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NEWS:

COVID-19 vaccine booster clinic in New Baltimore

See page A3

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CAPITAL REGION INDEPENDENT MEDIA

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Officials: COVID surge will last through January

By Melanie Lekocevic

Capital Region Independent Media

ALBANY — The COVID-19 surge is expected to last through the end of January, according to county officials.

The current surge in Albany County — with an unprecedented 1,003 new COVID positive cases in a one-day period Friday — is anticipated to follow similar surges of the omicron variant in other parts of the world, Albany County Health Commissioner Elizabeth Whalen, M.D., said at a press conference Friday.

“The forecast, according to the modeling that is being done, is that this will peak quickly,” Whalen said. “Our numbers will likely continue to grow through the end of January, and then hopefully, if the models follow what has been seen in South Africa and in the United Kingdom, we will hopefully see a steep drop-off.”

“I know people are tired of hearing these messages again and again, but we really need to work together and band together in our preventative efforts over the next couple of weeks to get over this



Albany County Executive Daniel McCoy at a COVID briefing, with Albany County Health Commissioner Elizabeth Whalen, M.D., right, and Thea Dalfino, M.D., chief medical officer at St. Peter's Health Partners, left.

surge,” Whalen added. “This is a critical time.”

Albany County Executive Daniel

McCoy urged residents not to panic over the rising case numbers.

“Just two days ago, we had 471 pos-

itive cases and that was the highest we had, but we have learned a lot in the last two years. We learned how to move on and to base it on hospital statistics,” McCoy said Friday. “Before that record, it was 351, set way back on Jan. 12, a year ago.”

To address the latest surge in infections, the county has partnered with Albany County Sheriff Craig Apple and the state to hand out at-home test kits and KN95 masks, which were distributed locally at the village and town offices right before Christmas.

McCoy addressed concerns of vaccinated individuals who have become infected with a break-through case.

“I know people who aren't really going out, who are so careful... They have been doing everything right for two years, but now they are COVID positive,” McCoy said. “The vaccine is doing its job — it is keeping people out of hospitals and it is keeping people

See COVID A2

Tutay joins board, new clerk sworn in

By Melanie Lekocevic

Capital Region Independent Media

COEYMANS — There is a new face on the town board and a new clerk in the front office.

Newcomer to the town council Marisa Tutay and new Town Clerk Laura Jane Barry took their oaths of office on New Year's Day, along with five incumbents who were returned to office in the November election.

A swearing-in ceremony was held Saturday morning prior to the town council's annual organizational meeting.

Town Supervisor

George McHugh and Town Councilman Daniel Baker were both sworn in to a second term on the board. Town Councilwoman Linda Bruno, appointed in 2021 to replace former Town Councilman Kenneth Burns — who stepped down in the middle of his term — was elected to the post by voters in November.

Later in the meeting, Baker was unanimously appointed deputy town supervisor, the first time an elected official has assumed those duties in two years (see article,

page A3).

Town Justice Thomas Frese was also sworn in to another term, with McHugh conducting the oath of office. Then Frese swore in the remaining officers, including Town Highway Superintendent Scott Searles, returned to office for another term.

Tutay, who stepped down from her position with the town's planning/zoning board of appeals earlier this month, was appointed by the board to replace former Town Councilman Zachary Collins. Collins resigned from the board effective Dec. 31 to become Coeymans' representative on the Albany County Legislature.

Tutay said she was pleased to join the town board and take on the work that lies ahead.

“I am looking forward to being on the town board and helping to continue



New Town Councilwoman Marisa Tutay at the organizational meeting held on New Year's Day.

the growth that George and the board have started, and just serving the people and the town that gave so much to me,” Tutay said.

McHugh welcomed Tutay to the position.

“We are thrilled to have you,” the town supervisor

told Tutay. “I am sure your presence will be missed on the planning board, but it's our gain, so we thank you for being here.”

New Town Clerk Laura Jane Barry replaces former Town Clerk Cindy Rowzee, who opted not to run for re-election as

town clerk and unsuccessfully challenged McHugh for the town's top spot in November.

Barry, a Republican, said she is happy to begin

See TUTAY A4

New Baltimore opts out of cannabis sales, lounges

By Melanie Lekocevic

Capital Region Independent Media

NEW BALTIMORE — Town officials voted to opt out of permitting cannabis dispensaries and on-site consumption lounges within the town's boundaries.

The board voted unanimously 4-0 to opt out, with Town Councilwoman Kelly Downs absent from the Dec. 27 meeting.

Former Gov. Andrew Cuomo signed legislation March 31 legalizing recreational adult-use marijuana, giving municipalities the option to either opt in to permit cannabis dispensaries and on-site lounges, or opt out. Those that choose to opt out may opt in later on, but those that opt in by Dec. 31, cannot opt back out.

A public hearing was held at town hall, with a handful of residents attending.

“We are here to hear from

the public what their perspectives are regarding the two separate components — the on-site consumption and/or the sale of marijuana within the boundaries of the town of New Baltimore,” Town Supervisor Jeff Ruso said. “We want to hear from many individuals as I walk this place and meet up with people here and there. I clearly have received a mixed bag — I have many people who are very much not in favor and some people who are very much in favor. The majority are people who don't really care.”

The first resident to speak was Ellie Alfeld.

“I am against the [on-site] consumption part of the law and mainly I want it noted that if in fact it does get approved here by you for the sale, I want it in a commercial zone, nowhere



The New Baltimore Town Council voted 4-0 to opt out of permitting cannabis dispensaries and lounges.

near a residential or agricultural area, just for the safety of people's properties,” Alfeld noted

before the board members cast their votes.

Ruso confirmed that if dispensaries were to be approved, they would not be permitted in residential areas.

“It would definitely go into a commercial zone and siting would be up to the planning board,” Ruso said.

Town Councilman Chuck Irving said he was against permitting either dispensaries or lounges at this time.

“I am not for the consumption part, and the sale — I understand that we could, after a time, revisit it,” Irving said. “I am not in favor of either one at this time.”

Town Councilwoman Shelly VanEtten agreed.

“I am not in favor of either one at this moment,” VanEtten said. “I think we need to wait and see. We can always opt in

later. I think we should opt out.”

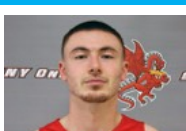
Some advocates in the county who have supported opting in cite the possibility of economic development from tax revenue resulting from cannabis sales. Town Councilman Bill Boehlke was skeptical the town would see any significant revenue.

“I see very little benefit — even if we cut out the on-site use and just went for the sale, there is virtually no benefit to the town,” Boehlke said. “I talked to about 12 or 15 people and once the misunderstandings were cleared up and actually what the intent of this was and what we plan on doing, they were in full agreement — they think the wait-and-see course is the best course to take.”

“I think we are doing the right

See OPTS A2

Sports:



Michael I Ortale Jr. selected as Athlete of the Week
See page B1

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COVID from A1

from getting really sick. All the anti-vaxxers and those who don't want to get the vaccine, look around you — 59% of the people in the hospital are unvaccinated. The people who are getting deathly sick are unvaccinated. The people who get COVID and have a little headache and a cold — the vaccine did its job.”

“We never said the vaccine was going to stop you from getting it,” McCoy added. “It was going to prevent you from getting deathly sick. So please, don't panic.”

The county at press time had distributed 9,000 test kits in schools and to individuals, and 500 more tests were expected to go to school districts this week, with a second batch of test kits and face masks anticipated for distribution in communities shortly, McCoy said.

The full impact of the steep rise in cases Fri-

day remained unknown, the county executive said at Friday's press conference.

“We still don't know the impact this spike in infections will have from today with the 1,000 new positive cases, but hospitalization and ICU numbers remained relatively stable over the course of the past two weeks,” McCoy said. “But if you look at New York City, there is a rise in hospitalizations, particularly among children. It went up 400% in New York City and in Suffolk and Nassau counties. I don't want that to happen here — I am hoping [the omicron variant] comes in quick, and then leaves as quick as it came in.”

While the number of infections countywide has spiked, the number of hospitalizations has not risen proportionally, McCoy said.

“The reasons hospitals are not overwhelmed right now is largely because of our high vaccination rate,” he said. “I take pride in our vac-

ination rate — we are at 79% of the entire population of Albany County with at least one dose of the vaccine and 72% of the population is fully vaccinated. We can stop this and get back to some type of normalcy if everyone just gets the vaccine that is eligible to get the vaccine.”

Even with the high number of infections in December, the county saw 24 virus deaths, compared to 63 COVID deaths in December 2020, McCoy said.

Thea Dalfino, M.D., chief medical officer at St. Peter's Health Partners, said her hospital had 82 COVID patients as of Friday, with 11 in the intensive-care unit and six on ventilators, the vast majority of them unvaccinated.

The hospital, however, is being overwhelmed with individuals looking to get tested for COVID-19, she said.

“In the hospitals, we are being overrun in our emergency departments with patients coming in

with very mild symptoms or some with no symptoms requesting COVID testing,” Dalfino said. “We are making a plea to either get the at-home tests if you can find them, or go to urgent care or call your health care provider. Our emergency departments are for our sickest patients — those with shortness of breath or prolonged fever or severe dehydration. We really need to have our testing supplies for the patients who absolutely need it and who we can potentially treat.”

Deliveries of COVID treatments such as monoclonal antibodies were expected to be delivered to area hospitals this week, Dalfino said.

The dramatic rise in infections was not unexpected, Whalen said.

“We are starting to see what we had forecasted, which is exponential spread,” Whalen said. “This is likely due to the omicron variant.”

In the first half of December, omicron

accounted for 30.9% of COVID infections statewide, Whalen said. Between Dec. 15 and Dec. 28, that number had risen to 74%.

“So omicron is the predominant strain that is circulating in New York state and we know that omicron is more transmissible than the delta variant, so this means more people will get infected,” Whalen said.

It is not too late for individuals who are unvaccinated to get inoculated, Whalen added.

“Vaccination is the best strategy to get us out of this, it is the best strategy to protect yourself and your family,” she said.

Face masks and social distancing remain critical during the surge, along with vaccinations and booster shots, Whalen said.

“All the community mitigation strategies that we discussed will be crucial in the next few weeks,” the health commissioner said. “It is true and there is some

good news that omicron preliminarily seems less severe than the delta variant and that symptoms may be a little milder. The mild symptoms that we are seeing are likely due to the fact that people getting break-through cases are vaccinated. I don't want people to think that if you are unvaccinated and you get omicron that it won't be as bad.”

