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# THE RAVENA News-Herald

Volume 147, NO. 44 www.ravenanews.com

THURSDAY, NOVEMBER 4, 2021

CAPITAL REGION INDEPENDENT MEDIA

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## Chief: 'Melee' puts spotlight on park safety

By Melanie Lekocevic

Capital Region Independent Media

RAVENA — A "melee" at Mosher Park is putting the spotlight on park safety.

Coeymans Police Chief Douglas Keyer told the town council at its Oct. 28 meeting that a fight at Mosher Park erupted Oct. 14.

"Several teenagers got engaged in a physical altercation, which led to Albany County Dispatch being called," Keyer told the board. "Our car responded, sheriff's department deputies responded."

The dispute took place during a Pop Warner football practice, Keyer said. He did not identify involved individuals or how the fight began, but there was physical contact, the police chief said.

"An adult male was struck. No charges were requested," Keyer said. "One young female unfortunately was the victim of physical contact. Again, no charges were wanted to be levied."

There was criticism from some in the community about the response time from patrols, Keyer said. His department and the sheriff's department reached out to those individuals to address their concerns, Keyer said.

"I think between Sheriff [Craig] Apple and myself, we made contact with those people who had those concerns. I think those concerns were taken care of," Keyer said.

He and several village officials met last week with local residents to discuss "quality of life" issues, and specifically

Mosher Park, to see what improvements could be made, Keyer said. More meetings are expected.

Deputy Mayor Nancy Warner expressed disappointment that no one stepped in to defuse the situation the day of the fight.

"The thing that bothered me is that the adults that were there didn't intervene," Warner said Tuesday. "Maybe they had small children there or something, but that concerns me a little. If you see something, say something or do something."

Town Supervisor George McHugh asked about safety at the park.

"Is the sentiment that Mosher Park is a dangerous area?" McHugh asked.

The Oct. 14 incident, which Keyer

termed a "melee," was atypical, Keyer said.

"The incident at Mosher Park was an anomaly," he said.

Warner agreed the park is not unsafe. One way to improve safety is to beef up park lighting, Keyer said.

"We found out today that new LED lighting has been put up by the basketball courts and by the pool. Additionally, more lights will be going up," Keyer said. "We found that the issues are typically happening where there is no light, so I think that improving the lighting over there and keeping it on all night will improve things."

Warner said in addition to more lighting, the police will also increase patrols at the park.

## Lawson Lake marks season with Fall Festival

By Melanie Lekocevic

Capital Region Independent Media

COEYMANS HOLLOW — Hundreds flocked to Lawson Lake for the annual Fall Festival last weekend.

From fishing, basketball and a barbecue, to arts and crafts, to display tables about Native American tools, gardening and natural history, there was something for everyone, Albany County Executive Daniel McCoy said in a statement.

"There was a cookout, a rock-climbing wall and pop-up tables that connected residents to county services," McCoy said. "It was a great time and a great turnout."

The festival also hosted a COVID-19 vaccine clinic that administered 27 booster shots, McCoy said.

Meghan Breen, of New Scotland, visited the festival with her children and stopped at a natural history table that teaches kids about animals, habitat, ecology and history.

"They learned about the settlement of New York and why it was settled, and they learned how trading of furs was done in those early days before the formation of the city of Albany," Breen said.

Her daughter, Nuala Breen, 15, said the history lesson had some surprises for her.

"I didn't know that Albany was originally a trappers' village," Nuala said. "That surprised me."

Rachel Sakadolsky, with Albany County 4H and Cornell Cooperative Extension of Albany County, staffed the table, filled with pelts from all kinds of animals. The display is known as a Wildlife Habitat Education Program kit, she



Photos by Melanie Lekocevic/Capital Region Independent Media

Above, Kevin Fuerst, seated, shows off a display of Native American tools, weapons and other implements at the Fall Festival at Lawson Lake in Coeymans Hollow.

Below left, Rachel Sakadolsky, from Albany County 4H and Cornell Cooperative Extension of Albany County, teaches kids about natural history, ecology and habitat, including a history of the early days of New York.

Below right, Master Gardener Christine Saplin, left, teaches visitors about the joys of gardening during the annual Fall Festival at Lawson Lake.



said. "It is a kit that travels all over New York state and is shared by 4H educators across the state," Sakadolsky said. "I requested the kit because I thought it would be perfect for this event today. I use it to teach about the animals in the kit — about wildlife, ecology, habitat. It allows kids to learn by doing, and learn to enjoy and preserve wildlife."



Volunteer Christine Saplin with Master Gardeners, a program of Cornell Cooperative Extension of Albany County, had a display table filled with seeds and gardening implements. "As a master gardener, I got involved because I wanted to show children the joys of gardening," Saplin said. "When they asked for a children's activity today, I thought — seeds are great. We

can show them what seeds go with what vegetables and flowers, and they can make artwork out of the seeds to get them involved and interested in gardening."

Through gardening, children learn valuable life lessons like patience, ownership and care for living things, Saplin added.

"They can't just put some seeds in the ground and walk away," she said. "They have to take care of them, and I think that is a very important lesson," she said.

Kevin Fuerst's display table had Native American tools and other items used in day-to-day living among Native peoples.

"They learned to live with nature — such as flint napping, which made tools for hunting and weapons, all the way down to cordage and basket making, all the things that made their lives a lot easier," Fuerst said.

Some of the skills needed to make these items were almost lost to the ages, but individuals like him have helped keep them alive.

"A lot of these skills were at one point in time ready to fade away," Fuerst said. "Fortunately, there have been a number of people that are working to keep it alive."

Using all natural materials, Native peoples were able to make the tools of daily living — baskets, bow strings, ropes, nets, snares and even musical instruments, some of which they used themselves and others they sold to colonials.

And nothing went to waste — when a deer was slain, its meat was used for food, the hide was made into clothing, bones were used to make tools, and even tendons were converted into string, Fuerst said.

**Sports :**



Turkey Trot is nation's 12th oldest road race  
See page B1

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# Stroke survivor shares her story

ALBANY — Lisa Silver knows all too well that strokes can happen to anyone, regardless of age or fitness level. Thirteen years ago, she was a 38-year-old Burnt Hills business owner who just didn't feel right. On her way to a night out with a friend, Silver suffered a stroke.

Silver is preparing to share her story at the 2021 Go Red for Women Luncheon set for Nov. 12 at the Capital Center in Albany. October 29 was World Stroke Day.

"I had been having a headache and dizziness, and feelings of disorientation, was diagnosed with a sinus infection and an ear infection," Silver said. "The doctor had set up a scan, and while I was waiting for it, I had that sense of impending doom that you hear about before an event. On Feb. 23, 2008, when Christianne called to say we should go out, I could barely lift my head. But I agreed to go,

and before we went out, I called all my family members to tell them I loved them."

It's a day that sticks in Silver's friend Christianne Smith's memory, too. Smith, owner of Designsmith Studio, is co-chair, with Michele Kollmer of CAP COM, of the Go Red for Women Luncheon on Nov. 12.

"We were driving to dinner and Lisa got a phone call from her sister Jessica," Smith said. "She called her Jen, and was quite curt with me when I corrected her. It's not like Lisa to be so abrupt. Her sister asked to talk to me, and we both knew Lisa needed to go to Urgent Care. Immediately."

Silver remembers hearing a sound like people shuffling in the back seat of the car, and when she tried to tell Smith that she had an MRI appointment, she said "UFO" instead. At Urgent Care, she couldn't remember

Christianne's name. "We've been friends for 20 years, and that was terrifying," Smith said.

It was a few days until Silver was diagnosed with a stroke, and today, she lives with some deficits. She has moved to Florida to be closer to family, and is able to be active, kayaking, biking and being outside.

"Strokes can happen to anyone," said Dr. Alan Boulos, chair of neurosurgery at Albany Medical Center and president of the Capital Region Board of Directors of the American Heart Association. "We all need to know the warning signs and what to do because you never know when you'll need to help yourself or someone else having a stroke. Time to treatment is critical to improving outcomes so we all must stay vigilant to look for signs of stroke among our family, friends, colleagues, and community members."

Each year approximately 800,000 people in the U.S. suffer a stroke. Worldwide, one in four will suffer a stroke in their lifetime. Knowing stroke warning signs and seeking immediate medical attention can make the difference between recovery and disability or death.

The American Stroke Association encourages people to learn the acronym F.A.S.T. to help them remember the warning signs for stroke. F.A.S.T. stands for:

- **Face Drooping** – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?
- **Arm Weakness** – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **Speech Difficulty** – Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence

like "The sky is blue."

• **Time to Call 911** - If someone shows any of these symptoms, even if the symptoms go away, call 911 and get to a hospital immediately. Check the time so you can tell emergency responders when the first symptoms appeared.

Research shows that while most people say they would call 911 in a stroke emergency, real-world data shows that up to 75% of those experiencing a stroke first called friends or family. Strokes are most treatable right after they happen. Delaying getting help often means people can't get treatment in time and are more likely to be disabled or die from their stroke.

Along with learning stroke warning signs comes another important message from the American Heart Association and American Stroke Association: Don't Die of Doubt.

"If you or someone

around you shows signs of stroke, get it checked out right away. It's always better to err on the side of caution with stroke signs because you're losing brain cells every minute during a stroke," said Dr. Boulos. "Remember that even during a pandemic, hospitals are still the safest place for you to be when medical emergencies strike. Please let us help you—don't die of doubt."

"The Go Red for Women movement is all about educating people," Smith said. "I'm so honored that Lisa is sharing her story at the Go Red for Women Luncheon so that we can save more lives like hers."

For information or to register for the Go Red for Women Luncheon, visit [CapitalRegion-NY-GoRedLuncheon.org](http://CapitalRegion-NY-GoRedLuncheon.org).

Learn more and test your stroke knowledge at [stroke.org/warning-signs](http://stroke.org/warning-signs).

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# COVID numbers dropping in Albany County

By **Melanie Lekocevic**  
Capital Region Independent Media

ALBANY — The number of positive COVID-19 infections in Albany County is on the decline.

Albany County Executive Daniel McCoy reported Monday another county resident died from the virus, but the number of cases overall has been dropping.

