council champions for three years and Conners was an All-Star for two years. The basketball team was Colonial Council and Sectional Team champs for two years each and Conners was awarded Colonial Council All-Star and Outstanding Defensive Player Award in 1978. The volleyball team was a three-time Colonial Council champion and Conners was named an All-Star for two years. While on the track team — including all four years as Colonial Council and Sectional Team champions — Conners set a school record in the 100-meter hurdles.

- Danielle Hummel (Wolfe): A member of the Class of 1996, Hummel was both a player and coach and played on the soccer, basketball and track teams. She coached the girls' soccer team from 2003 to the present, earning a state semi-finalist slot in 2008 and two Colonial Council championships. In 2008, Hummel was named Section 2 Coach of the Year. As an athlete, she was captain of the soccer and basketball teams, going on to win Colonial Council All-Star designation, Section 2 All-Star and Times-Union All-Area All-Star. In track, she set school records in the 400-meter and 4x400-meter relays, and was Colonial Council champion in the long jump and triple jump.

- Al Sinnigen: Sinnigen was on the football, basketball and baseball teams, and was captain of all three in 1955. He was CHVL Team All-Star and the basketball team won the league championships for two years, and the baseball and football teams were league champions for two and three years, respectively.

- William Sinnigen: A three-sport athlete, Sinnigen played football, basketball and baseball, and graduated from RCS in 1953. Both teams won the league champions in 1951-1953. After high school, Sinnigen went on to play both football and baseball for three years each at Brockport State, and he was captain of both teams in 1956.

- Eric Stott: A member of the Class of 2006, Stott played football, baseball and basketball, serving as captain of each for one year. He was a Colonial Council 2nd Team All-Star in both basketball and baseball, and was on the divisional, sectional and regional championship football team. He was named a Divisional All-Star in 2004 and 2005, and was Divisional Player of the Year in 2005, and was named a state First Team All-Star the same year.

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In the holiday spirit Firewood, Part 2

It's the heart of the holiday season and I love it.

I'm looking good! I got on my dark green shirt with my red suspenders and this really neat Santa hat that's kind of like a beanie. There's a curly wire that comes out of the top with a big white pom-pom on the end that bounces all around when I nod my head. I also have that "bowl full of jelly" tummy that goes with the outfit. It's seasonally appropriate but I've got the feeling it'll be on the top of my New Year's resolutions list again this year.

Anyway, I'm in the holiday spirit from head to toe and nobody's going to rain on my parade. Oh, there are those who try. I have a friend who told me that he wasn't going to put up a Christmas tree this year. He said it was too much trouble and besides he was too old for Christmas.

Can you believe that? His kids are grown and his wife divorced him last year. I told him to count his blessings and get with the program. He said, "What blessings?" The only ones I could think of right quick were — his kids were grown and his wife divorced him last year!

He thought about it, smiled, cut down the blue spruce his wife had planted near the end of his driveway about 10 years ago and dragged it into the house while he whistled "Grandma Got Run Over By a Reindeer."

I love spreading holiday cheer.

My favorite part of the season is the time I spend in church. The service has always been special, what with the candles and the wonderful hymns. Sadly we no longer have any children to do a Nativity play. There's just something about an angel dressed in her mother's high school prom dress, wearing wings made of coat hangers, pantyhose and tinsel announcing the birth of the Christ Child to a little shepherd wearing his bathrobe with a tea towel wrapped around his head and tied with a tassel usually found holding back the living room drapes that just gave me

WHITTLING AWAY



DICK BROOKS

that special holiday feeling.

That's Christmas the way it should be — children, holy and otherwise.

Santa and the presents are nice, but the church part, that was the best!

I wish I could take some of that Christmas Eve feeling and bottle some of it up for later in the year. I get cranky sometimes and if I had a bottle of that, I could pull the cork just a little bit and take a sniff of the evergreen boughs and candle smoke, and if I put my ear near, I could hear a little of "Silent Night."

My mood would have to improve, don't you think? I'd send a few bottles over to the Middle East, they couldn't hurt! I know most of the folks over there aren't Christians, but they know that special feeling because I've felt

it in Jewish and Muslim homes during their special holidays. They might not know the words to "Silent Night" or "Little Town of Bethlehem," but they'd know the feeling. It's too bad that we forget that Jerusalem is a holy place for all of us.

Well, Merry Christmas (with a capital M and a capital C) to my Christian friends out there and happy holidays to the rest of you. May your days be filled with joy and your loved ones surround you. If your loved ones aren't able to be with you, may you be wrapped in the warmth of the memories of when they were.

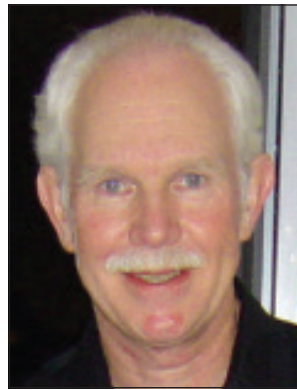
I have to go now, more decorating to do. I have to find the little wreath that my car likes to wear in his grill. When I find it, I think The Queen and I will drive around and look at the Christmas lights. As the Red Baron said to Snoopy, "Merry Christmas, my friends."

Thought for the week— Store a memory or two for the cold time ahead.

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

Reach Dick Brooks at Whittle12124@yahoo.com.

GARDENING TIPS



BOB BEYFUSS

It takes just about 1,000 BTUs to evaporate one pound of water.

Sometimes dead elm trees will remain standing for years, providing almost instant dry firewood. Unfortunately, elm is the most difficult wood to split and it is really not all that dense. Unless you have access to a wood splitter, forget about splitting elm by hand.

Ash wood that is straight, without many knots, is perhaps the easiest wood to split but any wood with many knots or multiple branches can be difficult.

There was a time when I split all my firewood by hand with a splitting maul (sometimes called a "go devil") or with steel wedges, but now I have neither the inclination nor the stamina to do this. The past few years I have only cut down trees with a small enough diameter to not need splitting.

I no longer need to burn as much wood as I once did, since I spend five months in warm Florida. I can get by now at home with perhaps a face cord, which is defined as a well-stacked single row that is 4 feet high by 8 feet long, but may be from 12 inches to 24 inches wide.

If you buy firewood, make sure you and the seller are specifying full or face cord volumes.

Fireplaces in Florida are for show and not for survival. That's OK with

me. After breathing the fumes of wood smoke for more than 40 winters, I think I will be a bit healthier as a result of giving it up.

Breathing wood smoke fumes, which are loaded with carcinogens and particulate matter, is not the only downside to heating with wood. No one who lives in a suburban area should ever consider burning wood as a main home heating source. Even outdoor wood furnaces pollute the surrounding air to a great extent and in my opinion, they should be banned from any suburban area. I don't think that people, especially kids, should be exposed to breathing wood smoke while waiting for the school bus each morning.

Woodstoves are also responsible for chimney fires that can threaten a family's entire life. Woodstoves require a dedicated chimney of their own and demand frequent inspections and maintenance by professionals. Firewood is dirty, often comes into your house with all sorts of insects living in it and leaves distinct odors indoors that many people find objectionable.

Cutting down trees and turning them into firewood is one of the most dangerous activities a person can engage in. Indeed, people who are engaged in the profession of logging pay the highest rate of workman's compensation in America.

The cost and maintenance of a chainsaw and associated wood working tools is also pretty significant. A wood splitter, chainsaw, chaps, helmet, oil, gas and other assorted tools far exceeds the cost of the stove itself. Think hard before you decide to try to save some money by burning wood this winter.

Reach Bob Beyfuss at rlb14@cornell.edu.

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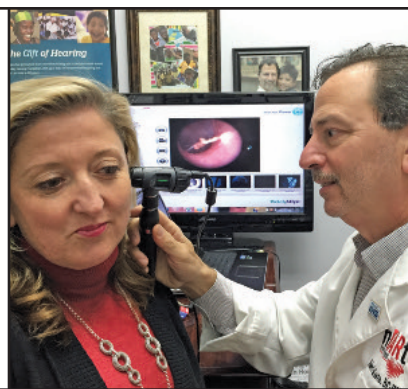
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A6 Thursday, December 23, 2021

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Take the risk: Follow your dreams

I encourage people to follow their dreams.

Following my dreams has been the single most excellent motivator in my life; it's what gets me out of bed in the morning. My biggest dream I am still chasing today. Although life has brought me to a place where I'm chasing it most unusually and uniquely, I'm more convinced of my destiny than ever before.

Dreams can change; old dreams can be replaced with new ones. If you didn't pursue a goal earlier in life, it's never too late to follow the same one or a new one now. I say go for it, and you'll find that doors will open; you'll be presented with opportunities you would never have had if you played it safe instead.

