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THURSDAY, JULY 15, 2021

CAPITAL REGION INDEPENDENT MEDIA

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**Water, sewer extension would add industrial areas into districts**

By **Melanie Lekocevic**  
Capital Region Independent Media

**COEYMANS** — A proposed extension of the water and sewer lines would bring the industrial area on Route 144 into the two districts.

The Coeymans Town Council voted at its July 8 meeting to approve a resolution analyzing the proposal that would provide water and sewer service to three properties in the industrial area.

"I have been talking to the village of Ravena since last October or November, and also the property owners on Route 144 going out of the hamlet, just outside of the sewer district — the Port of Coeymans, the Biers industrial property and the JAT Construction property, as well as the Coeymans Industrial Park,"

Town Supervisor George McHugh said.

"Although the Coeymans Industrial Park was developed over the past few years and water and sewer have been extended there, it is not in the sewer district or the water district," McHugh added. "It never has been formalized, so we have been talking since last year about redefining our water and sewer districts so it would include the rest of the industrial properties."

Some of the area sits within the district, but other sites do not.

"A good chunk of the Port of Coeymans is already in the water district but not all of it," McHugh said. "None of the Biers property or the JAT Construction property is in it."

If approved, the project would extend water and sewer lines into the Route



File photo  
**The Port of Coeymans, where water and sewer lines could be extended. The project's cost would be borne by the port's owner and the other two properties that would benefit from the project, Town Supervisor George McHugh said.**

144 industrial corridor, he said.

"It will expand our industrial base a little in those areas, and it will also extend our tax base for both the town and the village for both our

water and sewer rents," McHugh said.

Under a resolution adopted unanimously by the town council, the town's engineering firm Barton and Loguidice will conduct a feasibility

assessment for the water district at a cost of \$4,500, and a map, plan and report for an additional \$3,800. A feasibility assessment for the sewer district would also be performed for \$4,500, and a map, plan and report for \$3,200.

The cost of the engineering reports and the extension of the lines would be paid for by the property owners, McHugh said.

"This proposal is not costing the village of Ravena residents, the hamlet of Coeymans residents, water users or sewer users any money whatsoever," McHugh said. "This is all being funded by those three property owners who have all committed to sharing equally in this cost."

Town Councilman Daniel Baker asked

about a letter the town had received from village attorney Michael Biscone.

According to Biscone's letter, the village — which operates the water and sewer systems — can provide Carver Companies, which owns the Port of Coeymans, with an average of 25,000 gallons of water per day with a peak of 100,000 gallons a day, as long as the port draws the water during off-peak hours, McHugh said.

"There will also be a study done by Barton and Loguidice to make sure our sewer plant can handle it as well as our River-view Pump Station, which will need some upgrades," McHugh said.

The state Department of Environmental Conservation is also involved in ensuring the system can handle the additional usage.

**Storm rakes Coxsackie: 'It looked like a war zone'**

By **Melanie Lekocevic**  
Courtesy of Columbia-Greene Media

**COXSACKIE** — Lindsay Portu was sitting at the desk in her home office when she heard a massive snap last Wednesday afternoon and dropped to the floor as something crashed into her home.

The room began filling with smoke.

Terrified, she crawled out of the room on her hands and knees and called 911.

Many residents had similar experiences in a massive storm that tore through the village with high winds and sheets of rain, ripping trees from the ground, stripping bark and sending live power lines crashing to the ground.

"I never saw a storm like this here," Portu said as she and her neighbors began cleaning up the mess.

Some 100 trees were toppled, Mayor Mark Evans said, and some were ripped out of the soil by their roots. Nearly 1,000 village residents were left without power as of late Wednesday night, according to reports from Central Hudson Gas and Electric. Power was restored to all but a handful within the next two days.

A state of emergency was declared immediately following the storm and was lifted Thursday at 8:30 p.m. after all roads were reopened, though cleanup was expected to continue through this week, Evans said.

Ravena Mayor Bill Misuraca said in a statement he sent a crew from the village's Department of Public Works to aid the neighboring community with cleanup.

Washington and Lafayette avenues and all areas east to the Hudson River were particularly hard hit by the storm, Evans said.

All roads into the village were blocked in the first cou-



Photos by Liana Lekocevic/For Capital Region Independent Media

**Above, a tree on Sunset Boulevard in the village of Coxsackie was sheared in half during last Wednesday's storm.**

**Right, a tree estimated at more than 100 years old was ripped from the ground by its roots and crashed onto power lines in a massive storm that struck the village of Coxsackie last Wednesday.**



ple of hours following the storm to give crews a chance to clear roads of fallen trees and for the utility company to deal with live power lines torn from their poles.

Village officials urged residents to stay indoors and off the streets and roads overnight Wednesday and Thursday. Five streets remained closed to traffic Thursday afternoon: Ely, South River, Riverside, Noble and New. All five were reopened by Friday morning.

No injuries were reported, Evans said.

"Miraculously, I have heard

no reports of any injuries," he said.

A command post was set up at Hose Co. No. 3 on Bailey Street with village, town and county officials and first responders to coordinate the response effort. The command post remained open for about six hours Wednesday, Evans said.

Five towns and the county sent crews to help with cleanup, he noted.

An emergency shelter was also opened at D.M. Hamilton firehouse on Mansion Street for anyone who needed it, but

no one came in, Evans said.

Storm investigators visited Coxsackie on Thursday afternoon and determined the storm was not a tornado, as many had thought, meteorologist Jennifer Vogt from the National Weather Service in Albany said.

The weather event was classified as a microburst, Weather Service storm investigators determined Friday morning.

"A National Weather Service storm survey confirmed a microburst started in Coxsackie and moved across the Hudson River into Stuyvesant,"

according to a statement from the agency. "Damage was significant in the village of Coxsackie south and east of the Village Building."

The Village Building is located on Mansion Street.

Wind gusts from the storm were clocked at up to 90 mph and up to an inch or more of rain fell in certain areas, Vogt said.

"The line of storms moved from western Greene County and blew up when they hit Coxsackie," Vogt said. "The storms then crossed the Hudson River and caused damage in Stuyvesant before they weakened."

For Portu and others, the storm left a great deal of damage in its wake.

"I have holes in my roof and a whole in the side of my house," Portu said. "The fire truck got stuck in my driveway unfortunately, so I have damage to my driveway."

A water main appeared to have broken as well, flooding her garage, Portu said. Tree limbs were scattered around her yard and her neighbors and family rushed over to help.

"I was petrified. I called my parents crying," she said. "My father ran here on foot because he couldn't drive here with all the roads blocked and closed."

Portu's ex-husband, facing troubles of his own when his truck was hit by a fallen tree limb while he sat in it, also rushed over to help her, Portu said. He patched up the holes in the wall and roof with tarp, she said.

"He has been fantastic," she said. "He was stuck when I called him to tell him about the house, but he somehow got out of the mess and came to me. He does have damage to his truck, but he got out of

See WAR A2

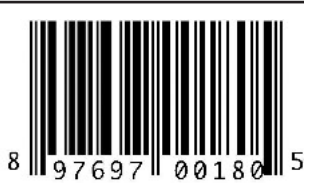
**Outdoors:**  
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See page B1

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**Index:**

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





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### WAR from AI

it OK." Washington Avenue resident Michael Oathout said he saw weather like Wednesday's storm when he lived in the South, but never in Cocksackie.

"I was at work at the school and we were looking outside. We saw the wind coming and we saw two spinning clouds," Oathout said. "We went outside and we saw the trees come down. When it cleared, we came back outside to see what the damage was."

Dawn Brownson, who works at St. Mary's Roman Catholic Church at the corner of Washington Avenue and Mansion Street, was out of

the village when the storm hit, but returned a short time later.

"I am shocked," Brownson said. "I was driving between here and St. Patrick's [Church] in Ravena and I happened to hear on the radio that there was a state of emergency in Cocksackie and there was a suspected tornado. I had no idea what to expect. It looks like one of the [church] buildings lost some shingles and we lost power, but other than that it looks like we survived pretty well."

Deputy Mayor Stephen Hanse, who lives around the corner from Portu's house, headed over to his neighbor with his wife Maureen to help clean up the mess left by the storm.

"I left my office in Albany and rushed down here — it looked like a war zone," Hanse said.

There is a line of demarcation where the damage was particularly bad, Hanse said.

"The line goes from the school to the houses here," Hanse said. "There is a direct line — tree after tree after tree."

Jason Southwick helped his neighbors clean up the storm damage that littered lawns and streets. He pointed to the many neighbors doing the same.

"This is the way Cocksackie comes together — everybody helps each other," Southwick said. "We all have kids and they all play together. This is how Cocksackie comes together."

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# Lawmakers push bill to help rural broadband

By Kate Lisa  
Courtesy of Columbia-Greene Media

ALBANY — Lawmakers representing areas lacking access to high-speed internet are pushing for changes to state law that would clarify who is responsible for paying for portions of broadband expansion projects to help bridge the digital divide plaguing rural communities.

State Sen. Michelle Hinchey, D-46, who represents Coeymans and Ravena, and Assemblywoman Carrie Woerner, D-113, last Tuesday spoke about the need to pass their bill before the end of legislative session June 10. At press time the fate of the bill was unclear.

The proposed law would streamline the contract process for broadband expansion projects and more fairly distribute installation costs between broadband service providers and companies that own utility poles that hold new internet service lines.

“Without a 21st century infrastructure, we cannot have a 21st century economy, we cannot have 21st century lifestyles,” Woerner said in West Capitol Park. “The bill will start to address the drivers of cost making it harder for people in

rural communities to get access to broadband. That we’re not putting all of those costs on the backs of broadband providers, but that we are sharing it between the pole owners and broadband providers.”

New high-speed fiber-optic cables are often installed on telephone poles that bring electricity and telephone land-line access to every New York home. When new internet service lines are placed on utility poles, broadband providers are often hit with exorbitant unforeseen fees and costs, including to replace the entire pole, which frequently increases total project costs to several times higher than a company budgeted.

The additional costs disincentivize small broadband providers from expanding coverage in rural communities, Hinchey said.

“They’re forced to scale back their build-out or move to easier-to-serve communities because they’re facing exorbitant costs at the hands of big utilities,” she said. “Our bill states that we can no longer make our small broadband providers foot the bill for an entirely new pole when all they need is a small segment of that

pole to attach their infrastructure so families down the road can get online.”

The current regulations have driven up the cost of broadband expansion projects, or building out lines to serve every home, regardless of the number of homes per mile.

Rules have increased costs to deliver broadband to an unaffordable rate, Woerner said, from a break-even rate of four houses per mile to almost 12 houses per mile.

“So clearly, any community that has a low density is going to have a much higher cost to get broadband,” she said.

Utility poles are largely owned by companies, not local governments.

The proposed law would require broadband companies pay for the portion of utility pole costs needed because of broadband improvements — not to allow utility companies to charge broadband providers to replace the entire pole, especially if it was already slated for capital improvements or maintenance.

New York is not regulated by the Federal Communications Commission, which has similar regulations already in place. If passed, the bill would codify rules similar to the FCC’s in state law.

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

News Herald - July 15, 1921 - F.E. Bleearde, Publisher

**Coeymans:**  
• B.A. Ten Eyck, engineer on the Poughkeepsie bridge tender tug “Dixon,” was home the forepart of a week for a short visit.

• A lawn social will be given under the auspices of the Epworth League of the Civill-Bailey lawn on Wednesday evening, July 23. Ice cream, cake and soft drinks will be on sale.

• N. Bronk Hazelton, who has been working on the barge “Persia” on the Barge Canal for the Merchants and Manufacturers Transit Co. of Rochester for the past few months, is home with his parents, Mr. and Mrs. John Hazelton, on account of the laying up of the barge.

• Ernest Hartman has been kept from his work at the Ravena Engine house as a result of a hemorrhage from his throat on Saturday evening.