“While we’re still seeing these tragedies too often, on the other hand we’re also seeing a downward trend in new daily infections over the last several days,” McCoy said Monday. “I’m hoping this will continue, however it’s too soon to know what kind of impact Halloween celebrations will have on our infection rate.”

There were 52 new positive cases identified in the county between Sunday and Monday, and the county’s five-day average declined to 91.4.

The county’s most recent seven-day average of percent positive rate was 3.3%, compared to 3.8% in the Capital Region, on average.

As of Monday, there were 504 active cases in the county, down from 530 on Sunday. The number of people under mandatory quarantine also decreased from 1,003 to 990 over the same time period, McCoy said.

Three additional county residents were hospitalized with the virus between Sunday and Monday, with a total of 37 in the hospital with COVID-19, he added.

Since the beginning of the outbreak in March 2020, 425 county residents have died from the virus. The latest was a man in his 70s. No information was available regarding his vaccination status or possible comorbidities.

COVID-19 booster shots are now available for eligible individuals at numerous sites over the next couple of weeks.

The Albany County Sheriff’s Office will be administering Pfizer booster shots to people age 65 and older, who work or live in a high-risk environment or have a qualifying health condition, who completed the

vaccination series at least 6 months ago for Pfizer or Moderna, and two months ago for the Johnson & Johnson vaccine.

Pfizer booster shots will be available Nov. 10, from 1-4 p.m., at Senior Projects of Ravena, 1 Bruno Boulevard.

“This is a walk-in clinic, no appointment is necessary,” Town Supervisor George McHugh said at last Thursday’s town board meeting.

Interested individuals must bring their driver’s license and COVID vaccine card with them, McHugh added.

A booster clinic will also be held the same day, Nov. 10, from 9 a.m. to 12 p.m. at Bethlehem Town Hall, 447 Delaware Avenue in Delmar.

Vaccinations will also be available at other sites around the county, including Nov. 17 at The Dome in Watervliet, 1300 Second Ave., Watervliet; and Nov. 18, 10 a.m. to 12 p.m. at Berne Fire Station, 30 Canaday Hill Road, Berne, and 1-3 p.m. at Knox Town Hall, 2192 Berne Altamont Road, Knox.

## NEWS FROM THE PAST/ As compiled by HARRY A. STURGES

News Herald – November 4, 1921 - F.E. Bleearde, Publisher  
Coeymans:

• A Civil Service examination of postmaster for this village will be held in Albany on Nov. 26.

• The Young Women Service League of the Reformed Church gave a “Hobo Party” in the chapel of the church on Saturday evening. The room was tastefully decorated in Halloween colors. Games were played and refreshments served.

• A clam chowder sale will be held at the M.E. parsonage under the auspices of the Epworth League on Wednesday next instead of Friday as previously announced. Chowder will be ready for sale before noon at 40 cents per quart or will be served there by the dish.

• The Halloween dance in Junior Order Hall on Monday evening under direction of Hudson River Council No. 47 was largely attended.

• A play, “The Rummage Sale,” will be given in the Reformed Church chapel Friday evening Nov. 18 by the Women Missionary Society. After the play, coffee, crullers and frankfurters will be on sale. You will get a good laugh and a few surprises thrown in. Admission only 25 cents.

• Edward Long has received a handsome silver medal neatly encased and appropriately engraved for 25 years continuous service as a representative of the Home Insurance Co. of New York.

• The Ladies Aid Society of the Reformed Church will serve a chicken pie supper in the chapel of the church, Nov. 11, Armistice night. An entertainment appropriate for the occasion will be given in connection with

the dinner.

Ravena:

• Mr. and Mrs. Harry Tuttle are rejoicing over the arrival of a baby girl Sunday night last. Mother and daughter are doing nicely.

• The next regular meeting of the W.T.C.U. will be held at the home of Mrs. Seth H. DeFriest, next Thursday, Nov. 10, at 3 o’clock.

• The W.T.C.U. will serve dinner and supper on Election Day in the Masonic Temple. Price: Dinner 50 cents and supper 40 cents. Every member is asked to assist.

• Stephen W. Mosher has purchased of Mrs. Fred Phillips the two farms north of Coeymans and will take possession next spring. Mr. Mosher contemplates putting the farm in good shape and improving the same.

• Mr. and Mrs. E.C. Griffin and Mrs. W. Spence, also Mrs. Niles Keller, attended the Shriners parade in Albany.

• Miss Katherine Feine of Ravena enrolled last week as a student at the Albany Business Col-

lege.

Coeymans Herald – November 3, 1886 - S.H. & E.J. Sherman, Proprietors

• Quite a number from this section attended the unveiling of the Statue of Liberty.

• Counterfeit \$5 gold pieces are in circulation. The letter “U” in United States is upside down.

• Sutton and Suderley have made just far this season 3,800,000 brick at their yard in this village.

• A freshet of two feet in the river was caused by the recent rains.

• J.N. Briggs is manufacturing 50 each of his patent elevator plane and self-holding snow scrapper.

• Ike Kirk, while coupling cars in the West Shore yard at this place Monday night, and his left arm caught between the dead woods of two cars and badly smashed.

• The nuptial and social season is blooming with unusual happy results.

## Alzheimer’s Association virtual programs

ALBANY — The Alzheimer’s Association of Northeastern New York presents the November and December virtual programs.

Registration is required. RSVP at alz.org.CRF, via the 24/7 helpline at 800-272-3900 or by calling 518-675-7214. Registrants will receive a video conference link to access and can sign in as a guest to enter the virtual program.

• Communication and Intimacy at 6 p.m. Nov. 9

• Understanding and Responding to Dementia-Related Behaviors at 11 a.m. Nov. 11.

• 10 Warning Signs of Alzheimer’s presented in partnership with MVP Health at noon Nov. 12.

• Helpful Holiday Hints for Dementia Caregivers During COVID-19 at noon Nov. 17.

• Dementia Conversations presented in partnership with AARP NY at 6 p.m. Nov. 22.

• Meaningful Engagements: Activities at Home at 3:30 p.m. Nov. 30.

• Practical Strategies to Support Personal Care and Dementia-Related Behaviors at 4 p.m. Dec. 2.

• Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning at noon Dec. 3.

• Effective Communication Strategies at 5 p.m. Dec. 6.

• Understanding Alzheimer’s and Dementia at 5 p.m. Dec. 8.

• Partnering with Your Doctor: Understanding the Warning Signs and Diagnostic Process at 4 p.m. Dec. 9.

• Living with Alzheimer’s for Younger Onset at 5:30 p.m. Dec. 13.

• Legal and Financial Planning presented in partnership with Herzog Law Firm at 2 p.m. Dec. 14.

• Helpful Holiday Hints for Caregivers at 10 a.m. Dec. 15.



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# Hochul signs bill expanding paid family leave



Gov. Kathy Hochul announces new legislation Monday expanding the state's paid family leave law.

By Melanie Lekocevic  
Capital Region Independent Media

ALBANY — Gov. Kathy Hochul signed a bill Monday expanding the state's paid family leave legislation.

The new law requires employers to provide paid leave to care for a sibling with a serious medical condition.

"Taking care of your family is a basic human right. No one should have to choose between caring for a loved one and a paycheck," Hochul said Monday. "Fighting to expand paid family leave is personal to me and so many others, and I am proud to work with advocates and legislators to make sure that New Yorkers can now take care of their siblings without fear of losing their jobs or income."

The original paid family leave legislation was enacted in 2016, and in 2018, the program acted as "employee-paid insurance" that required employers to allow paid time off to care for a newborn, adopted or foster child, or for a family member with a serious health condition. It also allows for paid time off to assist a loved one when a member of the family is deployed abroad or is on active military service, according to the governor's office.

The law covers spouses, domestic partners,

children, step-children, parents, parents-in-law, grandparents and grandchildren with serious health conditions.

The bill adopted Monday adds siblings to the list, including biological siblings, adopted siblings, step- and half-siblings.

"New York's Paid Family Leave has been a model across our nation when it comes to helping working families, and I commend Gov. Hochul for her leadership in expanding the definition of family to include siblings," New York State Department of Labor Commissioner Roberta Reardon said Monday. "This last year and a half has been especially hard on working caregivers, and a loss of income can be devastating for New Yorkers who must care for a sick family member. This is a critical step toward easing that hardship."

For many families, the legislation will ease caregiving for close family members, Dina Bakst, co-founder and co-president of A Better Balance, a legal advocacy organization that advocates for systemic solutions to balance family and work lives.

She called for similar legislation to be adopted on the federal level.

"In the midst of a pandemic, labor shortage and care crisis, this vital legislation will help to ensure

the strongest possible protections for New Yorkers, especially women, who need time off to care for seriously ill loved ones or for their new child," Bakst said. "Congress should follow New York's lead and enact a strong paid family leave law, as well as support workers through pregnancy and childbirth by passing the Pregnant Workers Fairness Act without delay."

Beth Finkel, director of AARP New York State, said the bill expands on already strong legislation and will make life easier for millions of caregivers.

"With 2.5 million unpaid family caregivers across New York providing care valued at over \$31 billion a year, we should do all we can to support family caregivers," Finkel said. "No family member who cares for a loved one should be excluded from paid family leave. It helps employees, employers and taxpayers by fostering more productive workplaces and giving workers the economic peace of mind they need to provide invaluable care for their loved ones, which helps New Yorkers age with dignity and independence at home, rather than in far costlier and mostly taxpayer-funded nursing homes."

The new paid family leave law goes into effect Jan. 1, 2023.

## 'Agitate! Agitate! Collect!' — Celebrating New York's suffrage centennial

RAVENA — On Sunday, Nov. 14, at 2 p.m., the Ravena Coeymans Historical Society will present its next program, "Agitate! Agitate! Collect!" by Ashley Hopkins-Benton.

Her presentation will explore the fight for women's rights in New York state from the American Revolution to the present through artifacts from public and private collections throughout the state and beyond.

In 2017, the New York State Museum commem-

orated the 100th anniversary of New York state women winning the right to vote with the exhibition "Votes for Women: Celebrating New York's Centennial." Learn about the process of researching this important, but sometimes buried history, and the ways working on an exhibition led to expanding the women's history collection at the museum.

Senior historian and curator of Social History at the New York State Museum, Hopkins-Benton holds a B.A. in Art Education and Studio

Art from SUNY Potsdam and an M.A. in History Museum Studies from the Cooperstown Graduate Program. She served as co-curator and co-author, with Jennifer Lemak, on the 2017 exhibition and catalogue.