Positively Speaking



Toby Moore

Through the years, I've often wondered why everyone doesn't chase after their dreams. Is it because they don't have them? Is it because they don't believe it's possible to achieve them?

I've heard people describe their dream as a pipe dream, defined in the dictionary as an unattainable hope or plan. I guess they say that because, at the out-

set, they told themselves it wasn't possible, or maybe they tried, gave up, and decided it wasn't meant to happen.

For those of you who do believe it's possible to accomplish your dreams, you may have weighed the risk. Many people are risk averse. Some might say that taking the risk of following your dream is careless and self-destructive. I believe the opposite. I would never categorize carelessness and self-destructive behavior in the same category as following your dreams — no matter how risky.

Many of you who were reading this were fans of my father, Gary W. Moore, who started this column four years ago. He was an author who is most known for his novel, "Playing with the

Enemy," which is still in print today. "Playing with the Enemy" earned him a great deal of fan mail. It was his first book, and everyone seemed to love it.

One person wrote to my father and told a story of how he was a successful lawyer with a great family and how "Playing with the Enemy" taught him to forgive himself. He had gone through many years of regret, beating himself up and feeling like a failure.

When my dad told me the story about this man, I thought to myself, "How could he possibly feel like a failure? He was a successful lawyer with a great family. What more could he want?"

It turns out he was an outstanding boxer in his younger years. He decid-

ed to pursue a law career and give up his dream of being a professional boxer because it was just too risky. In the years after his decision, he began to have regrets; as time went on, the regrets started to grate at his soul. It wasn't until he read my father's book decades later that he decided he needed to forgive himself.

That story has stuck with me through the years. He didn't follow his dreams because he felt it was too risky.

It reminds me of my favorite quote by Jim Rohn: "It's all risky, the minute you were born it got risky. If you think trying is risky — wait till they hand you the bill for not trying. If you think investing is risky — wait till you get the

tab for not investing. It's all risky. Getting married is risky, having children is risky, going into business is risky, investing your money is risky, It's all risky. I'll tell you how risky life is — you're not going to get out alive..."

If you think following your dreams is risky — wait until they hand you the bill for not following your dreams.

It's all risky. Are some dreams riskier than others? It all depends on what you're willing to risk.

Are you willing to risk facing the consequences for not stepping into the fullness of your destiny?

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

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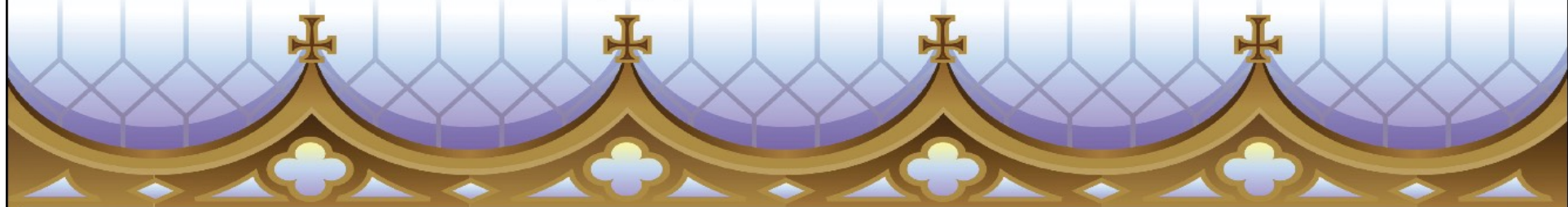
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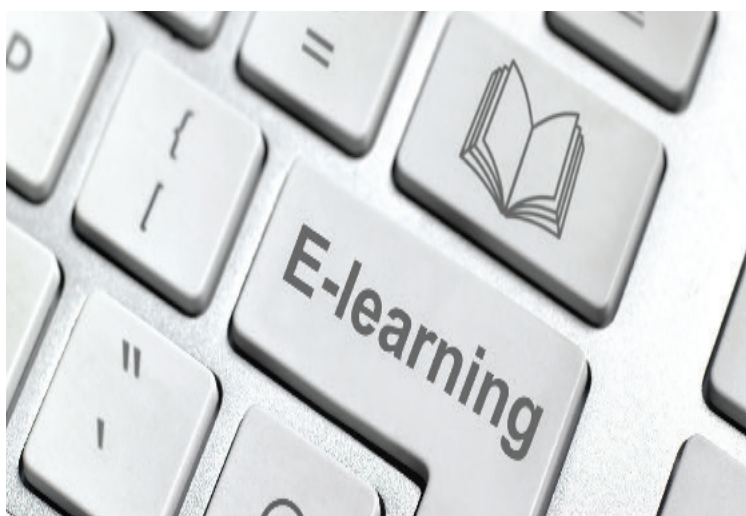
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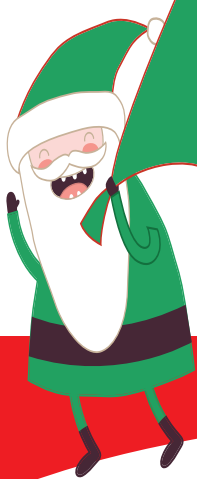
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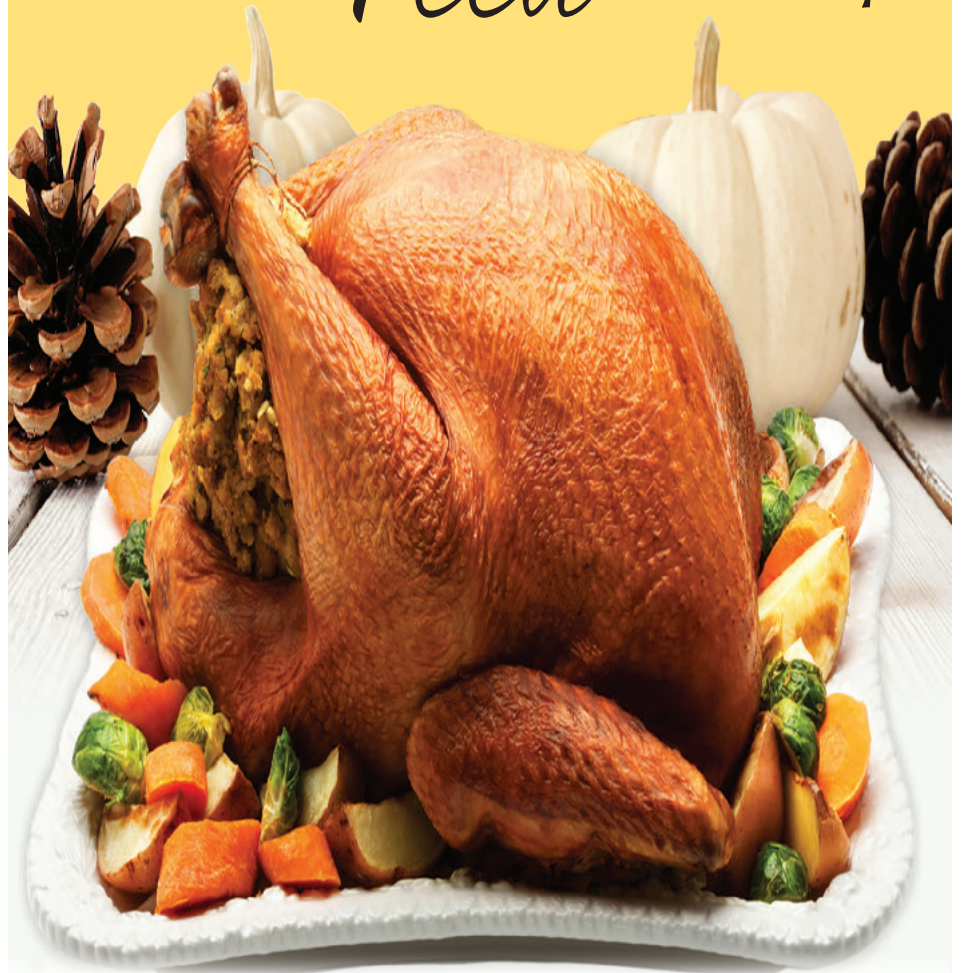
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Hinchey: Bill prevents unfair utility billing practices

KINGSTON — State Sen. Michelle Hinchey, D-46, announced new legislation to protect New Yorkers from excessive month-to-month fluctuations in their utility bills due to the use of estimated billing practices by utility providers.

Many residents in Hinchey's district have seen their bills increase hundreds of dollars because of estimated utility readings, which is when a gas or electricity supplier predicts the amount of power a customer would have used that month based on their past usage.