• Mrs. Henry Stilan, 88 years old, who lives with her daughter Mrs. Kate Baker on Westerlo Street, had the misfortune to fall in her

room one day last week and break her right hip.

**Ravena:**  
• A daughter, Bessie B., was born to Mr. and Mrs. Hebert Shutter on Tuesday, July 12.

• Barent Ten Eyck and wife of Weehawken, New Jersey, have been visiting his father, John Ten Eyck and sister, Mrs. Nolie DePuy.

• A son was born to Mr. and Mrs. Clarence Hotaling of Central Avenue on Tuesday of this week, who has been named Melvin B.

• The annual lawn party of St. Patrick’s Church was held on a lawn at the rectory on Tuesday evening and the usual big crowd was in attendance. There were several large busloads of people from Albany.

• Ravena Grange was entertained at the home of Mrs. P. Bunt on Monday evening and two applications for membership were favorably acted upon. After the business section of the lodge, Mrs. Bunt proved a most capable host, furnishing excellent samples of pastry. She was assisted by Mrs. Winne in serving.

• On Tuesday, July 19, the Ravena

Hose Co. will hold a benefit in Community Hall. The movie “Earthbound” will be shown. In addition, there will be a Toonerville comedy, “The Village Fire Dept.” and Path News and Topics of the Day. Admission 35 cents. Help the Hose Company make this a tremendous success.

**Coeymans Herald - July 14, 1886 - S.H. & E.J. Sherman, Proprietors**

• Sheriff Hart has appointed John N. Briggs and Daniel Morehouse special deputies for the town of Coeymans.

• Every housewife is up to her elbows in canning the fruits of the summer harvest.

• The Whitehead Brothers are shipping a boat load of sand nearly every day from their dock in North Coeymans.

• Baeren Island has the cream of the excursions this season. It is the best fitted excursion ground along the Hudson.

• A social hop will be given by our young men July 21 or 22. Mr. John G. Ward has offered the use of his building for the affair.

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# Cuomo declares 'emergency' to stop gun violence

By **Natasha Vaughn**  
Courtesy of Columbia-Greene Media

ALBANY — Gov. Andrew Cuomo last Tuesday outlined a \$138.7 million plan to combat the gun violence epidemic in New York state.

Cuomo issued an executive order declaring the first-in-the-nation gun violence disaster emergency as part of the state's new comprehensive plan to build a safer state. The governor discussed at John Jay College of Criminal Justice in New York City how the COVID-19 pandemic highlighted the growing gun violence epidemic, and he outlined a seven-step plan about how the state is going to combat gun violence, and issued an executive order declaring the first-in-the-nation gun violence disaster emergency as part of the state's new comprehensive plan to build a safer state.

"We went from one epidemic to another epidemic," Cuomo said. "We went from COVID to the epidemic of gun violence, and the fear and the death that goes along with that. It's been all over the newspapers, it is undeniable. It's so bad that when you look at the recent numbers, more people are dying of gun violence than are dying of COVID."

The governor highlighted the recent July 4th holiday weekend, saying 51 people were shot and 13 killed.

New York has the strictest gun violence laws in the nation, but there is more that needs to be done to change the gun violence epidemic, he said.

The governor outlined the \$138.7 million plan in seven steps: 1) Treat gun violence like a emergency public health issue; 2) Target hot spots with data and science; 3) Positive engagement for at-risk youth; 4) Break the cycle of escalating violence; 5) Get illegal guns off the street; 6) Keep guns out of the hands of dangerous people; 7) Rebuild the police-community relationship.

"What does this do, this executive order? First, it says to everyone in the state, I want you to understand the extent of the problem, I want you to understand how serious this is," Cuomo said. "It then also allows us to move even faster and free up money and free up programs so we can get it on the street and get it on the street now."

The \$138.7 million will help to go toward intervention and prevention programs such engaging at-risk youth in summer job opportunities and

community activity programs to get young people off the streets and support ongoing gun violence prevention programs. Cuomo said this will include \$76 million to create job opportunities and community activities for youth.

The state is also partnering with the Consortium for Worker Education, the workforce development arm of the New York City Central Labor Council to provide new job training, training stipends, credentialing and placement in good-paying, long-term jobs for 2,400 young people who are out of school and live in neighborhoods most impacted by gun violence.

Cuomo said research has shown that summer jobs programs decrease the likelihood of involvement in violence by 45%.

The state is also going to be closing a loophole on harmful gun sales. Cuomo announced his signing of legislation that would hold gun manufacturers liable for their products. He also announced the signing of legislation that will prohibit people with outstanding warrants for their arrest to purchase guns.

Part of the state's plan to combat gun violence includes the creation of a new State Police Gun Trafficking Interdiction Unit to stop the flow of illegal guns that come into New York from other states.

To coordinate the state's gun violence prevention effort, Cuomo announced the creation of the Office of Gun Violence Prevention. The governor also required by executive order major police departments to share incident-level data on gun violence with the Department of Criminal Justice to compile this data weekly. This data will be used by the new Office of Gun Violence Prevention to track emerging gun violence hot spots and deploy resources to those areas that need it most.

"This is not just a criminal justice issue, this is a public health issue," Cuomo said. "It's a jobs issue, it's a substance abuse issue and we have to coordinate them all together and that's what we're going to do in New York state. We're going to create the first Office to Prevent Gun Violence, in the Department of Health, and come up with a comprehensive organized science and data-driven approach."

During the COVID-19 pandemic, people left New York and they will only come back to New York and to the city if and when they feel safe, not just from COVID,

but from gun violence, Cuomo said.

"When the COVID epidemic hit, no one said can we afford to do this, nobody," Cuomo said. "I spent billions of dollars buying masks, buying ventilators, buying this, buying that. Nobody said, 'Oh, can we afford to spend money on COVID?' Why? Because it was a matter of life and death. And when people think they may die they say spend whatever you have to spend to keep me alive. Well, you know what, we're in a new epidemic and it's gun violence and you know what, it's a matter of life and death also. We can't afford not to commit ourselves."

Some lawmakers noted issues with the governor declaring an emergency shortly after the ending of the COVID-19 state of emergency.

"Days after finally relinquishing his emergency powers, the governor has declared another emergency," Senate Republican Leader Rob Ortt, R-North Tonawanda, said in a statement shortly after Cuomo's announcement. "The crisis in cities across our state today directly correlates with the passage of the disastrous bail and other criminal justice 'reforms,' an out-of-control Parole Board that has released countless murderers and other dangerous criminals, and calls by Democrats to defund our police."

Others noted crime rates in New York in regard to recent legislation.

"His announcement today ignores the reality that crime rates have spiked across the state in almost direct correlation with liberals' consistent passage of pro-criminal policies that return violent offenders to the community and undermine the efforts of police to do their jobs," Assembly Minority Leader Will Barclay, R-Pulaski, said in a statement.

Steve Coffey, an attorney with O'Connell and Aronowitz in Albany, said his firm is representing more than 10 cases under the Child Victims Act.

Many attorneys have stayed away from Child Victims Act cases, he said, for several reasons, including money, building evidence for a case that is decades old or the alleged abuser has died.

"You have to look at a lot of issues — the complexity of the case, the chances of success and the potential monetary return," Coffey said. "These can be very difficult cases, they're very time intensive."

# SENIOR PROJECTS

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

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

All meals must be

preordered by calling ahead. Cost is \$5.

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

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

ing to the organization's Facebook page.

Bingo has been cancelled until further notice.

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



## RCS COMMUNITY LIBRARY

"Everything good, everything magical happens between the months of June and August." — Jenny Han, "The Summer I Turned Pretty"

### ANTI-RACISM DISCUSSION

Virtually, Monday, July 19, at 7 p.m.

Everyone wants to be anti-racist, right? The hard part is figuring out what tools you need to do that work. Join in a discussion of "The Danger of a Single Story" TED talk by Chimamanda Ngozi Adichie. Participants will be sent the link to watch in advance. The group will then gather on Zoom for a facilitated discussion of perspective and narrative and how it relates to race. The program will last one hour — come ready to have brave conversations and grow! Register today via the library's website under "Events."

tated discussion of perspective and narrative and how it relates to race. The program will last one hour — come ready to have brave conversations and grow! Register today via the library's website under "Events."

### COME TO A DINO DIG AT THE LIBRARY!

Help excavate dinosaur bones at the library! Dig them up, brush them off and see if you can piece them together. Wear something you can get dirty, because dino digs can get messy. Registration required — visit the library website under "Events."

### PARKEXPEDITION

Summer is here and it's a great time to get out and explore the community. Did you know there are over 16 parks in the area? Come by the library and pick up a Park Expedition Passport. It has all the information you'll need to get the most out of your summer outings — which parks have athletic fields, playground equipment, picnic tables and hiking trails, etc. Check back in throughout the summer, and they will stamp your passport for every park you visit. Get 10 or more stamps and you can be entered in a prize raffle.



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# The leading cause of broken marriages

I'm going to put a block on The Home and Garden Channel. I don't care what Dr. Oz says, I think it's the leading cause of arguments between spouses in America, not money.

Usually, I get to the remote first, although right after the evening meal, we're both interested in watching the news. After the news, I can usually find some program on one of the neutral channels like The Food Network, The Discovery Channel or Create that captures The Queen's attention. She usually reposes on the couch and rarely lasts more than a half hour or so.

Once her eyes close, the whole world of electronic entertainment is mine, all mine. I turn the sound down a little and click over to The Speed Channel or The History Channel. Sometimes I even watch some of the tattoo shows. The Queen disapproves of them, saying in her own sweet little way, "How can you watch that junk! It's gross!" I try to convince her that I'm interested in the artwork and the artistic ability of the artists on the show — I stopped saying this, though, when I realized how much like a friend of mine I sounded like. He tried to convince his wife that he got Playboy Magazine because he likes to read the articles.

It just didn't work for either of us. There are those evenings that I dread, when The Queen is wide-eyed and alert and she gets to the remote before I do. She checks PBS and if nothing interests her, she heads for The Home and Garden Channel, I head for the kitchen and take another blood pressure pill.

I really don't mind watching many of the programs, in fact some are very informative and quite entertaining. I find many of the ideas useful on some of the low-budget shows — redoing a room for under a hundred dollars or decorating by moving some of the junk you already own from room to room.

The ones I just can't stand are the ones where people are talked into redoing their kitchen or bath or living room or doghouse or whatever just because they're outdated. One that had me foaming

## WHITTLING AWAY



DICK BROOKS

at the mouth the other night had a middle-aged couple who should have known better, hiring a decorator to redo their outdated 1990s kitchen.

Right there, I could feel the hairs on the back of my neck rising. I live in a house built in the 1840s and some of the rooms haven't been changed since the Civil War.

They proceeded to dive into the project.

The designer felt a little limited with a budget of only \$65,000, but felt that they could accomplish most of his goals by using a little creative ingenuity. The first house I owned, I bought for \$20,000. I started to chew on a sofa cushion.

Part of the plan for keeping the cost down was that the couple would do most of the demolition work themselves. It cost \$65,000 and they had to do the dirty work themselves! I spit out the sofa cushion and started chewing on the coffee table leg, The Queen asked me to

please do it more quietly.

They gutted the kitchen, then in pulled several Mercedes wagons filled with skilled craftsmen and craftsmen. Through the miracle of time-lapse photography, the three months to rebuild the kitchen just flew by. I finished the coffee table leg without making any derogatory comments that The Queen could hear.

I wondered where the by now about-to-be-divorced couple had prepared food in the interim. It was kind of touching when they revealed the finished product to homeowners who wept tears of joy and kissed the hem of the designer's high-priced jeans. It was beautiful, I had to admit, and did do much to stimulate the economy. Why, the 38 acres of granite countertop must have kept several quarries busy for months.