Hopkins-Benton's current research focuses on LGBTQ+ history and women's history in New York state.

Please join in for this program, open to the public, which will be held in the museum on Mountain Road, Ravena. Masks are required.



## RCS SCHOOL MENUS

### RCS Elementary School Menu

Nov. 8 to Nov. 12

**Breakfast Menu**  
Monday: Pancakes, peaches, apple, skim or 1% milk.

Tuesday: Egg and cheese on a roll, peaches, oranges, skim of 1% milk.

Wednesday: Waffles, apple sauce, pears, skim or 1% milk.

Thursday: Veterans Day. No school.

Friday: French toast, apple sauce, pears, skim or 1% milk.

**Lunch Menu**  
Monday: Egg salad or chicken patty, whole-grain roll, green beans, fries, apple sauce, mixed fruit, skim or 1% milk.

Tuesday: Turkey sandwich or hot dog on a whole-wheat bun, carrots, fries, pears, banana-

as, skim or 1% milk.

Wednesday: Ham sandwich or nachos, rice and beans, corn, peaches, bananas, skim or 1% milk.

Thursday: Veterans Day. No school.

Friday: Tuna salad sandwich or homemade cheesy pizza, green leafy salad, apple sauce, oranges, skim or 1% milk.

**RCS Middle & High School Menu**

Nov. 8 to Nov. 12

**Breakfast Menu**  
Monday: Pancakes, peaches, apple, skim or 1% milk.

Tuesday: Egg and cheese on a roll, peaches, oranges, skim or 1% milk.

Wednesday: Waffles, apple sauce, pears, skim or 1% milk.

Thursday: Veterans

Day. No school.

Friday: French toast, apple sauce, pears, skim or 1% milk.

**Lunch Menu**  
Monday: Egg salad or chicken patty on a whole-grain roll, green beans, fries, apple sauce, mixed fruit, skim or 1% milk.

Tuesday: Turkey sandwich or hot dog on a whole-wheat bun, carrots, fries, pears/bananas, skim or 1% milk.

Wednesday: Ham sandwich or nachos, rice and beans, corn, peaches, bananas, skim or 1% milk.

Thursday: Veterans Day. No school.

Friday: Tuna salad sandwich, homemade cheesy pizza, green leafy salad, apple sauce, oranges, skim or 1% milk.

## SENIOR PROJECTS

Senior Projects of Ravena 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

"You can never get a cup of tea large enough or a book long enough to suit me." - C.S. Lewis

**TAKE AND MAKE TUESDAY**

Stop by the library to pick up supplies for bird feeder ornaments. They'll attract a wide variety of wild birds and are fun for the whole family to make. The birds will thank you! Pick up your kit beginning at 9 a.m. on Tuesday, Nov. 9.

**HOLIDAY HOURS**

The library will be closed Thursday, Nov. 11, in observance of Veterans Day. Regular hours resume on Friday, Nov. 12. The digital

library is open 24/7!

**PAPER NINJA STARS DROP-IN CRAFT**

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Macramé, the art of knotting rope, has been resurrected from the 1970s and is the new, trendy look for plant

hangers. Join Debbie Carr on Saturday, Nov. 13, at 2 p.m. to learn to make your own macramé hangers in this beginner's class. No prior experience is needed, all materials are provided and registration is required.

**MAKE A FALL WREATH**  
Join in on Nov. 15, at 2 p.m., and learn how to turn natural components into a beautiful work of art you'll be proud to hang in your home.

This event will be in person in the community room. Space is limited, and registration closes Nov. 10.

Sign up today!

## Weaver's Guild hosts 43rd annual show and sale

NORTH GREENBUSH — The Hudson-Mohawk Weavers' Guild 43rd Annual Show & Sale will be held 2-8:30 p.m. Nov. 12; 10 a.m.-5 p.m. Nov. 13; and 10 a.m.-4 p.m. Nov. 14.

Big changes are in store for this year's event, as the Show & Sale moves to Pat's Barn, 110 Deforest Drive in the Rensselaer Tech Park in North Greenbush.

After going virtual for the 2020 Show & Sale, the Guild is thrilled to be back in person at a new, larger venue.

After outgrowing its previous home, the event moves to an equally historic, new location of Pat's Barn, which offers better accessibility (including an elevator), more space, and ample free parking.

More than 40 handweavers will exhibit and sell their work at the Show & Sale, making it the largest

display of handweaving in the Northeast.

Guild members work all year to prepare more than 2,500 items for sale.

Pat's Barn, a 200-year-old landmark, serves as the new home of the event, with two full floors of exhibits.

The Show & Sale will include housewares such as rugs and table linens, garments including scarves, shawls and jackets, as well as holiday gifts such as cards and ornaments.

The event features a wide range of gift options suitable for everyone's holiday shopping list.

More than 500 people are expected to attend this year's event.

The show draws attendees from a wide radius, with visitors coming from Connecticut, Massachusetts, Vermont and even Ohio. Admission and off-street parking are free.

The Show & Sale is staffed exclusively by Guild members, giving the public a chance to meet the makers and learn more about this craft.

Daily fashion shows give visitors the opportunity to see how these unique handwoven items can be styled and feature both men's and women's fashions.

Guild members will also continuously demonstrate both handweaving and spinning using a range of equipment types.

For a preview of the event, check out the Hudson-Mohawk Weavers' Guild Youtube channel, which includes interviews, demonstrations and other content produced for the 2020 virtual Show & Sale.

**COVID-19 NOTICE:** Proof of vaccination and masks required for all attendees.

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# Halloween is a kid holiday

The air has a nip to it, leaves start to litter the lawn and trick-or-treaters made their annual pilgrimage Sunday.

Halloween is a kid holiday — it comes with no religious obligations, no family gatherings full of grandma kisses and auntie hugs, just costumes and candy. You get to be any character you want and mug the neighbors for goodies. Halloween remains a kid holiday in spite of the adult paranoia that tries to kill it off.

Back in the day, Halloween was more of a challenge that it now is. We made our costumes. Being of the male persuasion, Dad's wardrobe was the one that usually took the brunt of the punishment, although Mom's closet caught it on occasion. One of my father's old shirts, a pair of his work pants rolled up on the bottom and pinned in the back, a floppy old hat, a liberal dose of burnt cork smeared on my face and a stick with a bundle tied in a handkerchief over my shoulder and another bum was loosed on the streets. Much shorter, thinner and slightly better bathed than the average hobo, but a pretty good representation nonetheless.

Bud, the next brother down, favored the old lady look. One of Mom's old dresses, hemmed with safety pins and with an impressive bust stuffed with old T-shirts and towels, topped with one of Grandma's old hats with a veil, wobbling on ill-fitting high heels and smeared with enough makeup to decorate a Las Vegas chorus line, and he was ready to go.

The two little ones usually picked out a mask at Newberry's and Mom made appropriate outfits to go with the characters they had chosen out of stuff around the house.

All decked out, we walked to the nearest neighbors. We lived on a dirt country road and the nearest neighbor was half a mile away. After hitting the three houses that were within walking distance, we staggered home to check the bounty resting in the bottom of our overly optimistic pillowcase bags.

Now the real fun began, we readjusted our costumes and climbed into the back of our '55 dirt brown Chevy station wagon and our parents

WHITTLING AWAY



DICK BROOKS

drove us to our relatives' houses. The pillowcases started to bulk out. After the quick visits to shock and awe our extended family members, who could never guess the identity of this strange troupe even with our mother and father standing behind us, we headed for the school to finish off our wild evening of pilaging and plunder.

School was the center of our childhood. It was where we went for Boy Scouts, we put on dramatic productions worthy of Hollywood there, we got to eat there and occasionally even learned stuff. Four rooms built around a gym, we spent the first eight years of our educational lives there. We knew it and its people well and it knew us. We paraded our costumes and received awards in a hundred or so categories — funniest, scariest, fanciest.

The memories of such honors lingers to this day. We then sat on the floor and watched a horror movie, usually starring

Abbot and Costello, then we played games, dunked for apples and generally just messed around with our buddies and had a great time while our parents ate doughnuts, drank cider, smiled at us a lot and generally just messed around with their friends also.

Too soon, it was back into the Chevy and off to home, another memory filed away to warm us and make us smile sometime in the distant future when we would need it.

At home, we dumped the booty bags onto the kitchen table and compared the take. After a little supervised consumption and a little horse trading of goodies, the pooped party headed off to bed, secure in the knowledge that they'd be reliving the fun in the discussions on the bus and in the classroom that would follow for days.

Halloween still lives — in spite of town curfews and the banning of costumes and parades in our schools. It lives — in spite of the fear of razor blades and drugs in the treats. It survives — in spite of the worries of dark-hearted strangers on gloomy streets.

It goes on because it's a kid's holiday and kids know what's really scary and what isn't.

Thought for the week — I wonder if witches use "Spell Check?"

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

Reach Dick Brooks at [whittle12124@yahoo.com](mailto:whittle12124@yahoo.com).

# Time to plant the garlic

Autumn is not only the time when we harvest many of our fall crops, but also a time when we plant certain things in anticipation of next year's harvest.

Upstate New York winters can be tough on a person's psyche, but anticipating good things to eventually happen in the spring, as a result of a little work now, makes them more tolerable.

I planted garlic last weekend in the raised bed that grew bush beans this past summer. The bean harvest was excellent for most of August and September, and I felt no guilt whatsoever pulling out the still flowering plants. One can only eat just so many green beans in a season and they just don't seem worth the effort to freeze or can.

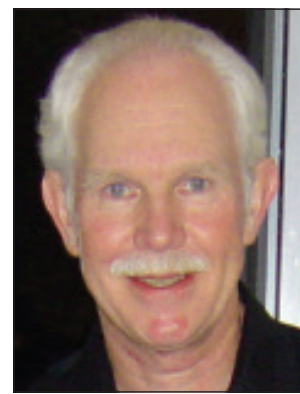
Unlike many home-grown vegetables, green beans from the supermarket taste almost as good as those I grow in my garden.

