

Albany man arrested on robbery charges

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PETA offers \$5K reward in dog abandonment case

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NEWS: Business association hosts Marketing Matters event

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THE RAVENA News-Herald

Albany County's oldest continuously published weekly newspaper

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THURSDAY, FEBRUARY 15, 2024

CAPITAL REGION INDEPENDENT MEDIA

\$2.00

Debate reopens on town's paper of record

By Melanie Lekocevic
Capital Region Independent Media

COEYMANS — The town council will take another look at which newspaper should be the town's official paper of record.

The newspaper that serves in that role publishes all public notices for the town, such as when meetings are held, public hearings, and so on.

For decades, the Ravena News-Herald was Coeymans' official paper of record, but a vote by the town council at the 2023 reorganizational meeting, under the previous administration, changed to the Times Union.

At this year's reorganizational meeting, held Jan. 1, officials voted to return to the News-Herald.

But at the Jan. 25 meeting, officials took another vote and switched back to the Albany-based newspaper.

At that meeting Councilman
See DEBATE A2

address label space

Town explores NYSERDA grants for clean energy initiatives

By Marlene McTigue
Capital Region Independent Media

COEYMANS — Could Coeymans be eligible for some of the \$25 million announced in December by Gov. Kathy Hochul through NYSERDA's Clean Energy Communities program? Town Supervisor Stephen Donnelly's office is exploring the opportunity.

On Jan. 26, Donnelly met with Tara Donadio, the assistant director of Sustainability for the Capital District Planning Commission (CDRPC).

The CDRPC serves New York's public and private sectors by promoting intergovernmental cooperation; communicating, collaborating and facilitating regional initiatives; and sharing information and fostering dialogues on solutions to regional problems, such as building a relationship between Coeymans and NYSERDA.

The mission of the New York State Energy Research and Development Authority, or NYSERDA, is to advance clean energy innovation and investments to combat climate change, improving the health, resiliency and prosperity of New Yorkers, and deliver benefits equitably to all.

Since 1975, the authority has been helping the municipalities of New York identify ways to create more energy-efficient communities and now the town of Coeymans is exploring the possibilities.

Donadio's goal was to inform Donnelly about NYSERDA's Clean Energy Communities Program.

Through the program, the town



The town is looking at grant opportunities with NYSERDA to advance clean energy investments in the community.

Courtesy of Unsplash

could be eligible for zero-match grants that could be used to help Coeymans become more energy-efficient and experience cost reduction for services. Community members could have a role to play in helping to earn those grants.

Donadio explained how the CEC program provides tools and resources communities need to implement "High Impact Action items" and increased access to grant funding. The funding opportunities are based on a points system.

Action items that earn points can be as simple as benchmarking where the town is now on energy usage for its municipal buildings and keeping an ongoing record.

Others include engaging with clean energy technologies by subscribing municipal accounts to clean energy alternatives such as community solar and/or hosting or installing clean energy resources, such as solar, wind or hydro on municipal properties.

But it's not just municipal leadership that will help win Coeymans grant funding — there is a role for residents to play as well through Community Campaigns.

If residents can show they are utilizing community solar, electric vehicles, and clean heating and cooling technology, the town will earn more points and have access to a greater share of that \$25 million. Up to \$97,500 is being pro-

vided for small to medium municipalities like Coeymans.

The Clean Energy Communities program was launched in 2016 and received an additional \$25 million, Hochul announced in December. The goal is to drive high-impact, clean-energy actions and reduce greenhouse gas emissions.

The Clean Energy Communities Program is funded through the Regional Greenhouse Gas Initiative (RGGI) and the Clean Energy Fund (CEF).

For more information on Clean Energy Communities, visit NY-SERDA's website at nyserdera.ny.gov.

GOOD NEWS!: Herwick named Capital Zone Teacher of the Year

GOOD NEWS STORIES
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By Melanie Lekocevic
Capital Region Independent Media

RAVENA-COEYMANS-SELKIRK — RCS teacher Brandon Herwick was named Teacher of the Year by the New York State Association of Health, Physical Education, Recreation and Dance, Capital Zone.

The Teacher of the Year Award honors individuals for excellence in teaching and overall performance in physical education at the elementary, middle and high school levels, adapted physical education, health education, and dance education, according to the district.

Herwick is a physical education teacher at A.W. Becker Elementary with his co-teacher, Megan Mc-



BRANDON HERWICK CAPITAL ZONE TEACHER OF THE YEAR 2024

Courtesy of RCS Central School District

Clave. Herwick makes learning and physical activity fun for the students, RCS District Superintendent Dr. Brian Bailey said during the awards ceremony Feb. 7 at the board of education's monthly meet-

ing. "He exudes a level of joy and energy that is unmatched," Bailey said.

Herwick is also an educator outside of the classroom to his fellow physical education peers throughout

the state and nationally, according to the district. He shares his knowledge and the motivation he expects of his students to create positive impacts not only in physical education but in their everyday lives.

See TEACHER A2

B1 Sports



RCS takes 2nd in Section 2 Class CC tournament

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- Facebook.com/ravenanewsherald
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This Day In History

- 2002** IOC finds fraud, awards second gold in Winter Olympics skating event
- 1998** Dale Earnhardt Sr. wins his first Daytona 500





Courtesy of RCS Central School District
A.W. Becker Elementary School teacher Brandon Herwick with his colleagues after being awarded Teacher of the Year by the New York State Association of Health, Physical Education, Recreation and Dance, Capital Zone.



Courtesy of RCS Central School District
Physical education teacher Brandon Herwick accepting his award as Teacher of the Year.

TEACHER from A1

Sandy Morley from the association spoke of Herwick's contributions not only in the classroom but in his presentations to other educators in the field.

"Brandon has been a real gift to his students at A.W. Becker and to his colleagues not only in New York state but throughout the country," Morley said. "He shares

his brilliant knowledge and motivation with other professionals. He speaks about behavior and kindness and effort that he expects from his students, but it's all a reflection of his own personality and interpersonal skills. He doesn't just teach students, he guides them to their own moral compass through the exposure to higher order thinking skills, group discussions and a lot of fun activi-

ties." "Brandon is an amazing example of what a physical educator should be and this district has one of the premier educators in the United States on their staff," Morley added.

Herwick accepted his award and saluted the other educators he works with in the district.

"I really do appreciate working for RCS and I ap-

preciate all you do here to make a difference every day in the lives of our students," he said. "Specifically, I love working at A.W. Becker."

Herwick showed a highlight reel of PE activities the students have taken part in.

"Physical education is all about providing an incredible, fun environment and experience where students can explore, learn, connect and grow," he narrated in the

video. "By getting to know our students and their families, we can meet them where they are to challenge or modify the activities and lessons to help them love movement, fail, learn, try again, and ultimately find success and understanding."

Many of the current activities in the district's physical education department are long-standing traditions that were started by teachers that

came before him, Herwick said, such as the Apple Run, Family PE Week, the Wackadoodles Running Club and the holiday obstacle course.

"We are so grateful for those who have laid down strong paths for us and for those who continue to weave in and out of our careers," Herwick said, "adding wisdom and generational knowledge — students and staff alike."

DEBATE from A1

Stephen Schmitt said a public notice scheduled by the town's planning/zoning board of appeals did not appear in the paper and the hearing was forced to be rescheduled. Town Supervisor Stephen Donnelly also claimed that phone calls placed by planning board Chairwoman Patricia Grogan, Building Inspector/Code Enforcement Officer Jason Chmielewski and himself were not returned.

At the board's Feb. 8 meeting, the issue was reopened when Warren Dews Jr., publisher and vice president of the News-Herald, spoke with the board and asked them to reconsider. He contended that all the board members have his personal cellphone number and no one called him to discuss the matter.

"If you call me, I call you back," Dews said. "I check all of my messages. If Mr. Donnelly calls me, and we talked just the other day, I call him back. I don't know what he's talking about — [saying that] I didn't call

him back. I call everybody back."

Dews added that publishing with the daily newspaper is more expensive and costs taxpayers more — between 15% and 20% more each year. He called on the town board to support local journalism.

"We cover you [the town board] more than anybody else. And we reach more people than anybody else — we are your paper of record and we are more cost effective," he said.

Schmitt said the board made the decision based on what they were told.

"I was assured by you that you would make sure you would do everything you could to make sure that when we need a notice posted, you would take care of it," he said. "Mr. Chmielewski reached out to you, he did not get a call back. As a result of that, we weren't able to publish a notice in the News-Herald and he had to cancel one of his public hearings and delay an applicant from proceeding based upon the public notice publication require-

ment. Then I was told at our last meeting on Jan. 25 that Supervisor Donnelly had reached out to you and you hadn't returned his call. So, that's why we went forward and said we can't have this."

There were also issues with the Ad Creator service used by the News-Herald's contractor going down and creating further issues, Donnelly added.

Dews responded that that issue has since been fixed.

"About two weeks ago, the company that works with us, the New York Press Association, was changing their system to a better system and there were some issues, so it was a perfect storm for us. That has since been fixed."

"We were changed from the paper of record last year. We had been your paper of record for years, years with no problems," Dews said. "It was changed last year and I'm getting graded on something that happened recently. Grade me on what we've been doing for years — covering news, being there for this community, being there for you all.

We've been doing that for years."

Dews added that the News-Herald would also post all town notices on its website and Facebook page, reaching more local customers than other media options. Dews added that online publishing would meet the state requirements as well as print options.

The town attorney said he would look into whether online publication of town notices would meet the requirement.

Schmitt asked if the town council wanted to revisit the issue.

"My position is to support local papers," Donnelly said. "I think it's very im-

portant to, and I know that you can't provide guarantees, but I can't keep having department heads coming in saying that they can't get things through and they can't reach people."

Town Councilman Ronald Hotaling said he wanted to discuss the issue further.

"I am willing to have further discussion after this meeting," Hotaling said. "I don't think we will make a decision here, going back and forth."

Town Councilwoman Linda Bruno agreed the town council would consider Dews' request for reconsideration.

At the end of the meeting, during the public com-

ment session two residents spoke on the issue.

"I understand there were problems and I don't know whose fault it was, but I think we should stick with the News-Herald," resident Barbara Tanner said. "It's our local paper. More people are going to read that local paper than they are the Times Union."

"Give the man another chance," she added.

Resident William Stewart agreed.

"I do get a lot of my information from the Herald and it is local," he said. "It would be nice to revisit that and look at it at least, because it's a local newspaper."



Nominate Your Top 5ive Favorite!

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- ♦ Youth (ages 15-21) ♦ Businesses

You may also submit a video presentation for your nomination. Please email a .mov or .mpg to wdewsjr@gmail.com. If you have any questions please contact Warren Dews Jr. at 413-212-0130.

Nominations will be accepted through Feb. 29, 2024.

Winners will receive an award and an invitation to a dinner ceremony in their honor in April.

*We are looking for nominations among people who live, work or were raised in our services areas of southern Albany County, Columbia County and Greene County.

Communities where nominations can come from in Albany County include Ravena, Coeymans, Coeymans Hollow, Selkirk, Medusa, Rensselaerville, Westerlo, Bethlehem, Delmar and Glenmont.

In Greene County, individuals and businesses can be nominated from Greenville, Cairo, Durham, New Baltimore, Coxsackie and Athens.

In Columbia County individuals and businesses can be nominated from all of Columbia County.



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RCS High School Top Students



Courtesy of RCS Central School District

RCS High School students who have exhibited outstanding performances during the month of January were honored recently by the district. These students were nominated by their teachers for this achievement. Teacher Tera Stumbaugh was also awarded High School Staff Member of the Month for January. She was nominated by the students.

YOUR AD COULD BE HERE!

CALL NOW 413.212.0130

News from the Past in Memory of Harry A. Sturges



IN MEMORY OF Harry A. Sturges

News Herald – February 8, 1924 - F.E. Bleezarde, Publisher

Coeymans:
• The local high school was closed on Wednesday

afternoon out of respect to the memory of William H. Seabridge, a former president of the Board of Education.

• The Study Club will be entertained Tuesday evening by Mrs. Robert Sickler and Miss Minnie VanEssex at the home of C.M. Sherman. Mrs. Raymond Smith will discuss the "Life and Works of Robert Browning," and Mrs. L.T. Powell will give an account of the "Life and Works of Mrs. Browning."

• J.E. Gould, who recently disposed of his store and other buildings, is now disposing of his stock and will retire from business. Mr.

Gould has been in the meat and grocery business in this village for the past 50 years and was postmaster for several years. With the retirement of Mr. Gould another of the old firm names will pass into the history of the old village.

• Coeymans Chapter, No. 464, Order of the Eastern Star, will hold a Valentine Social in the chapter rooms on Wednesday evening, February 13. An invitation has been extended to members of Onesquethau Lodge Masons and their wives, as well as to the husbands of members of the Coeymans chapter. A pleasant eve-

ning's entertainment has been promised by the committee in charge.

Ravena:

• Mrs. K.B. Whitmore, a member of Ravena Grange, is attending the State Grange in Buffalo this week.

• Mr. and Mrs. Charles McCabe have purchased the L.R. Carhart property on Clement Avenue, which they have been occupying for some time past.

• Failure to get out a quorum prevented business by the Board of Trade and the Fire Company on Tuesday and the Board of Education on Wednesday.

• Seth H. DeFriest Hard-

ware Co. has been awarded the contract to install plumbing in the five-family house recently purchased by Mr. Dejoy of the Briggs estate in Coeymans.

• The Valentine Dance to be given by the committee of young men in Community Hall will take place next Wednesday evening. The music will be furnished by King Jazz and his orchestra, and each dancer will be given a valentine. The committee consists of Howard Stahl, Percy Rockefeller, Ralph Hallenbeck and Ray Hoag.