The happy couple must have thought it was worth it — they didn't even complain about the \$30,000 cost overrun.

The Queen found a British comedy she liked on PBS, I unclenched my fists, picked a few splinters out of my teeth and went to check the refrigerator. I left the remote in the freezer and returned to the living room.

Thought for the week — Whatever happened to Preparations A through G?

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

Reach Dick Brooks at Whittle12124@yahoo.com.

# Growing tomatoes

## GARDENING TIPS



BOB BEYFUSS

Some readers in the Hudson Valley region are already seeing tomatoes ripen on their early transplants. Those of us in the mountains are still waiting for the plants to finally start growing.

Larger tomato plants will sometimes wilt during the hottest part of the day, despite the soil having plenty of moisture. This is normal and nothing to worry about. Resist the urge to keep watering them since this can lead to root rot, or it may cause them to develop a very shallow root system, requiring more watering than if left alone.

Tomato roots can extend 2 feet deep into the soil, but the majority of them are in the upper 12 inches of soil. Be careful hoeing or tilling close to the main stem to avoid damaging shallow roots.

Mulches can effectively smother most annual weeds, hoeing just serves to bring more weed seeds closer to the surface. Grass clippings, clean straw and wood shavings are good organic mulches. Sawdust is also effective, but it might "steal" some soil nitrogen as it breaks down. Dust some fertilizer on the soil surface to feed the microbes if you use sawdust.

It is not uncommon for the first few tomatoes that begin to ripen to develop a black spot on the bottom of the fruit that expands until the whole fruit rots. This is called blossom end rot, a physiological disorder that cannot be treated or prevented and not any sort of disease. Technically, it is due to a lack of calcium, but that is due to a lack of roots. Your garden soil contains plenty of calcium, but inadequate root system cannot absorb it. It cures itself in short order, though, as the root systems fully develop. It always affects

bly for 50 feet or more and cause some really weird-looking growth on tomatoes.

Strawberry season is just about over now, but if you grow several different varieties, with different days to maturity, you can stagger the harvest from mid-June to mid-July. If you can get three seasons of good yields you are a talented gardener, as these fruits are not the easiest to keep growing due to insects, weeds, diseases and other pests. Turtles and chipmunks love these tasty morsels, as do slugs.

After fruiting, strawberries produce many runners so it would seem easy to just let them grow and bear fruit, but leaving the runners to overcrowd the bed results in few fruit in subsequent years.

To renovate an overgrown strawberry bed that you have finished harvesting, begin by running your lawn mower over it to cut off the leaves. Next, thin the beds to 1-foot-wide rows by tilling the soil on either side. You need to destroy 75% of the bed to allow the remaining 25% to grow.

Strawberries are heavy feeders and require a good deal of nitrogen each year. Broadcast 3 pounds of 10-10-10 fertilizer per 100 square feet of bed, on top after tilling. You can substitute 3 pounds of dry blood for an organic approach. Weed the bed as much as possible and try to keep the individual plants thinned to at least a foot apart.

Strawberry buds are formed in the fall when days are short and the plants usually require winter protection. Cover the bed with 3 inches of clean straw in November and remove it next April.

Reach Bob Beyfuss at rlb14@cornell.edu.

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

Writers are limited to one letter every 30 days.

**SEND LETTERS VIA:**

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A6 Thursday, July 15, 2021

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**Dying in public has its hazards...**

Dying in public has its hazards, one of which is I missed a publishing deadline for the first time in my life.

I'm sorry. I'm on some heavy painkillers and anti-anxiety meds and my mind isn't quite as accurate as I'd like. I'm too late for a few of my publications but I'll give it my best shot.

I'm still here. I'm still writing. I'm still ringing the bell for positivity and optimism. For some, that's still good news. Unfortunately, for others, they'd rather my voice be silenced.

Positively Speaking



**Gary W. Moore**

My computer was hacked over the weekend and at the same time, my Facebook pages were all locked. Hopefully by the end of the day, all will

be back up and running but as of now I'm only partially up.

Thank you for your understanding. As long as I am up and breathing, I will be back next week!

May God bless you all.

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

**New Baltimore Conservancy announces scholarship winners**

NEW BALTIMORE — The New Baltimore Conservancy invites the community to their annual Wine & Cheese Party on Friday, July 16, starting at 6:30 p.m. at Cornell Park, Mill Street in the hamlet.

Enjoy one of New Baltimore's breezy summer nights at the river's edge with your friends and neighbors. Bring your own beverage, lawn chair, appetizer or dessert dish to share (items that can be picked up with toothpick or ready

to go cups, on plates or individual wrapped).

Everyone is welcome. This year the Conservancy will welcome and congratulate the 2020 and 2021 scholarship recipients from Coxsackie-Athens High School.

Kacey Chamberlin is the 2020 recipient. She is the daughter of Kelli and Roy Chamberlin of Coxsackie.

She hopes to become a wildlife conservationist and an environmental scientist. She is attend-

ing Siena College.

Sarah Tyner is the 2021 recipient. She is the daughter of Christine and David Tyner of Athens.

She will be attending Northeastern University, where she will be majoring in history and political science.

Both young women have shown a commitment to community service.

For more information about the event contact, Olivia Vasto at 518-225-5107.

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 • Wednesday, Bible Study & Prayer - 7-8:30pm (all are welcome)  
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 • Wednesday Bible Study 6:30 PM - 8:00 PM

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 • Sunday school time TBD  
 • Choir Thursday - 4:45 PM  
 • Bible Study Friday - 10:00 AM  
 • Helping Hands 2nd Sunday - 10:30 AM  
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# US reps request \$725M to help dairy farmers

By Kate Lisa

Courtesy of Columbia-Greene Media

Twenty-five members of Congress pleaded with President Joe Biden last week to reimburse dairy farmers millions of dollars for lost milk revenue as the market faces continued disruption in the wake of the coronavirus pandemic.

U.S. Rep. Antonio Delgado, D-19, a member of the Agriculture Committee, led the group of federal representatives to send a letter to Biden, a Democrat, asking for \$725 million to compensate dairy farmers nationwide for foregone milk revenue after changes to milk's national pricing structure in the 2018 Farm Bill and compounding difficulties caused by COVID.

"Our dairy producers continue to operate in an extremely difficult economic climate due to forces outside of their

control," according to the representatives' letter. "In addition to causing massive market disruption, the COVID-19 pandemic has wrought significant price volatility upon our farmers and saddled them with higher feed, labor, equipment and energy costs.

"We strongly urge you to ensure our producers are reimbursed for as much of the roughly \$725 million in foregone Class I skim milk revenue as possible," the representatives continued. "Farmers in various regions of the country have suffered from these losses, so your help will be critical."

Biden's administration had not responded to the letter as of press time.

The representatives who signed the letter, all Democrats, include New York representatives Grace Meng, D-6, and Paul Tonko, D-20, who represents Albany Coun-

ty. The 2018 Farm Bill changed how the Federal Milk Marketing Order system formulas compute the price of the four classes of milk, including Class I, or drinking milk, and sets the price based on a historical average.

"Over the past 20 years, that would have been fine, but then you throw in COVID and the whole world just changed," said Eric Ooms, a commercial dairy farmer in Columbia County.

Ooms co-owns and operates A. Ooms & Sons Dairy Farm in Valatie with his father and two brothers.

The farm received enough federal COVID funding from the CARES Act — about 20% of Ooms's income — to survive through financial hardships caused by the pandemic.

"We had a massive hole," Ooms said, adding

the shortfall was directly related to its drinking milk production. "We are producing more milk than our market can handle, and that's going to continue to weigh down our prices.

"The price of milk is still sluggish on a historical set, but that's only half of the story. The bigger factor is everything else is going up around it."

Dairy farmers weathered significant challenges through the pandemic, including pay for higher feed, labor, equipment and energy costs combined with the of the foodservice market.

About 40% to 42% of Ooms' milk goes to food service and grocery stores. Between 15% and 17% is exported.

"Overnight, two of those legs were just gone," Ooms said of difficulties during the pandemic. "Over time, they rebuilt, but... exports have

been coming back slowly. We make the most money in the food service industry."

Restaurants continue to lag behind pre-pandemic levels, leaving eateries and food service industries to purchase fewer milk and dairy products even as the pandemic ends. Fuel costs remain inflated, and supply chain issues persist as industries work toward economic recovery.

"When you're talking 40% of your revenue, if food service is even off 10%, you're still off 10%," the Capital Region farmer added. "So you have all these factors thrown in, and what Congressman Delgado is making the case for is because since the law that was changed just recently, there's significant loss. It was supposed to be net neutral [for farmers] and it turns out there was significant loss.

"There was so much that went wrong in how milk was delivered, how milk was priced and everything else."

Representatives are focusing on aiding farmers with recovery and addressing pandemic-related losses before proposing amendments to the law. Ooms said the formula changes would not have added to farmers' financial struggles if the pandemic had not hit less than a year after the law went into effect.

Class I milk prices averaged \$3.56 per counterweight — lower during the second half of 2020 than they would have before the 2018 changes.

Dairy farms in the Northeast are estimated to have lost more than \$141 million of the \$725 million national estimate. Federal data shows milk prices have remained continually depressed for more than five years.

## RCSCBA: Village opportunities, growth and grants are hot topics

RAVENA — Those interested in economic development, proposed grants, the how-to's of opening a business and information on the new energies and investments in the village are invited to the Ravena Coeymans Selkirk Community Business Association meeting on Thursday, July 22, at 5 p.m. at the Halfway House.

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



MARY ELLEN ROSATO

The guest speaker is Ravena Trustee Mary Ellen Rosato, who serves as the village's liaison to the Building Department. She is also the former Zoning Board chairperson

and served as its secretary. Fellow Trustee Nancy Warner will join her.

"It's the perfect opportunity to find out the latest information on the village's growth initiatives and to meet, greet and network," said Association President Joy Iafallo. "There is an obvious momentum stirring. We invite business and community leaders and those interested in Ravena and its outskirts to join in on the excitement."

The RCSCBA is an all-volunteer organization of business and community leaders and interest-

ed individuals. The group is a catalyst for growth and prosperity through economic and community development initiatives that foster a strong business climate.

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

The group's Facebook page is active at <https://www.facebook.com/RCSCBA> and the web-

site is <https://www.rcscba.com>. RCSCBA meets on the fourth Thursday of the month at rotating locations.

To join RCSCBA, go to <https://www.rcscba.com/>

join or contact Marlene McTigue at [RCSBizAssoc@gmail.com](mailto:RCSBizAssoc@gmail.com).

For more information about meetings, call 518-928-1825 and ask for Joy.