There are basically two general types of garlic — soft neck and hard neck. Soft neck garlic lends itself to braiding and makes wonderful winter gifts for those of you who enjoy making homemade gifts. I find hard-neck varieties easier to grow and store and large bulbs also make great gifts. Few people who enjoy cooking will be disappointed by a gift of homegrown garlic this holiday season.

It pays to take the time to prepare the garlic bed prior to planting. After removing the spent bean plants and whatever weeds that were present, I turned over the soil and worked in a few inches of peat moss, with a couple of pounds of dried blood mixed in.

Garlic is a heavy user of fertilizer. Tilling in two or three pounds of dried blood per 100 square feet of surface area will ensure adequate fertilizer next

## GARDENING TIPS



BOB BEYFUSS

summer, as this organic source of nutrients slowly becomes available to the maturing plants.

Although I don't think it is absolutely necessary to add phosphorus fertilizer, adding a pound of bone meal cannot hurt. The peat moss or compost, if you have any, is also important to replace the organic matter in the soil, which decomposed while the beans were growing. Most vegetable crops deplete the soil's organic matter significantly, even after only one or two seasons. Organic fertilizers alone are not adequate to replenish the lost organic matter.

After thoroughly incorporating and mixing the organic matter with the existing topsoil, rake the bed to a smooth surface. Select the largest garlic bulbs you can find and separate them into individual cloves. A typical garlic bulb may contain as many as a dozen or more cloves, but plant only the biggest ones, pointy side up. They should be pressed into the soil with the pointy tips only an inch or so beneath the soil surface. Space the cloves about 4 to 6 inches apart, depending on how large they are. Elephant garlic cloves can be spaced 6 to 8 inches apart.

Water the newly planted bed to allow the cloves to settle in. Cover lightly with soil and apply a 2-inch layer of straw on

top. Straw has become rather expensive in the past few years. I have seen it for sale for as much as \$21 a bale and I will not pay that much. The past few years I have used two-year-old hay that is already beginning to decompose. Try to avoid using fresh hay, since it will contain many viable weed seeds. After two or three years of sitting outside, far fewer weed seeds remain, but you will still need to weed the bed diligently next spring. Garlic does not compete well with weeds, particularly grassy weeds.

If all goes well and if we have an extended mild, fall season, the garlic will sprout and may send up green shoots by the time the ground freezes and the snow falls. If chipmunks or other critters dig up the cloves, use your choicest swear words and simply replant the beds. The critters may eat a few of the cloves, but rarely will they eat all of what they uproot. This year I left a dead chipmunk on top of the newly planted bed as a warning to its kin to keep away. It seemed to work as I noticed the dead chipmunk had been moved, but the bed was not dug up.

If the garlic sprouts, this a good sign since it indicates that the cloves have rooted in the soil and are not likely to "heave" when we get freezes and thaws. You may add another inch or two of straw on top of the sprouts, but it is not absolutely necessary.

Next spring the green garlic sprouts will be among the first signs of life in your garden. In late April or May, I will sometimes apply a liquid fertilizer such as Miracle Grow to spur vegetative growth, but only if the shoots appear stunted.

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

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# Complaining does more harm than good

Ever since my dad died, I've had more problems than ever before. My responsibilities have easily tripled. I'm constantly working yet determined not to let all of these new responsibilities get in the way of my dreams.

I'm thankful I've had time to grow up before being faced with this situation. Not long ago, I wouldn't have handled it well; I would have been bitter, jaded, angry and constantly complaining.

I've learned that to go where I want to go in life, I cannot complain. If I want to accomplish my goals and achieve my dreams, I must leave no room for complaint.

How can I focus on the future if I'm focused on the past? How can I think thoughts of victory when I'm feeling the thoughts of anger, defeat and victimhood? If I'm

Positively Speaking



Toby Moore

reliving a bad experience that happened last month, yesterday, or even just five minutes ago through the act of complaining, I'm reinforcing that experience and living in the past.

Every thought produces a chemical peptide in the brain that causes a feeling in the body. When I complain, I am bathing my inner self in a chemical cocktail of negativity.

Complaining seems very innocent. After all,

you're just expressing how you feel.

It's a common belief that you have to vent your feelings because if you don't let them out, then they will bottle up inside of you until you explode!

Scientific studies show that complaining isn't an act of getting rid of the feeling; it's not an act of venting at all. Instead, it reinforces a negative emotion and trains your brain to produce more bad feelings until all you can focus on is the negativity in every interaction.

I used to work in the service industry, and a lot of my income depended on tips. When I first started, I complained about almost every tip I received. I complained about customers that annoyed me, I complained about my managers, I complained about my co-workers,

I complained about my schedule, I complained about my commute to work. It was a never-ending parade of complaints, and I was miserable.

Little did I know that I wasn't unhappy because I received a bad tip or had a bad interaction with a customer, co-worker or manager. I was miserable because I reinforced negative moments I experienced in the past, making those connections stronger in my brain. I was trapped, a prisoner of my thoughts.

Studies have also concluded that complaining is bad for your health.

When you complain, you're damaging your brain. Complaining shrinks and damages part of your brain called the hippocampus. What does this mean? It means that complaining destroys your memory, imagi-

nation, creativity, decision-making and much more!

When you complain, you're increasing your levels of cortisol, also known as the stress hormone. Chronically high cortisol levels can lead to various health problems, including depression, digestive issues, sleeping disorders, higher blood pressure and increased risk of heart disease. Complaining shortens your lifespan.

Although it's been a battle, I've rid myself of complaining more and more every year. Sometimes I still catch myself, and I have to retrain my thought process. It becomes easier the more you do it.

Whenever I catch myself complaining, I try to think thoughts like this: "I know complaining keeps me from

moving forward. Losers complain; winners brush it off and keep moving forward. Thank you for allowing this experience to sharpen me and make me better; I know I will overcome."

Rather than giving voice to the negativity of complaint, try voicing the positivity of gratitude. Try to speak words of encouragement, speak ill of nobody.

You are capable of handling every situation that comes your way. Every bad thing that happens to you doesn't deserve the time it takes to complain. Focus on your dreams. Change your thoughts and your words and you'll begin to see miracles happen in your life.

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

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# Reasons to be thankful you quit smoking

By Sarah Trafton,  
Tobacco-Free Action  
For Capital Region Independent  
Media

Wrestling with nicotine addiction and the decision to quit smoking is no small task. On average, quitting may take 8-11 attempts before a smoker successfully breaks the habit.

The support of family and friends, as well as a health care provider, increase a smoker's chances of quitting. In fact, those that seek help from their physician double or even triple their odds.

With Thanksgiving on the horizon, it's the perfect time to count your blessings and appreciate how much quitting smoking has improved or could improve your life. In addition to Thanksgiving, the Great American Smoke Out also takes place this month on Nov. 18. The annual observance became a nationwide event in the 1970s. Each year, the American Cancer Society encourages people to start their journey to

## FOR YOUR HEALTH

a smoke-free lifestyle on the third Thursday in November.

Whether you've already quit, are considering quitting, or would like to encourage and support a loved one with their quitting process, it's important to remember the immense benefits of quitting:

### IMPROVED HEALTH

The average life expectancy for smokers is 10 years shorter than for non-smokers. That's another decade you get to spend with your friends and family. Twenty minutes after your last cigarette, your heart rate returns to normal and over time, your risk of heart attack, heart disease, stroke and 12 types of cancer is greatly reduced.

Some methods of fighting nicotine cravings, such as drinking more water, exercising and avoiding caffeine and alcohol, will contribute to your overall health and well-being.

### IMPROVED SELF-IMAGE

Smoking wrinkles your skin, yellows your teeth and stains your nails. Quitting smoking can make you appear younger and your dentist will thank you. People who feel insecure about their teeth often avoid smiling, a behavior that releases endorphins and can improve your mood. You also won't have to worry about the lingering smell of cigarettes on your clothes, in your car or in your home.

### COST SAVINGS

Smoking a pack per day

means spending about \$2,292 per year. That's \$2,000 that you could put toward a vacation — and this doesn't even include medical costs from smoking-related illnesses. Smoking weakens your immune system, and smokers are more likely to have respiratory infections.

### QUALITY OF LIFE

Smoking affects your sense of taste and smell. Why not enjoy Thanksgiving dinner to the fullest? You will be able to spend more quality time with family and be more engaged in holiday festivities without having to step outside for a smoke. If you're hosting this holiday season, your home will be more inviting and healthier for guests without the smell of cigarette smoke. You will sleep easier knowing you are not exposing your loved ones or pets to secondhand smoke — plus smokers are more likely to snore.

Writing down your reasons for quitting and reminding yourself of

them often can help keep you focused on your goal.

Similar to how keeping a gratitude journal can help you through difficult times, reminding yourself of your reasons can help you navigate through your cravings and triggers. It's also important to celebrate your milestones—whether you made it through your first day without smoking, your first week, month or year.

It's never too late to quit smoking. No matter what date you pick, or how many times you've tried, you can quit on your own terms, for your own reasons, with the support and methods that work for you.

### RESOURCES:

In addition to enlisting the support of your friends, family and health care provider, you can also receive free support by calling the New York State Smoker's Quitline at 1-866-697-8487. The Quitline provides free, confidential counseling via telephone, chat box or text, as well as free

nicotine patches.

BecomeAnEx is a free online quit service that allows you to create a customized quit plan, provides text message support, interactive guides and tools, tips and advice, and connects you to a community of other people on their quit journey. Visit [becomeanex.org](http://becomeanex.org) to sign up.

For youth looking to quit vaping, "This is Quitting" is a free and anonymous text messaging service tailored to teens and young adults. To join, text DITCHVAPE to 88709.

For a full list of resources, visit our website at <https://www.rvwtobaccofree.org/quit-resources/>. The Healthcare Consortium is a local charitable organization with a mission of improving access to healthcare and supporting the health and well-being of the residents in our rural community. The agency is located at 325 Columbia St. in Hudson. For more information: visit [www.columbiahealthnet.org](http://www.columbiahealthnet.org) or call 518-822-8820.

## Tague asks residents to take broadband survey

ALBANY — Assemblyman Chris Tague, R-102, is asking his constituents to take a new survey issued by the New York State Public Service Commission to assess the availability, quality and pricing of broadband

internet throughout the state for households and businesses.

Constituents are encouraged to complete both the internet speed test and the survey on the Public Service Commission's (PSC) website in order

to help the PSC develop a detailed internet access map and produce a report of findings and recommendations related to the availability, reliability and cost of high-speed broadband in New York state.