Coeymans Herald – February 6, 1889 - S.H. & E.J.

Sherman, Proprietors

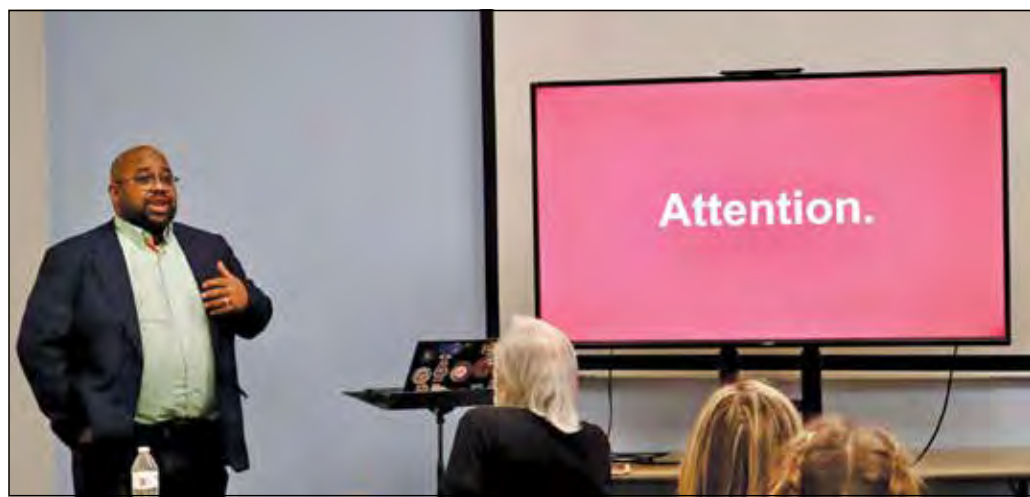
• The river is in splendid condition for ice boating.

• Mr. L.R. Carhart has been granted a patent on a snow scraper.

• Gilbert Cronk has purchased a team of sorrel horses of Jas. Wiltzie of Coeymans Hollows. Consideration: \$350.

• A horse belonging to Lewis Civill, while loose in the yard Saturday, became frightened and in attempting to jump the fence was considerably injured by impaling one of his limbs on a picket.

Business association hosts Marketing Matters event



Contributed photo
Capital Region Independent Media's Warren Dews Jr. presents on attention-grabbing programs offered through the Ravena News-Herald and other locally owned and operated products at the RCS CBA's Marketing Matters program last month.

By Marlene McTigue
Capital Region Independent Media

The late, great PT Barnum once said, "Without promotion, something terrible happens... nothing!"

That sentiment was at the core of the Ravena Coeymans Selkirk Community Business Association's Jan-

uary event, Marketing Matters.

Around 5 p.m. on Jan. 24, the programming room of the Ravena Coeymans Selkirk Community Library began to fill to capacity with local businesspeople and community members. They gathered to learn how

to make more potential customers and clients aware of their businesses.

The program also afforded attendees an opportunity to sample each other's wares.

As attendees entered, they were greeted by CBA volunteers, checked in and



Contributed photo
Jordan Egleston of Uniquely Jordan Media takes a selfie with attendees of the RCS CBA's Marketing Matters program at the RCS Community Library last month.

offered a sample of member business Crumby Cookies by Betsy's apple cinnamon granola.

In the front corner of the room, Rosemary McHugh, part owner of member business New Scotland Spirits, stood at a table passing out samples of her Helderberg Vodka, Whiskey and Rye. McHugh told of her company's origin and instructed tasters on the best way to savor her offerings.

Sweet Ts cookies provided RCS CBA branded sugar cookies that delighted the crowd.

The event began, as all RCS CBA events do, with a segment entitled "What's New," where attendees share updates and important news about, you guessed it — what's new with their business. Highlights included new offerings from Hi-Tech Advisers including free electronics recycling at their shop on Main Street, Flax Hollow Farm is now offering an egg and garlic delivery program, and New Scotland Spirits is getting ready to open their tasting room by the end of this month.

Presenter Warren Dews Jr. of Capital Region Independent Media (CRIM) (the parent company of the Ravena News-Herald) then discussed the importance of keeping your business top-of-mind with potential customers and presented on a vast array of ways for local businesses to reach the CRIM audience, through print and digital offerings.

The RCS CBA's social media manager, Jordan Egleston, discussed the importance of having a social media presence as a small business and presented on the many options available.

When asked about why she decided to present, Egleston said, "Coming from a



Contributed photo
RCS Community Business Association member Rosemary McHugh of New Scotland Spirits prepares to sample her wares at the RCS CBA's Marketing Matters event at the RCS Community Library.

very small town, my connection to small businesses fuels my passion for assisting them with my honed skills. With over 14 years of entrepreneurial experience, I have continually grown my content creation and social media skills. I wanted to put these to good use by helping other businesses, helping teach them how to tell their unique story, so I created my social media management and branding business, Uniquely Jordan Media. I strive to empower these local gems, fostering connections and nurturing sustainable growth within their communities."

Dews was enthusiastic about the opportunity to connect on a greater level with many existing advertisers at the event.

"Not only did I really enjoy presenting to the group, I really loved the feedback that we got at the presen-

tation," Dews said. "It was nice to be at an event and see so many of the community entrepreneurs that advertise through our products. It's exciting to hear that what we do helps them as they navigate the challenges of small business operations. Entrepreneurs being brought together like this is awesome. I'd love to see many more events like this."

If you are interested in learning more about the RCS CBA and the programs they offer, you can check out their website at www.rcscba.com, email rcsbizassoc@gmail.com or attend their February event, a networking mixer at Patrick Henry's Waterfront Tavern in Coxsack on Thursday, Feb. 15, at 5:30 p.m. All are welcome to attend, RSVPs are required. You can learn more at <https://www.rcscba.com/event-details/february-business-mixer>.



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To find out more about working at TCI, please email HR@tci-ny.com or go to www.tci-ny.com for more information.

VFW/AMVET monthly meetings

RAVENA — VFW/AMVET Post 9594 meets the second Tuesday of every month at 7 p.m. The next scheduled meeting will be

March 12. All veterans are welcome. The post is located at 13 Whitbeck St. in Ravena,

next to Mosher Park. Call 518-756-9594 for more information.



RCS SCHOOL MENUS

RCS Elementary School Menu

February 19 to February 23
Breakfast Menu

MONDAY:
President's Day. No school.
TUESDAY:
Winter recess. No school.
WEDNESDAY:
Winter recess. No school.
THURSDAY:
Winter recess. No school.
FRIDAY:
Winter recess. No school.

Lunch Menu

MONDAY:
President's Day. No school.

TUESDAY:
Winter recess. No school.
WEDNESDAY:
Winter recess. No school.
THURSDAY:
Winter recess. No school.
FRIDAY:
Winter recess. No school.

RCS Middle & High School Menu

February 19 to February 23
Breakfast Menu

MONDAY:
President's Day. No school.
TUESDAY:
Winter recess. No school.
WEDNESDAY:
Winter recess. No school.

Winter recess. No school.
THURSDAY:
Winter recess. No school.
FRIDAY:
Winter recess. No school.

Lunch Menu

MONDAY:
President's Day. No school.
TUESDAY:
Winter recess. No school.
WEDNESDAY:
Winter recess. No school.
THURSDAY:
Winter recess. No school.
FRIDAY:
Winter recess. No school.

Senior Projects

RAVENA — Senior Projects of Ravena offers dinner every Monday and Thursday at 5 p.m., and lunch on Tuesdays, Wednesdays and Fridays, at noon. Senior Projects of Ravena is located at 9 Bruno Boulevard, Ravena.

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

Below is the menu for the week of Feb. 19 to Feb. 23.

MONDAY:
Chicken Parmesan, broccoli, bread, milk and coffee.
TUESDAY:
Kielbasa, sweet and sour red cabbage, German potato salad, bread, milk and coffee.

WEDNESDAY:
Cheeseburger with California-blend vegetables, po-

tato salad, bread, milk and coffee.

THURSDAY:
Sausage with peppers and onions, spinach, bread, milk and coffee.

FRIDAY:
Manicotti with tomato sauce and cheese, Italian-blend vegetables, bread, milk and coffee.



RCS COMMUNITY LIBRARY

Family Storytime

Thursday, Feb. 15, from 10-11 a.m.
Family Storytime meets on Thursdays at 10 a.m. and combines music, movement, stories and play to encourage early literacy. For kids of all ages (and their grown-ups, too!). No need to register.

Lunchtime Books: 'Plainsong'

Thursday, Feb. 15, from 12-1 p.m.
The novel is "Plainsong" by Kent Haruf. In the small town of Holt, Colorado, a high school teacher is confronted with raising his two boys alone after their mother retreats first to the bedroom, then altogether. A teenage girl — her father long since disappeared, her mother unwilling to have her in the house — is pregnant, alone herself, with nowhere to go. And out in the country, two brothers, elderly bachelors, work the family homestead, the only world they've ever known. A heartstrong story of family and romance, tribulation and tenacity, set on the High Plains east of Denver. Books are available at the library and new members are always welcome. No registration required. For adults.

Romp and Read

Friday, Feb. 16, from 10-11 a.m.
Romp and Read will help

get the wiggles out on Tuesdays and Fridays at 10 a.m. with interactive themes, stories and action songs with props. No need to register.

Chair Yoga for Seniors

Friday, Feb. 16, from 10:30-11:15 a.m., at Senior Projects of Ravena
This series of gentle classes is for folks ages 50 and up. No experience or equipment is required. Join in at Senior Projects of Ravena for this series of yoga classes throughout January and February, taught by local instructor Kelley Curran and Well & Kell. There is no fee for this class. Registration is required at rsccommunitylibrary.org. Please provide an email address so the library can notify you in the event of any change to the schedule.

Library closed for President's Day Weekend

Saturday, Feb. 17, and Monday, Feb. 19

Romp and Read

Tuesday, Feb. 20, from 10-11 a.m.
Romp and Read will help get the wiggles out on Tuesdays and Fridays at 10 a.m. with interactive themes, stories and action songs with props. No need to register.

Marshmallow Snowflakes STEM Challenge

Tuesday, Feb. 20, from 2-3 p.m.
Think you can assemble

3D snowflakes using only toothpicks and marshmallows? This is the sweetest way to spend the afternoon! Supplies are limited. Registration is required at rsccommunitylibrary.org. For ages 5-12.

Wednesday Movie: 'Spider-Man: Across the Spider-Verse'

Wednesday, Feb. 21, from 2-4 p.m.
Miles Morales returns in this epic adventure that will transport Brooklyn's full-time, friendly neighborhood Spider-Man across the multiverse to join forces with Gwen Stacy and a new team of Spider-People to face off with a villain more powerful than anything they have ever encountered. Rated PG. For ages 8 and up.

Family Storytime

Thursday, Feb. 22, from 10-11 a.m.
Family Storytime meets on Thursdays at 10 a.m. and combines music, movement, stories and play to encourage early literacy. For kids of all ages (and their grown-ups, too!). No need to register.

NEW VIDEOS/DVD
"Eileen"
"Fremont"
"Mudbound"
"Special Ops: Lioness, Season One"
"The Holdovers"
"The Royal Hotel"

Albany man arrested on robbery charges



Jonathan M. Green
By Melanie Lekocevic
Capital Region Independent Media
DELMAR — An Albany

man faces robbery and other charges in connection with an alleged robbery at a Delmar bank.

Jonathan M. Green, 32, of Albany, was arrested Feb. 9, one day after an alleged robbery at Community Bank on Delaware Avenue, according to Bethlehem Police.

"According to employees, a male entered the bank wearing a mask and handed the teller a note requesting money," Bethlehem Police said. "It is believed the suspect received \$4,000 cash from the bank."

The man then allegedly

fled in a vehicle, headed toward the city of Albany.

Green was arrested the next day and charged with third-degree robbery, third-degree grand larceny and possession of a forged instrument, all class D felonies, and tampering with evidence, a class E felony.

Green was arraigned in the Town of Bethlehem Court and bail was set at \$15,000 cash, \$20,000 secured bond or \$25,000 partially secured bond.

A preliminary court hearing was set for this Tuesday.

Connecticut man charged with fraudulent license plate



Angel V. Pozo-Carbajal

By Melanie Lekocevic

Capital Region Independent Media
BETHLEHEM — A Connecticut man was arrested and charged with possession of a fraudulent license plate following a traffic stop, according to Bethlehem Police.

Angel V. Pozo-Carbajal, 38, of East Haven, Connecticut, was arrested Feb. 9 after he was stopped while travelling northbound on Route 9W when police identified

his license plate as fraudulent, according to Bethlehem Police.

Pozo-Carbajal was charged with second-degree possession of a forged instrument, a class D felony, and several New York State Vehicle and Traffic Law violations.

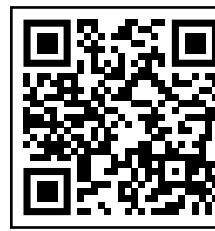
He was arraigned by the Honorable Ryan Donovan in Bethlehem Town Court and is scheduled for another court date on March 5.

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Then select the county and paper in which you would like to publish your notice.

Supported by the New York Press Service in partnership with The Ravena News-Herald & The Columbia Newspaper.

If you have any questions, please email Support@nynewspapers.com or call 518.464.6486

Warren C. Dews Jr.

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The Ravena NEWS-HERALD
Capital Region Independent Media

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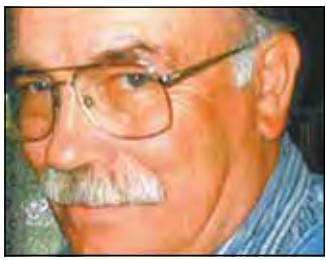
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Daydreaming

WHITTLING AWAY



DICK BROOKS

I have been schizophrenic for as long as I can remember. I think everybody is to a certain extent.