The omicron variant is more highly transmissible than previous iterations of the virus, so the total number of infections is higher, Whalen said. Going to the hospital for testing is strongly discouraged, she added.

“If you have mild symptoms, the hospital is no place to be tested for COVID-19,” Whalen said. “We know that tests right now are a scarcity. If you are feeling unwell, you should get a test if you can, but for now, given the spread that we are seeing, I would assume that your symptoms are attributable to COVID-19.”

TOWN from A1

thing here because we can always, for whatever reason, revisit this, but once we put our rubber stamp to this, that's it,” Boehlke added.

Ruso said opting out would still give residents who want to use cannabis products options

as neighboring communities, including Coeymans, Ravena and Coxsackie, have opted in for the sale of marijuana.

“I'm not one who likes to hamper people's personal lives, but I use the correlation of the liquor stores. If you want to buy a bottle of wine, you can go to Coxsackie, you can go to Ravena,

and it doesn't hamper you whatsoever from consuming your wine, or whatever you like to drink,” Ruso said. “By not having this in the town of New Baltimore, we are not restricting people from doing things they want to do.”

Ruso was also skeptical of the economic benefits the town could see

from opting in.

“The financial gain that people think is going to happen, I am not convinced of that either,” Ruso said. “I don't think this will inhibit the residents of the town who prefer to have marijuana in any way, shape or form.”

Greene County Legislature Chairman Patrick

Linger, R-New Baltimore, said the state has not finalized regulations on the cannabis industry so there are issues that remain up in the air.

“The task force that was set up by the state to develop these regulations has not done that yet. We have no idea what you would be walking into,” Linger

told the town board. “I am not for or against it — marijuana is legal now, to a certain extent, and there is no changing that, but to not know what these regulations will say, I think it is premature to opt into something not knowing what you will be opting into, so I think you are on the right track.”



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

News Herald – January 6, 1922 - F.E. Bleezarde, Publisher

Coeymans:

- J.N. Briggs had a force of men with teams scraping the ice on the river Wednesday.
- Powell & Minnock commenced harvesting ice 11 1/2 inches thick from their pond on Wednesday.
- It is hoped that the mild weather will continue for many days, as with continued cold weather there will be work on the ice for some time.
- The dance given in Junior Order Hall on Friday evening last by the Hudson River Improvement Association was well attended and proved an enjoyable affair.
- "The Five Strutters" will give another dance in Junior Order Hall on the evening of Jan. 27. Graves' five-piece orchestra, including a saxophone, will furnish the music. Tickets are \$0.50 each.
- Town tax collector H.M. Carhart has received notice of the tax rates for the town. The general tax rate will be \$1.22, the Highway-Help \$0.38, Coeymans light \$0.45, Coeymans water \$0.21.

Ravena:

- Warren Bleezarde, who was seriously ill with pneumo-

nia, is able to be about again.

- A new icehouse is being built in the rear of the Park Hotel property by proprietor Karch.
- C.D. Hawn began harvesting of the ice on his pond Tuesday. The ice was 10 inches thick and of good quality.
- The Ravena-Coeymans Post of the American Legion now have their headquarters in the Star Theatre building on Main Street.
- J a m e s McNamara has stepped down from the office of postmaster at Ravena to the appointment of deputy sheriff for Albany County.
- The Tuesday night movies were resumed on Tuesday of this week and tomorrow night the picture will be "The Inside of the Cup," a picturization of the popular novel by Winston Churchill.
- The grand ball given under the auspices of the Fellow Craft Club of Russell Lodge No. 850, F. & A.M. for the benefit of Ella C. Perry chapter, was a great success both socially and financially. The event was attended by many from the villages of New Baltimore and Coeymans and a royal good time was had by all.
- Notice: The

annual meeting of the shareholders First National Bank of Ravena will be held at the Banking house on Tuesday, the 10th day of January 1922 for the election of a board of directors. The polls will be opened from 1-3 p.m. W. Winne Wolfe, cashier.

Coeymans Herald – January 5, 1887 - S.H. & E.J. Sherman, Proprietors

- The new year came in with a cold wave, which was in good order.
- Ice boating will have to be postponed until the snow is frozen solid with ice.
- The week of prayer is being observed by the M.E. and Reformed churches of this place.
- B.T. Waldron has a quantity of slatwood, which he offers for \$6 per cord, cash, until April 1.
- The weather is decidedly in favor of winter sports, and almost any one can now be indulged in.
- Don't resolve to do great things this year; rather, resolve to do little things a little better than formerly.
- Ice men will find a fine supply of skull caps, mittens, gloves, scarves, turbans, woolen hose, etc., at Sherman's store in this village.

COVID-19 vaccine booster clinic in New Baltimore

NEW BALTIMORE — The Ravena Rescue Squad, in collaboration with the Greene County Department of Health, will be supporting a COVID-19 vaccination booster clinic in the town of New Baltimore on Thursday, Jan. 6, from 10 a.m. to 12 p.m.

The clinic will be held at the New Baltimore firehouse, 77 Gill Road, in New Baltimore.

The booster clinic is

available to anyone who has received both doses of their Moderna or Pfizer vaccines prior to July 6, 2021, or their single dose of Johnson & Johnson vaccine prior to Sept. 6, 2021.

Appointments are required and residents must bring their vaccination card to the appointment.

The link to sign up can be found on the Greene County website at www.greenegovernment.com.

The Ravena Rescue Squad provides Emergency Medical Services (EMS) to the village of Ravena, town of Coeymans, and town of New Baltimore. The organization remains committed in its efforts to meet the challenges presented by the pandemic within the community through collaboration with local, regional, state and federal authorities.

Baker named deputy town supervisor

By Melanie Lekocevic
For Capital Region Independent Media

COEYMANS — Town Councilman Daniel Baker was appointed the town's new deputy town supervisor at the Coeymans reorganizational meeting Saturday.

The town has not had a deputy supervisor for the past two years, during the administration of Town Supervisor George McHugh.

"This is something new," McHugh said at the meeting. "I didn't do this the past two years."

The last time Coeymans had a deputy town supervisor was under the administration of former Town Supervisor Philip Crandall, when former Deputy Town Supervisor Thomas Dolan served in the role.

McHugh said it was time to fill the position once again. Both McHugh and Baker were elected on

the same Republican slate in the 2019 election and took office at the start of 2020.

"When I first came back into office in January of 2020, I didn't appoint a deputy town supervisor because I didn't really know much about the board members at the time or who I would put in that position and if I in fact needed one," McHugh said.

The appointment enables Baker to serve as supervisor in McHugh's absence. Circumstances convinced McHugh the deputy's position was needed at this time.

"Now that we have COVID and it's ramping up even worse than it ever has been, there is no telling what might happen to the supervisor," McHugh said. "So I think it would be negligent on my part, as a supervisor, not to have a succession plan in place

if, God forbid, I come down with COVID or something happens where I am out of the office and I am the only one who can sign checks or run the day-to-day operations."

McHugh selected Baker for the position.

"In my last two years on the town board, it became very apparent to me that we had a very good candidate for this position in Daniel Baker," the town supervisor said. "I got to work with him for two years, I got to campaign with him for two years, and I got to know him. I feel very confident in making this appointment and I thank the town board for supporting that effort. I think we are doing the right thing for the town of Coeymans in making this position open again and putting him in it."

The town board voted unanimously to approve the appointment.

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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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RCS SCHOOL MENUS

RCS Elementary School Menu

Jan. 10 to Jan. 14

Breakfast Menu

Monday: Muffin, bananas, apple sauce, peaches, skim or 1% milk.

Tuesday: Egg omelet, English muffin, peaches, whole-fruit choice, skim or 1% milk.

Wednesday: Waffles, syrup, pears, mixed fruit, skim or 1% milk.

Thursday: Egg and cheese, whole-grain wrap, mixed berries, apple, skim or 1% milk.

Friday: Whole-grain French toast, pears, peaches, skim or 1% milk.

Lunch Menu

Monday: Egg salad or Chicken Parmesan slider, whole-wheat bun, green beans, apple sauce, peaches, skim or 1% milk.

Tuesday: Turkey sandwich or macaroni and cheese, broccoli, pears, apple sauce, skim or 1% milk.

Wednesday: Ham sandwich or meatball sub, carrots, mixed fruit, banana, skim or 1% milk.

Thursday: Mixed sandwich or hot dog, chili, rice, broccoli, tossed salad, banana, peaches, skim or 1% milk.

Friday: Tuna salad sandwich or pizza sticks, green beans, green leafy salad, peaches, skim or 1% milk.

RCS Middle & High School Menu

Jan. 10 to Jan. 14

Breakfast Menu

Monday: Muffin, bananas, apple sauce, peaches, skim or 1% milk.

Tuesday: Egg omelet, English muffin, peaches, whole-fruit choice, skim or 1% milk.

Wednesday: Waffles, syrup, pears, mixed fruit, skim or 1% milk.

Thursday: Egg and

cheese, whole-grain wrap, mixed berries, apple, skim or 1% milk.

Friday: Whole-grain French toast, pears, peaches, skim or 1% milk.

Lunch Menu

Monday: Egg salad or chicken Parmesan, whole-wheat bun, green beans, apple sauce, peaches, skim or 1% milk.

Tuesday: Turkey sandwich, macaroni and cheese, broccoli, pears, apple sauce, skim or 1% milk.

Wednesday: Ham sandwich or meatball sub, carrots, mixed fruit, banana, skim or 1% milk.

Thursday: Mixed sandwich or hot dog with chili, rice, broccoli, Caesar salad, banana, peaches, skim or 1% milk.

Friday: Tuna salad sandwich or pizza sticks, green beans, green leafy salad, peaches, skim or 1% milk.

SENIOR PROJECTS

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

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

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

The Meals on Wheels program and the transportation program are still available, according to the organization's Facebook

page. Bingo has been cancelled until further notice.

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



RCS COMMUNITY LIBRARY

"Every day may not be good... but there's something good in every day."

~ Alice Morse Earle

INDOOR STORYWALK

If you enjoyed the library's StoryWalks at Mosher and Long View Parks this summer, you'll be happy to know there is a warm and dry StoryWalk right at the library this winter. Stop by the library during regular hours and read "Bark, George" by Jules Feiffer with your child. The StoryWalk begins at the Early Readers section of the library's Children's Area.