The process frequently leads to customers being overcharged, Hinchey said.

Hinchey's bill aims to curb this billing method, which has placed significant hardship on lower-income residents in her district.

The legislation, authored by Hinchey, would require the Public Service Commission

(PSC) to develop a best practices estimation formula that can be used as a utility industry standard in New York state, while limiting the number of times an estimated billing formula can be used to three billing cycles per year (down from six).

Hinchey's bill sets the deadline to Nov. 1, 2022, for the PSC to create the new billing standard, which will be informed, in part, by a comprehensive review of the estimated billing procedures used by all utility corporations serving New York state.

"If you're a single parent or a senior on a fixed income, you should never have to choose between putting food on the table or keeping the heat on just because your utility company decided to overestimate your utility bill by hundreds of dollars more than expected that month," Hinchey said. "That's exactly what's happening to residents in my district, and I've introduced a bill to protect all

New Yorkers from these unacceptable billing practices."

The bill is aimed at providing a more accurate method of predicting utility bills to reduce hardships for customer.

"Utility corporations should be able to accurately bill customers instead of relying on estimations, which are based on little more than a guess. This practice is incredibly unfair to customers and has a particularly negative impact on lower-income New Yorkers who need to be able to adequately budget each month to

meet their basic needs," Hinchey said. "My bill cracks down on utilities by limiting their ability to use estimated billing procedures and tasking the PSC with developing a new industry standard that brings fairness to this practice. I urge all residents of SD-46 to call my office at 845-331-3810 if they've had this experience with a utility provider so that we can advocate on their behalf. I look forward to fighting for the passage of this bill to bring more equity and fairness to the utility industry."

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Community Calendar

RAVENA Community Bulletin Board

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

December 2021

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

24 - Coeymans town offices closed for Christmas Day (observed).

24-31 - RCS schools closed for holiday recess.

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

January 2022

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

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

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

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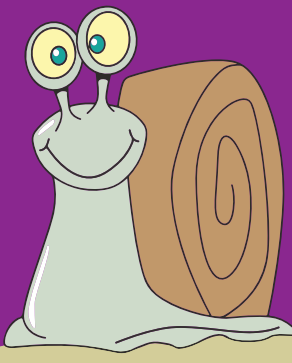
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RAVENA NEWS-HERALD | CAPITAL REGION INDEPENDENT MEDIA

Thursday, December 23, 2021 A11



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THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE



© 2022 by Vicki Whiting, Editor Jeff Schinkel, Graphics Vol. 38, No. 5

Write a Press Release!

Think about something that has happened at your school or in your community or neighborhood this past week. Did you go on a field trip? Did anyone win an award or do something special? Write a press release about it!

Use the form below to organize your information.

Who: _____
 What: _____
 When: _____
 Where: _____
 Why: _____
 How: _____

Write a press release using the facts you wrote on the above form.

GOT A MINUTE?



Hi! I'm the long hand, I tell the minutes to you. Running circles around this guy is what I love to do!

Well, I'm the short hand, And I may be a little guy, But I have the BIGGEST job - Counting hours rolling by.

Tick, Tock! Race around the clock! How far can you get in one minute?

It takes me 12 hours to go around the clock one time.
 But I make that trip in 60 minutes just fine!

Math problems around the clock:

- 12: $6+6=$, $3+3=$, $8+3=$, $5+7=$
- 1: $5+3=$, $2+7=$
- 2: $3+9=$, $6+3=$
- 3: $8+1=$, $4+2=$
- 4: $7+5=$, $3+4=$
- 5: $5+5=$, $4+8=$
- 6: $1+6=$
- 7: $4+4=$, $9+0=$
- 8: $8+8=$, $8+6=$, $8+8=$
- 9: $2+3=$, $7+4=$, $5+2=$
- 10: $7+4=$
- 11: $2+3=$

Standards Link: Math: Measurement: Students know relationships of time (minutes in an hour).

What can you do in a minute?

Can you do each of these for one minute? Find someone to time you and see!

- Balance on one foot.**
- Jump up and down 100 times.**
- Find 20 flying clocks on this page.**

Standards Link: Reading Comprehension: Follow simple written directions.

Time Match

What time do the clocks and watches on the left show? Can you find the clocks that show the same time on the right?

Standards Link: Math: Measurement: Tell time to the nearest quarter hour, half hour and hour.

Time Line

Some clocks are 12-hour clocks. Other clocks are 24-hour clocks. On a 24-hour clock, you start counting the hours from **midnight**. From midnight to **noon**, the hours are numbered 1 to 12. After noon, they are numbered 13 to 24.

If you don't use a 24-hour clock, how do you know if it is morning or afternoon? You can use the letters **a.m.** after the time to show it is morning and the letters **p.m.** after the time to show that it's after noon.

MIDNIGHT												NOON												MIDNIGHT											
24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00	23:00	24:00											
a.m.												p.m.																							
Wake up.												Eat lunch.												Go to bed.											

What time do you do each of these things? Draw a line from each box to the time line to make a "Day in My Life" timeline.

Extra! Extra! One-Minute Dashes

In one minute, how many:

- words can you circle that start with the letter M?
- paragraphs can you read?
- numbers can you circle?

Standards Link: Measurements: Know relationships of time. Reading: Follow simple directions.

Send your press release to the editor of this newspaper. Be sure to include your name and contact information!

What a Character!

Communication is ...



... a connection between people in a community.

Write On!

Free to Learn

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Kid Scoop Puzzler

Tick Tock, Long Walk

Tony has a long walk home from school. The school clock tells what time Tony left for home.

Follow the maze to Tony's house. The clock at his house tells what time Tony got home. How long did it take for Tony to get home?

TOCK ELEMENTARY
TIME 2:34

It took Tony _____ minutes to get home from school.

Standards Link: Math: Measurement: Determine the duration of intervals of time in minutes.

Double Double Word Search

- MINUTE
- CIRCLES
- CLOCKS
- MIDNIGHT
- MOVIE
- HOUR
- SECOND
- MORNING
- TIME
- TOCK
- STARTING
- WATCH
- BALANCE
- HAND
- ENDS

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

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

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

AG issues alert for over-the-counter hearing aids

NEW YORK — New York Attorney General Letitia James has issued a consumer alert warning New Yorkers about deceptive companies selling unregulated and potentially faulty over-the-counter (OTC) hearing aids.

New York law requires that hearing aids only be sold by licensed audiologists or hearing-aid dispensers after such a provider has performed an exam and fitting.

Last month, the U.S. Food and Drug Administration (FDA) proposed a rule permitting the sale of a new category of OTC hearing aids that could be sold directly to consumers without an exam. While unregulated OTC hearing aids may work as intended, there is a risk that the devices could be defective or completely inadequate for the treatment of hearing loss.

Advertisements for these new OTC hearing aids have already targeted New York consumers even though there are currently no OTC hearing aids that have received FDA approval.

“Hearing loss impacts individuals of all ages and backgrounds and I urge all New Yorkers to do their research before shopping for these devices,” James said. “Companies that sell over-the-counter hearing devices are not held to the same standards as the licensed professionals who provide these critical devices, and they are not required to inform consumers of the risks associated with their products. While consumers may be tempted to purchase these unregulated and unlawful products because of their low prices, the ultimate price you pay may be further hearing loss.”

Medical device companies are required to register and list their devices with the FDA, though this registration only indicates that the company has provided information to the FDA; it does not indicate FDA approval, clearance or authorization of the device. Unfortunately, this has not stopped some disreputable sellers of OTC hearing devices from falsely claiming that their products are “FDA-registered” or “FDA-cleared,” James said.

If you are considering buying a hearing aid, the Office of the Attorney General recommends the following tips:

- Beware of misleading claims. Over-the-counter hearing aids are only meant to treat mild to moderate hearing loss and may not be able to treat severe hearing loss. Avoid purchasing OTC hearing aids that claim to treat severe hearing loss or hearing loss in children.

- Do your research. Be skeptical of

testimonials on a seller’s website. Instead, check with the Better Business Bureau to see if they have a good rating and whether consumers have submitted complaints against the company before you purchase a product.

- Consider having your hearing evaluated by a medical professional. While online hearing tests may be convenient, they may fail to detect serious hearing loss, or the underlying causes of your hearing loss.