I'm not talking about being mentally ill to the extent that it affects your quality of life, I'm referring to the

coping skill of daydreaming that enables us to survive the doldrums of daily life, a small mental vacation from reality to be enjoyed and savored.

Walter Mitty stands out as a shining example. A harping wife and a mundane life didn't stop him from mental heroics and adventures. He boldly went where one of his advanced wimpdom would never have gone in reality.

Is there a man out there regardless of his athletic ability who hasn't hit the winning home run or scored the winning touchdown? Is there a woman who hasn't been a princess or a ballerina? I think not and our lives

are better for it.

I was watching "America's Got Talent" last night and my alter ego kicked into gear. I have more talent than some of those who auditioned. Telly, my trusty canine companion, loves my version of "The House of The Rising Sun" when I sing lustily along with it on our favorite oldies radio station.

I could dance — I'm not really up on hip hop but the moves don't seem beyond my abilities. I can still do a mean "Chicken Dance" and I was Franklin County's "Twist" champion back in 1962.

Magic might be the ticket — I remember a card trick or two that used to wow my

students. I'm good at whittling and people love to watch while I do it, I'm just not sure how far I could get during the 90 seconds allowed for the performance without a massive loss of blood.

The time limit is tough. I'm a good writer and people seem to enjoy my stories, but 90 seconds doesn't give me much time to build a plot or do much in the way of character development.

I know that deep down inside I have the talent necessary to win but the time and effort to develop and display that talent just doesn't seem worth the effort. A million dollars doesn't go as far as it used to and I'm not sure

that I'd like Las Vegas that much. Maybe just knowing that I could win if I wanted to is enough.

That doesn't mean I'm giving up daydreams. That young guy in the shiny new Corvette will never know how that old guy in the Kia hatchback suddenly did a wheelie with all four tires smoking and beat him soundly to the next light. The checkout lady at the market didn't realize that I'd just climbed a banana plant on a tropical island to harvest the biggest and best fruit that I now placed on her endlessly moving black belt.

The Queen of our house, looking out the back win-

dow last summer as I mowed the lawn on my little tractor, had no idea that she was actually watching a giant harvester mowing down endless waves of wheat.

Telly understands though and I love him for it. I know that no matter what I do, he thinks of it as an adventure and I'm always a hero in his eyes. Dogs just know things like this.

Thought for the week — "You aren't wealthy until you have something money can't buy." ~ Garth Brooks

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

Reach columnist Dick Brooks at Whittle12124@yahoo.com.

A community united: Celebrating 20 years of Unbridled Sanctuary

All photos by Shari Benjamin Raymond and Mark Sullivan

Horses of Unbridled



SUSAN KAYNE

In East Durham, amidst the scenic Catskill Mountains, Five Furlongs Tavern buzzed with anticipation.

On Feb. 4, at 4 p.m., the tavern unveiled "The Horses of Unbridled in Winter," a photography exhibit I had the privilege of curating. This exhibit not only marks the 20th anniversary of Unbridled Sanctuary but introduces the community to the profound stories of equine resilience and beauty through the lens of local artists.

The exhibit prominently features Sydney Spohler, a lifelong equine enthusiast deeply rooted in the community. Her signature pieces, "Frosty Whiskers" and "Gaze of Hope," bring a unique perspective that immediately immerse viewers in the Sanctuary's mission.

People from near and far were drawn together by their shared passion for horses and the art that captures their spirit, heralding a night to remember. The exhibit broke free from conventional bounds, unfolding as a rich visual narrative that echoed Unbridled's relentless mission through each frame. Art sales on opening night vividly demonstrated the community's commitment, directly supporting Unbridled's crucial rescue and rehabilitation work, and highlighting the tangible impact of public support and financial contributions.

As guests mingled and shared stories, in addition to Spohler, artists Trish Bode, Holly Scism, Shari Benjamin Raymond, Mark Sullivan and me, tapped into the essence of the horses' souls. The evocative images not only capture the physical beauty of these animals but also tell the deeper story of their emotional journey and recovery.

Spohler two striking images of River Barrow: "Frosty Whiskers" and "Gaze of Hope," encapsulate a moment of serene grace and the old gray mare's embrace of peace at last. These opening pieces compel visitors to consider how horses experience their own lives — what the world looks like to them, and how they feel life around them.

River Barrow's journey from the shadows of uncer-



Susan Kayne and volunteer Rachel Zanchelli.



River Sorozan, Unbridled's junior ambassador, and columnist Susan Kayne, founder and president of Unbridled Sanctuary.

tainty to the light of compassion epitomizes the exhibit's heart and the soul of Unbridled's mission.

Born in Ontario, Canada, on April 29, 2004, River Barrow had a distinguished racing career, crossing the finish line 35 times and amassing earnings of \$114,000. Beyond her achievements on the track, River Barrow also proved her worth as a broodmare, producing four foals whose combined auction sales totaled \$150,000, and who went on to win as much in their racing pursuits.

However, the true measure of her legacy began with her rescue in January 2021, when Unbridled Sanctuary intervened, saving her from the brink of oblivion within the American slaughter pipeline.

At Unbridled, River Barrow embarked on a transfor-

mative journey of healing and rediscovery. Freed from the confines of her past, where she was seen merely as a commodity, she was embraced as a sentient being worthy of unconditional care, dignity and respect.

Through Unbridled's dedicated efforts, including meticulous attention to her health needs and a daily provision of 100X Equine Osteo-MAX treatments to alleviate her lameness, River Barrow blossomed.

Today, she stands as a testament to hope and survival, as she walks alongside her companions, Joy and Beauty. Spohler's captivating images of River Barrow bring to light this remarkable transformation.

These photographs do not merely document her existence; they celebrate her life as a cherished member of the



Pictured, left to right, are Cathy Zanchelli, Joseph Zanchelli, Susan Kayne, Rachel Zanchelli and Shari Benjamin Raymond at the art exhibit's opening reception.



Five Furlongs proprietor Garrett Doyle.

Unbridled family. Just like the river she is named after, River Barrow flows with strength, beauty and life, inspiring all who witness her story to reflect on the intrinsic value and dignity of every horse.

The exhibit serves as a vibrant call to action, urging the community not just to appreciate the art but to actively engage with Unbridled Sanctuary's ongoing mission. Through donations, volunteering and advocacy, everyone is invited to contribute to the Sanctuary's enduring legacy of compassion and care, ensuring a lifetime of protection for horses like River Barrow.

Artwork sales from the exhibit directly fuel Unbridled's vital rescue and rehabilitation efforts, making each purchase a pledge of support for equine protection. The enthusiastic turnout and strong bonds formed around "The Horses of Unbridled" underscore the admiration for the spirit and beauty of horses. The exhibit seeks to expand a deeper understanding of the individuality, distinct personalities, minds, emotions and social bonds between horses to a



James Eckl Esq. and Shari Benjamin Raymond celebrating the horses of Unbridled.

broader audience.

The exhibit, open through Feb. 29, offers a rare opportunity for the community and visitors to engage directly with the transformative power of art and advocacy. It invites the community and beyond to witness the power of love, care and sanctuary.

The Horses of Unbri-

dled is a celebration of life. It exemplifies the impact of art and advocacy combined, emphasizing the importance of providing horses with a lifetime of protection.

Susan Kayne is the founder and president of Unbridled Sanctuary, an equine rescue on the border of Albany County and Greenville.

Learning from loss

Positively Speaking



TOBY MOORE

Loss is a part of everyone's life, as common as the air we breathe. It's one of those things we all face — the deep sadness of saying goodbye.

It could be the final goodbye to a family member, a close friend or someone else we hold dear. We know these moments are coming, but that doesn't make them any easier. They're like uninvited guests who show up, reminding us how precious

our time is with the people we care about.

As a poet once said, "Sometimes, only one person is missing, and the whole world seems depopulated."

Then there's the kind of loss that sneaks up on us, the kind we don't talk about much. It's not about the unavoidable end of life but the relationships that drift apart because of what we do or don't do.

In these moments, we might lose someone and part of ourselves. This is particularly true when we invest so much in our relationships that our identity diminishes. We can lose sight of who we are outside of these connections, and the loss of self can be as profound as the loss of the other.

Take, for instance, the time I lost a business partner. We clashed over a business

decision that seemed unfairly balanced and not mutually beneficial to me. I tried to find a middle ground. I sought a compromise, hoping to preserve our partnership, but a compromise was outside his agenda. In the end, we had to part ways. Why did it happen? That's something I might never fully understand.

I also recall a friend who suddenly stopped talking to me. We used to spend a lot of time together — sharing meals, attending church, and just enjoying each other's company. Then, out of nowhere, he cut off all communication. I tried reaching out multiple times — calls, texts, emails — but got very little response. Four years passed before he started talking to me again. Even when I asked him about the reason for his long silence, he never gave me a straight

answer.

I was deeply in love with a woman who didn't share my feelings. Despite my persistent efforts over the years, her feelings didn't change. I may never fully understand why it didn't work out.

These experiences, though painful, remind us that not all losses seem preventable. In life, we're often faced with situations that are beyond our control. But what about the losses we might prevent?

Consider your relationships, not just with your spouse but also with your friends — are you nurturing these bonds with the care and respect they deserve? Often, we take our closest relationships for granted, not realizing the value of what we have until there's a risk of losing it. The erosion of trust is a subtle yet profound form of loss, and

it isn't confined to romantic relationships alone. It creeps in when we neglect our partners' and friends' needs, feelings or expectations. Once trust is damaged, whether in a marriage or a friendship, rebuilding it can be a long and challenging road.

And what about your customers? When we lose a customer, it's the loss of an opportunity to serve and to make a meaningful impact. Are you paying attention to their needs and expectations to contribute positively to their day or solve a problem they're facing?

Winning back a customer after they've left can be significantly more challenging than maintaining that relationship.

So, what can we do in the face of potential loss? We can strive to be kind, communicate openly, and

cherish our time with those around us. We can work on being understanding and patient. And when someone steps back into our lives, we can welcome them with open arms, knowing that relationships are sometimes mysterious and require understanding.

Loss, in its many forms, is an inevitable part of life. But each loss carries a lesson.

It's been said that you learn more from loss than you do from gain.

Ultimately, it's not just about preventing loss, it's about embracing the learning and growing that comes from it. And that's a positive take on one of life's most challenging experiences.

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



Courtesy of Metro Creative Graphics
This year is a leap year, meaning February has 29 days instead of the usual 28 days.

It's a leap year: How does that work?

This year is a leap year, meaning February will have 29 days instead of the usual 28 days. But why?

It's widely accepted that a year is 365 days long. However, that statement is not entirely accurate.

In fact, it takes Earth a little more than 365 days (365.24223 days to be precise) to orbit the sun. A calendar cannot accommodate that small distinction every year.

In order to ensure that sea-

sons do not start drifting from the difference between the Earth's rotation and the time it takes to get around the sun, leap years were established to keep the calendar more consistent and working like clockwork.

The first modern leap year took place in 1752.

Certain guidelines were established to determine which years would be leap years. A leap year typically arrives every four

years. However, in terms of end-of-century years, they must be divisible by 400. That is why the year 2000 was a leap year but 1900 was not, according to Royal Museums Greenwich.

This approach is not an entirely foolproof plan since there still may be very small discrepancies in time. Leap seconds have been added to keep time ticking correctly at various points throughout the years. This occurred on Dec.

31 in the years 2005, 2008 and 2012, and also on June 30, 2015.

In terms of adding a day to the calendar for the leap year, it is placed in February, which already is the shortest month. While February is typically 28 days, in leap years the month features 29 days.

A leap year occurs this month, in 2024, and then again in 2028, 2032 and 2036.

Winterfest returning to Lawson Lake

COEYMANS HOLLOW — Winterfest will return to Lawson Lake County Park on Saturday, Feb. 24, from 11 a.m. to 4 p.m.

Activities will include a pond hockey tournament, snowman building contest, sledding, sled dogs, snowmobile rides, ice fishing, snow shoeing, ice skating and an ice rescue demonstra-

tion by the Albany County Sheriff's Office. All activities are subject to change depending on the weather.

The Lorraine's Nacho Bar and More food truck will be serving chili, soup, chicken and biscuits, as well as coffee and hot chocolate, while supplies last.

This year's participating partners for Winterfest are

the NYS Snowmobile Association; Department of Environmental Conservation; Cornell Cooperative Extension; the Albany County Departments of Children, Youth and Families, the Crime Victim and Sexual Violence Center, and Aging; and Frontier Sno-Riders.

Price Chopper issues Coco Bakery Macarons recall

Price Chopper/Market 32 has issued a voluntary recall on all varieties of Coco Bakery Macarons because they may contain a variety of peanuts not listed on the label or disclosed by the supplier.

The affected products were purchased in Price Chopper/Market 32 stores between Jan. 30 and Feb. 12.

Customers who pur-

chased the macarons can return them to their local Price Chopper/Market 32 store for a full refund. Many of these customers have already been contacted through Price Chopper/Market 32's Broadnet recall notification program, which uses purchase data and consumer phone numbers on file in connection with the company's Ad-

vantEdge (loyalty) card to alert those households they may have purchased the products in question.

For more information, please contact Price Chopper/Market 32 at 800-666-7667 or via email at consumerresponse@pricechopper.com.