The commission's report will be submitted


to the governor and Senate and Assembly leaders in May 2022, who will then be able to act upon its recommendations to improve internet service in underserved areas.

New York residents can use this survey link for

both their households and their businesses, which should take less than 10 minutes to complete: <https://www.empirestatebroadband.com/speed-test>

"A lack of access to high-speed, reliable broadband internet has

put families in our district at an educational and economic disadvantage for years now, so I can't say enough how important it is that we have as many people as possible participate in this survey," said Tague.



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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  
**Just Makes Cents**  
Bottle & Can Redemption Center  
518-577-3084  
[Justmakescents6@gmail.com](mailto:Justmakescents6@gmail.com)

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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.*

### November 2021

- 4 - Coeymans Town Board meeting, 6:30 p.m., Town Hall, 18 Russell Ave., Ravena.
- 4 - Program: "Graphic Novel Book Club: 'Y: The Last Man,'" virtual book club hosted by RCS Community Library, 7 p.m. As the library to reserve a physical copy or read it on Hoopla, free with a library card.
- 6 - Crafter and Vendors Event, Onesquethaw Reformed Church Fellowship Hall, 11 Groesbeck Road, Feura Bush, 9 a.m. to 3 p.m. Event includes a variety of local crafters and vendors, as well as a bake sale, homemade soups and chili. Subject to COVID-19 protocols the day of the event.
- 6 - "Souper Saturday," 12-2 p.m., Trinity United Methodist Church, Route 143, Coeymans Hollow. In-person; CDC guidelines to be followed for safety.
- 7 - Daylight saving time ends. Move clocks back one hour and change smoke and carbon monoxide detector batteries.

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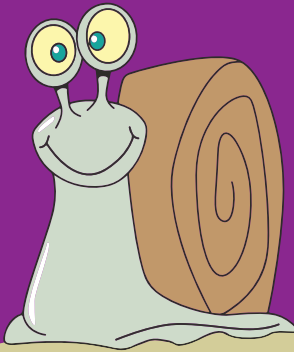
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RAVENA NEWS-HERALD | CAPITAL REGION INDEPENDENT MEDIA

Thursday, November 4, 2021 A11



**Kid Scoop**.com

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE



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**REPORTER'S CORNER**

Choose a newspaper story about a place. Write or paste the headline in this box.

Blank space for writing a headline.

WHEN did the event happen?

Blank lines for writing the date.

What questions did the reporter ask to find out when the event happened?

Blank lines for writing questions.

Standards Link: Reading/Writing: Draw evidence from informational text.

**CARPENTERS**

What do you want to be when you grow up? Have you ever thought about being a carpenter?

Carpenters have a saying: **Measure twice. Cut once.** What do you think this saying means?

Have you ever sat in a chair or opened a cupboard or closet and wondered how it was made? If so, you can thank a carpenter!

A carpenter is a person who works mainly with wood. They can make cabinets, build houses, make furniture, or do other things with wood throughout your home.

If you like making things and working with your hands, a career as a carpenter might be a good job for you. The pay is very good. And since there is a shortage of skilled carpenters, there are many job opportunities for people who want to learn this craft.

Do you know a carpenter? Ask them about their job.



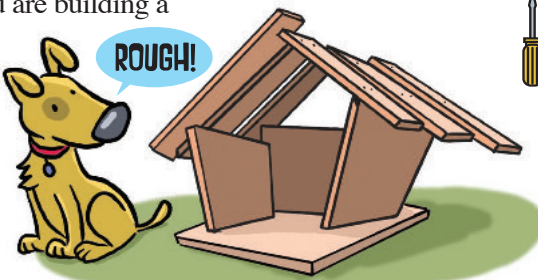
**How do I become a carpenter?**

Carpenters learn their trade by working in an apprenticeship training program. It takes about four years to learn what is needed to pass the carpenter test. Some people learn enough to pass the test through work experience.

Circle the things below that you think carpenters make. Then, check your answers by doing the math problems below each picture. The ones with even-numbered answers are things made by carpenters.

**Carpenters Need to Be Good at Measuring**

Whether you are building a doghouse, a bird house, or any kind of building, you need each side to be the same height.



**Practice Measuring with the Newspaper!**

Get a ruler or tape measure and start looking through the newspaper. Find five pictures and measure how tall they are (height) and how wide.

**BONUS:** Calculate the area of the picture by multiplying the height by the width.

Standards Link: Math: Measure using standard units; calculate area.

**The Right Tools Make Work Easier**

Look at the three jobs and the three sets of tools. Draw a line to the tool that is best for each job.

Are there more hammers or screwdrivers on this page?

**Being a carpenter is a really great job:**

- Carpenters get to help people.
- The pay is very good.
- Carpenters touch most everybody's lives.
- There is a shortage of carpenters so there are many job openings.

**Nail or Nail?**

The word nail has more than one meaning. Our fingers and toes have nails. And a nail is a tool used to build things. In both cases, the word is spelled the same, but has different meanings. These are called homonyms. Look through the newspaper for five words that have more than one meaning.

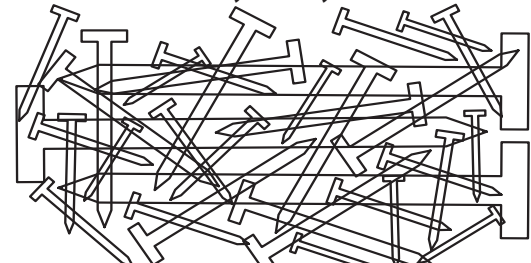
Standards Link: Language Arts: Identify homonyms.

**Kid Scoop Puzzler**

**TOOL BOX TRIVIA: HAMMER**

A hammer is a tool for pounding metal nails into objects such as wood. It has a long handle, and a metal head with a flat end for hitting nails. Carpenters use nails to hold pieces of wood and other things together. Sometimes a nail is used as a peg to hang things.

How many nails do you see?



Standards Link: Mathematics: Understand base 10 place value.

**Double Double Word Search**

- CARPENTER
- DOGHOUSE
- CUPBOARD
- MEASURE
- HAMMER
- NAILS
- RULER
- TWICE
- CHAIR
- WOOD
- WORK
- FLAT
- CUT
- END

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

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

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

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

**Kid Scoop VOCABULARY BUILDERS**

**This week's word: APPRENTICESHIP**  
The noun **apprenticeship** means a period of time to learn a trade under a skilled worker.

It takes a four-year apprenticeship to become a qualified carpenter.

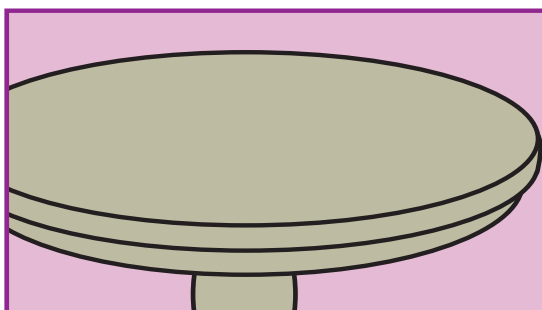
Try to use the word **apprenticeship** in a sentence today when talking with your friends and family members.

**FROM THE Kid Scoop LESSON LIBRARY**

**Carpentry Categories**

Look through the newspaper for images that show things a carpenter made. Find 10 images and then group them into categories based on similarities. Come up with a name for each category.

Standards Link: Research: Use the newspaper to locate information.



**Why didn't King Arthur like his round table?**

ANSWER: He thought the royal carpenters had cut corners.

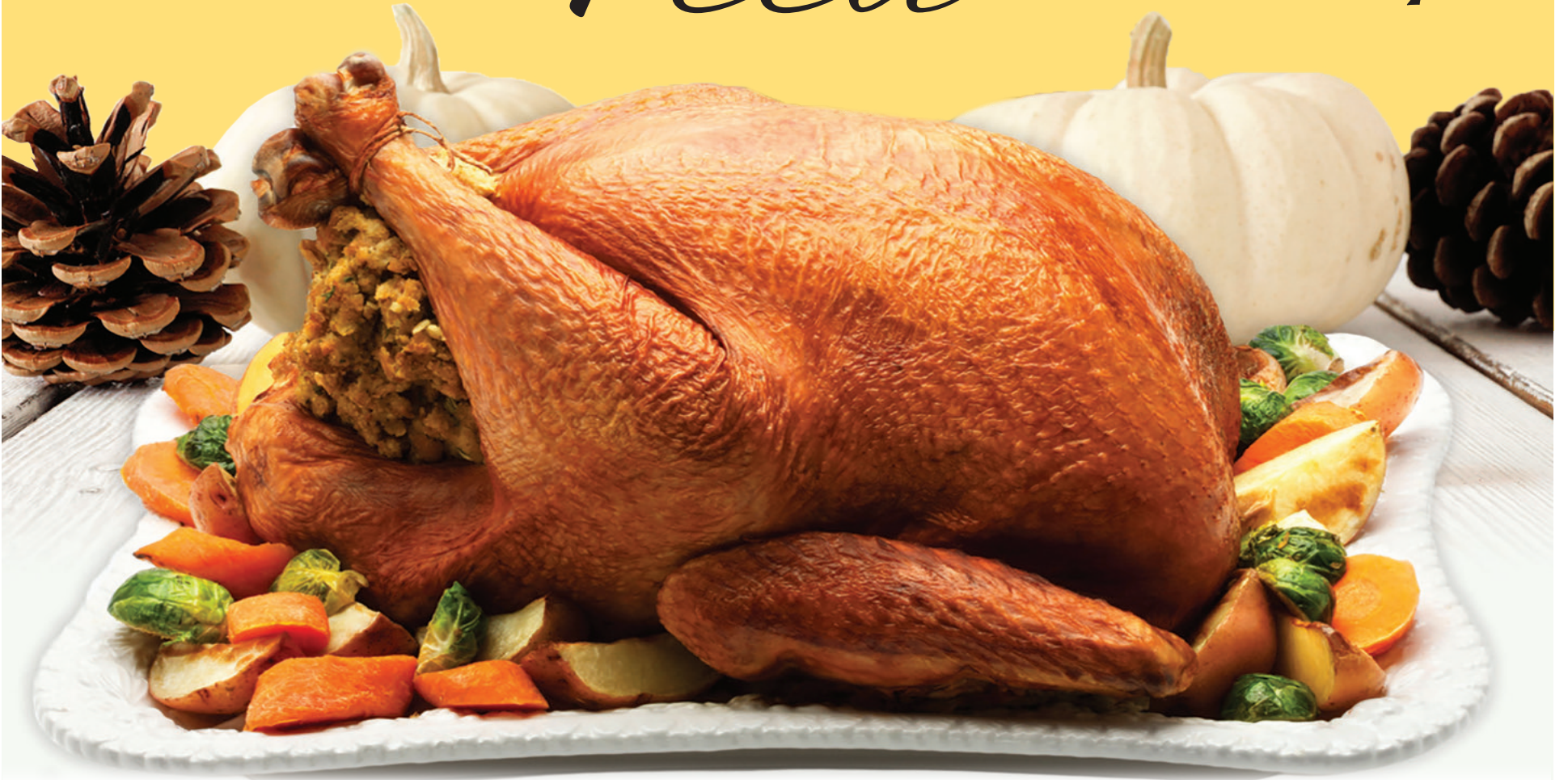
**Write On!**

**What do you want to be?**

What do you want to be when you grow up? Write a few paragraphs to explain.