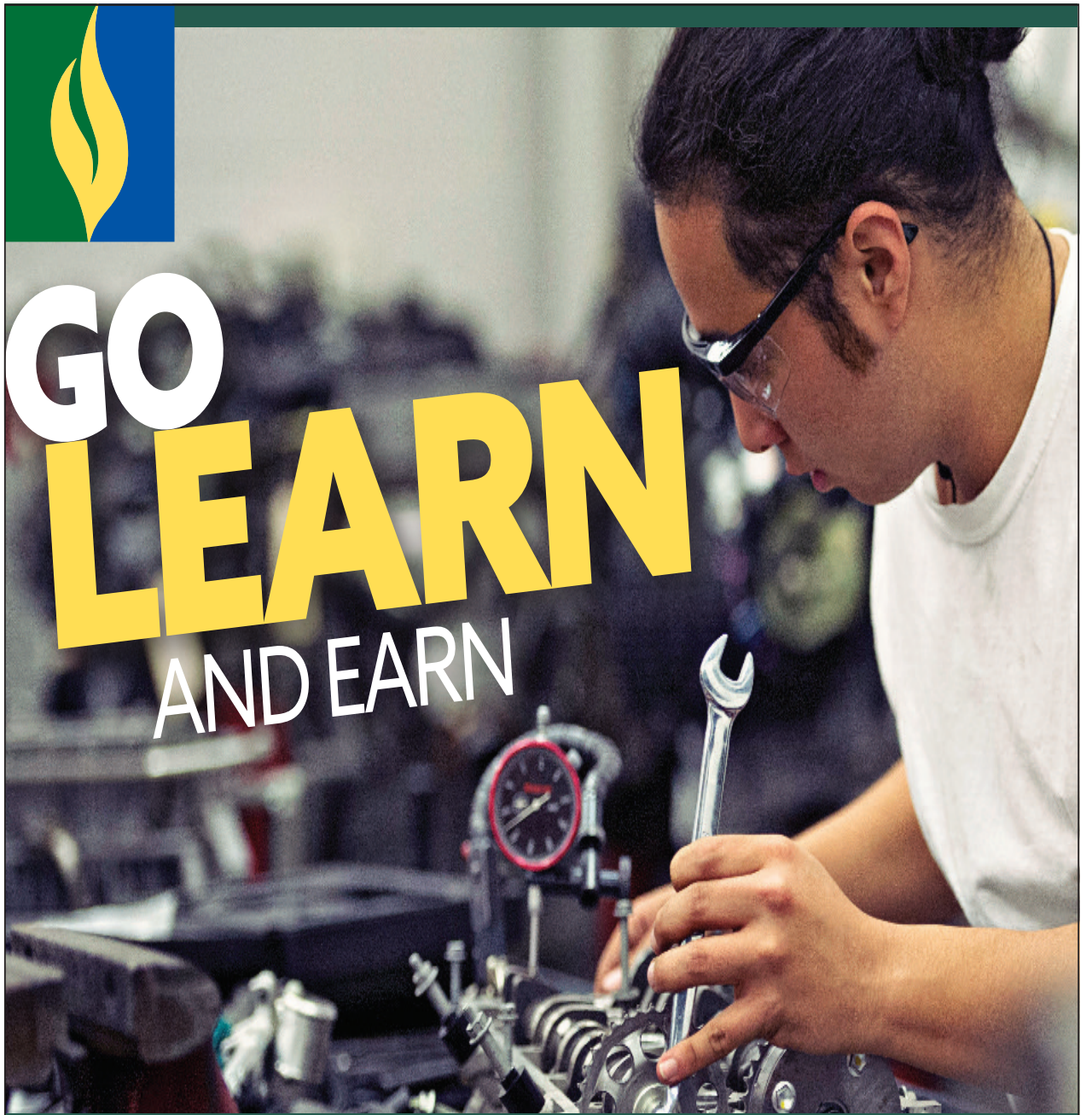
- Know your rights: Under New York law (General Business Law § 798(11)), if you are unhappy with your hearing aids you are allowed to return them within 45 days of receipt, including batteries, cords, and accessories and all fees related to the hearing aid, for a full refund less 10 percent. The seller must provide you with a written statement with this information. If a seller offers a longer return period, they must honor it.

“HLAA is pleased to see the proposed rules on over-the-counter hearing aids released by the FDA. This is one step closer to seeing OTC hearing devices on the market for adults with mild to moderate hearing loss,” said Barbara Kelley, executive director, Hearing Loss Association of America (HLAA). “We are also pleased to see the Office of the Attorney General is educating consumers about OTC hearing aids. Until the FDA issues their final rules, we recommend consumers seek the help of licensed hearing health professionals to address their hearing loss.”

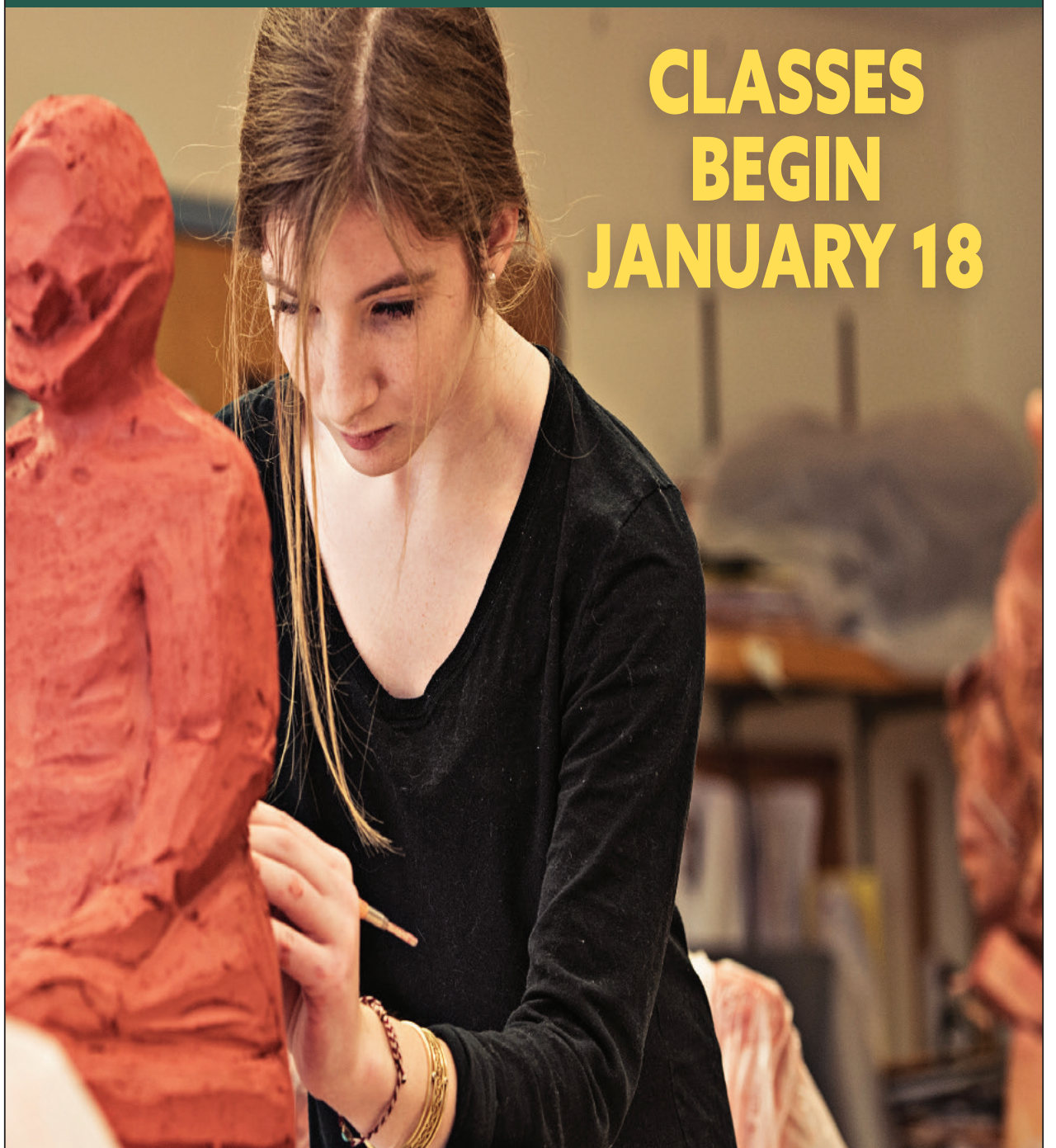
Consumers should be on the alert for misleading claims, consumer advocates say.

“As the FDA finalizes its rules for the sale of OTC hearing aids, consumers should continue to watch out for misleading marketing practices from companies jumping the gun to enter New York’s market,” said Chuck Bell, programs director, Consumer Reports. “We agree that the terms ‘FDA-registered’ or ‘FDA-cleared’ for OTC hearing aids are inappropriate, and imply a higher level of safety review than these products actually receive. Consumers who think they may need a hearing aid should seek a medical evaluation to determine whether the hearing loss they have is serious in nature and/or potentially reversible.”