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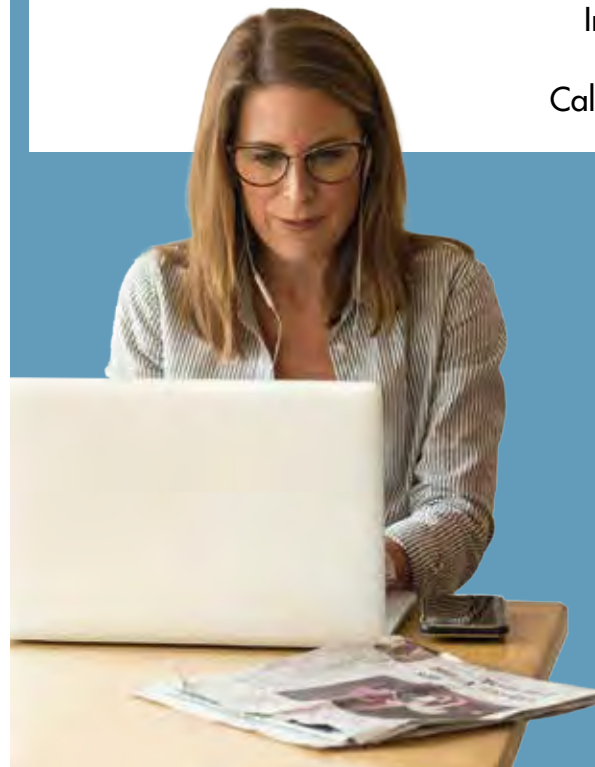
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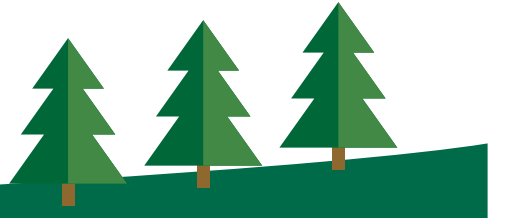
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OUTDOORS



DEC announces upcoming duck season dates

DUCK SEASON

ZONE	1ST SPLIT	2ND SPLIT
Western Zone	Oct. 12 - Nov. 3	Dec. 7 - Jan 12
Southeast Zone	Oct. 12 - Oct. 20	Nov. 9 - Dec. 29
Northeast Zone	Oct. 12 - Dec. 1	Dec. 14 - Dec. 22
Long Island Zone	Nov. 23 - Nov 29	Dec. 7 - Jan 26

Source: NYS Department of Environmental Conservation

ALBANY — Choosing the “best” duck season in New York has always been a challenging task, because duck abundance and migration, land and water access, weather and habitat vary widely across the state and through the year.

In addition to the annual variation in environmental factors, such as the weather, season dates preferred by hunters chasing wood ducks on small ponds or wetlands may be very different than seasons preferred by some-

one who hunts diving ducks on large water bodies.

To select the season dates in each zone that may work best for most hunters, the state Department of Environmental Conservation needed to understand what is important to hunters and pair those values with actual data on duck abundance, migration, and recent weather patterns.

Based on the input of over 3,500 duck hunters across the state and current abundance, migration, and

temperature trends, the DEC implemented duck season date selections (barring any changes to federal season lengths) for the 2024-25 season (see chart).

Lake Champlain Zone dates are selected by the Vermont Fish and Wildlife Board and were not included in the decision process.

For season dates through the 2026-27 season and more information on why these dates were selected, www.dec.ny.gov.



This weekend will be the first Free Fishing Weekend in New York state, but with temperatures so variable this winter, DEC says you should be sure to check the ice frequently to ensure safety when ice fishing. Courtesy of NYS Department of Environmental Conservation

Free fishing weekend, February 17-18

The first set of Free Fishing Days of 2024 kicks off Presidents Weekend in New York on Feb. 17-18, according to the New York State Department of Environmental Conservation.

A fishing license isn't required over the course of these two days, allowing everyone an opportunity to give ice fishing a try.

All you really need are

some warm clothes, an auger/spud (to cut through the ice), ice scoop, jigging rod and some bait. Visit dec.ny.gov for some tips and information to get you started.

With the variable temperatures much of the state has experienced this winter the DEC strongly recommends you check the ice thickness frequently as you venture out on the ice. For

ice safety tips, please visit the DEC website at dec.ny.gov.

Even though a fishing license isn't required during Free Fishing Days, all other fishing regulations are in effect.

Are you a beginner? Check out the DEC's “How to” Video Series for Beginning Ice Fishing on DEC's YouTube channel.

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Get outside this February

Make like a groundhog: wake up and get outside this February! Whether you take part in a guided program or explore the trails on your own, you're sure to enjoy Five Rivers Environmental Education Center, at 56 Game Farm Road in Delmar.

Please dress for the weather. Call the visitor center at 518-475-0291 if you have questions.

Here are upcoming events:

• **School Break Week: Winter Treasure Hunt Tuesday and Thursday, Feb. 20 and 22, at 2 p.m.**

Pirates aren't the only ones who like a good treasure hunt! You can learn a lot from birds and other animals about hiding and finding tasty treasures in winter. Ages 7 and up with an adult. Younger siblings welcome. Space is limited. Please call 518-475-0291 by Saturday, Feb. 17 to register.

• **School Break Week: Crafty Critters Wednesday and Friday, Feb. 21 and 23, at 10 a.m.**

Make a craft inspired by a native animal, then take a guided walk on one of the trails. Suitable for all ages. Space is limited. Please call 518-475-0291 by Saturday, Feb. 17 to register.

• **Family Fun: Winter Wildlife Tales Saturday, Feb. 24, at 10 a.m.**

Join in for story time and meet an animal that lives at the Five Rivers Visitor Center. The group will take a walk on the trails and look for signs of wildlife. For ages 2 to 6 with an adult. Older siblings are welcome. Space is limited. Please call 518-475-0291 by Wednesday, Feb. 21 to register.

• **Family Fun: Junior Naturalist Turtle Time Saturday, Feb. 24, at 2 p.m.**

Get to know Crane and Marty, two of Five Rivers' resident Ambassador Turkeys! Through games and hands-on activities, participants will discover what makes these beautiful, long-lived reptiles so fascinating. The program will be indoors and outdoors. For ages 8 and up with an adult. Space is limited. Please call 518-475-0291 by Wednesday, Feb. 21 to register.

• **I BIRD NY: Early Morn-**

ing Bird Walk Thursday, Feb. 29, at 8 a.m.

Join in as participants monitor the birds at Five Rivers. Meet outside the visitor center. After a brief introduction, the group will head out on the trails. Beginners are always welcome. Bring binoculars if you have them. They have a few to loan. In case of inclement weather, this program will be canceled.

DEC announces annual Tree and Shrub Seedling Sale

The New York State Department of Environmental Conservation Colonel William F. Fox Memorial Saratoga Tree Nursery officially kicked off the annual spring seedling sale, which is now open to the public and runs until May 10.

Each year, the nursery offers low-cost, New York-grown tree and shrub species for sale to encourage plantings that help conserve New York's natural resources and foster the next generation of forests.

“Since 1911, the Saratoga Tree Nursery has helped shape the future of New York's forests by providing seedlings for restoration

and conservation plantings,” said DEC Commissioner Basil Seggos. “Planting trees helps us all invest in a greener future by providing a renewable resource for wood products, preventing erosion, improving air and water quality, lowering energy needs for heating and cooling, and combating climate change. Trees also provide habitat for native wildlife and increase overall health and well-being.”

DEC's tree nursery grows more than 50 conifer and hardwood species from local seed sources, creating seedlings well-suited to New York state's climate. Seedlings are available in bundles

of 25 or more, plus there are several mixed species packets for those looking for a variety.

Seedlings are a minimum of 5 inches tall and are one to three years old, depending on the species.

For more information including how to order, visit the Spring Seedling Sale webpage on DEC's website at dec.ny.gov. Some species sell quickly, so it is recommended to place orders by phone for the most up-to-date availability information.

The seedling sale supports Gov. Hochul's 2024 State of the State commitment to plant 25 million trees by 2033 to invigorate New

York state's tree planting efforts, advance steps to meet the Climate Leadership and Community Protection Act's net-zero goal, and grow the state's vital forest products industry.

FREE SEEDLING FOR YOUTH EDUCATION

Applications are now being accepted for the nursery's School Seedling Program.

From now until March 29, schools and youth education organizations across New York state may apply to receive up to 50 free tree or shrub seedlings to plant with their students.

The goal of the program is to help instill a sense of environmental stewardship at a

young age and set a foundation that will allow students to make informed decisions about the use of natural resources. The program is a tool for educators to use in meeting the Next Generation Science Standards as it provides a hands-on opportunity for students to learn about natural systems and the valuable role that trees play, while building their awareness of conservation issues.

All schools (public, private, nursery, elementary, secondary, vocational, college or university), homeschool groups, and any youth education-based organization may apply, provided trees are planted in New

York state. Individual homeschools must apply through a homeschool group, co-op, or other association.

Seedlings are two to three years old, approximately four to 12 inches tall, and bare root. There are three packets available – 50 jack pine, 25 red oak or 30 mixed shrub species good for wildlife habitat – and each school or organization may only receive one packet per year.

For more information and to apply online, visit DEC's website at dec.ny.gov. For assistance or questions, contact the Colonel William F. Fox Memorial Saratoga Tree Nursery at nysnursery@dec.ny.gov or 518-581-1439.

Applications being accepted for farmers' conservation award

New York State Agriculture Commissioner Richard A. Ball announced applications are being accepted for New York state's fifth annual Agricultural Environmental Management (AEM) Leopold Conservation Award.

Presented in partnership with the Sand County Foundation, the award honors a farm and its nominating Soil and Water Conservation District for extraordinary achievement in voluntary conservation.

In New York, the \$10,000 award is presented in partnership with national sponsor American Farmland Trust, and state partner Cornell Co-

operative Extension.

“Many of our New York farming families have long been dedicated to best practices that protect our natural resources and conserve our environment, both on their farms and in their communities,” Ball said. “I encourage eligible farms to work with their local Soil and Water Conservation District to apply for the AEM-Leopold Conservation award so their efforts can be recognized and celebrated.”

Given in honor of renowned conservationist Aldo Leopold, the award recognizes farmers who inspire others with their dedication

to land, water and wildlife habitat management on private, working land. In his influential 1949 book, “A Sand County Almanac,” Leopold called for an ethical relationship between people and the land they own and manage.

Sand County Foundation presents the Leopold Conservation Award to farmers in 27 states. In New York, the longstanding AEM Award joined with the Leopold Conservation Award program in 2020, most recently awarding Dygert Farms and the Montgomery County Soil and Water Conservation District in 2023.

“Recipients of this award

are examples of how Aldo Leopold's land ethic is alive and well today. Their dedication to conservation shows how individuals can improve the health of the land while producing food and fiber,” said Kevin McAleese, Sand County Foundation President and CEO.

Applications for the New York AEM-Leopold Conservation Award are now being accepted, with county Soil and Water Conservation Districts (SWCDs) applying on behalf of farms. Eligible candidates successfully incorporate AEM best management practices into the management of their farm, assist-

ing the farmer in meeting business and environmental goals. Applicants should demonstrate conservation leadership and outreach in the agricultural sector and be an inspiration to other farmers.

Applications must be received by May 15.

Nominations will be reviewed by an independent panel of conservation leaders. Interested candidates should contact their local county Soil and Water Conservation District. Contact information can be found at <https://agriculture.ny.gov/soil-and-water/soil-water-conservation-district-offices>.

The application can be found at www.sandcountyfoundation.org/ApplyLCA.

“As a national sponsor for Sand County Foundation's Leopold Conservation Award, American Farmland Trust celebrates the hard work and dedication of farmers, ranchers and forestland owners,” said John Piotti, American Farmland Trust president and CEO. “At AFT we believe that conservation in agriculture requires a focus on the land, the practices and the people and this award recognizes the integral role of all three.”

Learn more at www.leopoldconservationaward.org.

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SENIOR PROJECTS THANKS DONORS FOR NEW VEHICLES

Holcim Ravena cement plant was proud to be among local businesses and individuals who helped purchase new vehicles for Senior Projects of Ravena.

With the new SUVs, the nonprofit continues its important work of delivering hot meals to vulnerable homebound residents, helping them with shopping, providing rides to the doctor, making in-person wellness checks, and more.

"This donation is so important because it stays in the community where we operate and work and directly impacts people in need," said Dave MacLauchlin, plant manager at Holcim Ravena. "This is what it means to truly give back."

The purchase of new SUVs was funded by a \$20,000 contribution from Holcim, which was matched by \$24,000 from individual and business donors.

The **Holcim Ravena** team is committed to supporting the local community and thanks everyone who made this project possible. We wish everyone a happy and healthy holiday season.