LIBRARY STORYTIMES

Storytime meets on Thursdays at 10 a.m. and combines music, movement and stories to encourage play and early literacy. "Romp and Read" will help get the

wiggles out on Tuesdays and Fridays at 10 a.m. with identical programs: interactive themes, stories, and action songs with props. Indoor storytimes are limited to six families per session. Registration is required via the events link on the library's website. All attendees ages 2 and up must wear a mask, and there will be room for family groups to spread out.

WINTER READING CHALLENGES

TEENS AND ADULTS: Love to read and looking for a challenge? The library's got you!

Teen and adults are invited to participate in a Winter Reading Challenge, which will run from January through March. Prizes? They've got them... Pick up your Winter Challenge Reading Log at the library (or

print it from the website) and start tracking your reading beginning Jan. 1.

KIDS:

The library is challenging kids to help create the longest paper chain RCS has ever seen!

Kids will get to add a link to the chain for each book they check out between Jan. 3 and March 31.

TAKE AND MAKE TUESDAY

Snowy Shadows: Just as there is beauty in symmetry, you can find balance in this yin-yang-like paper project. Cut out a snowy scene, then create the shadows cast by your creations. The library will provide the paper and instructions, you provide scissors and imagination. Pickup begins at 9 a.m. on Tuesday, Jan. 11. Don't forget to send a picture of your creation to pics@rcscommunitylibrary.org.

Alzheimer's research in 2021

By Marisa Korytko
For Capital Region Independent Media

Because of the U.S. Food and Drug Administration's accelerated approval of aducanumab and ongoing news surrounding COVID-19, many important Alzheimer's and dementia science stories were under-reported.

However, 2021 saw many exciting research developments globally, nationally and even locally.

In fact, Dr. Kristen Zuloaga, associate professor and director of Graduate Studies in the Department of Neuroscience and Experimental Therapeutics (DNET) at Albany Medical College, was a recipient of a 2021 Research Grant Award from the Alzheimer's Association.

The grant provides Dr. Zuloaga \$150,000 over three years to investigate the effects of menopause in Alzheimer's disease, as well as uncover whether this damage is preventable with brain-specific estrogen replacement. We're watching her research closely as it could provide insight to aid future therapies to decrease the burden of Alzheimer's disease.

Here are five other 2021 Alzheimer's research advances you might have missed:

- A link between COVID-19 and the brain. In July, the Alzheimer's Association's international, multidisciplinary SARS-CoV-2 consortium presented its first data on the short- and long-term consequences of the COVID-19 infection

ALZHEIMER'S NOTES

on the brain. The data, reported at AAIC 2021, suggested a link between COVID-19 and persistent cognitive impairment, including the acceleration of Alzheimer's symptoms.

- The Alzheimer's drug pipeline heated up. In the second half of 2021, there was renewed excitement in the class of experimental Alzheimer's drugs that target beta-amyloid. These include drugs from Eli Lilly (donanemab), Eisai (lecanemab) and Roche (gantenerumab), all of which received Breakthrough Designation by the FDA in 2021. We also heard topline results from a phase 2 trial of a drug that targets tau tangles, a toxic protein in the Alzheimer's brain. Plus, strategies targeting neuroinflammation, protecting brain cells, and reducing vascular contributions to dementia – all funded by the Part the Cloud program – advanced into clinical trials.

- Diversity was a major focus in all things Alzheimer's. Researchers are working to better understand how Alzheimer's risk and progression differ in different populations.

- 1) Alzheimer's Association-funded researcher Kacie Deters published findings that suggest Black individuals have lower levels of an Alzheimer's marker in the brain compared to other groups with similar cognitive abilities.

- 2) The Alzheimer's Association's New IDEAS study – which is evaluating brain amyloid PET scans in individuals of underrepresented populations with memory loss – aims to recruit a minimum of 2,000 Black and 2,000 Hispanic individuals.

- Blood tests for Alzheimer's took a major step forward. There have been advances in the development of blood tests that provide a simple, accurate, non-invasive way to detect Alzheimer's years before symptoms appear. Now, they're being used to screen people for participation in a new clinical trial to prevent memory loss.

- Research uncovered another benefit of exercise on the brain. An August 2021 study found a hormone produced by muscles during exercise can bolster the health of neurons and improve thinking and memory. While the results are very preliminary, this offers more evidence that exercise is good for the long-term health of the brain.

This is a very exciting time in Alzheimer's disease and dementia research. And at any given moment the Alzheimer's Association is leading the fight. We are confident that better treatments, earlier detection and prevention strategies will be available in the foreseeable future.

Marisa Korytko is the public relations director for the Alzheimer's Association Northeastern New York chapter. She can be reached at mekorytko@alz.org.



Photos by Melanie Lekocevic/Capital Region Independent Media

Above, Town Supervisor George McHugh, second from right, is sworn into office by Town Justice Thomas Frese, left, on New Year's Day.

Right, newly appointed Town Councilwoman Marisa Tutay takes the oath of office.



TUTAY from A1

"I am excited about starting the position," Barry said. "It is a very extensive set of duties and I am looking forward to diving in and getting it done."

Serving alongside Barry as deputy town clerk will be Sherle Slingerland, a Democrat who opposed Barry at the polls in the race for town clerk in November. Barry and McHugh agreed to bring Slingerland on as deputy town clerk.

With a new year beginning, at the conclusion of Saturday's organizational meeting McHugh shared his resolutions for the town for the coming year.

"We got a lot of things started in the first two years of my administration — a lot," McHugh said. "We finished quite a bit of it, but there are certain things that we didn't get to finish that we will finish in the next two years. That is the River-

front Park construction, which my deputy [Baker] is going to be spearheading, and Joralemon Park with the new bathroom facility and a new pavilion that I am looking at proposing to put together, [along with] the bathroom facility at the Riverfront Park and our water and sewer expansion project out on [Route] 144 to bring the industrial zone into the water and sewer districts."

McHugh also hopes to work more closely with the village board in the coming year, he said.

Baker said the town got through a difficult year and anticipated the new year would offer renewed hope.

"Thank you for everybody's hard work in a difficult year, 2021, that we all went through," Baker said. "And obviously, like everybody else, we are looking for a much better 2022. We want everybody to stay safe, stay healthy, and happy New Year."

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Capital Region Independent Media

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Another New Year is here

Christmas barely disappeared over the horizon when along came another New Year steaming into the station.

I've just gotten used to writing 2021 on my checks and now I've got to switch to 2022. I have learned how to deal with this minor problem — I now go to my checkbook and write 2022 on the date line for half a dozen checks or so. This doesn't mean I won't make mistakes, but it helps.

I did recently date a check 1972 — I have no idea why I flashed back. Must have been a good year, I don't remember.

I can usually deal with the date change. The thing that annoys me the most about this time of the year is the topic of resolutions for the coming year. You have to make them, it's a law or something.

I do get smarter as I age though. I've kept last year's list and since they hardly got used at all, I feel no guilt about reviving them for the upcoming season of good intentions. In fact, if memory serves me, I've used the same list for several years — or maybe that should be several decades. I'm sure a quick check will reveal that most of them still are pertinent.

Number one on the list now and forever shall be to lose some weight. That particular one seems to be the most overused and underkept resolution in the history of mankind.

On a good year I can stick faithfully to this resolution for about a week before my willpower is weakened by the discovery of a stray, stale Christmas cookie or two lurking behind one of the canisters on the counter. This usually puts the resolution back on the shelf for another year, carbohydrate addiction being what it is.

Saving money is the next on this rather rumpiled, dusty list of mine. I was quite successful at this in the old year. I set aside a jar in which I deposited my pocket change whenever the weight on the coins stretched my suspenders to the danger point. I rolled up the contents of the jar and

WHITTLING AWAY



DICK BROOKS

deposited the \$28.73 in my savings account just last month. I'm pleased with the system and will continue with it.

The third item on the list was to do something about domestic violence and abuse. To this end, I've decided to make the terms, "Yes, Dear" and "Whatever you want, Dear" a permanent part of my vocabulary. They have worked well in the past and I see no reason for not expanding their usage in the coming year. They make The Queen smile and a happy Queen usually means peace in the kingdom.

The last item on my little list is to get more exercise. Since this usually involves getting sweaty and movements that no longer come naturally to my older physique, I listed it last.

I will admit that more

exercise would be good for me, but it might not be an easy thing to accomplish. I have found that if I exercise for half an hour, the recovery period is usually about a week and a half until I can exercise for a half hour again.

Another thing to take into account is the fact that the neighbors are sometimes bothered by the noises involved with my exercise period. The cracking, squeaking joint noises and the involuntary grunts and groans carry farther than you'd think. I will work on this in the New Year while I'm doing research on a book I intend to write on recliner exercises.

All in all, I'm excited about the new year. Who knows what it'll bring? I hope for only good things for all of us or at least the strength to deal with whatever bad things may show up.

Make a list of your resolutions and tuck it safely away. It'll save you time making one next year and give you a chuckle when you dig it out next December.

Happy New Year! Thought for the week — Those who live by the sword, get shot by those who don't.

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

To reach Dick Brooks, email Whittle12124@yahoo.com.

Gardening resolutions

By the time we finally become accustomed to writing 2021 on checks and elsewhere, we need to remember to start writing 2022!

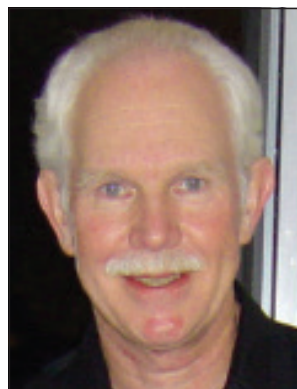
I am actually better at remembering what year it is, than what day of the week it is. I always remember Mondays and Thursdays, because that is when I play in my softball league. On Wednesdays, I try to write these columns and weekends are when I get to visit the family.

Somehow, decades seem to pass like years once you get to be 60. Perhaps the biggest downside to aging is the inevitable passing of friends and family members. Cherish the old people in your life because no one is immortal and you will miss them sooner rather than later.

January is a good time to evaluate what worked and what did not work in our gardens this past year. It is also a good time to reflect on future plans. One of my favorite sayings is "A society grows great when old men plant trees in whose shade, they will never stand." I resolve to do exactly that this spring and hope that someday my grandkids will stand in that shade and think of me. The past two years have been filled with COVID-fueled anxiety and I am afraid 2022 does not look much better in that regard. I expect people will spend more time gardening at home and less time in crowded bars, restaurants, airports and other public places.