**SHOP 'n SAVE**

# Feed Your Mind, Feed A Family



The  
Ravena  
**News-Herald**

The Ravena News-Herald will provide turkey dinners to families in need and you can help. From now until December 17th, we'll donate one meal to families in need for every item purchased on the menu below.\*

**HOW TO HELP:**

*New Subscriber's Menu*

New Customers 1 year (\$75) = 1 meal  
New Customers 2 years (\$140) = 2 meals

*Current Customer's Menu*

Renew and switch to EZ-Pay (\$17.50 per quarter) = 1 meal  
Renew for 2 years - (\$140) = 2 meals

MEAL: 12 lb. turkey, 2 cans of corn, 1 box of stuffing, 1 bag of potatoes, 1 can of cranberry sauce, a 12 pack of rolls, and a liter of soda\*\*

**THE FACTS:**

- 1 in 9 people in New York are facing hunger every day.
- 1 in 6 children in New York are facing hunger every day.
- 32.4% of households receiving SNAP benefits have children
- Charitable programs are unable to fully support those facing hunger. The combination of charity and government assistance programs are necessary to help bridge the meal gap.\*\*

**Participating Organizations:**

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# SPORTS

| B

RAVENA NEWS-HERALD CAPITAL REGION INDEPENDENT MEDIA Thursday, November 4, 2021 B1

## Troy Turkey Trot is nation's 12th oldest road race

TROY — Registration is open for the annual Troy Turkey Trot, presented by Pioneer.

This year represents the event's 105th anniversary on Thanksgiving morning, Thursday, Nov. 25.

The Trot is the nation's 12th oldest road race and attracts thousands of runners and spectators to historic Troy for the Capital Region's largest Thanksgiving Day road race.

A signature event of the Collar City's holiday festivities, the Trot begins at 8 a.m. with the Capital Region's only Thanksgiving Day 10K. The 10K course will close at 9:30 a.m. to facilitate the start of the Grade School Mile and Turkey Walk at 9:30 a.m.

The shorter 5K distance kicks off at 10 a.m. Both the 10K and 5K feature "out and back" course configurations, which start at Fourth and Fulton streets and finish at River Street's Monument Square. Family members are invited to show their support by cheering on loved ones.

"Since its humble beginnings in 1916 when six runners entered, the Trot has grown to become one of America's largest road races with more than 7,000 participants," said longtime Event Director George Regan. "It's important for people to recognize this event is steeped in history and



The 105th annual Troy Turkey Trot is coming to the Capital Region on Thanksgiving.

Contributed photo

tradition and they can experience that during our anniversary year."

Besides offering a welcome return to in-person racing, this year's Trot will again feature a virtual option for those concerned about being around others or who plan to be away. Virtual participants will use a custom mobile app, which allows them to race with others in real time, regardless of their location.

Last year, 14 other Troy communities across the nation, including elected

officials from Troy, Kansas; Troy, Michigan; and Troy, Illinois took advantage of the app during the event's three-day virtual running window.

While registering online, participants are encouraged to donate to the event's two main charities, the Regional Food Bank of Northeastern New York and Joseph's House & Shelter, a Troy-based not-for-profit whose mission is to prevent and alleviate homelessness in the Capital Region. They can also support 15 local

non-profits participating in the event's Volunteer Incentive Recruitment Program, an initiative in which local charities receive a cash donation in return for supplying the event with volunteers.

"Although the Trot drew 41% of its 2019 field last year, runners donated a record total of \$18,500 to support the Regional Food Bank of Northeastern New York and Joseph's House & Shelter," said Troy Mayor Patrick Madden. "We hope Trotters' giving spirit

continues this year as the event returns to in-person this Thanksgiving. This year's fundraising goal of \$20,000 will help support these organizations that play a vital role feeding hungry families and providing warm shelter to homeless men, women and children."

For those looking to stretch out their muscles before their event takes place, Choice Physical Therapy will offer a series of warm-up sessions at Fourth Street and Broadway at the following

times: 9-9:15 a.m. (Grade School Mile/Turkey Walk), and 9:20-9:40 a.m. (5K).

Free event parking is available at a number of Front and River Street parking lots. A comprehensive map of Troy parking lots can be found at [troyny.gov/parking](http://troyny.gov/parking).

Unofficial results will be available within minutes upon finishing at TroyTurkeyTrot.com via ChronoTrack Live and will also be posted at the awards tent. A personalized finisher's certificate will be available online at TroyTurkeyTrot.com/results by 3 p.m.

Runners of all abilities looking to get in shape for the Troy Turkey Trot can also sign up now for the 10-week, co-ed Trot Training Challenge. The program, which began Sept. 27 at Hudson Valley Community College's outdoor track, at 80 Vandenberg Ave., Troy, is designed to train participants to complete a 5K or 10K and features injury-prevention, nutritional, strength and flexibility elements. Group runs will be held Tuesdays at 6 p.m. and Sundays at 8 a.m. with virtual training options throughout the week. For more information and to register, visit <https://runsignup.com/Race/NY/Troy/Turkey-TrotTrainingChallenge>

For more information or to register, visit TroyTurkeyTrot.com.

## DEC releases proposed changes to fishing regulations

New York State Department of Environmental Conservation (DEC) Commissioner Basil Seggos recently announced a proposal to improve sunfish and crappie fishing in New York.

The proposal includes changes to the daily catch limit of sunfish and crappie and special regulations on select waters across the state as part of an experimental program to create fishing opportunities for larger sunfish.

"To ensure quality sunfish and crappie fishing, DEC is proposing regulatory changes to benefit anglers in search of a good catch while continuing the restoration of the state's natural resources," Seggos said. "New York is home to a wide variety of fishing opportunities and our goal is to increase

these opportunities for anglers while bolstering local economies."

The proposed statewide regulations are modest adjustments that reflect DEC and anglers' recognition that more conservative harvest regulations are needed to ensure conservation safeguards for these resources.

The use of social media to quickly draw attention to high-quality fishing opportunities and the widespread use of electronic fish finders and other devices to improve fishing efficiency have amplified concerns about overharvesting.

These proposals were included in the Draft Sunfish and Crappie Management Plan DEC released for public comment earlier this year. The decision to advance these



Courtesy of Department of Environmental Conservation  
The state DEC is considering revising fishing regulations and is accepting comment through Dec. 25.

proposals was based on the largely positive feedback DEC received on the plan. Visit the Sunfish and Crappie Management webpage for the assessment of public comments on the draft plan, the Big Panfish Initiative Study Plan, and the rationale for the statewide regulatory proposals.

The proposed sunfish

regulations are part of a five-year experimental program intended to take advantage of the ecological capacity of 11 select lakes. Using minimum length restrictions and reduced daily limits, fishery managers can better develop populations with a greater proportion of older, larger fish. The

experiment is proposed to run from 2022 to 2025. A decision on whether to continue this management strategy will depend on an evaluation of the results and feedback from the angling public.

The proposals include:

- Reducing the sunfish statewide daily harvest limit from 50 to 25;
- Increasing the crappie statewide minimum size limit from nine to 10 inches; and
- Implementing an eight-inch minimum size limit and a daily harvest limit of 15 for sunfish in the following waters chosen for their potential to grow larger sunfish: Blydenburgh Lake (Suffolk County, DEC Region 1); Lake Welch (Rockland County, Region 3); Canadarago and Goodyear

lakes (Otsego County, Region 4); Saratoga Lake (Saratoga County, Region 5); Sixtown Pond and Red Lake (Jefferson County, Region 6); Cazenovia Lake (Madison County, Region 7); Otisco Lake (Onondaga County, Region 7); Honeoye Lake (Ontario County, Region 8); and Silver Lake (Wyoming County, Region 9).

The regulatory proposals are available on DEC's website for review and public comment. Comments on the proposals should be submitted via email to [regulations.fish@dec.ny.gov](mailto:regulations.fish@dec.ny.gov) or via mail to the Inland Fisheries Section, NYSDEC, 625 Broadway, Albany, NY 12233-4753, with the subject line "Sunfish and Crappie Regulations."

Comments will be accepted through Dec. 25.

## Winter sports registration remains open

RAVENA-COEY-MANS-SELKIRK — The registration period for winter sports in the RCS school district remains open, according to the district website.

Registration for junior varsity and varsity sports will continue through Monday, Nov. 22, and for modified sports through Monday, Nov. 29, according to the district.

Winter sports physicals will be held Tuesday,

Nov. 9, during the school day at the middle and high schools for students who do not have sports physicals for the winter season and cannot be seen by their own doctor.

To make an appointment, contact the appropriate school nurse.

All junior varsity and varsity winter sports can begin on or after Nov. 15, with modified winter sports beginning on or after Nov. 22.

This fall the district implemented a new sports registration process for the 2021-22 school year, which will also be in effect for winter and spring sports.

RCS families must register students for sports online through FamilyID at [www.familyid.com](http://www.familyid.com). This is the only registration process for athletics in the district moving forward, according to the district website.