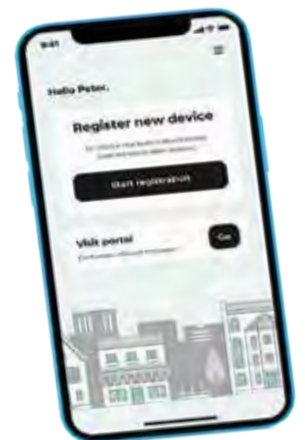
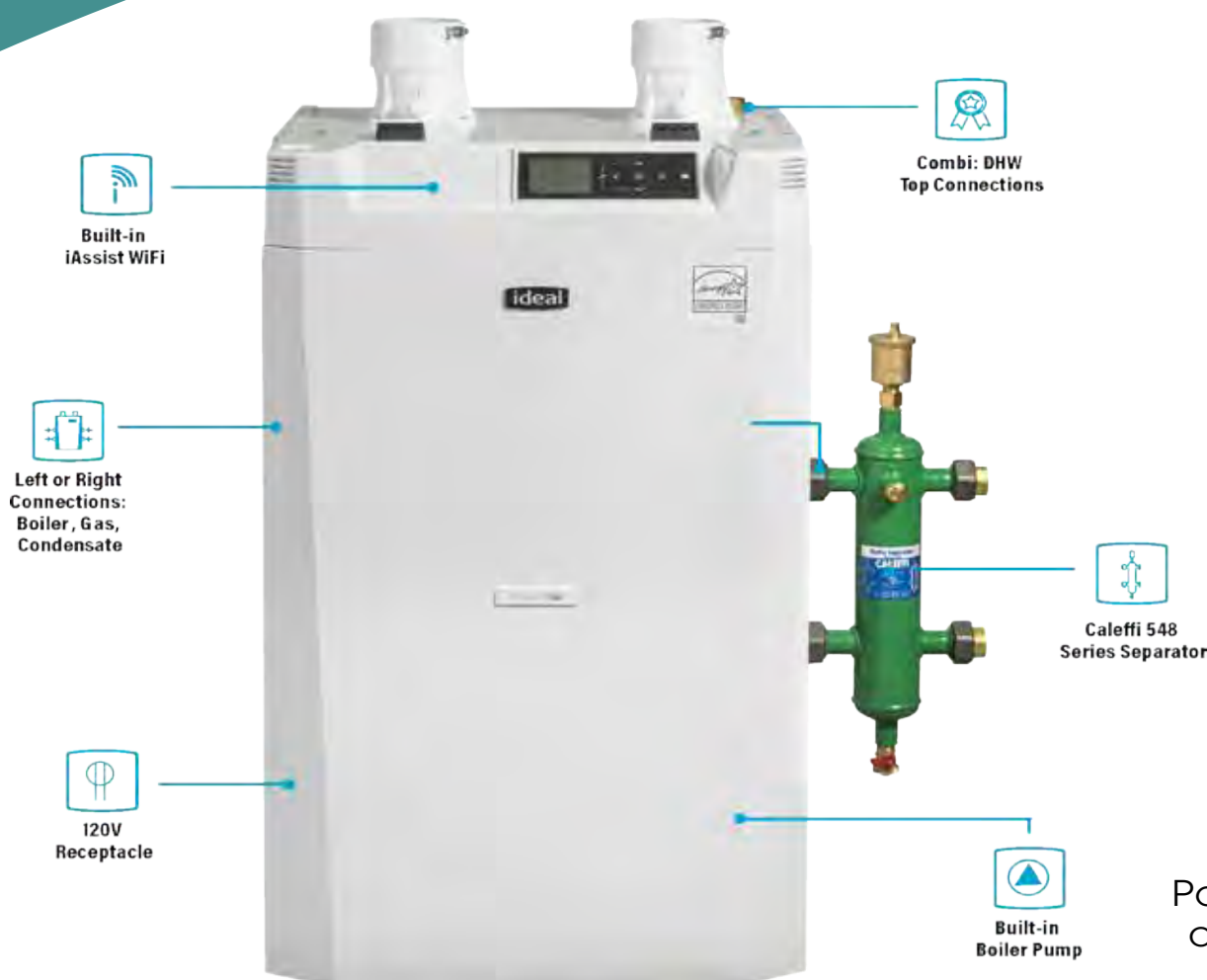
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Community Calendar

RAVENA Community Bulletin Board

FEBRUARY 2024

- 17-18 - Treasure & Trifle Sale (tag sale) to benefit a community in Haiti, 10 a.m. to 3 p.m., at St. James Parish, corner of Routes 66 and 203 in Chatham.
- 20 - Ravena Village Board meeting, 6 p.m., at Village Hall, 15 Mountain Road, Ravena.
- 22 - Coeymans Town Board meeting, 6 p.m., at Town Hall, 18 Russell Avenue, Ravena.
- 24 - 17-18 - Treasure & Trifle Sale (tag sale) to benefit a community in Haiti, 10 a.m. to 3 p.m., at St. James Parish, corner of Routes 66 and 203 in Chatham. 27 - Ravena Village Board workshop, 6 p.m., at Village Hall, 15 Mountain Road, Ravena.
- 28 - Coeymans Planning Board/ Zoning Board of Appeals meeting, at Town Hall, 18 Russell Avenue, Ravena.meeting, at Town Hall, 18 Russell Avenue, Ravena.

MARCH 2024

- 2 - Trinity UMC Souper Saturday, 12-2 p.m., on Route 143, Coeymans Hollow. Join in for free soup, bread and fellowship. All are welcome.
- 5 - Ravena Village Board meeting, 6 p.m., at Village Hall, 15 Mountain Road, Ravena.
- 11 - Coeymans Planning Board/ Zoning Board of Appeals meeting, at Town Hall, 18 Russell Avenue, Ravena.
- 14 - Coeymans Town Board meeting, 6 p.m., at Town Hall, 18 Russell Avenue, Ravena.
- 19 - Ravena village elections, at Village Hall, 15 Mountain Road, Ravena.
- 19 - Ravena Village Board meeting, 6 p.m., at Village Hall, 15 Mountain Road, Ravena.
- 26 - Ravena Village Board workshop, 6 p.m., at Village Hall, 15 Mountain Road, Ravena.
- 27 - Coeymans Planning Board/ Zoning Board of Appeals meeting, at Town Hall, 18 Russell Avenue, Ravena.
- 28 - Coeymans Town Board meeting, 6 p.m., at Town Hall, 18 Russell Avenue, Ravena.

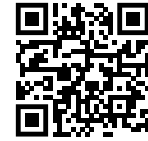
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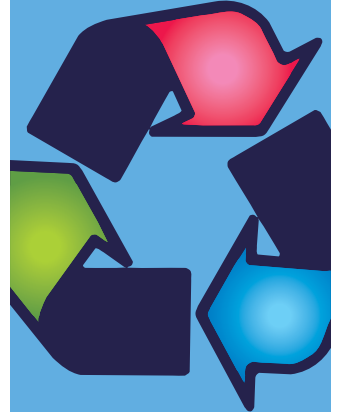
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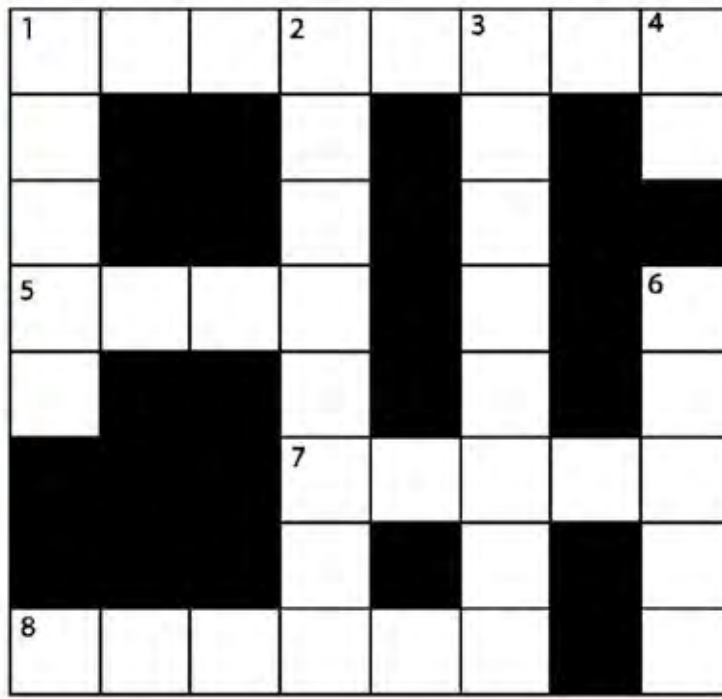


ANIMAL FACT!

THIS FATTY FOOD CAN HELP BIRDS MAINTAIN A HEALTHY WEIGHT DURING WINTER.

ANSWER: SUET

Crossword Puzzle



ACROSS

- 1. Natural illumination
- 5. White bird
- 7. Determine from evidence
- 8. Dispenses seeds

DOWN

- 1. Plant's units of reproduction
- 2. Cuddly bird
- 3. Push past limits
- 4. Trademark (abbr.)
- 6. Winged animals

Answers:

Down
1. Seeds 2. Lovebird 3. Go too far 4. TM
Across
1. Sunlight 5. Dove 7. Infer 8. Feeder

THIS WEEK IN...



- **1878:** INVENTOR THOMAS EDISON PATENTS THE PHONOGRAPH.
- **1942:** NEARLY 250 JAPANESE WARPLANES ATTACK THE CITY OF DARWIN, AUSTRALIA.
- **2002:** NASA'S MARS ODYSSEY SPACE PROBE BEGINS TO MAP THE SURFACE OF MARS.

New Word

AVIAN

relating to birds

How they SAY that in...

- ENGLISH:** Nest
- SPANISH:** Nido
- ITALIAN:** Nido
- FRENCH:** Nid
- GERMAN:** Nest

Did You Know?

SOME HISTORIANS ASSERT THAT BIRD FEEDING TRACES ITS ORIGINS ALL THE WAY BACK TO A SIXTH CENTURY MONK.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: BIRD AT FEEDER



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- CLUES ACROSS**
- 1. Golf scores
 - 5. Shock therapy
 - 8. Ballplayer's tool
 - 11. Quench one's thirst
 - 13. Female relatives of American war vets (abbr.)
 - 14. Every one of two or more things
 - 15. Member of Muslim people
 - 16. Play
 - 17. Type of cheese
 - 18. Type of lounge chair
 - 20. ___ King Cole, musician
 - 21. Fellows
 - 22. North, Central and South
 - 25. In an early way
 - 30. Foes
 - 31. Georgia rockers

- 32. Cryptocurrency
 - 33. Narrow path along a slope
 - 38. Disallow
 - 41. Joyousness
 - 43. Inaccessible
 - 45. Evoke emotions
 - 47. Ancient kingdom near Dead Sea
 - 49. Boston Celtic punk rockers (abbr.)
 - 50. Sword
 - 55. Actor Idris
 - 56. Affirmative (slang)
 - 57. Afflicted
 - 59. One point north of northeast
 - 60. Born of
 - 61. Arabic name
 - 62. Traumatic brain injury (abbr.)
 - 63. Extremity
 - 64. Post
- CLUES DOWN**
- 1. Pacific Standard Time
 - 2. Protruding ridge on nematodes
 - 3. Indian king
 - 4. Type of milk
 - 5. One who brings home the bacon
 - 6. More comprehensible
 - 7. Connected with sense of touch
 - 8. Red mineral
 - 9. Breezed through
 - 10. Therefore
 - 12. Supplement with difficulty
 - 14. Early kingdom of Syria
 - 19. Satisfy
 - 23. They confuse doctors (abbr.)
 - 24. Brass instrument
 - 25. Domesticated animal

- 26. Ribonucleic acid
- 27. Snakelike fish
- 28. Woman (French)
- 29. Economically-minded aircraft
- 34. When you hope to get somewhere
- 35. Tease
- 36. Actress Gretchen
- 37. Midway between northeast and east
- 39. Inoffensive
- 40. Yellowish cotton cloth
- 41. Consume
- 42. Does not tell the truth
- 44. Improved something
- 45. Spiritual leader
- 46. Abba ___, Israeli politician
- 47. Fix
- 48. Evergreen tree genus
- 51. Swiss river
- 52. Prejudice
- 53. Major C. European river
- 54. Long, narrow strap
- 58. Male parent



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SPORTS

RAVENA NEWS-HERALD | CAPITAL REGION INDEPENDENT MEDIA

Thursday, February 15, 2024

B1



Gina Pelletier/For Capital Region Independent Media
 RCS's Owen Greene, competing in the 108-pound weight class, placed second.



Gina Pelletier/For Capital Region Independent Media
 Jayden Acomb, at 116, took first place in his weight class.



Gina Pelletier/For Capital Region Independent Media
 Coming in third place in the 124-pound weight class was the Indians' Aiden Forester.



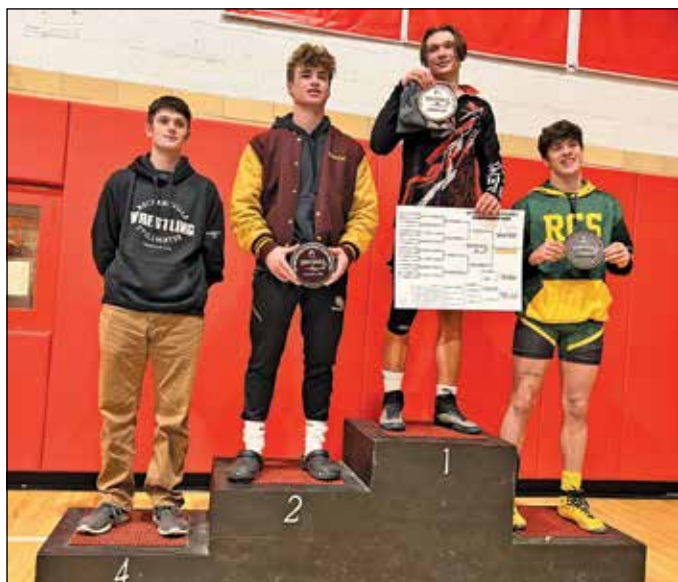
Gina Pelletier/For Capital Region Independent Media
 Kaleem Smith at 138 pounds took fourth place in the tournament.



Gina Pelletier/For Capital Region Independent Media
 Standing at the top of the podium in the 152-pound weight class was Kaden Potter.



Gina Pelletier/For Capital Region Independent Media
 Dominic Brozowski took third place at 160.



Gina Pelletier/For Capital Region Independent Media
 Nick Moyer took third place in the 170-pound weight class.



Gina Pelletier/For Capital Region Independent Media
 Joe Miller at 285 placed second in his weight class in the Section 2 Class CC tournament.