New Yorkers who believe they have been misled or scammed by sellers of over-the-counter hearing aids are encouraged to contact the Office of the Attorney General by submitting a complaint form online or by calling 800-428-9071.



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RAVENA NEWS-HERALD CAPITAL REGION INDEPENDENT MEDIA Thursday, December 23, 2021 B1

Indians take 4th in wrestling tournament

By **Melanie Lekocevic**
Capital Region Independent Media

RAVENA-COEY-MANS-SELKIRK — The RCS Indians hosted the Lewis Johnson Memorial Duals in the high school gym Saturday.

Also competing in the tournament were Queensbury, Bethlehem, Unatego-Unadilla Valley, Greenville, Onteora and Taconic Hills.

The Indians took fourth place on the day, with a 2-2 record. Queensbury was undefeated 4-0.

In Round 1, Bethlehem dominated Onteora by a score of 52-7, Unatego-Unadilla Valley defeated Greenville by a score of 47-24, and Queensbury topped Taconic Hills 60-12.

Round 2 saw RCS fall to Queensbury 44-27, Bethlehem defeated Greenville 42-27 and Unatego-Unadilla Valley came out on top over Onteora 48-30.

In Round 3 of the tournament, RCS won big over Taconic Hills by a score of 60-18, while Bethlehem beat Unatego-Unadilla Valley 45-29 and Greenville topped Onteora 42-27.

Round 4 saw another victory for the RCS Indians, this time edging Bethlehem 36-30. Onteora scored 54 to Taconic Hills' 18, and Queensbury defeated Unatego-Unadilla Valley 42-36.

The fifth and final round of the tournament saw Unatego-Unadilla Valley defeat RCS 42-36, while Queensbury dominated Bethlehem 54-15 and Greenville beat Taconic Hills 48-24.

For the Indians, Frank Broadhurst defeated all four opponents he faced, all by pin. J.T. Lyle came out on top against all three of his opponents, two by pin and one by decision. Kaden Potter saw two victories on the day, one by decision and one by pin. Aiden Forster had one win against a Taconic Hills wrestler, Jaquan Jones defeated a Queensbury athlete by decision in a 2-1 score, Antonio Piscitelli had one victory by pin in 39 seconds, and Will Templeton had one win by pin in 1:38.

Also competing for the Indians were Jaymie Carkner, Erik Chapman, Adam Hatz, Alex Miles, Alivia Ortiz and Austin Sill.



Photos by Melanie Lekocevic/Capital Region Independent Media

Above, Kaden Potter competes in the Lewis Johnson Memorial Duals at RCS High School on Saturday.

Below left, RCS wrestler Kaden Potter on his way to a victory against a Queensbury opponent in the Lewis Johnson Memorial Duals.

Below right, RCS Indians wrestler Alivia Ortiz on the mat in Saturday's multi-school tournament.



Bottom left, the RCS wrestling team cheers on its athletes in Saturday's tournament.



Photos by Melanie Lekocevic/Capital Region Independent Media

Bottom right, the RCS wrestling team came out of the tournament with two wins and two losses.



Holiday gifts for furry friends

By Charlene Marchand
For Capital Region Independent Media

Merry Christmas, happy Hanukkah, and Kwanzaa greetings to all of our readers and animal lovers.

Our residents at 111 Humane Society Road have already begun to accept gifts from an adoring public, and if you need stocking-stuffer suggestions for our four-legged friends, here they are:

- Dog and cat treats of all kinds
- Biscuits
- Kongs, Jolly Balls, Buster Cubes, Nylabones, Benebones, etc. (Dog toys are in extremely low supply!)
- Cat toys of all varieties
- Clorox, detergent
- Paper products, i.e. paper towels, toilet paper, Kleenex
- Blankets and good towels

SOFT PAWS

• Pet-safe snow-melt products to keep those paw-pads safe on walks. Safe Paw and Safe Pet snow melt are two of many available products.

With so many pet owners in need, we always appreciate donations to our food bank! Last year our families in need took home 38,000 pounds of food for their companion animals.

With lingering effects of still “pandemic-in-progress,” our demands are greater than ever. Our food bank is open to any from the public in need of pet food or for those wish-

ing to donate food from 11:30 a.m. to 4 p.m. daily. We refuse to let any animal go hungry!

Thank you to all who shower our shelter “kids” with the generosity of your hearts.

Remember Peaches? Featured in this week’s picture, Peaches is a 2.5-year-old CattleDog from Cairo who was the victim of attempted decapitation, multiple stabbings, and being left bleeding for hours.

Peaches is currently residing in the shelter and searching for a foster-to-adopt home. She can’t be placed with other animals or kids — she prefers all the attention, as she deserves! She’s a sweetheart of a pup, loving to be patted and go wherever her human is.

She’s a very active dog... if you know the breed, you know that she’ll need plenty of

physical and mental stimulation to keep her busy. She’s incredibly intelligent and loves to play fetch.

If you’ve got room in your heart, and home, please give us a call!

Feel free to call us with any questions at 518-828-6044 or visit our website at www.cghs.org. Spay/neuter clinics for cats are \$86 male or female, including a rabies vaccination and a 5-in-1 feline distemper combination vaccination. Nail clipping services are available every Saturday from 10-11 a.m. at the shelter for a donation of \$10 for cats and \$15 for dogs (currently prepaid only).

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



Contributed photo
Pictured with CGHS/SPCA Animal Care Technician Alexa Caunitz is Peaches. Get a refresher on her story in today’s Soft Paws!

Use care when hunting in the field

For many people, their ability to deer hunt in the fall is limited because of work, school and family obligations. New this year, hunters can participate in a “Holiday Hunt,” a late bow and muzzle-

loading season for deer from Dec. 26 through Jan. 1 in the Southern Zone.

While hunting for grouse, rabbits, hare and furbearers has been a popular winter activity for decades, this new season

provides additional deer hunting opportunity when people may have time off from work or students are on a break from school.

Earlier this year, after hearing concerns that the holiday hunt may inter-

fere with other outdoor pursuits, the Department of Environmental Conservation proposed a regulation that would have allowed counties to pass a local law opting out of the special late season opportunity.

During the public comment period, DEC heard from a wide array of stakeholders with deeply held but conflicting views on this proposal. Because of the diversity of opinion around this issue, further evaluation is needed. The proposed regulation has not been adopted and counties may not opt out this year. The Holiday Hunt will occur in

all Southern Zone counties this year as previously authorized.

This holiday period is also a popular time for other outdoor pursuits like hiking and, when weather permits, cross-country skiing and snowmobiling. Hunters looking for solitude can minimize the disturbance associated with other forms of recreation by following a few tips.

Before the season opens, when you are scouting for the perfect spot or stand location, take the time to check if the planned location is a popular one. Avoid crowding other hunters and other outdoor recreationists and

recognize that if a hunting location is near a popular hiking, cross-country skiing, or snowmobiling spot, noise can be a factor. If a preferred hunting spot is too crowded, identify an alternative location ahead of time.

Although uncommon during the holiday week, when snow conditions are right, snowmobiling is a popular activity, and snowmobiling and hunting are compatible activities. In fact, some hunters may even use sleds to access their favorite hunting location.

If you are a landowner that allows snowmobile trails to traverse your property, or if you hunt on a property where snowmobiling occurs, know that these two activities can occur safely and simultaneously with some planning and communication among the people using the property. In addition, New York’s General Obligations Law protects landowners from liability when they allow recreational access to their property whether for a single activity or multiple.

Please remember, it is now a requirement to wear blaze orange or pink when pursuing deer with a firearm. This requirement helps you identify other hunters that may be downrange and alerts hunters and other outdoor enthusiasts that they are sharing the woods with you.



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God has a wonderful plan for your life

By Dr. Billy Holland
For Capital Region Independent Media

If we do not learn from our trials, then our distress has been a missed opportunity.

Crisis situations are occasions to put our faith and patience to work and may we always remember that we cannot be defeated as God is for us and is constantly working on our behalf.

There are times when we will suffer trauma, discouragement or even persecution, and no doubt it will be uncomfortable, but we must eventually get back up and dust ourselves off and get back into the race.

God has always known all the fine details about you and has every intention to use you now more than ever before! He is trying to get your attention that he might polish you and challenge you to be a strong and effective

LIVING ON PURPOSE

instrument to accomplish His purposes. When the blacksmith is working on his vision, he does not toss it in the corner and forget about it. He has invested much effort because he intends to use his creation for a specific purpose.