In general, that is a good thing! The mental, physical and emotional rewards of gardening are well documented. It offers challenges for all skill levels, from novice to experienced. I find it amusing to see highly talented, highly paid, professional executives

GARDENING TIPS



BOB BEYFUSS

struggling to grow a tomato crop for the first time! Gardening can be a challenging, humbling experience and sometimes we all need to be challenged and humbled.

I had a great garden in 2021, thanks to ample rain, warm temperatures and plenty of free time to get things done in a timely manner. My eight "Big Beef" tomatoes performed as well as they always do. I also planted two "Sweet 100" cherry tomatoes in a large pot that kept me well supplied until frost.

Next year I would like to find an earlier cherry tomato that is more suited to container culture than "Sweet 100" or "Sungold," my two favorite varieties. Suggestions are welcome! Free seeds are even more welcome!

I had excellent onion, garlic, beans, asparagus, peppers, Brussels sprouts, cucumbers and winter squash crops, but voles ate most of my potatoes. I planted beets and carrots too late to get any substantial yield. I mulched them with four inches of straw in November, before I headed south, and I hope they might survive the winter and greet me with fresh carrots and beets in April! I learned it is possible to have a non-stop crop of scallions all summer long simply by planting some store-bought scallions in

a sunny window box in April or May and cutting off the tops as needed. In a week or two, new top growth will replace what you cut off.

This year I think I will forego the potatoes for a change and perhaps plant some sweet corn. Sweet corn takes up a lot of space, but it is one of my favorite vegetables. I can buy all the sweet corn I want at local markets, but the varieties they offer these days are mostly "super-sweet" types that retain their sweet flavor for weeks after harvest, but they have a crunchy texture I don't like as much as some older, more tender varieties.

Almost 20 years ago, when I moved to my shack on a hill in Conesville, I built my garden's raised-bed frames from 1-inch by 8-inch, green, rough-cut hemlock boards, purchased at the Cooksburg sawmill on Route 145. I thought they might outlive me at the time, but that has not been the case. This untreated lumber has lasted all this time and in retrospect, had I bought and used 2-inch by 8-inch planks, they might still be functional! I might re-do the frames this year and I am pretty certain this time the beds will outlive me.

I do plan to set up a "rain trough" that should allow me to capture about 250 gallons of water. Currently, I have three rain barrels that supply only about 100 gallons and that is not enough to water my garden in a dry summer. I will attach a hose to the trough that will allow easy watering.

Planting and tending a garden creates an annual sense of renewal that is not only a learning experience, but also a spiritual boost. We can all use a spiritual boost in these troubled times.

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Take stock: Reflecting on 2021

Another New Year is upon us. It's amazing how the years keep slipping by, each year seemingly moving faster than the year before. As I take stock of 2021, I encourage you to do the same.

New Year is a mixed bag of emotions for me. As I reflect on 2021, I think of many things — I think of the people who helped me, I think of the people who harmed me, I think of the goals I gave up and the goals I didn't give up.

As we move into 2022, I have to wonder, have I headed in the right direction? If not, how can I change course? Do I positively impact others? Am I surrounded by people who positively influence me? How am I performing at work? Am I giving it my all? Am I aggressively pursuing

Positively Speaking



Toby Moore

my dreams? Am I helping others accomplish their dreams?

I am thankful for those who helped me in 2021. Many positive things occurred this year that couldn't have happened without the help from friends, family and strangers. Thank you all — you make me feel gratitude that should last a lifetime. I need to make sure I let you know how much I appreciate you

and help you in any way I can in 2022 and beyond.

This year I want to focus on helping those who helped me and those who haven't helped me. I want to become a blessing in as many people's lives as I possibly can. It reminds me of a quote by motivational speaker Zig Ziglar: "You can have everything in life you want, if you will just help other people get what they want."

As I think of those who harmed me in 2021...

I want to say thanks to you as well. Thank you for making me more robust, aware, flexible and diplomatic. I'm tempted to feel anger and revenge, holding onto this poison forever. As I've written in the past, it doesn't do any good to feel that way. It will only cause more harm.

Please forgive my trespasses and anything I've done to impact you negatively. Let's move into a place of mutual respect this year.

"Don't go into the new year holding a grudge from last year; we cannot move forward if we are stuck in the past." That's excellent advice by Pastor Joel.

I should feel satisfied with the goals I did accomplish in 2021. When I achieve a goal, the good feelings are quickly replaced by acknowledging that I'm still not where I want to be, and the sense of accomplishment quickly fades. This year I will take the time to feel good about my successes, whether they be little or big. I don't know who said it, but I think it's true: "Success is a series

of small victories."

The hardest thing to think and write about are the failures of 2021. Many things I wish I had done differently, goals I didn't take seriously enough, times I snapped at loved ones while under pressure, the food I ate that made me feel unhealthy, the negative thoughts I harbored for too long, the days when I was lazy and let procrastination take hold.

There were more failures in 2021 than I can count. I wish I could go back and fix my mistakes but it's just a fantasy, the only thing that can be done is to focus on change. Changing my personality, my habits, my thoughts, my words and my actions.

I guess Winston Churchill said it best: "Success is not final, failure is

not fatal: it is the courage to continue that counts."

Every day the sun rises again, reminding us we can start over. Every year gives us another chance. If, at first, you don't succeed, try again. If you're still alive, you're still a contender.

Let's be resolved to become better people, do the things we ought to do and let the pieces fall where they may. Hold firmly to our dreams yet be relaxed about how they occur.

In 2022 let's be determined, happy, flexible, free from worry, free from doubt, free of anger and hatred. Let's choose to feel optimistic and seize the New Year!

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

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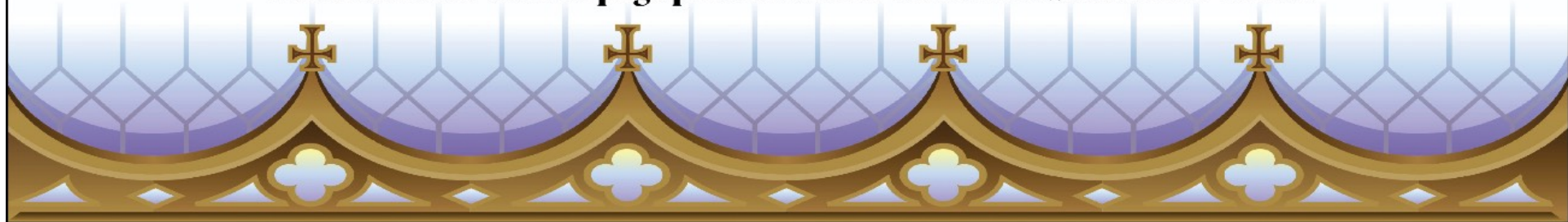
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Program by Chosen People Ministries

WESTERLO — Robert Walter, a representative of Chosen People Ministries, will be speaking at Westerlo Baptist Church on Sunday, Jan. 16, during the 9:30 a.m. worship service.

The program being presented is "To the Jews First."

Chosen People Ministries is an over 100-year-old mission that was founded in 1894 by Leopold Cohn, a Hungarian rabbi who came to believe that Jesus was the Messiah of Israel.

From humble beginnings in Brooklyn, New York, Chosen People Ministries has grown into a worldwide ministry with outreach centers in Argentina, Australia, Canada, England, France, Germany, Israel, Mexico, Ukraine and the United States.

Throughout its history, Chosen People Ministries has been unwavering in its commitment to bring the Gospel message of salvation in Jesus "to the Jew first and to the Gentile" throughout the world. In stressing the Jewish roots

of Christian faith, Chosen People Ministries hopes to make the message of the Messiah more accessible to Jewish people and also to help Christian believers achieve a greater appreciation of the Jewish basis of their own faith traditions.

The meeting Jan. 16 is open to the public and Westerlo Baptist Church would like to invite the Christian and Jewish community to attend.

For more information, please call 518-797-3927.

A love offering will be received.

CMH welcomes new pain management specialist

HUDSON — Columbia Memorial Health recently welcomed anesthesiologist and pain management specialist Agnes Pace, M.D., who joins CMH's pain management team.

A board-certified anesthesiologist and pain management expert, Dr. Pace specializes in providing comprehensive pain management services, including spinal cord stimulation, nerve blocks, epidural steroid injections, facet joint injections and numerous other advanced pain management techniques.

She received her Doctor of Medicine from the



AGNES PACE, MD

Drexel University College of Medicine and completed her residency in anesthesiology at the Penn State Hershey Medical Center.

Dr. Pace comes to CMH from the Penn State Her-

shey Medical Center in Hershey, Pennsylvania.

Her husband, Dr. Gregory Pace, an orthopedic surgeon, has also joined the CMH care team.

Columbia Memorial Health President and CEO Jay P. Cahalan said: "Dr. Agnes Pace's expertise in managing pain will provide comfort and relief to the many members of our community who endure chronic pain. The entire CMH team extends our welcome to her."

To make an appointment with Dr. Agnes Pace, please contact CMH's Pain Management program at 518-697-3061.

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Statewide ban on polystyrene foam containers now in effect

ALBANY — The state's ban on polystyrene foam containers and "packing peanuts" went into effect Jan. 1, according to Department of Environmental Conservation Commissioner Basil Seggos.

While an estimated 65% of New Yorkers are living in communities that have already banned polystyrene, New York's statewide ban on polystyrene foam containers and loose fill packaging is among the first in the nation.

The DEC and its partners continue outreach efforts to advise affected groups about the ban, particularly sellers and distributors of disposable food-service containers, such as retail food stores, restaurants, hospitals and schools.

"Nearly two-thirds of New Yorkers already live in communities that are 'foam free,'" Seggos said. "New York City and Long Island are seeing the benefits of their foam bans with reduced litter on their landscapes and waterways. Now the rest of the state is poised to reap the benefits of a cleaner environment. DEC continues to focus on outreach to educate affected entities, but we know the foam ban will work and we look forward to less waste in our landfills in 2022."

Expanded polystyrene (EPS) foam is a major contributor to environmental litter, causing negative impacts to wildlife, waterways, and natural resources, according to the DEC.

EPS foam is lightweight, breaks apart easily, and does not readily

biodegrade, rendering it persistent in the environment and susceptible to becoming microplastic pollution.

In addition, EPS foam containers and loose-fill packaging are not accepted by most recycling programs in New York state because the foam is difficult to recycle, easily contaminates the recycling stream, is often soiled, and has low value.