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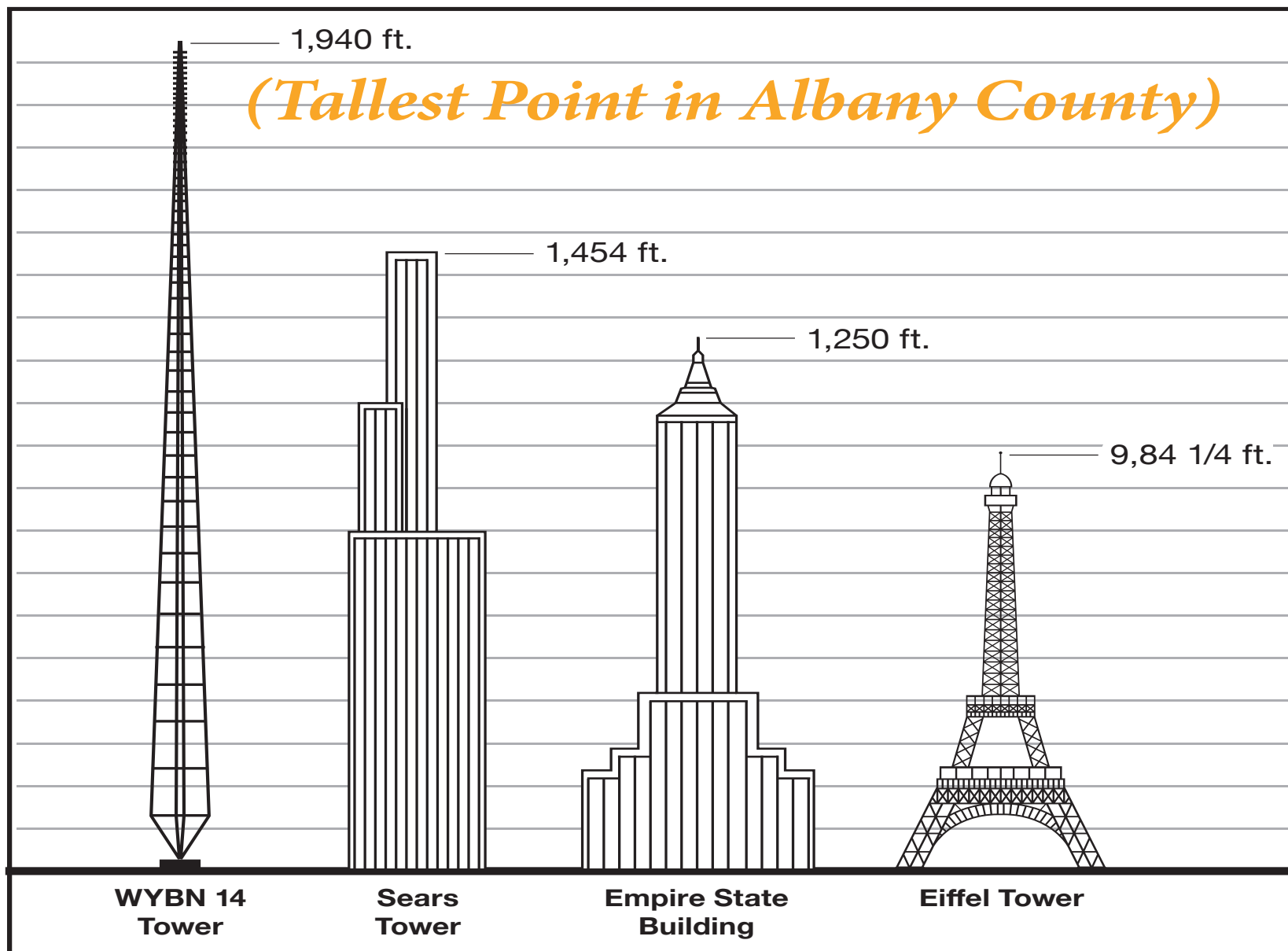
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I wanted to thank everyone within the Ravena / Coeymans / Selkirk communities for their continued support over the last year. It has been difficult at times but we have managed to get through it and provide a helpful community service. We are back 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....

Shane DeCrescenzo

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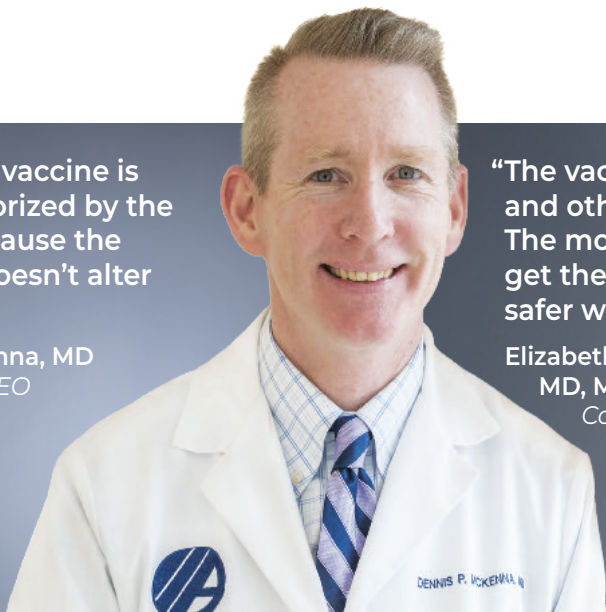


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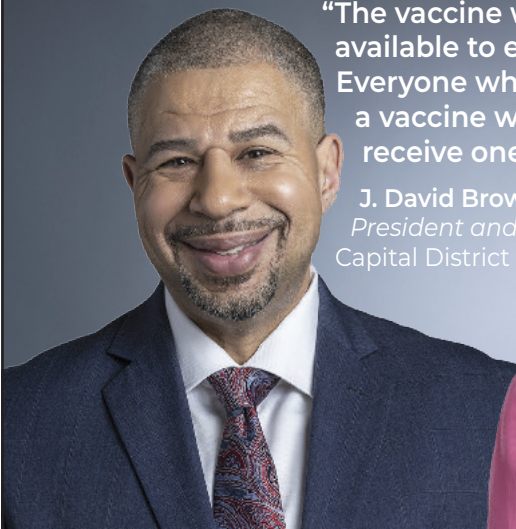
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"The vaccine will be available to everyone. Everyone who wants a vaccine will receive one."

J. David Brown  
President and CEO  
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"No one will be left behind. Please, let's join together and do it right."

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

Bill Hart  
Vice President of U.S. Business Operations  
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"Until enough people are vaccinated, please continue social distancing, wearing your mask and washing your hands."

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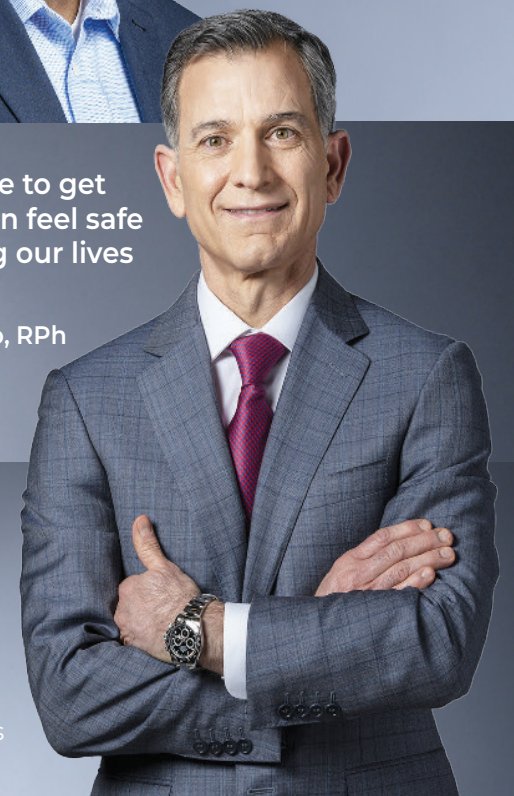
"When it is your turn, don't hesitate, vaccinate."

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

Christopher Del Vecchio, RPh  
President and CEO  
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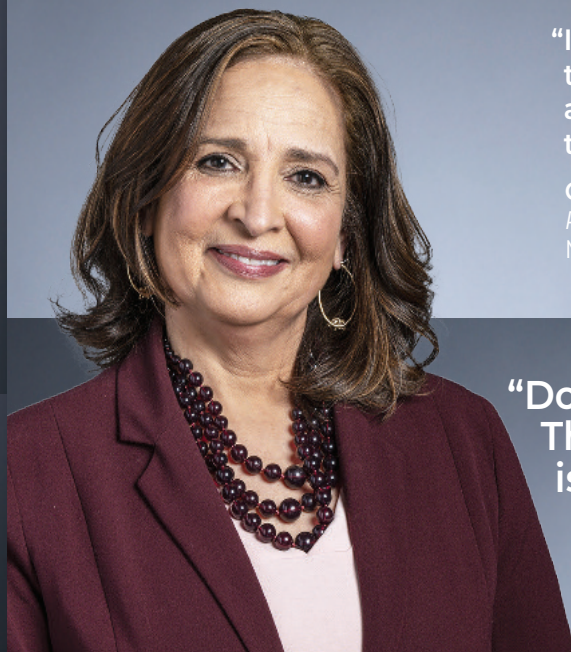


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Micky Jimenez  
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Capital District Latinos

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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.*

### July 2021

15 - Game Night at Mosher Park, hosted by RCS Community Library, 7 p.m. Bring a lawn chair. Registration is required and limited at [rescommunitylibrary.org](http://rescommunitylibrary.org).

16 - New Baltimore Conservancy wine and cheese event, 6:30 p.m. Visit conservancy's Facebook page for more information.

19 - Anti-Racism Discussion at RCS Community Library, 7 p.m. Virtual program.

19 - Selkirk Fire District Board of Commissioners meeting, 6 p.m., Fire Station No. 1, 126 Maple Ave., Selkirk.

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

21 - Evenings on the Green, Dusk Till Dawn performs from 6-8 p.m., Coeymans Landing gazebo. Free admission.

21 - Jammies in the Park, hosted by RCS Community Library, 6:30 p.m. at Mosher Park Pavilion.

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# Kid Scoop

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE



© 2021 by Vicki Whiting, Editor Jeff Schinkel, Graphics Vol. 37, No. 34

**Kid Scoop Together:**  
**Ready, Set, GO!**  
One person is the hare and the other is the tortoise. Race against a family member to reach the finish line first.

Here's a Greek fable by a man named **Aesop** about a race between a tortoise and a hare. It may surprise you who wins!

## THE TORTOISE AND THE HARE



The hare ran so fast some of the words flew out of the story. Can you find where each word belongs?

- BLINKED
- CROSSED
- SNOOZING
- SLOWEST
- EASY
- SPRANG
- FASTEST
- WIN
- MORNING
- TIRED

There once was a hare who always bragged that he was the \_\_\_\_\_ animal in the forest.

“Not even the wind is as fast as me!” the hare would boast.

The tortoise got \_\_\_\_\_ of such bragging.

“We all have heard you talk and talk about how fast you are, but we have never seen you \_\_\_\_\_. I’ll race you,” said tortoise.



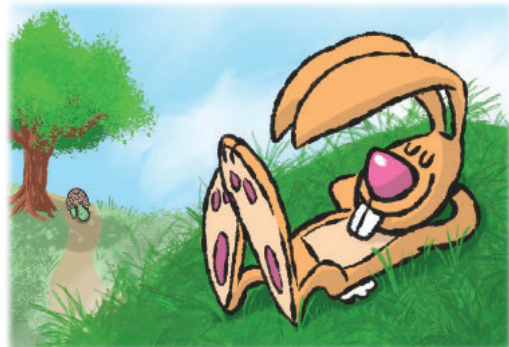
The hare laughed and laughed. “There’s no way you can beat me! I am the fastest and you are the \_\_\_\_\_!”

The hare and the tortoise agreed to race the next \_\_\_\_\_. They would race to a big tree down the road and around a bend. Many other animals came out to \_\_\_\_\_.

**GO!** The hare zipped off the starting line in a blur, leaving the tortoise in a puff of dust. The tortoise coughed, \_\_\_\_\_ her eyes, and took the first of her slow, steady steps.

The hare was soon way ahead, far down the road. The tortoise could hardly see the hare in the distance, but she wasn’t worried.

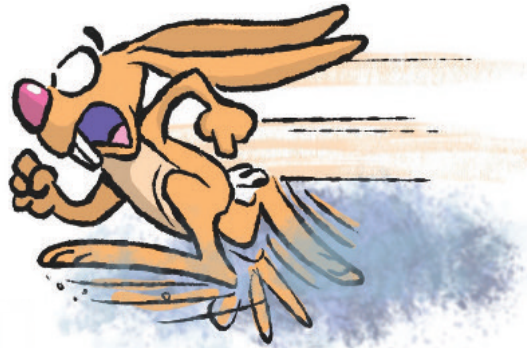
As the hare rounded the bend in the road, he laughed and thought, “This is too \_\_\_\_\_. I’m going to rest. That tortoise is so slow that I’ll get up in time and *still* beat her to the finish line!”