"FamilyID is a secure registration platform that provides you with an easy, user-friendly way to register for our programs, and helps us to be more administratively efficient and environmentally responsible," according to the district. "When you register through FamilyID, the system keeps track of your information in your FamilyID profile. You enter that information

only once for each family member for multiple uses and multiple programs. Once you have created and logged into your Family ID account, you will be able to view a full list of available sports for the winter."

Registration assistance is available by contacting FamilyID at [support@familyid.com](mailto:support@familyid.com) or calling 781-205-2800 ext. 1.

The district reminds families that RCS ath-

letic programming for the 2021-22 school year is subject to all guidance released by the New York State Department of Health and any new guidance when it becomes available. This includes, but is not limited to, masking in at indoor events on campus at all times, practicing good hand hygiene, and social distancing at all sporting events on campus.

# Changing the world, one podcast at a time

By Thomas Christopher  
For Capital Region Independent Media

Jennifer Jewell bristles at the low status of gardening.

A radio host and podcaster with a national following – “Cultivating Place” has attracted devoted listeners far beyond its northern California broadcast area – Jewell has also written two influential books on gardens and gardening.

She told me recently that this field is often understood as minimum-wage workers driving mowers or a frivolous pastime of the well to do. In contrast, she sees gardens as places of power, connectors of people and their landscape, with a potential to change for the better our relationship to nature.

Jewell’s audio work began as what a young friend of mine describes as “a passion project.” Indeed, Jewell produced her program for five years for Northern State Radio gratis before the station management realized what they had, and she then began to receive compensation. She describes her program in the podcast and broadcast title as “conversations on natural history and the human impulse to garden.” It is the caliber of the guests, who range from interna-

## BE A BETTER GARDENER

tionally renowned horticulturists and garden designers to those with less expertise but special gifts, and Jewell’s insightful conversational style, that make “Cultivating Place” so absorbing.

Her books are equally powerful and complement each other very neatly. The first, published in 2020, was titled “The Earth in Her Hands: 75 Extraordinary Women Working in the World of Plants.” As the title indicates, this is a series of portraits of women, a group long excluded from the horticultural and botanical professions, who are now making their mark. More broadly speaking, though, it presents a comprehensive picture of what motivates such gifted gardeners, and how this impulse expresses itself.

Jewell’s second book, published in the spring of this year, is “Under Western Skies: Visionary Gardens from The Rockies to the Pacific Coast.” Cen-

tering on photographic portraits of 36 remarkable gardens by Caitlin Atkinson, this book features personal stories, but it focuses as well on how the character of the local landscapes helped to shape the gardens that grew from them.

As Jewell puts it, “It’s important for us as gardeners to actually know our places. To know our watershed, to know our latitude and longitude, to know [about] the native peoples who lived on the land prior to our living here. Those are all elements that add to our gardens and to our ability to garden as thoughtfully as possible.”

This two-way exchange, between the gardener and the land, makes gardening more than a hobby or pastime. Jewell defines it rather as “a calling” or “a practice,” like meditation or yoga or learning music. It is also “one of those common ground activities... it’s like food, or literature, or music, it is one of those things that



Jennifer Jewell – gardener, author, radio host and podcaster – is featured at Berkshire Botanical Garden’s sixth annual Rooted in Place Ecological Gardening Symposium on Nov. 14, presenting “How a Place-Based Garden Culture of Care Strengthens Places and their People.”

transcend all of those [differences] that might divide us.”

Specifically, Jewell has found that converting her own front yard to a pesticide-free, pollinator-friendly place of climate-adapted native plants has started so many friendly and constructive conversations with neighbors.

“Gardening creates all these intersections for making our world slightly more hopeful, and that is not to be underestimated,” she said.

Jewell’s state of California, and the West more broadly, have so often been an exemplar of what is new to America, a peek into our future. Over the last few years, it has provided a sobering perspective, with its wildfires and water shortages, of the challenge climate change will bring to the rest of the country as well.

Jewell doesn’t overestimate gardening. Transformations of our personal landscapes won’t, by themselves, cure our environmental ills. But by changing our understanding of nature and

our role in it, gardening can have a potent impact on what we do and start a new and healthier pattern of behavior.

To learn more about Jennifer Jewell and her work, join her at the Berkshire Botanical Garden’s sixth annual Rooted in Place Ecological Gardening Symposium on Nov. 14, at the Mahaiwe Theater in Great Barrington, Massachusetts. This day-long program will feature talks not only by Jewell, but also Rebecca McMackin, director of horticulture at Brooklyn Bridge Park, who will discuss the park’s 85 acres of “Built Ecology;” Sam Hoadley, horticultural research manager at Mt. Cuba Center will focus on knockout native species and cultivars researched at Mt. Cuba’s display garden; and Pete Grima, a service forester with the Massachusetts Department of Conservation and Recreation, who will describe the process of envisioning and transforming an old field into a forest for carbon storage and climate resilience.

For more information,

or to purchase tickets, log onto [berkshirebotanical.org](http://berkshirebotanical.org).

*Be-a-Better-Gardener* is a community service of Berkshire Botanical Garden, located in Stockbridge, MA. Its mission, to provide knowledge of gardening and the environment through a diverse range of classes and programs, informs and inspires thousands of students and visitors each year. Thomas Christopher is a volunteer at Berkshire Botanical Garden and is the author or co-author of more than a dozen books, including *Nature into Art* and *The Gardens of Wave Hill* (Timber Press, 2019). He is the 2021 Garden Club of America’s National Medalist for Literature, a distinction reserved to recognize those who have left a profound and lasting impact on issues that are most important to the GCA. Tom’s companion broadcast to this column, *Growing Greener*, streams on WESUFM.org, Pacifica Radio and NPR and is available at his website, <https://www.thomaschristophergardens.com/podcast>.



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# Treating the daily discomfort of arthritis

By Pat Larsen

For Capital Region Independent Media

If you are not plagued by this annoying ailment, then you've already chosen to line the bird cage with this column (after reading the paper, of course!). However, if you're like the

millions of Americans who are experiencing daily joint pain, discomfort and increasing stiffness, especially with the encroaching cold weather heading our way, then please read on.

My style of educating those who cross my path is to focus in on a health concern from several different angles. In this case, I'll be sharing what I've learned, personally, from a mind and body connection, as we learn about arthritis.

First and foremost, let's define what arthritis is.

Arthritis is the inflammation of one or more joints. This "condition" affects the body's moveable joints. Joints of the body are found at the knees, wrists, elbows, fingers, toes, hips and shoulders. The neck and

## HEALTHY AND FIT

the back also have joints between the bones of the spine. All joints have the same basic physiological structure.

There are six different types of joints located in the body.

Normally, these joints are well lubricated and protected with a membrane of fluid that lines the joint. Over time (I didn't say anything about aging... just time), these fluid membranes can thin and no longer allow for the ease of safe "gliding" of the bony structures. We know what that then results in: Pain, stiffness, sometimes swelling, and diminished activity due to feeling so uncomfortable.

That, simply put, is the basics of arthritis. There are many different types of arthritis, based mostly on the joints that are

affected and their proximity in your body. For the purposes of this column, I'll be focusing on the generality of arthritis and solutions that can make life much easier to navigate through.

My resources are from many great resources, but the one I use that is clear and most helpful is the "Body Mind Workbook" (explaining how the mind and body work together) by Debbie Shapiro. I also refer to the "Prescription for Nutritional Healing" by James Balch, M.D. and Phyllis Balch, M.D.

Let's start with a more cerebral aspect of arthritis and how that can affect the resulting level of pain. See if this might be true for you.

According to "Body Mind Workbook," the arthritic condition that affects joints with inflammation, pain and stiffness and keeps us from the freedom of movement is

connected to our "innermost feelings." These "feelings" relate to the movement or direction we are going in. There may also be a sensation of energy pulling us back from moving forward, maybe out of fear of movement or because we would rather be doing something different than what we are presented with.

This emotional state also indicates feelings of self-criticism (resulting in stiffness), lack of self-worth, fear, anger (resulting in inflammation) and bitterness (pain). There can be a sense of being tied down, restricted or confined. This results in mental inflexibility or a hardening attitude toward life.

If nothing else, perhaps just use this information as a starting point to determine if these feelings are indeed present when you or a loved one has a flare-up of inflammation. This could help to narrow your focus on the reasons for sudden discomfort.

The overactive mind can be soothed with a simple guided meditation audio on YouTube or through your TV streaming service. I have many

recommendations and would be happy to suggest some for you to try.

Michael Sealey's "Guided Meditations and the Mindful Movement" has many useful meditations to help you with relaxing that inner mind during painful episodes of arthritis.

Next up, how does what we eat impact the pain and inflammation of joints? You may be surprised.

Basically, it's about simply avoiding nightshade vegetables (peppers, eggplant, tomatoes and white potatoes). These are the culprits that contain solanine compounds that interfere with the enzymes in the muscles surrounding our joints that cause all the pain. I have personally eliminated these foods from my diet and found out very quickly that the discomfort in my knees and elbows dropped to almost non-existent.

Don't think this is possible or you're unwilling to stop eating these foods? Then consider

the alternatives being offered to us by the medical community to feel better — prescription drugs, knee replacement and costly physical therapy,

just to name a few.

Instead of giving up on the overwhelming discomfort you've been experiencing, why not consider these possible solutions as well as dietary shifts and meditation.

Next, get up and move more. You rest, you rust! Of course, you do.

Get regular moderate exercise. I'd written about this often and based on my personal research among the many students in my seated and combo fitness classes, exercise helps tremendously.

Take vitamin D supplements or better yet, spend time outdoors getting natural sunlight and fresh air. Your doctor can help with the proper dosing of vitamin D based on your blood work. So be sure to ask during your next physical.

If you're overweight, plan to drop at least 10% of your total body weight to kick off that healthier version of yourself and you'll get that additional benefit of less strain on your joints. That makes this effort a win-win all around.

I never want to be thought of as that "broken" record, always promoting losing weight. I do want to perhaps trigger that spark in you as you're reading this to make that change you've been considering for a while. Maybe this time, with the contents of this column, you'll decide to step up to the plate (I love metaphors!)

Please know, I am also very aware there are many severe forms of arthritis that have their origins in serious illnesses like Lyme disease, lupus and other autoimmune conditions that result in lots of arthritic suffering. Meditation and the other suggestions I've made can help alongside your health providers recommendations.