Starting Jan. 1, New York's ban prohibited any person engaged in the business of selling or distributing prepared food or beverages for on- or off-premises consumption from selling, offering for sale, or distributing disposable food-service containers that contain expanded polystyrene foam in the state.

In addition, no manufacturer or store will be allowed to sell, offer for sale or distribute polystyrene loose-fill packaging in the state. Disposable food-service containers made of expanded polystyrene foam banned under the law include bowls, cartons, hinged "clamshell" containers, cups, lids, plates, trays or any other product designed or used to temporarily store or transport prepared foods or beverages, including containers generally recognized as designed for single use.

Initially, DEC will focus its efforts to achieve compliance with outreach and education to ensure a smooth transition for affected stakeholders, with enforcement to follow as needed.

While the ban began Jan. 1, DEC is expected to

release final regulations to implement the law in the coming months to assist stakeholders with complying with the law.

Draft regulations were released earlier this year.

Examples of covered food service providers required to comply with the ban include:

- Food service establishments, caterers, temporary food service establishments, mobile food service establishments and pushcarts as defined in the New York State Sanitary Code;
- Retail food stores, as defined in Article 28 of the Agriculture and Markets Law, which include any establishment where food and food products are offered to the consumer and intended for off-premises consumption;
- Delis, grocery stores, restaurants, cafeterias, and coffee shops;
- Hospitals, adult care facilities, and nursing homes; and
- Elementary and secondary schools, colleges, and universities.

Under the law, any facility, regardless of income, operated by a not-for-profit corporation or by a federal, state or local government agency that provides food and meals to food insecure individuals at no or nominal charge may request a financial hardship waiver of the requirements of the law. Examples include community meal programs, food pantries and places of worship.

For more information, please visit <https://www.dec.ny.gov/chemical/294.html>.



srt33fastball@aol.com

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written by Steve Trout, former Yankee player



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

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THE MAGIC BALL TRILOGY

written by Steve Trout, former Yankee player

These stories are all about gaining confidence and helping kids become more confident in themselves. Author Steve Trout says that "It's so important to have confidence in whatever you do."

READ THE FIRST PART OF THIS AMAZING TRILOGY!

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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.

January 2022

6 - Online Graphic Novel Book Club: "Paper Girls," at RCS Community Library, 6:30-8 p.m.. Contact library for more details.

8 - "Souper Saturday" at Trinity Methodist Church, 12-2 p.m., Route 143, Coeymans Hollow. Free soup and fellowship. CDC masking and distancing guidelines required.

10 - A.W. Becker Elementary School PTA Meeting, 6:45 p.m.

10 - RCS Community Library Trustees Meeting, 7 p.m., on Google Meet. Email director@rcscommunitylibrary.org for more information.

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

13 - Albany County Senior Legal Services Program, Town of Bethlehem Senior Services, 9:30-11 a.m. No cost and appointments are required. Call 518-439-4955 Ext. 1176 or www.townofbethlehem.org for more information.

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COMMUNITY

RAVENA NEWS-HERALD | CAPITAL REGION INDEPENDENT MEDIA

Thursday, January 6, 2022 **A11**

KIDS' CORNER

Broomball: an exciting winter sport

Broomball, a fun winter sport that's perfect for all ages, is making a comeback. Similar to hockey in several ways, this game is played on an ice rink with two teams of five players plus a goaltender each. The goal nets are a little taller than they are in hockey, but the gameplay rules are very similar.

In simple terms, the objective of broomball is to score more goals than your opponent by hitting a rubber ball into the opposing net with a special broom. A typical game lasts two or three periods.

Broomball combines elements of hockey, soccer and baseball. Therefore, if you enjoy these sports, you'll probably want to add this game to your list of sports to try.



10 tips to help you study



If you have a big test coming up, here are 10 study tips that will help you learn the material.

1. Start studying at least two weeks before your exams
2. Schedule several short 45-minute study sessions instead of one long one
3. Plan your study sessions ahead of time
4. Choose to study during the times of day when you feel your best
5. Find a quiet, well-lit area where you can focus
6. Gather everything you need for your study session
7. Summarize the materials you learned in class
8. Carefully go over the suggested approaches to learning the material
9. Redo any challenging exercises or ones you may have skipped on your homework
10. Make sure you find the answers to any questions you encounter while studying

After a solid study session, consider doing something fun to reward yourself for your efforts.

How to make the perfect snowman

Do you want to build a snowman? Here are a few tips for making one that'll be the envy of your neighbourhood.

PREPARING

Choose a flat and shady area so that your snowman will stand straight and won't melt in the sun. Make sure the snow is sticky enough by making a small ball in your hand. If it holds together and doesn't crumble between your fingers, you're good to go.

BUILDING

First, shape three balls with your hands until they become too big to hold. Then roll them in the snow until they're as big as you want them to be. Remember, the middle ball must be smaller than the bottom one, and the top one smaller than both of them. Flatten the top of each ball before placing another



one on top. Finally, to keep everything together, pack snow around the base of the bottom ball and between each layer.

After, all that's left to do is decorate your creation.

The record for the tallest snowman was set in Austria in 2020. The sculpture was just over 38 metres tall.

Private eye

Which two
are exactly alike?



JUST kidding

Q: What's the difference between Santa Claus and a knight?
A: One drags a sleigh, the other drags a dragon!

Material for your
weekly game page

JUST kidding

Q: What do you call an elf who wins the lottery?
A: Welfy.

JUST kidding

Q: Why are Christmas trees so bad at sewing?
A: They always drop their needles!



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TCI NY committed to community every day

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



By Mark Westcott
November 18, 2021, Coeymans, NY

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

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

Investing in Coeymans and Creating New Jobs

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

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

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

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

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

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

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

Recycling and the Environment

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

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

Hard Hat meets Textbook

TCI works with RCS High School to create good paying internships

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

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

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

Committed to Community

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

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

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



Training Center

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

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

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

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

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



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SPORTS

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RAVENA NEWS-HERALD CAPITAL REGION INDEPENDENT MEDIA Thursday, January 6, 2022 B1

Safely enjoy ice fishing this winter

New York State Department of Environmental Conservation (DEC) Commissioner Basil Seggos encourages outdoor enthusiasts to consider ice fishing this winter season.

“Winter in New York provides outdoor adventurers with some of the very best opportunities to get outdoors, like ice fishing, when conditions are right,” Seggos said. “With proper preparedness and safe ice, anyone can enjoy the state’s abundant ice fishing opportunities. Many fish species are still quite active during the hard water season, including perch, sunfish, lake trout and northern pike, leaving something for every type of angler to get out on the ice.”

Safety is essential during ice fishing season and anglers should make sure the ice is thick enough before venturing out. Four inches of solid clear ice is usually safe for anglers accessing ice on foot. Ice thickness can vary on waterbodies and even within the same waterbody.

Anglers should be particularly cautious of areas of moving water and around boat docks and houses where bubblers may be installed to reduce ice formation. Ice can easily be tested with an auger or spud bar at various spots.

DEC also encourages anglers to fish with a family member or a friend for safety. In addition, local bait and tackle shops are great resources for learning where ice is safe and what other anglers are catching.

Anglers interested in trying ice fishing for the first time should mark the Feb. 19-20, weekend on their calen-



The state DEC offers tips on how to stay safe when ice fishing, and a free fishing weekend coming up in February.

Courtesy of Pexels

dars. DEC has designated this weekend as a Free Fishing Weekend, which means the requirement for a fishing license is waived. Free fishing week-

ends are great opportunities to try fishing for the first time and for experienced anglers to introduce friends to the sport.

Beginning ice anglers are encouraged to download the Ice Fishing Chapter (PDF) of DEC’s I FISH NY Beginners Guide to Freshwater Fishing for information on how to get started ice fishing. Additional information, including a list of waters open to ice fishing, can be found on DEC’s ice fishing webpage. A new video for beginners interested in ice fishing are now available on DEC’s YouTube channel.

The use of fish for bait is popular when ice fishing. Baitfish may be used in most, but not all, waters open to ice fishing. Anglers are encouraged to follow these steps when using baitfish while ice fishing:

- Review and follow the DEC baitfish regulations (PDF) on page 79 of DEC’s Freshwater Fishing Regulations Guide;
- Make sure the use of baitfish is permitted in the waterbody by checking the special regulations by county section (PDF) of the guide;
- Use only certified disease-free baitfish purchased from a local tackle store (buyers should retain the receipt provided while in possession of the baitfish);
- Use only personally collected baitfish from the same waterbody they were caught; and
- Dump unused baitfish and water in an appropriate location on dry land.

DEC reminds anglers to have a valid fishing license before heading out on the ice. Fishing licenses are valid for 365 days from the date of purchase.

Leave No Trace on state lands this winter

The New York State Department of Environmental Conservation (DEC) reminds visitors to practice Leave No Trace while recreating on state lands this winter.

Everyone has a responsibility to protect state lands for future generations. Following the seven principles of Leave No Trace, set forth by the Leave No Trace Center for Outdoor Ethics, is one way users are encouraged to Love Our NY Lands.

“Whether you’re exploring the Adirondack or Catskill mountains, or enjoying your local trail, winter is an excellent time to get outdoors in New York,” said DEC Commissioner Basil Seggos. “To protect public lands for future generations, remember to Love Our New York Lands by practicing the Leave No Trace™ Seven Principles and get outside safely and responsibly.”

The Leave No Trace

seven principles provide helpful guidance to reduce your impact on the environment and keep yourself and those around you safe.

- Plan ahead and prepare. Proper planning is vital to ensure a safe winter adventure. Visitors should know their limits, set realistic goals, and choose an appropriate experience. Outdoor adventurers are encouraged to research trails and routes before setting out and contact DEC or other knowledgeable parties with questions.

- Winter weather can change rapidly. Prepare for every occasion by bringing the 10 Hike Smart NY essentials, including food, water, navigation, warm layers, snowshoes and traction devices, a headlamp, first-aid kit, and matches or a lighter. Stay up to date with current weather reports and if the forecast calls for harsh conditions, consider rescheduling.

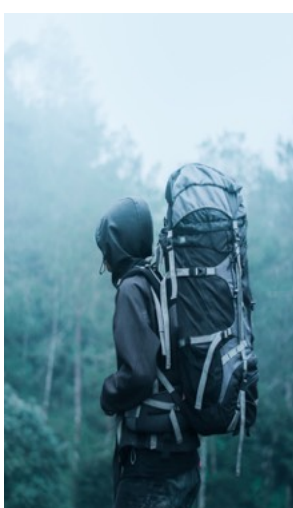


Photo by Lulu Fatoni from Pexels
The state Department of Environmental Conservation provides guidelines for hiking, camping and other outdoor winter recreational activities.