This is not a time to throw in the towel, but to be inspired and encouraged by God's infinite mercy and grace. Unforgiveness and bitterness can make us vulnerable and powerless to spiritual attacks.

The Bible says in Mark 3:27: "No man can enter into a strong man's house, and spoil his goods, except he will first bind

the strong man; and then he will spoil his house."

You and I represent the strong man that occasionally lets down our guard and whenever we become discouraged, our feelings can help bind and hold us captive to the enemy that desires to control our lives. Whenever we allow a circumstance to dominate our emotions, we have lost the ability to manage the direction of our life.

Remember, Jesus has already conquered the kingdom of darkness, so there is no need to fear what has already been defeated. We are to pray for spiritual discernment so we can recognize when

deception is trying to distract us. God wants to heal our emotional wounds and this can begin when we demonstrate forgiveness, sincerely let go of resentment, and continue moving forward in faith and obedience.

To remain offended is to be plagued with the ongoing torture of emotional and spiritual infection. The Greek word for stumbling block is "skandalon" and is often used to describe a snare trap where bait is attached to entice the victim to be held captive. This term is used for anything that causes resentment to arise, which can hold us captive.

It's easy to fall for the temptation to be offended and this unforgiveness prevents us from living in the joy, peace and contentment of God's presence. The deeper the pain the more valuable the lesson and as you learn from

your trials, allow them to build your character and wisdom so you can teach and help others from your experiences. If we have sinned, then it is time to ask God to forgive us and be restored. We do not need to live in the agony of anger and rebellion any longer.

It's not popular, but occasionally we go through severe trials that are a chastisement from the Lord. This is a blessing for those who are truly His children to know that God loves us so much He will intervene and bring discipline if we refuse to listen to His instructions.

We are reminded in Proverbs 3:11: "My son, despise not the chastening of the Lord; neither be weary of His correction."

As soon as we repent with sincere sorrow and humility, He is gracious to cleanse and restore the joy of our salvation. To God, you are a master-

piece! Pray for the awareness of His presence as you watch carefully for His unseen hand and listen intently for His still small voice.

Some may ask, how can the God of all things have time to care about circumstances that have hurt me? Does He understand how I feel and have a solution for helping me overcome these afflictions?

Absolutely, my dear one, this is why. He promised in Jeremiah 29:11: "For I know the plans and thoughts that I have for you, says the Lord, plans for peace and well-being and not for ruin, but to give you a future and a hope."

He is all things to all people as His merciful and endless love is the greatest authority in the universe.

Read more about the Christian life at billyholandministries.com.

Mendelssohn Club of Albany announces new conductor

DELMAR — The Albany Mendelssohn Club has announced the selection of Jason

Dashew as the club's next conductor beginning in January 2022.

Long-time conductor Jeff Vredenburg retired after 22 years of service following the club's annual holiday concert Dec. 10.

"I am honored and humbled to have the opportunity to direct the Mendelssohn Club of Albany," Dashew said. "I look forward to continuing the traditions and rich history this ensemble and previous conductors have established while performing for more than a century

in the Capital District."

Dashew currently serves as the director of choral activities at Bethlehem Central High School in Delmar. In addition to conducting the five choral ensembles, he also teaches music theory and is the musical director for the annual spring musical productions at Bethlehem's middle and high schools.

A frequent clinician and guest conductor at festivals and conferences in the Northeast, Dashew is also active in the New York State School Music Association, where he

previously served as the Albany region representative to the Executive Council and currently serves as a festival adjudicator. He also directs the youth choirs at the First United Methodist Church in Delmar. For nine consecutive summers, Dashew traveled to Europe with American Music Abroad as a director of the Red Tour Choir, an ensemble of high school singers from around the Northeast.

Dashew earned a bachelor of music degree from SUNY Fredonia and a master of arts from

SUNY Albany. He currently resides in Delmar with his wife and two children.

The Mendelssohn Club returned to the stage on Friday, Dec. 10 for "We Rise Again," a concert at the Cathedral of the Immaculate Conception, 125 Eagle Street in downtown Albany.

A Capital Region tradition since 1909, the 60-voice male chorus is the area's longest continually performing arts group. The club is composed of men from the Capital District, Hudson Valley and Berkshire regions, and performs a full range of male choral selections from around the world.

The club performs annual subscription concerts in December and May, but also sings in other venues for various civic and charitable organizations.

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'Social Security's WEP is unfair – I want my money back!'

Dear Rusty: How can a foreign company pay into the U.S. Social Security system? I worked in Barbados before I immigrated to the USA and earned a pension there. Now my U.S. Social Security benefits are reduced because I receive a pension from Barbados.

One has nothing to do with the other and I want my money back!

Signed: Angry Immigrant

Dear Angry: Foreign companies don't pay into the U.S. Social Security system, and neither do residents of other countries working in their home country.

But a resident of a foreign country who earns a pension in their home country, and who later moves to the U.S. and earns an additional U.S. Social Security pension, will have their U.S. Social Security benefit reduced by a provision of U.S. law called the Windfall Elimination Provision (WEP). WEP was enacted by Congress in 1983 to eliminate what was viewed as "double dipping" – where someone with an extra pension (such as your Barbados pension earned without contributing to U.S. Social Security) had their US Social Security (SS) benefit computed in the same way as a U.S. resident who had no such extra "non-covered" pension.

The 1983 WEP rule created a special formula for those entitled to

SOCIAL SECURITY MATTERS



RUSSELL GLOOR

both a U.S. Social Security benefit (earned by contributing to the U.S. program) and another pension earned without contributing to Social Security.

Though you are adamant that one has nothing to do with the other, U.S. law says otherwise.

WEP reduces the US Social Security benefit of anyone with a "non-covered" (e.g., foreign) pension so that their US Social Security benefit is more consistent with benefits provided to others without an extra non-covered pension. US Social Security is designed to provide a higher percentage of replacement income to lower income workers, and those with an extra non-covered pension enjoy an unfair advantage because their income artificially appears lower than it truly is. WEP was implemented by Congress to correct that unfair advantage. However, like you,

almost everyone affected by WEP (which, by the way, includes many public service employees in 27 U.S. states) believes it to be unfair and often complain about it to their congressional representatives.

For information, there is a legislative bill now before Congress that proposes to eliminate WEP (H.R. 82 – The Social Security Fairness Act of 2021). I must, however, let you know that a bill to either eliminate or reform WEP has been introduced in nearly every Congress

for many years, and no previous bill has ever made it past being introduced on the floor of the House or Senate and then assigned to a committee for review, where progress seems to end.

Although you want your money back, I'm afraid I can't offer you much hope that will ever happen. Congress is more focused on other issues, including a much broader reform of the Social Security program to restore it to financial solvency before the SS Trust Fund is depleted

in 2034 (which would require an across the board 21% reduction in all benefits).

Whether WEP reform will be part of the corrective measures taken to restore Social Security's finances is anybody's guess. But registering your objection to the Windfall Elimination Provision with your congressional representative would be a step in that direction.

This article is intended for information purposes only and does not represent legal or financial

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



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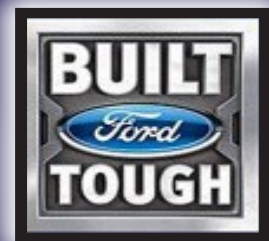
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How to prevent cataracts

“Well, you have cataracts on your left eye and eventually you’ll need surgery. But don’t worry; cataracts are a normal part of aging.”

That’s what my ophthalmologist told me when I went in for my annual eye exam.

But are cataracts really a normal part of aging? Today’s post answers that question and offers some preventative measures so you don’t become one of the 20.5 million people living with cataracts.

Cataracts are the number one cause of vision impairment and blindness in the U.S. And by age 80, more than half of Americans either have a cataract or have had cataract surgery.

Before I share my tips for cataract prevention, it is helpful to understand a little eye anatomy. Your eyes have many parts, but for our purposes, this post will only focus on the lens.

The lens is an oval structure made up mostly of protein and water and is located behind the pupil. It acts like a camera lens by focusing light onto the retina at the back of the eye, allowing images to be seen clearly from both near and far away. Once this light reaches the retina it is changed into nerve signals that are sent to the brain and interpreted as sight.

With aging and exposure to ultraviolet light, the protein fibers of the lens become oxidized and clump together. This clumping causes the lens to get cloudy and as a result, your vision gets blurry.

Obesity, smoking, diabetes and spending a lot of time in front of the computer impact the health of your eyes. However, lifestyle, exercise, diet and limiting environmental toxins play a role in how well your eyes hold up as you age.