Healthy and fit, of mind and body, begins with the desire and the belief in making positive changes that can improve your life.

Living your best life IS your job. You can begin doing so at any time you choose. Why not now?

Pat Larsen, Licensed Fitness Instructor, nationally certified hypnotherapy for behavior modification. Live fitness classes for baby boomers, sassy seniors, deconditioned adults ongoing Monday and Thursday mornings at the Shamrock House in East Durham. You can reach Pat at 518-275-8686 or by email at Pelarsen5@aol.com.

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# When to file for Social Security

**Dear Rusty:**

My wife started her Social Security at 62 in March 2017 and I filed a Restricted Application to collect a spouse benefit from her shortly thereafter.

Our plan is for me to file for my own Social Security later this year when I turn 70. Then my wife will file for her spousal benefit from me. Our life expectancy is 93 and 96. Is this still the best plan for maximum payments?

*Signed: Planning Ahead*

**Dear Planning:**

Yes indeed. You've chosen an excellent strategy, and one which is no longer available to younger beneficiaries. The Restricted Application option you chose, to get only spouse benefits and let your own increase, was eliminated for anyone born after Jan. 1, 1954.

When you turn 70, you will be eligible for your maximum SS retirement benefit to start at that time. Social Security recommends that you apply about three months before you wish benefits to begin (you will specify on the application when you want benefits to start), so you can apply before your birthday if you like, but just be sure to be explicit that your benefit start month is the month you turn 70. That way, you won't lose any of the Delayed Retirement

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Credits (DRCs) you've been accumulating since you reached your full retirement age (FRA) of 66. Your benefit at age 70 will be 32% more than it would have been at age 66.

Note that when you apply, Social Security will probably offer to pay you six months of retroactive benefits. Although that lump sum can be quite tempting, accepting it will also reduce your Social Security benefit amount by 4% for the remainder of your life. With a life expectancy in your 90s, I suggest you choose wisely.

After you have submitted your application for Social Security retirement benefits, your current spousal benefit will stop as soon as your higher benefit starts. After you apply for your age 70 benefit, your wife's spousal benefit will be automatically awarded when your own

benefit begins (automatic because she was born after January 1, 1954).

For information, your wife's spousal benefit will be based upon your full retirement age benefit amount, not the increased amount you will receive because you delayed until age 70. You should also be aware that your wife's benefit as your spouse will be less than 50% of your FRA benefit amount because

she claimed her own benefit at age 62 (claiming her own benefit early affects her spousal benefit amount).

Nevertheless, with a life expectancy in your 90s, you have chosen an excellent strategy that will pay you the highest possible monthly amount and the most in lifetime cumulative benefits, while also providing the highest possible survivor benefit for your

wife should you die first.

Although waiting until age 70 to claim isn't the right decision for everyone, in your specific case I congratulate you for making a very wise choice.

*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*

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# Keep your mind sharp as a tack

Have you ever had trouble driving to a familiar place, or organizing a grocery list? Do you sometimes forget appointments, names or other important facts? Have you ever walked into a room and forgotten why you went in there?

If you answered “yes” to these questions like I did, you’re not alone. According to recent statistics, more than a half a million Americans will die from Alzheimer’s disease this year, making it the third leading cause of death.

My grandfather passed away from Alzheimer’s disease when I was in my early twenties. He was a hard-working, blue-collar man who loved his wife and family, the New York Yankees and a cold Rheingold beer. Over the years, his mental health declined and it was hard to watch (and a bit scary) him go from an intelligent person to one who didn’t recognize friends or family.

What scares me is thinking that I may end up with the same fate as my grandfather.

In his bestselling book, “Grain Brain,” David Perlmutter, M.D., a leading neurologist, states that “Alzheimer’s is preventable through proper diet. Diets that are high in sugar and carbohydrates and low in fat are devastating to the brain. You’re paving the way for Alzheimer’s.”

And now Mayo Clinic research reveals that diets rich in carbohydrates are associated with an 89% increased risk for dementia, while diets rich in healthy fats are associated with a 44% reduced risk.

If you have a family history of Alzheimer’s or you’re worried it might happen to you as you age, cheer up. One of the best things you can do is to make simple lifestyle changes. Here’s a rundown of diet-related strategies you can start using today.

Most people don’t realize the trillions of bacteria in their gut have a major influence on creating health or disease. Renowned psychiatrist Dr. Kelly Brogan and other health experts have begun prescribing a whole-foods diet rich in probiotics to help people with anxiety, depression and other mental illnesses. Adding fermented foods to your diet that are

CONCEPTS IN FITNESS



MARY SCHOEPE

naturally rich in friendly gut bacteria or a probiotic supplement is the easiest way to recolonize your gut with friendly bacteria. Your brain loves fat. In fact, 70% of it is fat! Omega-3 fats help prevent cell damage caused by Alzheimer’s disease by slowing down its progression and lowering your risk for the developing it. Vitamin D is imperative

for proper functioning of your immune system to combat inflammation that is associated with Alzheimer’s. Experts recommend getting between 1,000 and 4,000 IU daily for optimal brain and immune function.

And finally, research shows that exercise, particularly exercise that gets your heart rate up, increases the size of your hippocampus — your brain’s memory center. Exercise triggers a change in the way the amyloid precursor protein is metabolized, which slows down the onset of Alzheimer’s.

Losing your memory isn’t a part of the “normal” aging process and is entirely preventable through supplementation, dietary and lifestyle changes.

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# Coeymans Hollow Volunteer Fire Corporation news

## CALENDAR DRIVE DONATION ENVELOPES CONTINUE TO BE COLLECTED:

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tions are tax deductible and if you mail your donation envelope in and it is received by Thursday, Nov. 18, you will be eligible for the 77th annual turkey drawing. Coeymans Hollow residents who voted in Ravenna, please send in your donation. Each winner will receive a gift certificate for a turkey just

in time for Thanksgiving. Your support of emergency personnel is greatly appreciated.

## RECRUITMENT AND RETENTION:

New volunteers are needed to help protect the community. Active interior and exterior firefighters, EMS personnel, fire police, ladies auxiliary members and associ-

ate members are needed to assist with many committees.

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ing for you to become a member of the Coeymans Hollow Volunteer Fire Corporation.

Think about it — if you don't volunteer, who will? For more information or to obtain an application, give them a call at 518-756-6310 or stop by and check it out.

## SAFETY TIP:

Daylight saving time

ends this Sunday, Nov. 7. Please turn your clocks back one hour on Saturday, Nov. 6, before going to bed. Remember, you gain back an extra hour of sleep.

## FIRE AND EMS REPORT:

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

## Change clocks, check smoke alarms

ALBANY — As New Yorkers prepare for the end of daylight saving time Nov. 7, the Firemen's Association of the State of New York (FASNY) is reminding all New Yorkers to check the batteries and test their smoke alarms and carbon monoxide detectors. Alarms equipped with removable batteries should have their batteries replaced.

In 2019, New York state led the nation in home fire deaths with a tragic 126 fatalities. The number has since decreased, but is still high — 77 civilians in New York have died in home fires during 2021. The upcoming win-

ter season is typically the busiest time of year for home fires.

Working smoke alarms save lives. According to the National Fire Prevention Association (NFPA) three of every five home fire deaths occur in homes without working smoke alarms or in homes lacking smoke alarms. A quarter of all smoke alarm failures are caused by dead batteries.

"Every second counts in a fire. Smoke alarms provide a critical warning that can help people escape during an emergency — but only if they are working properly," said FASNY President

John P. Farrell. "All smoke alarms should be tested monthly. If your smoke alarm has removable batteries, make sure you change them twice a year to ensure that they are functioning.

The reduction in home fire deaths in recent years may be attributed to a New York state law that went into effect in 2019. It banned the sale of smoke alarms with removable batteries. Newly installed or replacement smoke alarms in New York must be powered by a 10-year, sealed, non-removable battery, or hardwired to the home. Smoke alarms equipped with sealed-in,

non-removable batteries are nearly impossible to disable and require little maintenance. If you're not sure when you last replaced the batteries, or bought a smoke alarm, FASNY encourages you to purchase a new one with 10-year batteries."

"Having a sufficient number of properly located smoke and CO alarms is essential to maximize the amount of escape time," Farrell said. "As a minimum, smoke alarms should be installed inside every bedroom and on every level of the home. Larger homes require additional smoke alarms."

Smoke alarm tips from

FASNY and the NFPA:

- Test alarms at least once a month by using the test button.
- If you have an alarm with a removable battery, be sure to check the batteries every six months, and change the batteries every year. If a battery is starting to lose its power, the unit will usually chirp to warn you. Do NOT disable the unit.
- Vacuum or blow out any dust that might accumulate in the unit.
- Never borrow a battery from an alarm to use somewhere else.
- Never paint a smoke or CO alarm.
- Install at least one smoke alarm on

every floor of your home, including the basement, and in, or near each sleeping area.

- Smoke alarms should not be installed near a window because drafts could interfere with their operation.
  - Families should also develop and practice a home fire escape plan.
  - Always follow the manufacturer's instructions for testing smoke alarms and replacing the batteries.
- For more information on smoke alarms, carbon monoxide alarms, and other information on fire safety and prevention, visit [www.fasny.com](http://www.fasny.com) and [www.nfpa.org](http://www.nfpa.org).



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This Foreclosure Prevention Program is funded through the NY State Attorney General Homeownership Protection Program (HOPP). HOPP agencies do not charge fees.



**NOTICE: NEW YORK RESIDENTS**

Homeowner Funding enables families to make necessary energy efficient home repairs who:

- ARE UNABLE TO PAY CASH FOR NECESSARY HOME REPAIRS.
- CANNOT AFFORD HIGH OR ADDITIONAL MONTHLY PAYMENTS.
- HAVE BEEN TURNED DOWN FOR FREE STATE OR GOVERNMENT PROGRAMS.

**REPAIRS INCLUDE:**  
ROOFING • SIDING • WINDOWS  
DOORS & MORE...

up to **\$25,000**

**NO MONEY DOWN** / **NO Equity Required**

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**(800) 736-9629**  
or visit [NYImprovementFund.com](http://NYImprovementFund.com)

Approved applications will have the work completed by a quality repair crew provided by: HOMEOWNER FUNDING



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