The hare laid down on the warm, soft grass and fell asleep! Later, when the tortoise walked right by the \_\_\_\_\_ hare, he didn’t

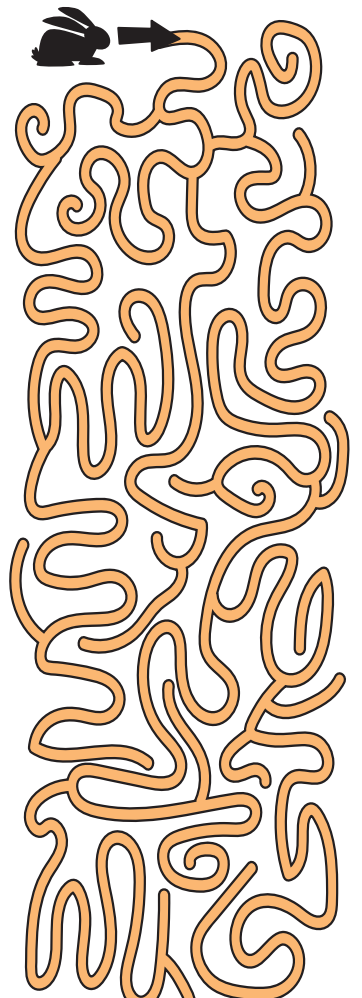
wake up. The tortoise didn’t stop. She just kept walking her slow and steady pace.

When the tortoise was nearly to the finish line, the hare woke up. Yawning and rubbing his eyes, he was shocked to see the tortoise nearing the \_\_\_\_\_ line.



The hare \_\_\_\_\_ to his feet and ran as fast as he could to try catching up to her to \_\_\_\_\_ the race.

But by then it was much too late. The slow little tortoise \_\_\_\_\_ the finish line first. All of the forest animals cheered loudly for her!



FINISH

### About Aesop

Aesop was a storyteller. He lived about 2,500 years ago in ancient Greece. His favorite story to tell was a **fable**. A fable is a very short story with a **moral**, or a lesson to teach.

Aesop’s fable *The Fox and the Grapes* tells about a fox who tries and tries to reach grapes on a high branch. Embarrassed by being unable to jump high enough to reach them, the fox walks off angrily, saying loudly that the grapes are sour and not worth the effort anyway.

Use the code to discover the moral of Aesop’s fable *The Tortoise and the Hare*.

- ▲ = A
- = C
- ▲ = E
- = I
- = L
- = N
- = O
- = R
- = S
- = T
- = W
- = Y

\_\_\_\_\_ and \_\_\_\_\_  
D  
the \_\_\_\_\_.

Extra! Extra!

### Strike a Pose

Look at a photo in the newspaper. Can you make the pose of the person in the photo? How long can you hold the pose?

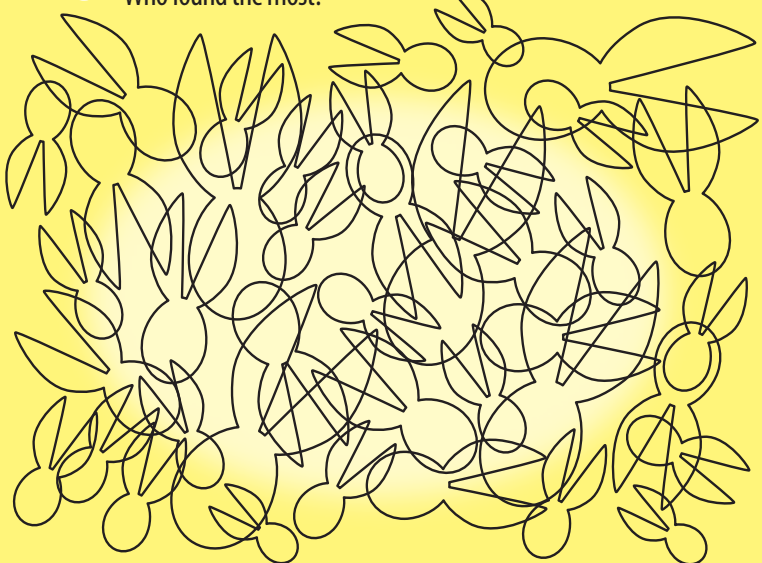
Standards Link: Value physical activity for enjoyment and health.

### Kid Scoop Puzzler



#### There’s Lots of Hares in There!

How many hares can you find in two minutes? Have a friend try. Who found the most?



### Double Double Word Search

- TORTOISE
- BRAGGED
- FASTEST
- LAUGHED
- SLOWEST
- ASLEEP
- BOAST
- AESOP
- MORAL
- FABLE
- HARE
- BEND
- BEAT
- RACE
- WINS

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

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

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

### KID SCOOP’S MISSION

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

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

### Kid Scoop VOCABULARY BUILDERS

This week’s word:  
**BOAST**

The verb **boast** means to brag about what you do or about things that you own.

Kayla always **boasts** about being the best tennis player.

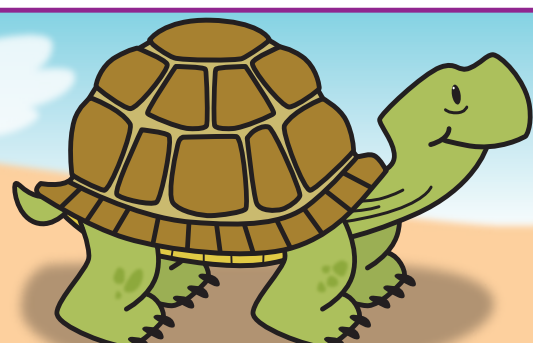
Try to use the word **boast** in a sentence today when talking with your friends and family members.

### FROM THE Kid Scoop LESSON LIBRARY

#### Hop Through the News

Hop is a **verb**. It is an action word. Look through the newspaper for 10 or more action verbs such as swim, run, walk, etc. Can you act out each one?

Standards Link: Language Arts: Identify action verbs.



#### Why don’t tortoises wear scarves?

Because they have turtle necks!

ANSWER:

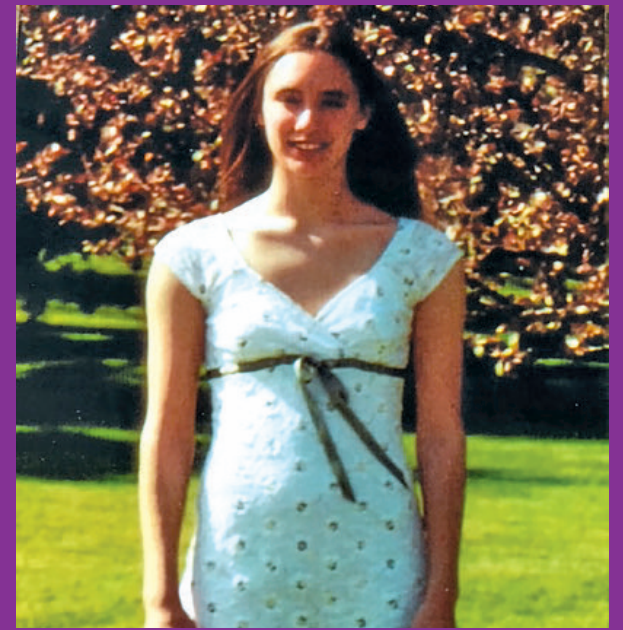
### Write On!

#### The Great Outdoors

What do you love about being outdoors? Write about these things while sitting outside in the shade.

# Thank You

from The Families of Seana M. Hazelton  
to those who have contributed over the years!



## Seana's Memorial Scholarship Fund has awarded over \$100,000 to 174 graduating RCS students!

This scholarship is continuing to make an impact at Ravena-Coeymans-Selkirk High School (RCS). We want to especially thank the businesses, community, friends, and family for supporting the scholarship over the years. We hold tremendous gratitude to everyone who has supported this endeavor which allows us to honor others in her memory.

Seana M. Hazelton Memorial Scholarship Fund was created, with the desire to provide scholarships each year to RCS students that personifies Seana's character:

- Sportsmanship
- Academic Responsibility
- Honesty
- Good will
- Passion to pursue ones dreams
- Demonstration of the care for the well-being of others
- Always Smiling, Enthusiastic, Energetic
- Friendly, Outgoing, Able to mix with all groups

*The proceeds for these scholarships started with the deposit of Seana's personal savings and have been possible through many donations in Seana's memory from her families, friends, community businesses, and largely thanks to the Seana M. Hazelton Memorial Golf Tournament.*

As well as awarding these students, we would also like to recognize the parents, families, and friends that have helped raise these recipients into the extraordinary young men and women they have become. You have worked hard to instill strong values and wonderful characteristics that will help them fulfill all of their dreams.



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# SPORTS

# B

## Saratoga Race Course to feature new and returning attractions

SARATOGA SPRINGS – The New York Racing Association, Inc. (NYRA) has announced a series of new and returning attractions, entertainment and events for the 2021 season at Saratoga Race Course, which begins Thursday, July 15, and continues through Monday, Sept. 6.

Gates open at 11 a.m. each day, including weekends, with the exception of Runhappy Travers Day, Saturday, Aug. 28. Post time for the first race on Opening Day is 1:05 p.m.

“In addition to world-class thoroughbred racing, fans this season will once again enjoy an outstanding lineup of entertainment and events designed to enhance an afternoon at Saratoga Race Course,” said NYRA Senior Director of Communications Pat McKenna. “This will be a summer to remember and we very much look forward to welcoming fans back to Saratoga for a reunion like no other.”

The 2021 Saratoga summer meet will include the following events and happenings:

### OPENING DAY, PRESENTED BY RUNHAPPY: THURSDAY, JULY 15

Saratoga Race Course will welcome the return of fans during Runhappy Opening Weekend, July 15-18, that will begin with a day-long celebration including a live musical performance from Saratoga Springs-based Soul Session. All fans who show proof of vaccination via the New York State Excelsior Pass will receive free Grandstand general admission.

### HEALTH CARE HEROES AND FIRST RESPONDERS DAY, PRESENTED BY CDPHP: FRIDAY, JULY 16

NYRA will recognize the contributions of health care workers and

first responders during the Covid-19 pandemic with a day in their honor, presented by CDPHP. All health care workers and first responders will receive free Grandstand admission with proper ID. The afternoon will include a special trackside performance by the New York State Police Pipes and Drums.

### FASHION CONTEST: SATURDAY, JULY 17

Racing fans will be invited to celebrate the tradition of style in thoroughbred racing with a new Fashion Contest with categories for Best Hat, Best Dressed Woman and Best Dressed Man. The event will take place from 1 to 3 p.m. at the Whispering Angel Rosé display near the Travers Bar, presented by Moët Hennessy. All fans 21 years of age and older will enjoy complimentary samples of Chateau d'Esclans Whispering Angel Rosé, while supplies last.

### BERKSHIRE BANK FAMILY SUNDAYS: EVERY SUNDAY BEGINNING JULY 18

Berkshire Bank Family Sundays will feature a wide variety of free family-friendly activities, games, attractions and educational activities each Sunday at the Berkshire Bank Family Zone.

### NEW YORK THOROUGHBRED AFTERCARE DAY: WEDNESDAY, JULY 21

NYRA joins the New York Thoroughbred Horsemen's Association and New York Thoroughbred Breeders in hosting the inaugural New York Thoroughbred Aftercare Day. Highlighted by the Rick Violette Stakes, the day will pay tribute to an array of organizations involved in finding new homes and careers for retired racehorses.

### MILITARY APPRECIATION DAY:

#### THURSDAY, JULY 22

Saratoga Race Course will pay tribute to active military members and veterans in appreciation of their sacrifice and service to our nation. All veterans and active-duty military will receive free Grandstand admission with military ID.