RCS takes 2nd in Section 2 Class CC tournament

By Melanie Lekocevic
Capital Region Independent Media
RAVENA - COEY - MANS-SELKIRK — The Indians took second place in the Section 2 Class CC wrestling tournament held in Glens Falls last weekend. RCS scored 191.5 points,

second only to Glens Falls with 224.5.

Ten teams competed in the tournament. RCS was followed by Hudson Falls in third place with 184.5, Mechanicville-Stillwater with 163.0 and Fonda-Johnstown

in fifth place with 134.0.

Two Indians took the top spot in their weight class — Jayden Acomb at 116 pounds and Kaden Potter at 152.

Acomb won first place after pinning Logan Gale of

Hudson Falls in 2:43 in the finals. Potter took first by a major 9-1 decision over Ayden Grieve of Glens Falls.

Also headed to the podium in the tournament were second-place finishers Owen Greene at 108 and Joe Miller

at 285 pounds.

Third place in their weight class went to Aiden Forester at 124, Dominic Brozowski at 160 and Nick Moyer at 170.

Kaleem Smith placed fourth at 138.

All eight Indians who placed in their weight classes qualified for the state qualifiers tournament, also in Glens Falls. More details on the state results in next week's Ravena News-Herald.

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Applications open for NYS Summer School of the Arts

Applications are currently being accepted for the 2024 New York State Summer School of the Arts (NYSSSA) program, State Education Commissioner Betty A. Rosa announced.

Students throughout New York state, in grades 8-12, are encouraged to apply on the NYSSSA website at oce.nysed.gov/summerarts, where they can also learn more about the application process and the three programs offered this year in visual arts, media arts and theater.

Applications, along with respective materials, are due by Friday, March 8 for theater applicants and by Friday, March 15 for visual arts and media arts applicants.

"This transformative program empowers students and provides them with the opportunity to enhance their artistic talent under the guidance of professional artists," said Board of Regents Chancellor Lester W. Young, Jr. "We are proud to offer this life-changing experience, which fosters critical thinking, resilience, and a deep appreciation for the arts for young people across this state."

Since the NYSSSA program was founded in 1970, more than 18,000 students have benefitted from its curriculum and training. Many talented high school students have had and will continue to have the opportunity to study with some of the pro-

fessional artists in the visual and performing arts, giving students a unique opportunity to experience the rigors of their chosen arts field.

"The New York State Summer School of the Arts program serves as a catalyst for personal growth and offers students a platform to explore their creativity and self-expression," Rosa said. "Students emerge from this exceptional summer experience ready to thrive and contribute to the cultural richness of our society."

Students are accepted into the schools through a competitive audition and portfolio review process conducted by the artistic staff. Tuition rates are maintained at a modest level and tuition assistance is available, giving every student who qualifies the opportunity to participate in the program.

Following is a schedule of the 2024 NYSSSA schools and locations:

SCHOOL OF MEDIA ARTS

The School of Media Arts will be held July 6-27, at the State University of New York (SUNY) at Fredonia. Under the direction of Ghen Zando-Dennis, a nationally known media educator and videographer, the program consists of a review of media fundamentals, instruction in new techniques and processes, instruction in aesthetics, and surveys of contemporary work, trends, and ideas. Students will be immersed in

production work in 16 mm film, digital video, photography and computer animation.

In addition to the application form, students must submit an artist statement and portfolio to be considered. More information can be found on the School of Media Arts web page.

SCHOOL OF THEATRE

The School of Theatre will be held July 6-27, at SUNY Fredonia. The program provides students with intensive instruction in acting, movement, improvisation and voice, working side by side with nationally recognized faculty.

Under the artistic direction of award-winning director Margaret Denithorne, daily classes include acting, improvisation, scene study, voice and movement, along with guest artist workshops in stage combat, mask, Shakespeare, playwriting, tango, directing, and acting technique.

In addition to the application form, students must submit a recorded audition to be considered. More information can be found on the School of Theatre web page.

SCHOOL OF VISUAL ARTS

The School of Visual Arts will be held July 6-27, at SUNY Fredonia. Directed by New York-based sculpture artist and educator Greg Lendeck, and visual artist and novelist Nicholas Rispoli, students will work in sculpture studies, mixed

media, figure studies, printmaking, drawing and painting, landscape drawing and painting, and figure sculpture under the direction of noted exhibiting artists and educators.

The program includes drawing and painting from live models, 3-dimensional installations, modeling life-size objects in clay, practice with printmaking techniques, and field trips. In addition to the application form, students must submit an artist statement and portfolio to be considered. More information can be found on the School of Visual Arts web page.

SCHOLARSHIP PROGRAM

In addition to the in-residency programs for young artists, NYSSSA will once again offer the Empire State Arts Scholarship program, providing students with scholarships to attend summer arts programs in their own communities.

Administered by the New York State Education Department's (NYSED) Office of Cultural Education, the funding will support the Empire State Summer Arts Scholarship Program's goal of promoting access and equity to arts education by providing need-based grants to low-income students who want to pursue summer growth opportunities. This year \$180,000 is available for students who meet application requirements.



Dance students practice at the barre.

Courtesy of NYS School of the Arts



Theater students rehearse a scene.

Courtesy of NYS School of the Arts

The scholarship application review process will be evaluated based on financial need. Scholarship applications are due by Friday, April

19. More information can be found on the Arts Scholarship Program web page at oce.nysed.gov/nysssa/arts-scholarship-program.



Contributed photo

Tippy is a 7-month-old Husky mix pictured with CGHS Adoption Counselor Samantha Link. Tippy was surrendered to us in the beginning of January due to her being too active. She is a very energetic puppy that loves being outside, running around, and playing with toys. Tippy can be a little shy at first but she warms up very quickly and loves any and all human affection. She seems to do well with other dogs and could be cat tested upon request.

Dogs and resource guarding

By Charlene Marchand
For Capital Region
Independent Media

Thank you, readers, for stuffing my Soft Paws column suggestion box with areas of interest and concern that you'd like addressed.

The first one I drew involves what most of you called "food aggression." To define our terms and the behavior, a "resource guarder" is a dog who often or always won't let you near his/her food bowl, perhaps a water bowl, some or all of their favorite toys, a "stolen" item from the human pack leaders, a rawhide, any chewy, a bone, etc., and can include their bed, your couch, their space in general.

In addition to guarding edible items, or items that have a high value in the dog's mind (especially that new pair of Nikes or that wool hat you just took out of the cedar chest), dogs can and do choose to "protect"

their cars (with or without their "drivers" present), crates, beds (theirs or usually ours), a special chair or sofa and more.

Though Surly Sam resembles an aggressive and relentless prize fighter like Rocky Balboa in the 10th round, those visual images of a confident, dominant, secure and take-charge-I'm-in-control Canine Cujo could not be further from the truth.

In reality, guarding is a natural predatory instinct, an "only the strong survive," if you will, trigger, which convinces our dogs they must have that forbidden fruit all for themselves or they will starve. They must put that bone in the "freezer," because it could be their last meal. They must keep other predators away from that bed, or room, or ballpoint pen, etc., or it could mean their demise.

The reasons for guarding are multiple and variable. In

my experience, many guarders with whom I've worked have been food-deprived at some point in their early life. I've also found that many, if not most, of these aggressively possessive dogs are, in fact, insecure individuals with other marked anxiety disorders and reactions, seemingly unrelated.

But nothing is ever disconnected or unrelated where our beloved dogs are concerned. All parts and all things become as one. This serious and potentially dangerous behavior typically happens at home with the dog's family unit. Many of the guarders with whom I work have escalated to a bite.

Oftentimes "advice" given to owners to punish or "correct" the dog have resulted in increased aggression. The counter-conditioning protocol is very strict and structured. The potential "fix" or resolution requires

professional intervention, and correct assessment of the in-home dynamics.

To be continued...

Feel free to call us with any questions at 518-828-6044 or visit our website at www.cghs.org. Our food bank is open to any from the public in need of pet food or for those wishing to donate food from 11:30 a.m. to 4 p.m. daily. Spay/neuter clinics for cats are \$100 male or female, including a rabies vaccination and a 5-in-1 feline distemper combination vaccination. Nail clipping services are available every Saturday from 10-11 a.m. at the shelter for a donation of \$10 for cats and \$15 for dogs (currently prepaid only).

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

PETA offers \$5K reward in dog abandonment case

CRARYVILLE — People for the Ethical Treatment of Animals (PETA) offered a reward of up to \$5,000 for information that leads to the arrest and conviction on cruelty charges of the person(s) responsible for abandoning a terminally ill dog on Route 23 in Columbia County.

The canine, a cane corso later named Barney, was spotted on the side of the

road Jan. 25 by a passerby, who initially believed that the dog's leg was swollen due to being hit by a car.

Barney was rushed to a veterinarian, who determined that he was suffering from advanced bone cancer, an extremely painful and irreversible condition, according to a PETA statement.

Investigators believe Barney was abandoned by

someone who knew about his condition but failed to seek medical attention or assistance. Because he was in so much pain, the decision was made to euthanize him.

No leads or suspects have been identified, so PETA is asking for the public's help.

"Rather than getting treatment for Barney's agonizing condition, someone dumped this suffering, sick

dog on the side of the road. PETA asks anyone with information to come forward immediately, as there may be more suffering animals in this person's custody," PETA Senior Vice President Colleen O'Brien said.

Anyone with information related to the case should contact the Columbia County Sheriff's Office at 518-828-0601.



Courtesy of Columbia-Greene Humane Society/SPCA
Barney, a cane corso, was deserted, suffering by the roadside.

State Ed celebrates opening of exhibit for Black History Month

ALBANY — In honor of Black History Month, the New York State Education Department's Office of Cultural Education, in partnership with the New York State Writers Institute, will hold a special program on Thursday, Feb. 15, at the Huxley The-

ater, to mark the recent opening of a new temporary exhibit, "The Moral Arc Toward Freedom: Lincoln, King, and the Emancipation Proclamation."

Distinguished panelists, New York State Poet Patricia Spears Jones, University

at Albany Africana Studies Lecturer Dr. Jennifer Burns, and New York State Museum Chief Curator of History Dr. Jennifer Lemak will lead a conversation with the audience about the complicated legacy of slavery and emancipation in the United States

and its relevance today.

The program will also feature poetry and readings of brief excerpts of historical documents.

The exhibit will also showcase Abraham Lincoln's preliminary draft of the Emancipation Proclamation

(Sept. 22, 1862), written in his handwriting (and the only one of its kind to survive), and an audio recording of Dr. Martin Luther King, Jr. delivering a speech on the centennial of the Preliminary Emancipation Proclamation in New York City in September 1962.

This in-person event is free and open to the public. The program will be held on Thursday, Feb. 15, at 7 p.m., at the Huxley Theater at the New York State Museum's Cultural Education Center, located at 222 Madison Ave. in Albany.

Do we love sin more than God?

LIVING ON PURPOSE



Dr. William Holland

A few weeks ago, we talked about a man named Achan and how his secret sin was not a secret to God. The book of Joshua in chapters 6 and 7 reveals this was not a situation where a person steals something and they alone are punished for it. Since he and his family were a part of the communi-

ty of Israel, they were associated as a group and when one member did something bad; it affected not only the family but the nation. Everything this man loved — his life, children, all of his livestock, his dwelling and personal possessions — were stoned and burned. Does this sound like the punishment was too harsh? Was this fair to those who were not even aware of what he had done? Some might say this specific story should not be taken out of context and applied to today's church, but let us consider if Bible stories can be taken from scripture as a relevant analogy for us today. Jesus taught parables, but can His lessons pertain to our modern society and culture? Should the hidden sin of Achan be associated with why some families suffer and certain churches are cold and lifeless? I realize when it's discovered

that people have secret lives of sin they are not killed under the law of Moses, but what about God punishing individuals who are wolves in sheep's clothing? Is the dry and discouraged atmospheres of many assemblies a representation of rebellious and powerless Christians who say they love God while privately serving their carnality? Does the spiritual condition of the human heart have anything to do with being aware of God's presence? Absolutely. Does this bleed into the environment of the local assembly? I believe so. So, what about those who attend church and hold tightly to their unrepentant sins such as pornography? Does their undisclosed defiant attitude have a negative effect on the sermon and worship? Does it affect family members who live with them? Does it infect the atmosphere where they work? Is this why some people say

they feel bad vibes or pessimistic energy around certain people? Can this be blamed as the reason why many churches are void of any demonstration of God's glory? If Christians are serving intentional sin, they have no expectation or excitement that God will make Himself known in their midst. In fact, they would hope that He would not appear for fear of them being exposed and convicted. This is where religious deception makes deals and promotes false securities to individuals who would rather play games than abide with God in holiness and sanctification. Worshiping in Spirit and Truth means a pure heart is required and all transgressions and temptations must be cast down. The carnal mind must be taken out to the graveyard and buried as we must be dead to sin to the place where sin makes

us nauseous. When our mind is renewed and transformed, Christ is invited to convict and rule on the throne of our conscience as Lord. If the body of Christ would allow a personal revival of the Holy Spirit to transform their thinking, it would turn the church and the world upside down. The sheer release of faith and joy would activate sermons, testimonies, and songs of God's endless love and mercy. It is the lack of purity that holds back revival fires and victorious manifestations and declarations of His glory, and yet very few seem to be concerned. Let us awaken from the slumber of carnality. The condition of the heart reveals the state of an assembly. We've heard how the responsibility is with the pastor, but a leader can only do so much with a group of parishioners who will not accept what God wants

them to be. The Holy Spirit can bring conviction when God's word is spoken, but repentance and obedience are a constant choice of the listener. Everyone is given the chance to surrender their will to God or run as fast as they can in the opposite direction. Which do you choose? Luke 11:2 says to pray, "Thy kingdom come, thy will be done," but God is saying that our will is also being done. We choose who we serve and it's probable our private sins could be bringing curses on ourselves and our family. Which do we love more, God or sin? Jesus died for the lost and will rescue those who realize they are. *Dr. Holland is a Christian minister, author and community chaplain. Read more about the Christian life at billyhollandministries.com.*

First responder charged with burglary



Devvan A. Farina

By Melanie Lekocevic
Capital Region Independent Media
BETHLEHEM — A local first responder has been charged with several felonies, including burglary, according to the Bethlehem Police Department. Devvan A. Farina, 39, of Albany, was arrested Feb. 6.