Keeping your eyes in pristine condition is a multi-faceted approach that includes:

- Optimizing your vitamin D levels. Exposing a large amount of your skin until it turns the lightest shade of pink is typically necessary to achieve adequate vitamin D production.
- Normalizing blood glucose levels. When blood sugar goes

CONCEPTS IN FITNESS



MARY SCHOEPE

zucchini, Brussels sprouts and green peas, all have a positive effect on eye health.

- Getting plenty of health omega-3 fats. Healthy animal-based omega-3 fats like those found in krill oil are protective of your healthy vision.

- Ditching the sunglasses. Wearing sunglasses all the time blocks wavelengths of light that not only nourish the eyes but are essential for overall good health. So let a little sun in your eyes — what have you got to lose?

Good nutrition is important to keep your eyes healthy and functioning their best throughout your lifetime. If you’re having vision problems, speak to your surgeon about your best options for eye care.

up, your blood gets thicker, pulling in more fluid from surrounding tissues, including the lenses of the eyes, impacting your ability to focus. Avoiding sugar — especially fructose and keeping your blood sugar normal — is crucial for healthy eyes.

- Eat lots of fresh vegetables. Studies confirm vegetables that are rich in the antioxidants lutein and zeaxanthin, like spinach, kale, broccoli,

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The Lafarge Ravena plant is launching a new initiative to better engage with members of the public. This is part of an ongoing effort by plant officials to strengthen ties with the Ravena-Coeymans community and facilitate an open dialogue about facility operations.

Since its opening in 1962, the Ravena plant has been proud to serve as the largest employer in Southern Albany County. We appreciate the local support we have received, and we strive to be a good neighbor by investing time and resources in community projects and programs.

We take all concerns and complains about the plant very seriously and aim to operate in a manner that causes zero harm to employees, contractors, customers, and most of all, local residents, in keeping with the core values of our parent company, LafargeHolcim US.

To meet that goal, it is critical that we are able to respond to any issues in a timely manner. Our ability to do that relies on you.

Going forward, we ask that anyone who wishes to contact the plant in connection with a problem, question, or complaint email us directly at: Ravena@lafargeholcim.com. That includes any occurrences of materials that may appear on vehicles or other private property.

The plant will be working with the state Department of Environmental Conservation (DEC) to collect data on the type and source of these materials. To aid in that effort, we may request that impacted individuals fill out the Complaint Report Form, which can be found on our website www.lafargeravenaconnect.com, to provide as much information as possible to guide an appropriate response and remediation, if necessary.

Lafarge Ravena leaders welcome input from the community, and we hope that this new approach will help us improve communications moving forward.

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Coeymans Hollow Volunteer Fire Corporation news

SANTA MAKES A TRIP TO COEYMANS HOLLOW:

On Saturday, Dec. 18, Santa and his elves made the long trip from the North Pole to Coeymans Hollow. Santa toured around Coeymans Hollow in one of the Coeymans Hollows fire trucks to meet all the boys and girls who live in the Hollow. Due to COVID-19 restrictions, Santa had to keep his distance, but was able to talk to everyone to obtain their Christmas wishes. After the tour, he thanked all the firefighters for their help during the day and said he left them a special surprise in the Community Room. Santa

said his goodbyes and in the blink of an eye, he was off to the North Pole. The firefighters went into the firehouse and up to the community room, where they found mounds of cookies and pitchers of milk for a job well done. The Corporation appreciates the assistance of all the firefighters who made this event possible. Thank you!

HOLIDAY WISH:

The members of the Coeymans Hollow Volunteer Fire Corporation would like to wish everyone a very merry and safe Christmas. They would also like to remind every-

one to enjoy the holiday season, but please don't drink and drive. Please use a designated driver.

CALENDAR DRIVE DONATION ENVELOPES CONTINUE TO BE COLLECTED:

The Coeymans Hollow Volunteer Fire Corporation continues to collect your donation envelopes. If you haven't donated to the calendar drive yet, just remember your donations are tax deductible. As always, your support of emergency personnel is greatly appreciated.

NEW MEMBER WELCOMED:

The Coeymans Hollow Volunteer Fire Corporation would like to

welcome new associate member Eileen Newton. Thank you for volunteering!

DRILL SCHEDULED:

Coeymans Hollow Training Officer Dan Haight has announced the drill scheduled for Tuesday, Dec. 28, will be a 9-Point Drill. The drill will begin at 7 p.m. and all Coeymans Hollow firefighters and EMS personnel are encouraged to attend.

BOARD OF DIRECTORS MEETING SCHEDULED:

The Coeymans Hollow Board of Directors will hold its monthly meeting on Wednesday, Dec. 29,

beginning at 7 p.m. All members of the board of directors are encouraged to attend.

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. These are volunteers here to protect lives and property in the Coeymans Hollow Fire District. The Corporation will provide all the equipment and training for you to become a volunteer fire-

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

SAFETY TIP:

If you have a real Christmas tree, please make sure to water it every day to keep the tree fresh.

FIRE AND EMS REPORT:

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

Shortnose sturgeon tagged in 1995 recaptured in November

DEC's Hudson and Delaware Marine Fisheries researchers conducting a population estimate of shortnose sturgeon in the Hudson River caught one on Nov. 19, that had been tagged 26 years ago during the last shortnose count, according to the Department of Environmental Conservation.

The fish is likely more than 40 years old.

The 33.5-inch shortnose sturgeon was first tagged in 1995 in the same overwintering area near Staatsburg, New York. Records from 1995 show that the fish was already 25.5 inches and possibly 15 years

old, based on its size.

While it's not uncommon for researchers to recapture fish, the length of time between captures in this case was a surprise. Recapturing the same sturgeon provides information on its growth rate and confirms that the fish are using the same overwintering area.

The shortnose was the first species listed as endangered when the 1973 Endangered Species Act was enacted. An initial population estimate took place in the 1970s in the Hudson River, with the second count occurring in the

1990s.

In the spring of 2021, academic, federal and state research scientists embarked on a large-scale project that will provide an updated estimate for the Hudson's shortnose sturgeon population using acoustic telemetry and side-scan sonar. Acoustic telemetry uses stationary receivers to detect signals emitted from tagged marine species like sturgeon. The side-scan sonar uses sound to create an image of the river floor and objects in the water column and is one method for counting fish.

Fifty adult shortnose

sturgeon were caught and fitted with transmitters in April and May, which are detected on a river-wide array of acoustic receivers as the fish move throughout the estuary. The researchers can follow them using telemetry, which is used in tandem with side-scan sonar to locate and count other fish. The data is used to mathematically estimate population numbers in overwintering areas and in the overall Hudson River. The receivers store the unique tag number, and the date and time that a fish swims past a receiver (like E-Z Pass for sturgeon).

In order to provide validation for the technologies, to make sure the objects imaged are indeed shortnose sturgeon, fisheries staff used panels of netting that snag fish, called gill-nets. Gill-nets were also used when this sturgeon was landed and tagged in the 1990s.

The fisheries team expects to complete the current survey in July 2023 and hopes to secure additional funding for more frequent counts, according to DEC. The side-scan transmitters are long-lived and should continue providing signals into the 2030s.

Hudson and Delaware

fisheries staff are working with colleagues from the U.S. Geological Survey Eastern Ecological Science Center in Kearneysville, West Virginia, the University of Delaware, and Delaware State University to conduct this population estimate. Funding for the project comes from the Hudson River Foundation and DEC's Hudson River Estuary Program.

The researchers received a permit from the National Marine Fisheries Service to catch, scan for previous tags, measure and release fish for the population estimate.



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Poetic reflections on garden compositions

BE A BETTER GARDNER

By **Thomas Christopher**
For Capital Region Independent Media

We get so busy in our yards and gardens that too often we fail to pause, to just be there, and really look.

Doing so is essential, not only for the sake of our own enjoyment, but also for our communication with the landscape. If we don't allow ourselves to be fully present, we treat the landscape as we expect it to be, rather than as it is, and so fail to address its real needs. We miss the details of what is thriving, and what isn't. We miss the clues of what wildlife has been visiting, or not, such as the pollinators that ensure the fruitfulness of our flowers, fruits, and vegetables. We miss so much.

Recently, though, I discovered a powerful tool for scrutinizing the landscape, thanks to poet Susan Brearley. She has been teaching workshops in haiku writing at one of my favorite gardens, Innisfree, in Millbrook, New York.

Innisfree, which consists of a 150-acre valley centering on a small lake, was the estate of Walter and Marion Beck and its transformation was a 55-year project of the visionary landscape architect Lester Collins (1914-1993).