### LUSTGARTEN FOUNDATION DAY: SATURDAY, JULY 24

Saratoga will honor the legacy of trainer Dominic Galluscio with a day to benefit The Lustgarten Foundation, a non-profit organization whose mission is to advance scientific and medical research related to pancreatic cancer.

### PERMANENTLY DISABLED JOCKEYS' FUND AWARENESS DAY: SATURDAY, JULY 31

Saratoga Race Course will unite with racetracks across the country with autograph signings and photo opportunities as part of the Permanently Disabled Jockeys' Fund (PDJF) Day Across America.

### FABULOUS FILLIES DAY: THURSDAY, AUG. 5

Saratoga Race Course will honor local breast cancer survivors while supporting To Life!, a Capital Region non-profit organization which provides personalized breast cancer education and support services.

### WHITNEY DAY: SATURDAY, AUG. 7

The day's card will be headlined by one of the meet's signature races: The Grade 1, \$1 million Whitney. Completing the trio of Grade 1s on Whitney Day will be the \$500,000 Longines Test and the \$1 million Saratoga Derby Invitational, the second jewel of the Turf Triple series in its first running with Grade 1 status. Gates open at 11 a.m.

### SARATOGA COOLER BAG GIVEAWAY, PRESENTED BY SARATOGA CASINO HOTEL: SUNDAY, AUG. 15

Fans will enjoy the first giveaway of the season – a Saratoga cooler bag, presented by Saratoga Casino Hotel. Free with paid admission, while supplies last.

### NEW YORK SHOWCASE DAY: FRIDAY, AUG. 27

Runhappy Travers weekend will kick off with New York Showcase Day, featuring six stakes for state-breds worth a combined \$1.15 million. The lucrative card is headlined by the \$250,000 Albany, a nine-furlong test for sophomores. In honor of the \$150,000 West Point Handicap, presented by Trustco Bank, the afternoon will feature a special performance from cadets at the United States Military Academy at West Point.

### RUNHAPPY TRAVERS DAY: SATURDAY, AUG. 28

The 152nd renewal of the Grade 1, \$1.25 million Runhappy Travers will be the centerpiece of a blockbuster day of racing. The 2021 Runhappy Travers Day card will include seven stakes, including six Grade 1 events, offering \$4.6 million in total purse money with automatic berths in the Breeders' Cup to the winner of the Grade 1, \$750,000 Resorts World Casino Sword Dancer, the Grade 1, \$600,000 Personal Ensign and the Grade 1, \$500,000 Ketel One Ballerina. The Runhappy Travers Day card will also include the Grade 1, \$600,000 Forego and the Grade 1, \$500,000 H. Allen Jerkens Memorial for 3-year-olds. Rounding out the signature day at the Spa is the Grade 2, \$400,000 Ballston Spa. Gates open at 7 a.m. on

### Runhappy Travers Day. SARATOGA FLEECE HOODIE: SUNDAY, SEPT. 5

Fans will enjoy the second giveaway of the season – a Saratoga fleece hoodie. Free with paid admission, while supplies last.

### CLOSING DAY: MONDAY, SEPT. 6

The 2021 meet will come to a close with the traditional final feature race, the Grade 1, \$300,000 Hopeful for 2-year-olds, which affords racing fans a preview of potential standouts in next year's Triple Crown series and Runhappy Travers.

### Season-long daily events and activities will include the following: BERKSHIRE BANK FAMILY ZONE

Fans will enjoy 40 days of the Berkshire Bank Family Zone, an interactive play area for children located near Gate A, which will be complemented by the return of Berkshire Bank Family Sundays. The popular weekly festival will include free games, attractions and educational activities each Sunday of the season inside the Berkshire Bank Family Zone.

### SARATOGA FASHION DAYS

Fashion Saturdays, which was previously held once each week, will expand to a 40-day series of pop-up boutiques featuring stylish clothing, accessories and jewelry for women and men. The Saratoga Fashion Days boutiques will be located in the following areas: Lifestyles of Saratoga across from the Jockey Silks Room Porch; Miss Scarlett, Saratoga Rocks and the Winning Silks Collection near The Stretch; and Bumble B Boutique near the pad-

dock mutuels building (weekends only).

### VOLCAN TEQUILA SUMMER MUSIC STAGE

Fans will enjoy live music performances each afternoon of the season from popular local and regional bands at the Volcan Tequila Summer Music Stage. Strolling entertainment from Saratoga mainstays Reggie's Red Hot Feetwarmers and the Red Hot Dancers, amongst other acts, will also be a regular feature.

Fans will not be required to provide proof of vaccination for admission to Saratoga Race Course. Non-vaccinated individuals will be required to wear a facial covering during their day at Saratoga Race Course, in accordance with federal CDC guidance.

NYRA reserves the right to amend admission protocols based on updates and adjustments by New York state.

The 40-day summer meet at historic Saratoga Race Course will feature 76 stakes worth \$21.5 million in total purses highlighted by the 152nd renewal of the Grade 1, \$1.25 million Runhappy Travers on Aug. 28 and the Grade 1, \$1 million Whitney on Aug. 7, as the anchors of two of the most prestigious racing days in North America.

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

For more information about Saratoga Race Course, visit NYRA.com/Saratoga.

## DEC: Remove the food, remove the bear

### OUTDOORS

By Larry DiDonato  
For Capital Region Independent Media

Biologists and ECOs have recently been receiving reports of bears roaming neighborhoods in search of food and territory.

“We are encouraging New Yorkers to help reduce the potential for negative interactions with bears by removing the things bears find attractive like pet food and trash,” Department of Environmental Conservation Commissioner Basil Seggos said.

The Northern Catskills is prime habitat for black bears. In fact, the entire area surrounding the Catskill Mountains maintains a robust, healthy black bear population.

That inevitably leads to human-bear conflicts, especially in summer, which is a very active time for black bears.

“...Young bears disperse from family

groups, breeding bears search for mates, and all bears forage for food to gain the fat needed for winter. With this increased activity comes a greater potential for human-bear conflicts, when bears find food near people,” according to DEC.

The department recently set out a few guidelines that have proven to be effective in reducing human/bear conflicts. They are:

#### FEED PETS INDOORS

Bears have a highly developed sense of smell and feeding pets outdoors will inevitably lead to spilled, uneaten or stored pet food that attracts bears as well as other animals like raccoons, skunks, and opossums. Storing and feeding pets indoors will help you avoid unwanted visits to your home from bears looking for pet food.

#### SECURE GARBAGE

DEC and common sense dictate the need to secure garbage indoors or a locked outbuilding until the morning of pickup.



Contributed photo

Remove the food, remove the bear, the Department of Environmental Conservation advises.

Storing garbage outside for any length of time is like ringing the dinner bell for black bears. Many bears are acutely aware of your garbage pick-up schedule and plan their activity around it. This is especially true once they have succeeded in scoring a big meal from unsecured garbage containers. Bear-proof containers and dumpsters do work and should be available from your waste disposal company.

#### REMOVE BIRDFEEDERS

If leaving unsecured garbage is like to ringing the dinner bell for bears, keeping bird feeders out is akin to sending them a personal invi-

tation to dessert. Black bears absolutely love bird seed, especially the backyard favorite, black oiled sunflower seeds. Its like M&M candy for bruins. The only time it is safe to keep bird feeders out in bear country is the only time birds actually need our assistance — during the dead of winter when bears are dened and natural forage is scarce for wintering birds. So, if it's spring, summer or fall, take feeders down.

#### CLEAN GREASE FROM GRILLS

This is an easy one. Meals cooked on outdoor grills often create a scent/smoke trail that can lure bears in. But the grease pan found under

neath many types of grills stays with the grill long after the smoke and scent dissipate. That makes it an ongoing attractant to hungry bears in the area. Most types of grease traps on gas grills remove easily for cleaning.

So, the bottom line is, if you live in bear country (and if you're reading this, you probably do) and you feed pets indoors, secure your garbage, take down bird feeders and clean the grease from your grill, you'll likely be the person NOT having any conflicts with bears.

You may even be lucky enough to see the majestic black bear as it harmlessly passes through your yard. With no food to be found, it probably won't stay around much longer than time for a quick pic with your phone, turning a potential negative into a thrilling positive just because you followed a few common-sense suggestions from DEC.

Simply put, and to quote an old anthem among nuisance bear professionals, “Remove the

Food, Remove the Bear.” Happy hunting, fishing and trapping until next time.

#### NEWS AND NOTES

Columbia County resident and local bass fishing tournament organizer Bill Johnson says the next Lake Taghkanic Bass Tournament will be on July 17 from 4-11 a.m. Entry is \$40 per person and includes luncheon prize entry.

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

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

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

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

# How much does God love you?

**By Dr. Billy Holland**  
For Capital Region Independent Media

As our spiritual values become more centered on God, it's normal to start looking forward to our eternal existence.

For those who are in Christ, how exciting it is to know that our heavenly Father and His Son Jesus, our loved ones, our new name, our glorified body, inheritance, citizenship, and crowns and rewards are all a part of our glorious future.

We are briefly passing through this world and the only thing we will take with us when we depart is an account of how we lived and loved. How wonderful to know that heaven will be filled with endless praise, everlasting joy, perfect peace, and contentment without darkness, suffering, worries, or sorrow.

It's true that God loves everyone, but we will

not enter heaven just because we are good or deserve it. We are given eternal life when we repent, confess, believe and accept by faith that within God's grace, the blood of Jesus is the only price that can pay the ransom for our sins. Redemption is all about God's plan that was accomplished on the cross.

Listen to these lyrics from the song, "East to the West" by Casting Crowns, "In the arms of your mercy, I find rest... You know just how far the east is from the west... from one scarred hand to the other."

I cannot imagine a more optimistic and exciting thought than going to heaven and spending an eternity in God's presence. For the Christian, this promise should be a wellspring of joy reminding us that

## LIVING ON PURPOSE

our trials cannot be compared to the glory that awaits us.

May we tape this to our bathroom mirror to remind us every morning of how God's amazing grace provided a way for us to live with Him forever.

The fundamentals of our salvation can be basically described as God's love intervened as a rescue mission of mercy in order to save those who were hopelessly lost. I Peter 1:3-4 promises, "Blessed be the God and Father of our Lord Jesus Christ, who according to His great mercy has caused us to be born-again to a living hope through

the resurrection of Jesus Christ from the dead, to obtain an inheritance which is imperishable and undefiled and will not fade away, reserved in heaven for you."

Our busy schedule is filled with distractions and for most of us, it's exhausting to keep up. As our daily routines weigh us down with stress and frustration, it's important to be aware of a much higher reality. If we only consider eternity when we attend funerals, we are missing a vital component of our relationship with God that can keep us excited and rejuvenated with His joy and hope.

I'm giving the eulogy for my aunt this week, and it's truly going to be a celebration as we rejoice that her eternal life is just beginning. She loved the Lord and

always said that spending time alone with Him was never intended to be a last resort but rather a daily privilege. She was always happy and loved to laugh. She had her share of struggles, but we can live in a positive state of mind and stand strong in our faith no matter what trials we are going through as Titus 2:13 reminds us: "Looking for that blessed hope and the glorious appearing of the great God and our Savior Jesus Christ."

Do you have a happy place when facing a crisis? In Psalm chapter 91, there is actually a secret place under the shadow of the Almighty where we can be filled with His peace and safety. This awareness of His presence is a state of mind that can be attained for those who enjoy having a personal relationship with Him. God desires

to abide in the conscience of His children and this, in turn, allows Him to be our Lord and King. Being attentive to His voice will not come without serious determination. He must be our highest priority or the distractions of this life will slowly turn our eyes away from His promises.

Many do not realize that as Christians our allegiance is to King Jesus and our citizenship has been transferred from this world to the spiritual reality of His glorious eternal kingdom. The concept of abandoning our independence has everything to do with trusting His plans for our lives. How much does God love you? How far is the East from the West?