- Make a timeline, including a turnaround time, and stick to it. Visitors should leave their trip plans with a trusted friend or relative that will call for help if they don’t return on time. For more tips on preparing for a safe outdoor winter experience, visit DEC’s

winter hiking safety page.

- Travel and camp on durable surfaces. Travel on durable surfaces to help maintain the integrity of trails and limit damage to trail-side vegetation. Snow is considered a durable surface once it is six inches deep. Snowshoes make walking in deep snow easier and help prevent postholing, the act of creating deep holes in the snow with bare boots. Use traction devices, such as crampons or microspikes, to travel safely across ice.

- Properly dispose of waste. Visitors to state lands are asked to carry out what they carry in, including garbage, food scraps, broken gear, and pet waste. Dispose of trash in a designated can at the trailhead or at home. Go before you go and use toilets or outhouses whenever possible. Visitors should also be prepared to dig

a cat hole or pack out poop where toilets aren’t available.

- Leave what you find. Leave trail signs and markers so others can find their way, and leave historic artifacts and natural features for others to enjoy. Please do not carve or graffiti rocks, trees, or backcountry structures.

- Minimize campfire impacts. Visitors should use designated fireplaces whenever possible and only burn dead and downed wood. When finished with the fire, extinguish it completely. Never leave a fire unattended or build a fire inside a structure such as a lean to or tent.

- Respect wildlife. Never follow, approach, or feed wildlife. Human food can harm wildlife and feeding wildlife can create bad habits that lead to unwanted human interaction and habituation.

- Be considerate

of other visitors. Help all visitors have a safe and enjoyable experience by following winter trail etiquette. Wear snowshoes or skis on snowy trails to avoid post-holing. Separate ski and snowshoe tracks when possible. Yield to downhill skiers and move to the side of the trail to let snowmobiles pass. Snowmobile riders are reminded to slow down when passing pedestrians.

DEC’s “Love Our New York Lands” campaign was launched in response to the steady increase in the number of visitors to state lands, both during the COVID-19 pandemic and in the decade prior, as more and more New Yorkers and visitors from other states and countries discovered the natural beauty of New York state.

For details and more information, visit the Love Our New York Lands page on DEC’s website.

Michael Ortale Jr. selected as Player of the Week



MICHAEL ORTALE JR.

ONEONTA — The State University of New York Athletic Conference has announced the SUNY Oneonta sophomore Michael Ortale, Jr., of Bethlehem, has been selected as the initial PrestoSports men’s Basketball Player of the Week.

Ortale, Jr. earned the

honor after helping to lead the Red Dragons to three victories to start the season including the SUNY Oneonta Inn Tipoff tournament hosted by Oneonta this past weekend.

For the week, Ortale, Jr. averaged 18.3 points, 8.7 rebounds and 5.7 assists. He also record-

ed five steals and five blocks and shot just shy of 55% from the floor.

Ortale, Jr. opened his Oneonta career with a 30-point showing against Hartwick College, as the Red Dragons defeated the Hawks 105-76. He followed that performance with 17 points versus Cobleskill and

eight points versus Sage College.

Ortale, Jr. is a graduate of Bethlehem Central High School.

SUNY Oneonta supports 21 varsity teams and is a member of the SUNYAC Conference while competing at the NCAA Division III level. The Red Dragons have

enjoyed a long history of success athletically celebrating National Champions and All-Americans along with Conference, Regional and National Players of the Year. Oneonta student athletes compete on state-of-art athletic facilities while enjoying modern locker rooms.

No time off for fleas

By Charlene Marchand
For Capital Region Independent Media

I'm writing this article with the promise of frigid effects of Alberta Clippers engulfing the Northeast this winter. These near-zero and sub-zero temperatures are not fit for man nor most beasts.

Keep your eyes out for restrained animals with insufficient shelter and food, and for wandering cats and dogs who may be lost or dropped off (abandoned). Get involved if an animal, especially a cat, appears on your property, previously unidentified. Don't assume that feline belongs to the new family on the block and is just looking for "extras."

This situation recently presented itself to one of my best friends, with the neighbor assuming that this cruising feline was owned. A comprehensive poll of the neighborhood found this to be untrue. She trapped the cat with the assistance of our shelter, and we (and the rescued Fluffy) are most appreciative for her involvement. Life is not worth living for most

SOFT PAWS

feral and semi-feral cats.

Back to my lead-in. It's all about fleas and ticks! I know it's January, and it doesn't matter! A number of friends and colleagues taking good and proper care of their dogs and cats have been faced with a production of "Parasites in January Paradise."

Well-maintained companion animals and their households, on monthly preventatives (topicals) for fleas and ticks, have been faced with infestations. Our veterinarians at Chatham's Small Animal Hospital remind us that many of the dogs and cats that are seen test positive (if you will) for flea dirt. If you have mice in your home — or you have a yard with wild critters — you have fleas on your property. Chances are very good that an occasional live flea will be carried in on

your Kojak or Kitty. That means let the explosion begin with those lovely warm-home temperatures.

Almost in a panic, these households use Capstar to kill the live fleas on the animal, discuss applications and options with topical protection, worm these contaminated individuals for tapes (all cats and dogs who have fleas WILL have tapeworms) twice over a 21-day period, bomb their homes (ZODIAC is the most effective), treat their cars, garages (if animals are allowed in there), and offices, etc. with a room or perimeter spray. Don't forget that you must treat the premises a second time two weeks after your first application.

No question the eradication is a process — it takes a village of defense measures to ensure a parasite-free environment. The secondary consequences of unattended-to animals can be flea-bite dermatitis with accompanying skin infections. Now we're talking antibiotics, antihistamines, etc. etc.

If you don't have one,

buy a flea comb. Start routinely grooming with it. If you get a flea, or most probably flea dirt, get thee to your veterinarian to discuss a successful battle plan.

If any readers think this frigid weather flea-thing is a snow job on the part of your clinician or the makers of these external parasite products, I can state for the record that you are absolutely incorrect. Just ask those pet owners who, for a brief minute, thought that they were living in Georgia or Florida, where fleas reign supreme 12 months a year.

If you see one flea, there are thousands of eggs waiting for their chance to come alive!

Feel free to call us with any questions at 518-828-6044 or visit our website at www.cghs.org. Our Food Bank is open to any from the public in need of pet food or for those wishing to donate food from 11:30 a.m. to 4:00 p.m. daily. Charlene Marchand is the Chairperson of the Columbia-Greene Humane Society/SPCA Board of Directors. She may be contacted at cghsaaron@gmail.com.



Lenore is a petite, 4-year-old Domestic Shorthair pictured with CGHS/SPCA Adoption Counselor Rebecca Warner. Lenore has called the shelter home now for five months and often gets overlooked as she can be a bit timid. She was found as a stray and enjoys lounging in our cat towers in our free-roaming cat room. It has taken her some time to warm up to our staff and new people, but now enjoys being held and patted by our visitors. With some time and patience, Lenore would make the purrfect companion. If you're interested in giving Lenore her furever home, please fill out an application at www.cghs.org or give us a call at 518-828-6044 ext. 100!

Data show health care providers help patients quit smoking

ALBANY — New New York State Department of Health data show an increase in health care

providers working with patients to quit smoking.

More than three-quarters of smokers who saw

their provider in 2019 reported that their doctor advised them to quit smoking — a 12.5%

increase from 2014. More than half reported that their doctor offered assistance to quit — a 23.3% increase from 2014.

Smokers who receive assistance from their physicians double their odds of successfully quitting.

Dr. Ronald Pope, Columbia Memorial Health Vice President of Medical Services, Care Centers, said, "Helping patients to stop smoking is an important goal for our care team. CMH providers can offer several options to help smokers kick the habit and improve their health and quality of life."

Despite the increased communication around the health effects of smoking, there is still more work to be done. The Twin Counties' adult smoking rate was a third higher than the statewide average in 2018. Smoking rates are particularly high among New Yorkers of low socio-economic

status, lower education and those with behavioral health issues.

Columbia County Mental Health Center integrated questions about clients' smoking status into their intake process in 2019.

"Forty percent of all cigarettes in the United States are consumed by individuals who live with mental illness or substance abuse disorders," Tobacco Cessation Specialist Rose Aulino said. "Because of that, nicotine dependence has been a real focus of treatment for us. The results have been encouraging."

Smokers that are interested in quitting are encouraged to talk to their health care provider about nicotine replacement therapy and/or counseling options that are available. You can also call the New York state Smokers' Quitline at 1-866-697-8487 to receive free nicotine patches and be connected with a quit coach.

Tobacco-Free Action of Columbia & Greene Counties is a nonprofit organization funded by the state Department of Health that advocates for policy change to reduce exposure to secondhand smoke, make tobacco products less visible and accessible, and make tobacco use more expensive, less convenient, and less socially acceptable.

Columbia Memorial Health is an advanced multi-specialty health-care system serving more than 100,000 residents in Columbia, Greene and Dutchess counties at more than 40 primary care and specialty care centers. In addition, CMH's inpatient hospital, located in Hudson, has served our region since 1893 and is one of the most innovative and technically advanced facilities in the Hudson Valley. Columbia Memorial Health, Albany Med, Saratoga Hospital and Glens Falls Hospital are part of the Albany Med Health System, the largest locally governed health system in the region. Learn more at www.columbiamemorial-health.org.

To learn more about the Columbia County Mental Health Center and the services offered, please visit www.columbiacountymhc.com.

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Always Keeping You Connected.

Making the effort to do what is right

By Dr. Billy Holland
For Capital Region Independent Media

In Luke 10:30-37, a certain lawyer approaches Jesus with a spiritual question: "What shall I do to inherit eternal life?"

How fitting that a legal expert would ask Jesus about a subject he was trained to understand. Jesus points this man and the rest of us to the law of heaven: "Whoever loves God with all their heart, soul, strength and mind, and whoever loves their neighbor as themselves will have eternal life."

This arrogant attorney was only pretending to make sure he understood clearly whom he is obligated to love and continued another attempt to justify his prejudice. "And who is my neighbor?" Jesus responds to this second query with the story of the Good Samaritan.

The Good Samaritan was obviously a sensitive and caring person who at significant cost to himself, stopped to

LIVING ON PURPOSE

help a wounded stranger that had been beaten and robbed and was being ignored by everyone passing by.