Albany County Sheriff's Office as a paramedic and the City of Troy as a firefighter, Farina would burglarize residences where he knew the resident had been transported to a local area hospital, leaving the residence unoccupied," according to a statement from Bethlehem Police. Farina was charged with

second-degree burglary, a class C felony; second-degree attempted burglary, a class D felony; fourth-degree grand larceny, a class E felony; fourth-degree criminal mischief, a class A misdemeanor; and attempted petty larceny, a class B misdemeanor, according to police. He was arraigned in

Town of Bethlehem Court and remanded to the Albany County Correctional Facility in lieu of \$20,000 cash, \$40,000 secured bond, or \$60,000 partially secured bond. Farina is scheduled to return to court March 5. Assisting in the investigation were the Albany County Sheriff's Office, the

City of Troy Police Department, the Capital Region Crime Analysis Center, and the New York State Intelligence Center. Anyone in Bethlehem who thinks they may have been a victim of a burglary involving Farina is asked to contact the Town of Bethlehem Police Department Detectives at 518-439-9973.

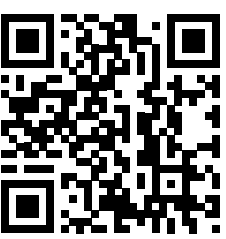
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How is my Social Security benefit calculated?

SOCIAL SECURITY MATTERS



RUSSELL GLOOR

Dear Rusty:

I appreciate your recent article dispelling the myth that politicians have stolen Social Security money. As a CPA, I dispel this myth repeatedly to clients who falsely claim SS funds have been raided.

But another thing I deal with often is how SS benefits are calculated. I know the formula for determining each person's benefit amount is complex, but I have had to

explain numerous times that those who put the most into Social Security get the lowest rate of return and those who put the least in get the highest return based on the way the benefit formula is structured.

I get tired of people complaining that monthly Social Security payments are higher for retired doctors and other highly paid individuals. Can you please explain how Social Security is weighted in favor of lower income workers?

Signed: Tired of the Misunderstandings

Dear Tired:

Please don't be frustrated. Because of the program's complexity, Social Security is prone to misunderstanding, and educating the misinformed is an important professional duty we share. Here's how each person's SS benefit is determined:

The first thing to know is that each person's SS retirement benefit is not based on their financial contributions to the program. Social Security's purpose is to provide a benefit that replaces a portion of the person's pre-retirement income, so the SS benefit is based on actual lifetime earnings, not on the payroll taxes withheld from those earnings.

Social Security has your lifetime earnings record (obtained annually from the IRS) and that record determines your "primary insurance amount" or "PIA." Your "PIA" is initially determined in your eligibility year (usually age 62) and is the amount you will get if you claim for benefits to start exactly at your full retirement age (FRA).

To develop your PIA, Social Security first adjusts (indexes) each year of your lifetime earnings (up to the annual payroll tax cap) to account for inflation. They then select the 35 inflation-adjusted years in which you earned the most, from which they compute your average monthly earnings over your lifetime (this is called your Average Indexed Monthly

Earnings, or "AIME"). They then break your AIME into three segments, the first of which includes a majority of — and possibly all of — your AIME. They then take a percentage of each segment and total those three amounts to determine your PIA.

The first segment is the largest and 90% of that first segment contributes most of your PIA. Smaller percentages of the other two segments (32% and 15% respectively if your AIME is higher), are then added to the first computation to arrive at your full PIA — the amount you get if you start benefits in the month you reach your FRA.

Note that since most of the PIA comes from the first large segment of each person's AIME, lower income workers get a higher percentage of their lifetime average monthly amount.

Since benefits are based on earnings, those with lower lifetime earnings do, indeed, get a smaller benefit

than those with higher average lifetime earnings, but the percentage of pre-retirement replacement income that lower income workers receive is higher than for those with higher monthly average lifetime earnings.

The Social Security benefit for lower income workers is typically about 40% of their pre-retirement average monthly income, while those with higher lifetime average earnings may get a benefit as little as 20% of their average monthly pre-retirement earnings.

In that sense, the Social Security benefit formula is progressive and weighted in favor of lower income workers. Nevertheless, albeit a smaller replacement percentage, higher income workers receive a higher monthly SS benefit because of their higher lifetime earnings. Even so, those higher earners did, indeed, contribute more payroll taxes from their higher earnings.

So, each person's SS retirement benefit amount is

a percentage of their pre-retirement income. Coincidentally, those with higher pre-retirement income also contributed more to the Social Security program than did those with lower earnings. But their higher SS benefit amount is based on their higher pre-retirement earnings, not on payroll taxes paid from those higher earnings.

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National Bank of Coxsackie donates to Athens Food Pantry



Contributed photo

The National Bank of Coxsackie made a \$5,000 donation to the Athens Food Pantry.

COXSACKIE — The National Bank of Coxsackie ("NBC") presented the Athens Food Pantry with a \$5,000 donation in support of their mission to respond to the food needs in their local community.

The funds were secured through the Federal Home Loan Bank of New York Small Business Recovery Grant Program. NBC is a member of the Federal Home Loan Bank of New York and applied for the funds made available through this special program.

The Athens Community Food Pantry was started as an outreach program in the 1960s. After closing for a year between 2006 and

2007, with the help of countless volunteers, the food pantry was re-opened and became a member of the Regional Northeast Food Bank in 2008.

The pantry is open Tuesdays and Thursdays, and delivers to the senior citizens in the community on Fridays.

"We are proud to be able to offer support to the Athens Food Pantry" NBC Chief Executive Officer John Balli said. "The efforts and support they provide is vital to the town of Athens and we are happy to be able to be a part of it."

The financial aid will help the food pantry to continue providing food to the community.

"Our pantry is honored and grateful to be the recipient of this grant from NBC," said Heidi Multari, treasurer for the Athens Food Pantry. "The number of households coming to the pantry in need of food assistance has jumped from an average of 54 a month in 2022 to 64 a month in 2023. This is quite significant for our small community. These funds will be used to purchase much needed food items from the Regional Food Bank as well as from local stores. We remain committed to helping those in need in our community and believe that no one in our community should go hungry."

In Flight, Inc. honors employees for dedicated service

In Flight, Inc., a non-profit organization dedicated to supporting individuals with intellectual and developmental disabilities in the Hudson Valley and Capital Region, recently celebrated the outstanding contributions of its employees.

The event not only recognized the dedication of current staff members but also paid heartfelt tribute to two departed colleagues through the presentation of commemorative awards.

The first award, the Star of Excellence Award in Memory of Bonnie Hoelt, was bestowed upon Bill Powers, a devoted facilities worker whose unwavering commitment to excellence embodies the spirit of the late Bonnie Hoelt, according to the organization.

As the chief financial officer of In Flight from August 2012 until her passing in May of 2019, Bonnie Hoelt left an indelible mark on the organization with her exceptional leadership, professional integrity, and unwavering support for her colleagues' growth and success, according to In Flight, Inc.

Matthew Bateman, CEO of In Flight, expressed his admiration for Hoelt.

"Bonnie is one of the people I never want to forget because she got us where we are, so in her honor, we decided to create an award that reflects her caring and unwavering commitment to the organization."

Dr. Sarah Branham, vice president of Clinical Services, nominated Powers for

the award, describing him as "the most delightful person" and a shining example of professional excellence.

The second award, the Heart of a DSP Award, in memory of Jon Thomas Tolbert, who passed in 2023, was presented to Dan Lewis, in recognition of his embodiment of the principles and characteristics exemplified by the late Jon Thomas Tolbert, a dedicated Direct Support Professional (DSP) at In Flight, exemplified the values of person-centered services, integrity, positive relationships, and active participation in society throughout his tenure.

Tolbert's legacy lives on through the award, which honors DSPs who demonstrate a similar commitment

to serving others with compassion and dedication.

Dr. Branham commended Lewis, the recipient of this year's award, stating, "Anyone who knows Dan Lewis, knows he will do anything for our guys."

Upon receiving their awards, both Bill Powers and Dan Lewis expressed gratitude to their colleagues and the organization. Powers thanked everyone for the honor, while Lewis acknowledged the individuals supported by In Flight, stating, "My experiences help me to connect with you guys, I appreciate you guys very much, and this award is for you guys."

For more information about the award recipients and to watch the award presentation, please visit <https://inflightinc.org/award-winner-heart-of-a-dsp-star-of-excellence/>.



Contributed photo

In Flight, Inc. honored two of its employees for their dedication and service. Pictured, left to right, are Dr. Sarah Branham, honoree Dan Lewis, Matthew G. Bateman and honoree Bill Powers.

For more information

about In Flight, Inc, please contact Jill Rodriguez at 845-835-6294 x190 or jrodriguez@inflightinc.org.

DEC guidelines seek to support planting 25M trees by 2033

ALBANY — The New York State Department of Environmental Conservation (DEC) released for public comment new proposed eligibility guidelines to improve, expand and assess the state's forestry efforts on public and private lands under the historic \$4.2 billion Clean Water, Clean Air and Green Jobs Environmental Bond Act of 2022.

The guidelines will help support implementation of Gov. Kathy Hochul's initiative to plant 25 million trees by 2033 by building capacity for production of plant materials and investing in a comprehensive data tracking and management system for forestry projects.

"Growing New York's next generation of forests is vital to ensuring commu-

nity resiliency and fighting climate change, and the guidelines released today are an important step in advancing Gov. Kathy Hochul's commitment to plant 25 million trees by 2033," DEC Commissioner Basil Seggos said. "The modernization and expansion of our tree nursery capacity and a new tree planting database will ensure our aggressive tree planting efforts directly benefit communities statewide, and I encourage New Yorkers to provide input on this Bond Act-supported initiative."

To further achieve New York's climate goals, Hochul's 2024 State of the State Address and Executive Budget included \$47 million to support a new goal of planting 25 million trees

statewide by 2033. This goal will invigorate the state's tree planting efforts, send an unmistakable market signal to private nurseries, advance efforts to meet the Climate Act's net-zero goal, and grow the state's vital forest products industry. Capital investments through the Bond Act and other state sources, and multi-year annual grants to municipalities to plant trees in support of resilient reforestation and urban forests, are key components of this initiative.

The draft eligibility guidelines available for comment enable the public to provide input on the implementation of Bond Act funding for forestry and community health benefits as part of the \$400 million directed towards 'Climate

Change Mitigation.' Once finalized, the criteria will guide funding allocations DEC will use to undertake State-administered forestry projects. Additional eligibility guidelines will be developed to include grant opportunities for locally administered initiatives.

The guidelines support building capacity by repairing and/or updating capacity to produce seedlings and bare-root trees through the upgrade and modernization of seed production facilities such as DEC's Colonel William F. Fox Memorial Saratoga Tree Nursery. Investments would also support the development and modernization of greenhouses using renewable energy to provide expanded seed processing and storage capa-

bilities, and create a Forest and Ecosystem Health Lab facility to promote ecosystem health, enhance carbon sequestration, and support scientific research.

To assist with tracking the progress made with these upgrades and other ongoing forestry initiatives, the guidelines support investing Bond Act funding to create a database for tracking forest stand asset creation, tree planting, inventory, assessment, management and monitoring, and data dashboards reporting on acreage and type of land conserved.

The database will help meet New York state's 30 x 30 goal to conserve 30% of the state's land and water by 2030 and mandates for modelling forest carbon sequestration and storage that

contribute to achieving New York State's climate goals. The database would also enhance collaboration among DEC programs, stakeholders, and other partners by providing a platform for sharing information and coordinating landscape-wide reforestation efforts, particularly in disadvantaged communities, on both private and public properties.

The full eligibility guidelines are available in the Feb. 7 Environmental Notice Bulletin. Public comments on the draft guidelines may be submitted in writing to: Division of Lands and Forests, NYS DEC, 625 Broadway, Albany, NY 12223, or by email to dec.sm.urbanforestry@dec.ny.gov. Public comments will be accepted through Friday, March 8.

Showing up

BODY, MIND & SPIRIT



PAT LARSEN

I'm constantly looking for answers as to why there

seems to be so many wonderful activities and programs out there for every age group that are unattended or are poorly attended?

It's certainly not because our local population is waning.

So much effort and time goes into the planning stages for many fun and interesting things to do all around town. I'm not sure what happens along the way that creates this disconnect.

Could it be that the medium used to advertise is through technology and if you're not able to be reached through email or social media, you're just not getting

these invites? Perhaps.

Thank goodness, then, for the printed publications!

So, then what might the answer be to connect with especially the aging population, who seems so lost and stuck in solitude? I'm really searching for these answers.

Then there's the matter of simply "showing up" and personal accountability that really requires more attention.

If you say you're going to attend something, then do so.

Show up. If you get invited to something 20 times, maybe, just maybe show up at least once.

Friends and family can also help with those who tend to be shut in by encouraging activities for aging loved ones that would get them out of their homes and back into community or to church.

That's another place that seems to contain more echoes of the past and hasn't really regained its momentum.

It's not because of the isolation from the pandemic of four years ago, is it? If you survived — and if you're reading this, you have — then it's time to get back into life and start to show up and have some fun

again.