*Discover more about the Christian life at [bilhollandministries.com](http://bilhollandministries.com).*

# Capital Region BOCES announces program awards

ALBANY — Nearly 300 Capital Region BOCES Career and Technical School students were honored June 14 for their excellence in programs preparing them for future careers in professions ranging from diesel technician to nurse, welder and chef.

During an awards and graduation ceremony watched on Live Stream by parents, family members and friends, the graduates were honored.

Below is a list of award recipients for their respective programs.

#### AUTO BODY COLLISION REPAIR AND REFINISHING:

**Outstanding Student -** Joel Pacheco, Schenectady

**Growth in Achievement -** Hopeton Palmer, Schenectady

**Academic Achievement -** Maxwell Sullivan, Burnt Hills-Ballston Lake

#### AUTOMOTIVE SERVICES:

**Outstanding Student -** Ross Riley, Schenectady

**Growth in Achievement -** Blaine Cunningham, Burnt Hills-Ballston Lake

**Academic Achievement -** Andrew Roche, Scotia-Glenville

#### AUTOMOTIVE TRADES II:

**Outstanding Student -** Sam Anzalone, Mohonasen

**Growth in Achievement -** Ryan Bisner, Mohonasen  
**Academic Achievement -** Nate Martindale, Burnt Hills-Ballston Lake

#### AYES:

**Outstanding Student -** Tyler Maxwell, Voorheesville

**Growth in Achievement -** Michael Cafariella, Schenectady

**Academic Achievement -** Darrell Deronceray, Niskayuna

#### BUILDING TRADES:

**Outstanding Student -** David Doolin, Berne-Knox-Westerlo

**Growth in Achievement -** Joseph Trinchillo, Burnt Hills-Ballston Lake

#### CARPENTRY SERVICES

**Outstanding Student -** Elizabeth Steinhorst, Adult

**Growth in Achievement -** Thomas Jourdanais, Cohoes

**Academic Achievement -** Spiro Mikropoulos, Mohonasen

**Outstanding Student -** John Canton, Schenectady

**Growth in Achievement -** Ronald Stetkewicz, Scotia-Glenville

**Academic Achievement -** Joseph Balletti Jr., Schenectady

#### CERTIFIED NURSING ASSISTANT (TEACHER LINDA KEIFER):

**Outstanding Student -** Kaylee Clute, Scotia-Glenville

**Growth in Achievement -** Emily Pelletier, Scotia-Glenville

**Growth in Achievement -** Courtney DiCarlo, Scotia-Glenville

#### COSMETOLOGY II:

**Outstanding Student -** Savannah Marx, Mohonasen

**Growth in Achievement -** Jenna Arbeen, Mohonasen

**Academic Achievement -** Kaitlyn Belfi, Schenectady

**Outstanding Student -** Sydney Kois, South Colonie

**Growth in Achievement -** [Student Name], [School Name]

**Madison Rousselle,** Shenendehowa  
**Academic Achievement -** Keleigh Regan, South Colonie

#### CRIMINAL JUSTICE II:

**Outstanding Student -** Molly Biers, Bethlehem

**Growth in Achievement -** Cooper Blake, Shenendehowa

**Academic Achievement -** Aisha Ahmad, Shenendehowa

**Outstanding Student -** O'Braimily Benitez, Schenectady

**Growth in Achievement -** Brian Hausman, Gunderland

**Academic Achievement -** Melissa Ochoa, Niskayuna

#### CULINARY ARTS II:

**Outstanding Student -** Treyvon Landells, Mohonasen

**Growth in Achievement -** Sara Kirkpatrick, Shenendehowa

**Academic Achievement -** Angelo Carino, Gunderland

**Outstanding Student -** Melody Francis, Niskayuna

**Growth in Achievement -** Thomas Schoelzel, Shenendehowa

**Academic Achievement -** Natalie Vogel, Gunderland

#### DIESEL TECH:

**Outstanding Student -** [Student Name], [School Name]

**Growth in Achievement -** Adam Fisherauer, South Colonie

**Academic Achievement -** Scott Vertefeuille, Cohoes

**DIGITAL MEDIA DESIGN:**  
**Growth in Achievement -** Jakob McGann, Shenendehowa

**Growth in Achievement -** Tim Caufield, Cohoes

**Growth in Achievement -** Donald Wilson, Schenectady

**PETTECH:**  
**Outstanding Student -** Halie Fink, Schalmont

**Growth in Achievement -** Francis Mann, South Colonie

**Outstanding Student -** Dominique Martinez, Schalmont

**Growth in Achievement -** Jacob Bartow, Middleburgh

**VOCATIONAL TRAINING:**  
**Outstanding Student -** Logan Miller, Cohoes

**Growth in Achievement -** Maryam Abbas, Cohoes

**Welding:**  
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# Partnership boosts access to mental health aid

**By Natasha Vaughn**  
*Courtesy of Columbia-Greene Media*  
 HUDSON — Area residents will have greater access to mental health services through a new partnership at Columbia Memorial Health.

The hospital announced a new partnership recently with aptihealth, a telehealth provider that uses technology to integrate physical and behavioral health care services.

Through the agreement, CMH patients will now have immediate access to virtual mental health care.

The partnership will allow patients to remotely access behavioral-health services that are integrated with the patient's current physical health care using aptihealth's platform.

"The COVID-19 pandemic has substantially increased mental-health service needs in our community," Columbia Memorial Health Chief Operating Officer Dorothy Urschel said in a statement. "This partnership with aptihealth will allow CMH to better meet that demand and help more

patients improve their mental health through a truly integrated and coordinated service model that is easily accessible through smartphones and other common electronic devices."

The need for mental-health services has increased during the pandemic, according to a report from the U.S. Centers for Disease Control and Prevention. Between August 2020 and February 2021, the percentage of adults with recent symptoms of an anxiety or depressive disorder

increased from 36.4% to 41.5%, according to the report. The number of people with unmet behavioral health care needs in the United States increased by 21.3% during the same timeframe from 9.2% of Americans to 11.7%.

According to aptihealth, its integrated approach to care has been shown to decrease symptom severity by over 50%, which the organization claims results in improved health outcomes and reduced costs.

"The Columbia Memorial Health team has proven time and again that they are committed to keeping our communities in good health," aptihealth CEO Dan Pickett said in a statement.

The services offered by

aptihealth are available immediately to CMH care office patients, according to the announcement. The primary-care provider will coordinate with aptihealth's behavioral health team to deliver care to the patient in need. Anyone interested in or in need of behavioral health services should reach out to their primary-care provider for a screening and referral.

Following an initial screening, patients in need of behavioral health care are referred to aptihealth to complete a comprehensive online self-assessment. Patients are then matched with a licensed therapist who specializes in their area of need, and together they develop a personalized, goal-oriented 90-day care plan,

which includes weekly teletherapy, medication management as needed, and unlimited messaging between therapy sessions. The aptihealth platform allows progress to be tracked weekly and the dedicated care team, including the patient's primary-care doctor, therapist, prescriber and care manager, remain connected throughout treatment.

The new partnership will have no impact on cost for patients or access to existing in-person services, CMH spokesman Bill Van Slyke said.

The service is expected to be well utilized because there is an increased demand for these types of services, especially in light of the COVID-19 pandemic, he said.



**C-GCC will hold an open house for prospective students both in-person and online on Wednesday, July 21, from 9 a.m. to 1 p.m.**

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Perhaps you are a kinship care provider, or know someone who is. If you are, you do it for all the right reasons. *Because you care*. Starting in September, St. Catherine's Center for Children is launching a new program to support kinship caregivers in Albany, Schenectady, Greene and Ulster Counties. The program will connect caregivers like you to a variety of community and public support services, providing you with the tools you need to succeed. Call us at the number below to learn more.

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# Why can't I collect survivor benefits?

**Dear Rusty:**  
My husband and I were only married five years before he passed away from cancer. I am 61 and was told by SS that I don't qualify to receive his survivor benefits because we weren't married long enough, and because I made more money than him when he was alive. I still work full-time and plan to continue until my full retirement age. Am I able to collect any of his benefits? Why can his daughter collect his benefits, but I cannot?

**Signed: Frustrated Widow**

**Dear Frustrated:**  
You were given partially incorrect information by Social Security because you were married long enough to collect a survivor benefit, but there are also other rules which might affect your eligibility: You cannot have remarried before age 60 and be currently married.

You cannot collect full survivor benefits if you exceed Social Security's annual "earnings limit."

That you made more money than your husband (and are presumably entitled to a higher personal SS benefit) isn't material, but your earnings from work could be.

If you didn't remarry before age 60 and remain married, and if you don't earn too much money, you are eligible to collect a survivor benefit as your husband's widow. You can even claim your survivor benefit (only) while allowing your personal SS benefit to grow (if desired, up to age 70 when it reaches maximum). So, you may be eligible to collect a survivor benefit from your husband now, but if you're working full-time, you may make too much money to be able to collect it at this time.

Social Security has an "earnings test," which

applies to those collecting early benefits and which limits how much you can earn before they take benefits away. For 2021, the annual earnings limit is \$18,960 and if you earn more than that they will take away benefits equal to \$1 for every \$2 you are over the limit. That could mean you'll owe them more than you're entitled to in benefits, which would mean no benefits would be paid.

Here's an example: Say you make \$60,000 per year working full-time. If you collect the survivor benefit and because you haven't yet reached your full retirement age (FRA), you'll be subject to the earnings limit of \$18,960. At this earnings level you would exceed the limit by about \$41,000. Half of that amount would be about \$20,500, and SS would require you to repay them that amount from your SS benefits. Depending upon your

## SOCIAL SECURITY MATTERS



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survivor benefit amount, that could disqualify you from receiving monthly benefits.

As you can see from this example, if you work full-time but do not significantly exceed the annual earnings limit, you may be able to collect at least some of your survivor benefits, but I cannot answer that without knowing your annual earnings and approximately what your survivor benefit would be.

For clarity, the earnings test no longer applies once you reach your full retirement age.

Regarding your husband's daughter collecting a survivor benefit from him: a surviving minor child of the deceased can collect a survivor benefit until they are 18 (or 19 if still in high school). An adult disabled child who was disabled before age 22, is also eligible to collect a survivor benefit from a deceased parent.

So, let's recap: you were married to your husband long enough to be eligible for a survivor benefit, but you may have significant earnings which disqualify you from receiving those benefits right now. There is no longer an "earnings test" once you reach your FRA (66 years and 10 months), so at your FRA you could collect your full survivor benefit. And you could collect your survivor benefit only

first and allow your own personal SS benefit to grow until you are 70 when it would be more than your survivor benefit. At that time, you would switch to your own benefit, which would be about 25% more than your FRA benefit amount.

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

# PBA welcomes Seth Agata as new executive director

ALBANY – The PBA of New York State (PBANYS), the union representing nearly 1,200 University Police, Park Police, Forest Rangers and Environmental Conservation Officers, has announced that Seth Agata will assume the role of executive director for PBANYS.

Agata will leave his private law practice and replace Dan De Federicis, who has held the position since the estab-

lishment of the union in 2011.

Agata comes to PBANYS from the law firm of Jenner & Block, where he was co-chair of the Lobbying Law and Government Ethics Practice and Special Counsel in the Litigation Department.

Prior to joining Jenner & Block, Agata held a number of high-profile positions within government, most recently having served as execu-

tive director of the Joint Commission on Public Ethics (JCOPE).

Agata also served as chairman of the New York State Public Employment Relations Board (PERB), acting counsel in the Executive Chamber of the Governor, Counsel for Investigations in the Office of the State Comptroller, as well as legal and policy positions within the state Assembly and a myriad of local government

positions.

"I am excited to take over the role of executive director with the PBA of New York State and consider myself very fortunate to build on the solid foundation Dan De Federicis, Ryan Law and the PBA leadership have built over the past decade," said Agata. "As executive director I will serve and protect our membership with the same passion and dedication that they

display every day for the residents of our great state."