Making his rescue attempt even more remarkable is the fact that he was a Samaritan and the man who was hurt was his Jewish neighbor. You see, traditionally Jews and Samaritans despised each other. It's true the Samaritan is the hero of the story and a model of Biblical compassion, but his actions should not be seen as extraordinary. This is the standard attitude of Christian love that God expects, or more accurately He demands from all of His followers as a normal lifestyle.

Some of the villains

in this true account are surprisingly the religious leaders who turned their heads and hearts away and acted as if they did not see the crisis. It's easy to heap scorn on such callous disregard, but there is also a good chance we may have fared no better. These respected figures within the community might have felt pity for the victim and may have even said a silent prayer for him as they passed by, however, refusing to become involved was sadly based on racial bigotry and political correctness.

We have also driven past those who hold signs begging for help, which leaves us with countless opinions. We've heard

stories about those who are professional scammers and how they play on people's emotions. There are always reasons and excuses why we do not pick up hitchhikers or help those who sleep under bridges and mostly it's because we would rather not be involved. We know it's critical to use our spiritual discernment, but should we try to help everyone?

We can imagine what the people in our story were thinking, for example, "I'm not comfortable or trained to treat wounds, and I'm afraid he might have a disease." "What if he dies, I will be blamed." Maybe they justified their decision with the idea they should not be expected to be

responsible for everyone else's problems. Others might have been suspicious this person was a criminal and deserved what happened and this was his punishment. Or maybe they were just really busy that day or were late for a lunch date or an important meeting.

Whatever reasons these individuals deemed it either too costly or insignificant, Jesus condemns them. To love their neighbor at that moment required stopping what they were focused on and deciding to do what was right.

Jesus continues to teach these spiritual principles as He declares in Matthew chapter 25, that whatever we refuse to do for others, we are also ignoring to consider Him. This includes our love.

So, how crucial is it to be sensitive to the voice of the Holy Spirit and be ready to serve? The people in this Matthew passage are sent into eternal damnation because they failed to care for the needy.

Remember the rich man and Lazarus. Romans chapter 12 speaks directly to believers about the practical and often painful ministry of being a living sacrifice. This means we should be prepared to act when a divine appointment presents itself as having a higher level of spiritual discernment is why we talk so much about walking in the awareness of God's presence.

Being sympathetic is not enough as James says in 2:15-16: "If a brother or sister is poorly clothed and lacking in daily food, and one of you says to them, go in peace, be warmed and filled, without giving them the things needed for the body, what good is that?"

How is feeling sorry for someone helping anything? Until our minds are renewed to resist our carnal selfish nature, we will never be like Jesus.

Read more about the Christian life at billy-hollandministries.com.

Get active at Five Rivers in 2022

DELMAR — Find your outdoor adventure at Five Rivers Environmental Education Center, 56 Game Farm Road, Delmar.

The grounds are open daily from sunrise to sunset. The visitor center is open to the public Monday through Saturday from 9 a.m. to 4:30 p.m., except state holidays. Public restrooms are available at the Guided School Program building from 8 a.m. to sunset.

For the safety of visitors, volunteers and staff,

masks must be worn by everyone when inside the visitor center and restrooms and on the trails whenever a 6-foot distance cannot be maintained between individuals or households.

To register for programs, please call 518-475-0291.

- Snowshoe Rentals: Snowshoes are available for rent from Friends of Five Rivers for \$5 per pair; free for Friends members (must show a current membership card or be on the cur-

rent members list). Rental fees apply during guided programs, except for "learn to..." programs. Snowshoes may only be used on site and must be returned by 4:00 p.m. on the day of rental. No snowshoes will be rented after 3:00 p.m. Renters must be at least 16 years old and complete the rent-

al agreement form available at the greeter desk. To minimize damage to the equipment, there must be at least six inches of snow on the ground.

- Online Training: Introduction to the Winter Raptor Survey:

Tuesday, Jan. 11, at 8 p.m.

For the past six years,

Five Rivers has participated in the state and regional monitoring of winter raptors, assisting biologists in their conservation efforts to help these threatened and endangered species. If you are interested in learning about the survey itself, raptors that are surveyed, how it is done and past results, please join in

for this online introduction to the survey. This program is open to all. If you are interested in joining a team of community scientists, this is a great way learn how the survey is conducted. No experience is needed. To register, call 518-475-0291 by Monday, Jan. 10. You will receive a link to join the training online.

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How do I apply for Social Security benefits?

Dear Rusty: I would like some advice concerning Social Security. In January I will be 62.5 years old. I was laid off two years ago and have not had a steady income since (though I still have bills to pay). I also did not qualify for unemployment. Therefore, what little I had for "retirement" is now gone.

For this reason, I have been seriously considering applying for Social Security as soon as I'm able. I remember reading something that said I should begin the "paperwork" three months ahead of time. I'd like to begin that process, but don't know where to begin.

Could you guide me to the right place?

Signed: Ready to Claim Benefits

Dear Ready to Claim: Sorry to hear of your loss of employment and your current financial struggle, but the Social Security benefits you earned from a lifetime of working are there for you.

Here's what you need to know about applying for Social Security:

Since you are already 62 years of age, you can apply for your Social Security at any time now. The process is fairly simple, especially if you apply online, which you can do at www.ssa.gov. Just click on the "Retirement" icon and you'll see a link to the online application. You simply fill out the application,

SOCIAL SECURITY MATTERS



RUSSELL GLOOR

save it if you need more time to work on it, and later when you're done submit it online to Social Security.

Before you do that, however, you'll need to create your personal "my Social Security" online account, which is easy to do at www.ssa.gov/myaccount. Once you have your online account set up you can fill out and submit the online application. Of course, you can also apply via telephone by calling either the national Social Security service center at 1-800-772-1213 or your local Social Security office to make an appointment to apply but applying online at www.ssa.gov is by far the most efficient way.

You can apply for your SS benefits up to four months before the month you wish your payments to start. On the application you will tell them which month you want your benefits to begin so you can apply before

you want to start benefits. Since you're applying before your full retirement age of 66 years and 10 months, there are a couple of things to keep in mind:

- By claiming at age 62 1/2 your benefit amount will be permanently reduced by about 29%. You only get your full benefits if you wait to claim until your full retirement age (FRA), which for you is 66 years and 10 months; claiming any earlier means a permanently reduced benefit.

- If you claim before your FRA and you return to work, you'll be subject to an "earnings test," which limits how much you can earn from working while collecting early SS benefits. The 2022 earnings limit is \$19,560 and if that is exceeded SS will take back \$1 for every \$2 you are over the limit (half of what you exceed the limit by). The earnings limit will apply until you reach your full retirement age, and the allowable earnings are more in the year you

reach FRA.

Applying online for Social Security benefits is a reasonably easy process and if you have even moderate computer skills you shouldn't be intimidated by the thought. But if you are, simply call Social Security and request an appointment to apply. They will walk you through the application process.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the

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



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Is your diet working for you?

As most experienced nutrition coaches (and their clients) know, the scale is an unreliable indicator of your weight and doesn't mark the milestones you've made on the path to a fitter, healthier you.

But there was a time when I allowed the number on the scale to dictate my mood for the day. Now I believe that number is like opinion polls — individual results don't tell you anything because there's just too much random noise, error and variation.

And here's what I mean.

Long before you lose any weight there will be small, subtle signs that your fitness and nutrition plan is working for you. And those signs are like motivation gold, helping you get through the toughest of times, keeping you focused on what really matters.

Today I'll share with you some of the subtle ways your body uses to let you know what you're doing is working.

Now that you've changed your diet, have you noticed that you no longer have cravings for sugar-packed processed foods? Since you've replaced processed, chemical-laden foods with whole foods like vegetables, fruit, nuts and seeds, you feel satisfied and mentally focused.

Here's a question for you — when was the last time you jumped out of bed before the alarm clock went off? I'll bet you can't even remember! However, once you've started an exercising routine, every morning you jump out of bed full of energy, eager to start your day! I don't even need a cup of coffee in the morning to get me

CONCEPTS IN FITNESS



MARY SCHOEPE

you would toss and turn in a weird, hallucinogenic sleep, a "not-sleeping state." But those nights are long gone since your blood sugar and other hormones have stabilized.

Rather than vegging out in front of the TV after a stressful day, you've incorporated some stress-management techniques like deep breathing, meditation or sitting quietly before going to bed.

So there you have it — while there's no one-size-fits-all solution, following uncomplicated lifestyle changes typically work for most people. Once you get your mind off the number on the scale, you'll be better able to recognize your progress and maintain the motivation it takes to make it to the finish line.

going!

And speaking of coffee, do you find that you no longer need a mid-afternoon double shot of espresso every day? A restful night's sleep, whole foods and exercise have taken the place of the artificial stimulants, providing you with steady energy throughout the day. So you can say goodbye to those afternoon energy crashes!

And finally, gone are the sleepless nights where

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

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

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

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

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

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

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

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Coeymans Hollow Volunteer Fire Corporation news

CALENDAR DRIVE CONTINUES:

The Coeymans Hollow Volunteer Fire Corporation would like to extend its appreciation to everyone who donated to this year's calendar drive. Your support is very important to them. If you would still like to donate, it's never too late. Send in your donation today.

RECRUITMENT AND RETENTION:

The Coeymans Hollow Volunteer Fire Corporation needs your help!

If you want to take an active part in your community, please consider joining your local volunteer fire company.

Volunteer numbers are critically low, especial-

ly in EMS. Make a New Year's resolution to at least looking into joining your local fire company. Besides needing EMTs, they also need firefighters, fire police, auxiliary members and associate members. Training is free and you will learn all the skills to become a certified EMT or firefighter.

For more information or to obtain an application, please call 518-756-6310 or stop by any Tuesday night to see what they are all about. Just by making this phone call, you can be responsible for saving property or even a life. Start the New Year out right — volunteer!

DRILLS SCHEDULED:

Training Officer Dan Haight has announced that there will be a drill on Tuesday, Jan. 11, with the subject to be announced.

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

SAFETY TIP:

COVID is once again on the rise.

Do your part and get the shot so we can put this pandemic behind us.

FIRE AND EMS REPORT:

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

Police warn of 'Grandparent Scam'

The New York State Police are warning citizens of a scam that preys on grandparents after receiving multiple calls on what is known as the "Grandparent Scam" or "Family Emergency Scam."

These scams usually involve an individual calling to claim that someone's grandchild or other relative has been arrested and a bail bondsman needs to be paid immediately.