Collins worked with the Becks to create with-

in this setting a "cup garden," a series of related but distinct experiences inspired by traditional Chinese design but re-interpreted in a sustainable fashion that presaged contemporary ecological gardening. Susan finds in its meticulously constructed details rich inspiration for her own work and that of students.

In her recent poetry, Susan has concentrated on haiku in part because of this poetic form's traditional focus on nature. Originating a thousand years ago in Japan as the introduction to a type of collaborative poem known as renga, haiku consist of three lines — one short (traditionally of five syllables), a longer one (of seven syllables), and finally another short one (five syllables). Included in a haiku, classically, is some detail that reveals the season of the composition, typically an observation of nature.

One of my favorite garden haiku was written by an 18th century Buddhist nun, Kaga no Chiyo: "The morning glory!

It has taken the well bucket,

I must seek elsewhere for water."

This encapsulates the freshness of a summer morning, the fleeting beauty of the morning glory blossoms, and the observer's sense of wonder. (Readers will note

that this translation does not observe the rules of line length but has compromised to reproduce better the sense of the verse.)

Modern American iterations of the haiku don't always observe the traditional line lengths, but Susan likes the discipline of keeping to them and the poetic compression they ensure.

One of my favorite features of the Innisfree landscape are the many rugged, large stones. Lester Collins found them in the surrounding woods, had a crew collect them, and then carefully placed them for maximum impact. This is something Susan Brearley also appreciates, and celebrated in one of her haiku, focusing on a particularly striking example near the entrance to the garden.

"Secret messenger
Stationed by lake and trail head
Greeting all who come."

Or more broadly:
"Ancient rocks speaking
In tones of muted sound waves
Silent to many."

She has resolved to write a haiku a day, although she notes that on days she visits Innisfree she may write several, while other days she may skip. Still, she has already accumulated a portfolio of over 300.

When I ask her how a gardener might get started with haiku, she replies, "Well, just start. In life, you know, the



Gardening is about being fully present and communicating with the landscape.

Contributed photo

hardest things are starting and finishing. The beautiful thing with haiku is that you really only have to get over the start. Because it happens so quickly, the finishing is much easier than for most projects... you find yourself counting on fingers. You can tell haiku poets, you can see them walking around in a garden, touching their fingers and counting syllables."

As to the rewards, writing haiku is like gardening in that the rewards are shared.

"I find," said Susan Brearley, "that the very best haiku take your moment, the moment that you're experiencing right now, translate that into this compact poem such

that when it's re-read, the reader experiences the moment exactly as you experienced it."

Being in the moment can yield long-lasting rewards.

For more information about Susan Brearley's garden haiku and haiku workshops, listen to the Berkshire Botanical Garden's Growing Greener podcast at thomaschristophergardens.com/podcast.

Be-a-Better-Gardener is a community service of Berkshire Botanical Garden, located in Stockbridge, MA. Its mission, to provide knowledge of gardening and the environment through a diverse range of classes and programs, informs and inspires thousands

of students and visitors each year. Thomas Christopher is a volunteer at Berkshire Botanical Garden and is the author or co-author of more than a dozen books, including *Nature into Art* and *The Gardens of Wave Hill* (Timber Press, 2019). He is the 2021 Garden Club of America's National Medalist for Literature, a distinction reserved to recognize those who have left a profound and lasting impact on issues that are most important to the GCA. Tom's companion broadcast to this column, *Growing Greener*, streams on WESUFM.org, Pacifica Radio and NPR and is available at his website, <https://www.thomaschristophergardens.com/podcast>.



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THE MAGIC BALL TRILOGY

written by Steve Trout, former Yankee player

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BUDDY THE BASEBALL - MAGIC, WISDOM & FRIENDSHIP, PART 1

“ Billy was excited, but also a little nervous. He thought, “If only my dad could be here.” His father has been away for almost a year serving in the military overseas... ”

ADVERTORIAL



TCI NY committed to community every day

Investing in Coeymans, creating new jobs, and helping those with need



By Mark Westcott
November 18, 2021, Coeymans, NY

During the height of the Covid pandemic last summer, TCI NY was deemed an essential industry for New York state and was allowed to stay open. Their customers are the power companies and utilities that keep our lights on. This little-known company located right here in our back yard is making a big impact.

"We were fortunate to remain open, but it was a challenging time for everyone not knowing the outcome of the pandemic and working to keep people safe," says Brian Hemlock, President TCI NY. "We decided to continue moving forward expanding our business and increasing efforts in the community to help people with need."

Investing in Coeymans and Creating New Jobs

TCI's first plant in Coeymans opened on September 14, 2014, and the company hasn't looked back since. Last August TCI built a new expansion facility a 35,000 square foot, state of the art addition that added new capability to the existing plant. New jobs were created. Jobs that used to go out of state were brought to Coeymans.

"When we came to Coeymans, we only had 10 employees. Now we have 40 and as far as we are concerned, this is only the beginning," said Mr. Hemlock. "We have a philosophy to promote from within. This shows our people they can move up through hard work."

Brett Margiasso came to TCI through the Albany BOCES program affiliated with RCS High School. He interned two years ago, was hired full time and now is responsible for offloading all the trucks containing transformers.

"It's a huge responsibility," says John Barr, Operations Manager. "Brett inspects the product and determines what can be salvaged and repurposed. It can be very demanding. He is twenty years old."

"The expansion shows when local government and industry work together, there is nothing we cannot achieve," said George McHugh, Coeymans' Town Supervisor. "The result of this collaboration is good paying jobs with benefits to employees, many of whom are Coeymans residents."

Tom Bronchetti, TCI's Controller says, "Our operation is beneficial to the regional economy through our employment, tax payments and spending with other local businesses. TCI pays a living wage with strong benefits."

Providing jobs in the community promotes growth and stability for all of those who live in the area. The company pays approximately \$75,000 per year in local taxes, and spends more than \$250,000 annually with local businesses, from grocery stores and diners to gas stations and hardware stores.

Recycling and the Environment

"We strongly believe in our obligations to our neighbors and to our community," says Mr. Hemlock. "We are committed to operating our business in a manner that is safe, unobtrusive to our neighbors and protective of the environment."

Today, 99% of all the materials from transformers are recycled, re-purposed or refurbished. It used to all go into landfills. It is a true American success story. One that has benefitted many lives and protects the environment.

Hard Hat meets Textbook

TCI works with RCS High School to create good paying internships

that can lead to full time jobs upon graduating from high school. The company awards scholarships to RCS High School Seniors, supports the school's drama and athletic programs.

"We decided to pay students because they do a great job and deserve to be compensated," Mr. Hemlock says. "We require the students to keep their grades up while working here."

Lisa Patierne, Principal at RCS, said, "It's a great partnership and a great opportunity for students who elect not to go to college. TCI gives these students worked based learning opportunities through internships that can lead to a promising career."

Committed to Community

During the challenging summer months last year, TCI stepped up to sponsor the Kindness for Kids Summer lunch program, which provides thousands of lunches to kids with need. TCI and its employees also work with the Hope Full Life Center Blessing Bags, Helping Harvest, VFW Post 9594, RCS Library, Ravenna Rescue Squad, Historical Society, and the Ravenna Friendship Festival.

Every year TCI assists the Riverview Baptist Church annual Block party, youth programs and summer camp. The campers learned how TCI built its state-of-the-art facilities and how electrical transformers are recycled. They meet administration and operations staff, some of whom are family members and neighbors of the campers.

Pastor Roxanne Booth said, "It's important for our kids to see what's on display at TCI. It is a national company proud to be in Coeymans and a successful, growing business operation. Plus, the folks at TCI make it a fun excursion."



Training Center

TCI goes to the utilities with specialized trailers to pick up transformers and then off loads them at the plant where they go onto highly modernized production lines to separate the materials. The process requires highly skilled workers who are trained and educated. There needs to be strict attention to detail. It has been challenging finding people to fill the slots.

"Many businesses including ours are struggling to find the workers to run our operations," says Mr. Hemlock. "I felt we needed to do something drastic and decided a training center was essential to creating a sustainable pipeline of workers for our businesses."

Mr. Hemlock approach Carver Laraway from Carver Companies to partner on a new initiative. The Joint Training and Certification Center is now in the development stage to provide training and job opportunities to underserved communities in the region.

"What will make the JTC Center unique is the combination of paid internships, multiple certifications and upon successful completion of the program a guaranteed job offer," said Mr. Hemlock.

The company is committed to Coeymans and will continue to invest in the community with further expansion plans in the works.

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