Founding Executive Director for PBANYS Dan De Federicis, said, "I have had the honor and privilege to be with PBANYS since day one. Over the past decade we've seen a number of challenges as an organization and as a state, and the men and women of PBANYS have always risen to the occasion. Words cannot express

the admiration I have for our members. As I retire and begin the next chapter of my life, I know that the future of our members will be in good hands with Seth at the helm. Seth's experience in labor relations and ethics is unparalleled, and he is highly regarded and respected on both sides of the aisle."

Agata will assume the role of executive director during the first week of August.

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# Watchdog: Public needs info on state's climate goals

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

ALBANY — The state must act quickly to meet its ambitious climate change goals, a state watchdog group said recently, hours before climate leaders met to advance plans to achieve strict benchmarks mandated to curb New York's greenhouse gas emissions.

The New York Public Interest Research Group recommended officials create a public climate dashboard, or online scorecard, for people to easily access information about impending changes to achieve steep climate and energy goals legislated in the Climate Leadership and Community Protection Act.

Passed and signed in 2019, the Climate Act mandates a 40% reduction of statewide greenhouse gas emissions by 2030 and an 85% emissions reduction by 2050. The legislation also set goals to achieve net-zero greenhouse gas emissions by 2050 and 100% carbon-free electricity by 2040.

"Unfortunately, New York is still far from meeting many of its climate goals," NYPIRG Environmental Policy Director Liz Moran said.

NYPIRG released its scorecard on the state's progress a few hours before the state's 22-member Climate Action Council met last Monday to continue to prepare a scoping plan with recommendations to ensure the state satisfies its steep climate goals.

Regular public reports and public accountability will be key to ensure New York meets its climate goals, according to NYPIRG, to bolster public support for changes that may not come easily to New Yorkers, including the exponential growth of solar, wind and geothermal energy and the phasing out of fossil fuel power plants and related infrastructure.

The Climate Act also mandates 70% of state electricity be generated by renewable sources by 2030, 6 gigawatts of distributed solar by 2025, 9 gigawatts of offshore wind by 2035 and 3 gigawatts of energy storage capacity by 2030, among others.

New York has reduced greenhouse gas emissions by 13% since 1990. Electricity emissions have declined 51% since 2005.

The state is on track to meet its solar energy requirements, according to the Solar Energy Industries Association cited in NYPIRG's report.

"New York State has, in the past, had a poor record of meeting climate and energy goals," according to NYPIRG.

The Climate Action Council on Monday reviewed recommendations submitted by its seven advisory panels last month about the best strategies to include in a draft scoping plan for New York to achieve a carbon-neutral economy. The panels are comprised of experts from across the state on Transportation, Agriculture and Forestry, Land Use and Local Government, Power Generation, Energy Efficiency and Housing, Energy Intensive and Trade Exposed Industries and Waste.

Transportation recommendations need to be

amended and resubmitted, panelists said, because the strategies were too vague to improve accessibility and affordability of services to meet state decarbonization goals.

Climate leaders also stressed the need for transportation changes to be community-driven, increase electric vehicles and to emphasize improving municipal public transportation update and downstate with long-term

bus services and high-speed rail.

State Department of Transportation Commissioner Marie Therese Dominguez, a member of the Climate Action Council, noted the challenge of earmarking state and Transportation and Climate Initiative funds to expand public transportation in underserved communities, or poor, rural and minority neighborhoods.

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# Coeymans Hollow Volunteer Fire Corporation news

## RECRUITMENT AND RETENTION:

New volunteers are needed to help protect the community. The department needs active interior and exterior firefighters, EMS personnel, fire police, ladies auxiliary members and associate members to assist with many committees. These

are volunteers here to protect lives and property in the Coeymans Hollow Fire District. They will provide all the equipment and training for you to become a member of the Coeymans Hollow Volunteer Fire Corporation. 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.

## EVENTS SCHEDULED FROM NEIGHBORING FIRE COMPANIES:

- Cornell Hook and Ladder will hold a Pizza and Wing Night on Friday, July 16. To order your pizza and wings, please call 518-756-8222

after 3 p.m. on the day of the event.

- Ravenna Hose will be hosting a take-out only drive-thru steak dinner on Thursday, Aug. 19. Please mark your calendars.

## DRILL SCHEDULED:

Coeymans Hollow Training Officer Steve McNeilly has announced that the drill on Tuesday,

July 20, will be on the UTV. The drill will begin promptly at 7 p.m. and all Coeymans Hollow firefighters and EMS personnel are encouraged to attend.

## SAFETY TIP:

During a thunderstorm, seek cover in a solid structure. Never seek cover under a tree. Also,

don't drive through standing water and stay away from downed trees and wires. Dead-appearing wires may be alive. Keep back.

## FIRE AND EMS REPORT:

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

# How to rejuvenate your skin

In our perfection-obsessed society, having a youthful appearance is highly valued and is often viewed as a sign of health and vitality. However, it's not just your face that ages you — it's your skin, too.

Your skin is the largest organ in your body and is a true reflection of how healthy or unhealthy you are on the inside.

Unfortunately, time and gravity will eventually leave all of us with the telltale signs of aging — wrinkles, fine lines, thinning skin, achy joints, brittle nails and hair loss. All of which are due to the loss and breakdown of collagen.

And while there's

## CONCEPTS IN FITNESS



MARY SCHOEPE

no way to completely reverse the signs of aging, you can restore your collagen levels, by helping the cells produce more through diet and lifestyle changes.

So here's what you need to know.

By the time you hit 25, collagen production begins to slow down and

when you hit your 60s, your body no longer produces collagen.

Collagen are spiral-shaped proteins that function much like the frame of a house, holding everything together. Along with elastin, it provides plumpness, giving you firm, youthful-looking skin.

It's also the building block for healthy hair, nails and teeth. Splitting, brittle nails and hair loss are signs that you're in need of a collagen boost.

However, foods such as tomatoes, peppers and beets contain high levels of the antioxidant lycopene, which naturally increases collagen resulting in firmer, young-

er-looking skin. Vitamin A-rich foods such as sweet potatoes and carrots will also help restore and regenerate damaged collagen.

Vitamin C, a powerful antioxidant found in kale, spinach, asparagus, oranges and strawberries, are excellent examples of foods that also increase collagen production.

Collagen can also help improve the appearance of cellulite by hydrating and strengthening the connective tissues. When skin loses its elasticity, cellulite becomes more visible. So improving your skin's elasticity helps reduce the dimpling on your skin.

And that's not all.

Recent studies found that collagen is an effective method of treating osteoarthritis and other joint pain. Its gel-like smooth structure covers and holds your bones together, reducing joint pain and degeneration.

So, how can you increase collagen production and reap all of its benefits?

The best way is to drink homemade collagen-rich chicken bone broth. Chicken collagen is a naturally occurring protein that's a key component of cartilage, bone and other tissues. It's rich in arginine, glutamine, glycine and proline, and is used to treat back and neck pain and pain caused by

surgery.

Supplementing with omega 3-rich fish oil has also been shown to support long-term skin health by improving collagen production.

But what about all those anti-aging creams? Dr. Amy Weschler M.D. says to forget about them.

"They don't work because collagen molecules are too big to be absorbed into the dermis layer of the skin, which is where you need it," she said.

So ditch the anti-aging creams and break out the crockpot instead and discover how collagen-rich bone broth can supercharge your skin care routine.

# Police: Woman tried to decapitate her dog with a sword

By Bill Williams

Courtesy of Columbia-Greene Media

CAIRO — A Greene County woman was arrested on felony

charges for allegedly attempting to decapitate one of her pet dogs with a sword, Capt. Tracey Quinn of the Greene County Sheriff's Office

said July 1.

Pauline Waldron, 67, of Cairo, was charged last Wednesday with one count of aggravated cruelty to animals, a felony, Quinn said.

Waldron is also accused of stabbing the dog several times and then leaving the animal for eight hours to die without seeking any medical care, Quinn said.

The female Australian Cattle Dog is recovering at an undisclosed specialist veterinary clinic in the Albany area, Ron Perez, president and CEO of the Columbia-Greene Humane Society, said Thursday.

The dog was transferred

to the Albany clinic after she underwent emergency, life-saving surgery at Catskill Animal Hospital on Route 9W in Catskill, Quinn said.

Police could not say who found the dog or how it was brought to the Catskill Animal Hospital.

The dog lost a lot of blood but was doing as well as could be expected considering the severity of her injuries, following the surgery, Perez said.

Perez saw the pictures of the dog's injuries and was horrified.

"Those were some of the most gruesome pictures I have ever seen," Perez said.

The Greene County

Sheriff's Office was notified of the animal cruelty case last Wednesday, when they were called by the Catskill Animal Hospital. Following an investigation, the department's Criminal Investigation Unit arrested Waldron, Quinn said.

The dog was in extreme pain when it arrived at the hospital, Perez said.

"I can't imagine how someone can do this to another living creature, let alone her pet," Perez said.

Five other dogs that were located in her home were seized and brought to the Columbia-Greene Humane Society, Quinn said.

Two Australian Cattle Dogs, and three Jack Russell Terriers were examined at the shelter, and all appear to be in good health, Perez said.

The shelter is now holding the dogs for their safety and may be put up for adoption in the future, Perez said.

Waldron was arraigned in Cairo Town Court before Justice Tanja Sirago. She was released on her own recognizance, pending a future court appearance, Quinn said.

"I have every confidence that the Greene County District Attorney will prosecute this woman to the full extent of the law," Perez said.



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# Pandemic spurs growth of computer use among seniors, says AMAC

WASHINGTON, DC — Before the pandemic, seniors were gradually becoming Internet users; during the extended COVID lockdown use of computer technology among older Americans has been accelerating at a faster pace, said Rebecca Weber, CEO of the Association of Mature American Citizens [AMAC].

"This is good news given the fact that more older citizens are now able to take advantage of benefits they were missing including, but not limited to, online help sites and an array of consumer discounts," Weber said.

Weber points out that www.amac.us, the association's website, is chock-full of information of use for its 50-plus membership, offering an array of discount purchasing opportunities

ranging from pharmaceuticals to travel services and insurance services.

There are sites that offer social engagement for seniors, allowing them to chat with each other and to attend virtual forums on a variety of topics. Seniors Only Club, for example, allows you to access specialty forums on a wide variety of topics. Signing up is free.

Meanwhile, you don't have to be a patient to visit the Mayo Clinic website where you can have "access to the knowledge and experience of Mayo Clinic." The Suddenly Senior site also offers health and wellness information as well as senior trivia and senior jokes pages, just for a laugh.

At recipe websites, such as the allrecipes.

com site, you can look up ways of freely creating your own culinary masterpieces. And the Duolingo website offers free language-learning sessions, claiming that you'll "learn a new language in five minutes a day."

The world became a lonely place for many seniors during the self-isolation days of the COVID pandemic and specialty websites, such as that of the Institute on Aging, offered a modicum of relief. And if you are a senior citizen who is looking for activities you might enjoy, there is the Vive Health site, which boasts that it offers "110 Activities for Elderly & Seniors."

If you're in the mood for a road trip, long or short, perhaps you can get some help at websites such as Roadtrippers or

Outdoors.org.

Here some additional sites you might want to explore:

- <https://elderone-stop.com/> focuses on health and well-being;

- <https://www.seniorchatz.com/> is a free chat room that lets you schmooze with new pals and old;

- [ageinplacetech.com](https://www.ageinplacetech.com) offers news and information for seniors

And, of course, if you feel your computer skills are lacking in some way, you might want to visit the seniorsguidetocomputers.com, which boasts it offers "the ins and outs of personal computers using simplified terms, examples, pictures and videos actually described in easy-to-understand English."

In other words, you won't have to deal with "Geek Speak."

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