Another scam current-

ly used attempts to convince the victim that a relative was involved in a serious accident and money is needed for medical payments.

These scams ask for large sums of money transferred in unusual ways devoid of any face-to-face interaction. Once these thieves have extracted money they may also call back and try to get more.

The New York State Police offer the following tips to protect against the

Grandparent Scam:

- Take a pause. Scammers create a sense of urgency to prey on victims' emotions and their love for family members.

- Verify any supposed emergency by calling friends and family before sending money. This is especially important if a potential victim has been warned not to do so.

- A grandparent may think they would know whether they were speaking to their

own grandchild or to an imposter, but it is easy to be fooled. The caller may be crying or the background may be noisy, or the caller may claim the connection is bad.

- If the caller purports to be a bail bondsperson, ask where the relative is being held and contact the facility directly. Grandparents can also call their local police department, where officers may be able to call the jail and confirm the story.

- Be suspicious of anyone who calls unexpectedly asking to be sent money.

- Never send cash through the mail.

- Never purchase pre-paid debit cards or gift cards for the purpose of transferring money.

- Develop a secret code or "password" with family members that can be used to verify the identity of family members over the phone.

- Ask a question that only the real grand-

child would know the answer to, such as "what was the name of your first pet?"

- Set Facebook and other social media settings to private to limit information available to scammers, such as the name of grandchildren.

Additional information about the Grandparent Scam can be found on the FTC.gov website <https://www.consumer.ftc.gov/articles/scammers-use-fake-emergencies-steal-your-money>



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2021-07-23. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to REGISTERED AGENTS INC.: 90 STATE STREET, STE 700 OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of LONG WEEKEND FLORALS LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2021-11-15. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to REGISTERED AGENTS INC.: 90 STATE STREET, STE 700 OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of AMX-ON, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2021-12-06. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to REGISTERED AGENTS INC.: 90 STATE STREET, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of GLAD TO BE SOCIAL LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2021-11-30. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to REGISTERED AGENTS INC.: 90 STATE STREET, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of BB TAX SOLUTIONS LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2021-11-26. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to REGISTERED AGENTS INC.: 90 STATE STREET, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of AUTUMNS GARDEN LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2021-04-08. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process

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Notice of Formation of HONEYBEE PRINT STUDIO LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2021-11-15. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to NORTHWEST REGISTERED AGENT LLC: 90 STATE STREET, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of 45 Virgil Avenue, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2021-10-29. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to NORTHWEST REGISTERED AGENT LLC: 90 STATE STREET, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

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Notice of Formation of 179 LAWRENCE ST LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2021-12-09. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to REGISTERED AGENTS INC.: 90 STATE STREET, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

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Notice of Formation of AJC CONSTRUCTION GROUP LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2021-12-14. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to REGISTERED AGENTS INC.: 90 STATE STREET, STE 700 OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of JDM RENTALS LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2021-11-15. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to NORTHWEST REGISTERED AGENT LLC: 90 STATE STREET, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of CELESTIAL TALA LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2021-11-10. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to NORTHWEST REGISTERED AGENT LLC: 90 STATE STREET, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of PLEIADES DATA LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2021-12-17. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to NORTHWEST REGISTERED AGENT LLC: 90 STATE STREET, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Qualification of THREE CONVOY LLC. Certificate of Authority filed with Secretary of State of NY (SSNY) on 2021-12-20 Office location: Albany County. Limited Liability Company (LLC) formed in DE on 2021-12-06. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY shall mail process to NORTHWEST REGISTERED AGENT LLC: 90 STATE STREET, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

State (SOS). 651 N BROAD ST SUITE 206 MIDDLETOWN DE 19709. Purpose: Any lawful purpose.

Notice of Formation of BRAINY CREATIVE LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2021-12-07. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to NORTHWEST REGISTERED AGENT LLC: 90 STATE STREET, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Qualification of LEIPER PROPERTIES LLC. Certificate of Authority filed with Secretary of State of NY (SSNY) on 2021-12-20 Office location: Albany County. Limited Liability Company (LLC) formed in DE on 2019-04-15. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to NORTHWEST REGISTERED AGENT LLC: 90 STATE STREET, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of TRES MARIAS REAL ESTATE LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2021-11-15. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to REGISTERED AGENTS INC.: 90 STATE STREET, STE 700 OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of SMD CONCEPTS LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2021-12-02. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to REGISTERED AGENTS INC.: 90 STATE STREET, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of Cavanaugh Holdings, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2018-02-01. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to REGISTERED AGENT LLC: 90 STATE STREET, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Qualification of MAGNIFIED MANE LLC. Certificate of Authority filed with Secretary of State of NY (SSNY) on 2021-11-09 Office location: Albany County. Limited Liability Company (LLC) formed in DE on 2020-06-12. SSNY designated as agent of Limited Liability Company (LLC) upon whom process

against it may be served. SSNY shall mail process to REGISTERED AGENT LLC: 90 STATE STREET, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of ROSE LIFESTYLE CLEANING LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2021-11-18. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to NORTHWEST REGISTERED AGENT LLC: 90 STATE STREET, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of BECKY B COLLECTIONS LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2021-11-18. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to NORTHWEST REGISTERED AGENT LLC: 90 STATE STREET, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of GEP REALTY LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2021-11-23. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to REGISTERED AGENTS INC.: 90 STATE STREET, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of PROVERENCE LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2021-12-06. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to REGISTERED AGENT LLC: 90 STATE STREET, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of RUTH PAPANIAN & ASSOCIATES LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2021-11-02. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to REGISTERED AGENTS INC.: 90 STATE STREET, STE

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

Notice of Formation of 920 MARCY LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2021-12-13. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to REGISTERED AGENTS INC.: 90 STATE STREET, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of SPC RECRUITING SERVICES LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2021-10-26. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to NORTHWEST REGISTERED AGENT LLC: 90 STATE STREET, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of YAADIEBODYWORX LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2021-12-09. Office location: Albany County. SSNY designated as agent

of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to NORTHWEST REGISTERED AGENT LLC: 90 STATE STREET, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of 413 SARATOGA HOMES LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2021-12-01. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to NORTHWEST REGISTERED AGENT LLC: 90 STATE STREET, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of Inverciones SanBen llc. Articles of Organization filed with Secretary of State of NY (SSNY) on 2021-11-22. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to NORTHWEST REGISTERED AGENT LLC: 90 STATE STREET, SUITE 700, OFFICE 40 ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of TOWN OF COEYMANS NOTICE OF RECEIPT OF 2022 TAX ROLL AND WARRANT

TAKE NOTICE, that I, Laura Jane Barry, the undersigned Tax Collector of the Town of Coeymans, Albany County, State of New York, having received the Tax Roll & Warrant for the year 2022, will receive taxes, without penalty, at the Coeymans Town Hall, 18 Russell Avenue, Ravena, NY from January 1, 2022, through January 31, 2022, Monday through Friday, 8:30am to 4:30pm, excepting holidays. Taxes can also be paid in-person at The Bank of Greene County at 2494 US 9W, Ravena, NY during their regular business hours.

TAKE FURTHER NOTICE, that beginning February 1, 2022 through February 28, 2022, taxes will be collected with a 1 percent (1%) penalty during those same hours and beginning March 1, 2022 through March 31, 2022, taxes will be collected with a 2 percent (2%) penalty during the same hours.

TAKE FURTHER NOTICE, that pursuant to the provision of the law, on April 1, 2022, the tax roll along with all unpaid taxes are returned to the Treasurer of the County of Albany.

TAX RATE PER THOUSAND

County Purposes	3.490127
Town	2.689499

Special Districts

Coeymans Hollow Fire District	1.636833
Coeymans Fire District	1.569892

Laura Jane Barry
Town Clerk/Tax Collector
Town of Coeymans

A Secret Ingredient for Winter Wellness

Support your immune system with 100% orange juice

FAMILY FEATURES

While winter rushes in with brisk breezes and chilly temperatures, staying indoors to avoid the weather shouldn't mean forgoing healthy habits. One step toward wellness is maintaining nutritional value in meals from morning to night, even when comfort foods call your name.

As a key source of nutrients that supports a healthy lifestyle year-round, especially during cold and flu season, one 8-ounce serving of Florida Orange Juice provides more than 100% of your daily value of vitamin C and is a good source of potassium, folate and thiamin. Fortified juice also contains 15% of the daily value of vitamin D, which plays an important role in regulating immune response and helps cells fight off bacteria and viruses that enter the body.

Additionally, 100% orange juice is virtually the only dietary source of a unique, powerful phytonutrient (naturally occurring plant compound) called hesperidin, which may also help support a healthy immune system. According to the USDA, the flavonoid hesperidin is highly concentrated in citrus and rarely found in other foods.

“Maintaining a well-balanced diet is one way to help support your immune system in the colder months,” said Dr. Rosa Walsh, scientific research director at the Florida Department of Citrus. “For example, 100% orange juice contains vitamin C, vitamin D (in fortified juice) and phytonutrients like flavonoids and colorful carotenoids, making it a nutritional powerhouse.”

This Orange Honey Glazed Carrots recipe offers a warming yet nutritional, naturally sweet way to incorporate orange juice into your winter menu. Orange juice is also a go-to ingredient for popular non-alcoholic drinks like this Orange Juice Mint Mocktail, a perfect pairing for winter meals. Visit floridajuice.com to find more recipes for winter wellness.



Orange Honey Glazed Carrots



Orange Juice Mint Mocktail

Orange Juice Mint Mocktail

- 2 cups Florida Orange Juice
- 1/4 cup lemon juice
- 1/4 cup water
- ice cubes
- 1/2 cup carbonated water
- 2-3 mint leaves

In pitcher, stir orange juice, lemon juice and water.

Divide mocktail evenly among ice-filled glasses and top with carbonated water. Garnish with mint leaves.

Orange Honey Glazed Carrots

- 2 cups sliced carrots
- 1/4 cup Florida Orange Juice
- 1 teaspoon honey
- 1 teaspoon cornstarch
- 1/8 teaspoon salt
- 1/8 teaspoon ground ginger
- fresh parsley, for garnish

fresh chives, for garnish

Steam carrots until tender. In saucepan over medium heat, whisk orange juice, honey, cornstarch, salt and ginger.

Cover, whisking constantly until sauce thickens.

Pour sauce over steamed carrots. Top with parsley and chives.

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6209-0721

Congratulations on starting your new business!

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

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

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

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