Please forgive the mild ranting, but after having seen such a poor turnout for a public event recently that made me so sad, I wanted to start knocking on doors and ask why? Where are you all?

Programs for the aging are everywhere. Maybe one or two curious folks make their way out to join in and to see what's being offered but for the most part, no one is showing up.

Maybe, just maybe, if you see yourself among these paragraphs, you'll rethink stepping out to be among the active again.

Pat Larsen is a fitness

instructor specializing in senior and Baby Boomer health and wellness with classes and programs to help with growing wiser with age. Hence the topic of this column. Please feel free to SHOW UP and give us a try. Classes are offered Mondays and Thursdays at The Shamrock House in East Durham. Pat's latest endeavor, Aging with Grace, features non-exercise-based programs to educate and excite the senses. For ladies and gents. Please feel free to contact Pat at 518-275-8686 or email pelarsen5@aol.com.

Calvin elected CEDC board chair

HUDSON — The Columbia Economic Development Corporation (CEDC) recently announced that its board of directors has elected Jim Calvin as its chair, succeeding David Fingar, who will remain on the board until CEDC's annual meeting in April.

"I had the pleasure of working with Jim at the Chamber of Commerce many years ago," said Fingar. "His passion for success and ability to bring people together will be an incredible asset to the CEDC and Columbia County. I wish him my very best, and hope he enjoys his new endeavor as much as I did. My emotions are mixed as my term comes to an end. While I will dearly miss working with my colleagues, I feel term limits are a necessary part of a successful corporation. With new leaders and new members come new ideas and a fresh look. I would like to wish all my colleagues and staff, new and old, the best. You have been, and will continue to be, an amazing team."

Calvin joined the CEDC board in 2016. He is the principal of Calvin Communications, a freelance writing, editing and consulting business. In 2022, he retired after 24 years as president of the New York Association of Conve-

nience Stores. Previously, he was director of Marketing for Hudson City Savings Institution, executive director of the Columbia County Chamber of Commerce, and managing editor of the Register-Star.

"I'm grateful for the chance to lead CEDC," said Calvin. "With a dedicated board, an extraordinary staff, an engaged membership, and the support of the Board of Supervisors and other key partners, we are well equipped to keep nurturing small businesses while collaborating on workforce, affordable housing and other challenges that bear on our economic future."

Fingar joined the CEDC Board in 2014 and was elected chair in 2019. He recently retired as chief engineer for Mid-Hudson Cable after 30 years with the company. He is a former councilman for the Town of Livingston.

"It's been one of the most enjoyable things I've done in my life. You are all wonderful to work with and work for," Fingar told his colleagues during his final meeting as chair. "Thank you, all."

"As chair, Dave Fingar has worked tirelessly to maximize CEDC's impact on the health of the local economy," said Calvin. "His steady hand kept us on mission and moving forward throughout his

tenure, especially during the pandemic."

Outgoing Board Secretary Sarah Sterling of HOUSE Hudson Valley and Ruth Adams of Art Omi will also complete their board terms in April. Sterling has been on the CEDC board since 2013 and Adams was appointed to the board in 2017.

Other officers elected to serve in 2024 were Rick Rector, vice chair; Michael Molinski, secretary; and Tarah Gay, re-elected as treasurer.

Rector, the former mayor of the city of Hudson, has served on the CEDC board since April 2022. He has an extensive background in business, including a 35-year career in the fashion/retail sector, and has been associated with Peggy Lampman Real Estate for the past 10 years. He previously served on the Hudson Industrial Development Agency, Hudson Community Development and Planning Agency, and the Hudson Development Corporation. He was appointed to the Columbia County Industrial Development Agency and the Columbia County Capital Resource Corporation in 2021.

Molinski joined the CEDC Board in 2021. He is a decorated Marine Corps veteran who honorably served from 2001 to 2005. Molinski con-

tinues to serve his hometown by sitting on several nonprofit advisory boards while raising a family and operating an award-winning photography business, Molinski Photography. He is the inventor of the Tadpole Swimsuit, a mentor to local students, advisor to a school audio-video club, and inaugural recipient of Columbia County's 40 Under 40 awards.

Gay joined the CEDC Board in 2021. She is the co-founder of the Public Sale Auction House, founded in 2020. Prior to that Gay created Outdated, a café started in 2012, and currently volunteers regularly, while also serving as a volunteer firefighter in Claverack.

NEW TO THE BOARD

The newest members of the CEDC Board are Justin Goldman, Rachel Puckett and Richard Alan Nesbitt.

Puckett has been employed with Mid-Hudson Cable for 15 years, serving as director of Community/Employee Relations and Planning. She oversees community grant deployment in communities throughout Mid-Hudson's coverage area, as well as internal employee relations. Additionally, she coordinates community support totaling over \$100,000 per year, coaches fellow employees in their professional



Jim Calvin

development, and cultivates community relationships.

Goldman settled in Hudson in 2011 and took over the management of Park Falafel and Pizza nearly doubling its sales. He changed careers to join First Niagara Bank in 2014 and in 2016 Goldman transitioned to the Bank of Greene County, where he has held several positions of increasing responsibility and is currently vice president, Commercial Lending. Goldman also serves on the board of Hudson Hall and the Ulster County Regional Chamber of Commerce. He lives

in Hudson with his wife and two children, who attend the Hudson City School District.

Nesbitt has been with Johnnie Walker Insurance (JWI) Agency since 1992, serving as president since 2006. His commitment extends beyond the office, having volunteered with the Spencertown Fire Company and served as chief in the Austerlitz Fire District. Nesbitt also supports multiple organizations, including Make a Wish, St. Jude's Hospital, Fireman's Home, Leukemia & Lymphoma Society, and more.

Upward enrollment trend at HVCC

TROY — As the spring semester at Hudson Valley Community College begins, enrollment continues to trend upward.

The college announced on its "census" date, Feb. 6, that enrollment for the spring 2024 semester was up more than 7% over last spring.

The total number of en-

rolled students this spring is 7,012, compared to 6,587 in spring 2023, according to the college. Over the past two years, the college's spring enrollment has grown by 9.9%.

"We are on an upward trajectory, and that bodes well for the institution," said President Roger Ramsammy.

"The fact that all three student categories — new students, transfer students and returning students — showed growth over last year's numbers is a credit to the faculty, advisors and all of the student support staff at the college. Our enrollment outreach and ongoing retention efforts are working, and we are focusing

on supporting our students through the completion of their academic journey."

Seeing growth over last spring are the number of transfer students (up 17.9%), non-matriculated part-time students (up 8%), new students (up 1.1%) and returning students (up 5.7%).

The college also saw

significant growth in the number of students taking courses during the intensive two-week winter session, which wrapped up on Jan. 12. In total, 326 students took courses during the winter session, compared to 288 in January 2023, an increase of 13.2%.

The winter and spring

term enrollment increases follow growth of 3.5% during the fall 2023 semester. In total, during the 2022-23 academic year the college served more than 19,000 students in both credit-bearing and non-credit community, professional and workforce development courses.

Interesting facts about U.S. presidents

Americans celebrate Presidents' Day each year on the third Monday in February.

The holiday is known as Washington's Birthday within the federal government. While it has honored George Washington since it was first established as a holiday in 1879, the day now honors all who served as United States presidents.

The widened scope of Presidents' Day affords an opportunity for Americans to learn some interesting facts about the individuals who have taken office since George Washington first did so in 1789.

• Anecdotes abound in regard to George Washington, and his famed wooden teeth is among them. However, that story is an enduring myth and not reflective of reality. Various historians

and groups, including the National Constitution Center, note that George Washington's dentures were not made of wood, but rather a combination of ivory, gold and human and animal teeth, among other materials.

• Two former presidents and founding fathers passed away within hours of each other. John Adams, who succeeded Washington as the nation's second president in 1797, and Thomas Jefferson, who served as the third president of the United States between 1801 and 1809, each died on July 4, 1826. The two one-time friends and then foes ultimately reconciled prior to their deaths.

• John Adams and his son, John Quincy Adams, who served as the sixth president of the United States from 1825 to 1829, are the only presidents among the



Courtesy of Metro Creative Graphics

Presidents Day will be Monday, Feb. 19, this year.

first 12 to have never owned slaves.

• Though outdoor inaugurations are now the standard, they were not always. The nation's fifth president, James Monroe, was the first to be inaugurated in the elements.

• So long as they're eligi-

ble to run for reelection, sitting presidents typically seek a second term. But that's not always the case. James K. Polk, who served as the nation's 11th president, was the first to retire after one term. Though Polk did not necessarily set a trend, subsequent presidents James Buchanan,

Rutherford B. Hayes, Calvin Coolidge, and Harry S. Truman also did not seek a second term. And while Teddy Roosevelt did not seek a second term in 1908, he did in 1912.

• Many U.S. presidents came from humble beginnings. Millard Fillmore, who served as the 13th president between 1850 and 1853, was born into poverty in upstate New York. Fillmore became president upon the sudden death of President Zachary Taylor, who died suddenly on July 9. Perhaps his humble origins and unexpected ascendancy to the presidency is why Fillmore memorably refused an honorary degree from Oxford University.

• One of the more notably named U.S. presidents was not actually given his memorable moniker at birth. Ac-

cording to the National Constitution Center, President Ulysses S. Grant, who was the 18th individual to take the office of the president, was actually named Hiram Ulysses Grant. He only became Ulysses S. Grant, a name that clearly stuck, after Congressman Thomas Hamer mistakenly listed his name as "Ulysses S. Grant" upon nominating the young man to attend West Point.

• President John F. Kennedy, who served as the 35th U.S. president until his assassination in November 1963, was the first American president born in the 20th century. It will likely be a while before the first U.S. president born in the 21st century takes office, as the nation's current president, Joe Biden, was born just 25 years after JFK.

Coeymans Hollow Volunteer Fire Corporation News

COEYMANS HOLLOW —
• CHVFC nomination of officers for 2023-24 is now open:

The nominating committee of company officers for 2024-25 has announced if you would like to nominate someone for an office, please contact committee members Jack Dennis, Jack Stratta or Eileen Steenbuck, or sign up on the nomination sheet in the downstairs kitchen. Company elections will be held on Tuesday, April 2, beginning at 7 p.m.

• Installation Banquet sign up:

The Coeymans Hollow Volunteer Fire Corporation will hold its 79th annual Installation Banquet at Sycamore Country Club on Saturday, April 6, beginning at 6 p.m. All members who wish to attend this year's Installation Banquet are encouraged

to sign up on the sheet that is located on the bulletin board in the downstairs kitchen or contact Sue Stratta or Mary Ann Dennis no later than Tuesday, April 2.

• Property tax exemption for volunteer firefighters:

The town of Coeymans, along with other area towns, has a 10% property tax credit applied to property taxes for active volunteer firefighters in the town of Coeymans. Town of Coeymans volunteer firefighters are encouraged to contact the town assessor's office for more information. Note: You can only take either the \$200 state credit that has been in place for some time or the 10% property tax credit. Either way, there is no harm in filling this out now.

• Recruitment and retention:

New volunteers are needed to help protect the commu-

nity. The department needs active interior and exterior firefighters, EMS personnel, fire police, ladies auxiliary members and associate members to assist with many committees. These are volunteers here to protect lives and property in the Coeymans Hollow Fire District. The department will provide all the equipment and training for you to become a member of the Coeymans Hollow Volunteer Fire Corporation. If you are between the ages of 16 and 18, and are interested in being a junior volunteer in the fire service, please call or stop by the firehouse. For junior firefighters, remember — volunteering for your community looks good on your college or work application. 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 on Tuesdays on drill nights beginning at 7 p.m.

• Emergency Responders Course being planned:

The Ravena Rescue Squad and the Coeymans Hollow Volunteer Fire Corporation have teamed up to plan an Emergency Responders Course for this spring. The course is being offered to local firefighters at this time. If you are interested in taking this course, please contact the Ravena Rescue Squad or Coeymans Hollow Training Officer Dan Houghtaling by calling 518-756-6310 and leaving a message. The course is scheduled to run for about 68 hours.

• Drill scheduled:

Coeymans Hollow Training Officer Dan Hotaling has announced there will be an ice/water rescue drill sched-

uled for Saturday, Feb. 17, at Lawson Lake. The drill will begin promptly at 9 a.m. All Coeymans Hollow firefighters are encouraged to attend.

Hotaling also announced there will be a drill on Tuesday, Feb. 20, on suicide prevention. The drill will begin promptly at 7 p.m. and all Coeymans Hollow firefighters and EMS personnel are encouraged to attend.

• Events scheduled by neighboring fire companies and community groups:

- Selkirk #1 will host a Fish Fry Dinner at the Maple Avenue firehouse on Fridays, Feb. 16, March 1, March 15 and March 29, from 4:30-7 p.m. Eat-in or take-out will be available.

- Albany County Winter Festival will be held on Saturday, Feb. 24, at Lawson Lake. Contact Albany County for more information as to

time and events.

- New Baltimore Fire Pizza and Wing Night will be held on Friday, Feb. 16, from 3-7:30 p.m. To order, please call 518-756-8222 after 3 p.m. Take-out only.

- There will be an open house for the new East Berne firehouse on Sunday, Feb. 25, from 12-3 p.m. Come and help celebrate the fire department's new home.

• Safety tip:

When cooking or frying, heat your cooking oil very slowly. Never fry frozen or wet foods in your fryer or pan. It could flare up, causing a grease fire. Also never throw water on a grease fire.

• Fire and EMS report:

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

Senior Projects showcases senior art talent

EDITOR'S NOTE — Senior Projects of Ravena recently hosted an art class showcasing the talents of local seniors. Thanks to the center for providing all the photos.



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