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Love in Your Hometowne!

Show your love this Valentine's Day by shopping and dining at our locally owned establishments. February is one of the toughest months for our local merchants. The holiday bubble of spending in November and December are gone, but the bills are still rolling in for our local merchants ; just like you. What better way to show your love for Your Hometowne community than to spend your tight budget with people who are vested in our community?

"In an age of mass production, handmade, locally sourced gifts are an act of rebellion".

~Me

One of my (our) dearest friends; Lauri turned the big 60 this week. Oh boy did I have fun with that...but moving on...I really wanted to give her something special. One thing I know for sure, Laurie loves summer and plants. Since I didn't win the lottery this month, taking her to the Bahamas was not in the cards; but I (we) did make her a small piece of summer she can have year round. For the past month Ken and I built her a terrarium. it was truly a labor of love. I found the perfect glass jar, then went to town finding all of the little "things" that made it special. My girlfriend Sue knew Faddegons had the best terrarium plants around, so we road tripped down to Latham and bought a slew of terrarium plants, all different heights and colors, then stopped for a late lunch and cocktails at Maxons. Ahhh...the project was kicked off! Off to Burnt Hills Ace Hardware for potting soil, then to my basement to raid my stash of potting materials. Charcoal for drainage, weed mat to hold the dirt, pebbles I had stashed away that I knew I would use someday, a cherished hardwood stick from Lake George I had been hanging on to forever and a little metal bench that is a mystery. It was starting to take form. Ken and put it together, then studied it for a few days.



Ken suggested we make a swing to hang from the stick, it was the perfect idea! Back to the basement! He went to find something to make a swing seat, I went to my mother's old jewelry box to find a chain to use to make the swing.

"Handmade gifts are like whispers of love".

~Unknown

Ken fashioned the coolest seat, all we needed to do is make it hang even on this piece of hardwood from the lake. After several tries, a couple trips to Maxons and Hometown, a couple of days, and a lot of patience, viola! It was a swing. It was beautiful! I stared at it lovingly for over a week, and of course, last minute, decided something was missing. It needed a cardinal and a gemstone. Off I went to The Sages Circle in Glenville, and found exactly what I needed. A beautiful cardinal to sit in the tree and an Amethyst cluster. the cardinal was to remind her that her Dad is always with her, and the Amethyst is to bring her spiritual healing, calmness and show her the deep love that surrounds her.

"True friendship is a plant of slow growth..."

~George Washington

I'll be honest, I only have a few really close friends. I am an "extroverted introvert", getting to know the real me takes effort. When I allow someone to enter my inner circle, it means they worked at it as hard as I have. That's what true friendship is to me. A joint effort, a phone call to say it's OK, or with Laurie, a big pan of soup and gluten free cookies! She shows me her love in the kitchen, I show her mine in the dirt!

"Every time you spend money you're casting a vote for the kind of world you want."

~Anna Lappe

Her family held the party at Ravenswood in Clifton Park , which did an excellent job of creating a fun time, delicious food and nice clean party room!

Remember to buy local, it makes everyone happy!

Cheryll, Ken, & Randy



ABOUT THAT COVER!



Ah dreary old February - and what in its bright orange jacket pops up in my lazer-like view of the countryside? With the help of a brother, a friend, and the always amazing Internet search engines, I found that the front cover vehicle in question appears to be an antique 1950's era Ford, with SnoGo mounted auger style snow blower on the front. ("It is NOT a plow!!!") It IS a Thing of Beauty as far as Cheryll and I (and a few truck enthusiasts) are concerned. The SnoGo Company has been in business since 1932, manufacturing SnoGo equipment originally in the heartland of the USA - Iowa. I learned that the beauty of the SnoGo auger style snow blower was that it removed large quantities of snow with ease. Designed for optimum safe operation, durability, and easy maintenance, the SnoGo became a very popular snow removal tool - the first of its kind with state of the art auger and blower, controls placed within a closed and heated cab, 4 wheel drive, roll up windows and the ability to shoot snow 100 feet to the side! (BTW - the SnoGo Company is still operating.) Many old vintage SnoGo's are still in use today at municipalities and airports. Perhaps your highway department still has one hiding behind the garage. SnoGos were often used in mountainous and snowy national parks across the nation, including a SnoGo blower that was used on the Trail Ridge Road in Rocky Mountain National Park. As a matter of fact, going down the rabbit hole, I found that that particular Rocky Mountain 1932 Model F SnoGo was used continuously to maintain the Rocky Mountain park roads until its retirement in 1952. It was then given to the city of Estes Park, Colorado, and kept in service until 1979, when water entering the exhaust pipe caused serious damage. Thanks to those who recognize an antique work horse and a Thing of Beauty, this 1932 SnoGo is now listed with the U.S. National Register of Historic Places, and is being fully restored. Can ya beat that! I can only imagine the stories from some of those national park employees that annually remove huge quantities of snow under treacherous conditions high up on those mountainous elevations. Rabbit hole - look up "Going to the Sun Road" spring snow removal in the Glacier National Park on montanaliving.com. They film spring snow removal every year. It's a job for the fearless. A shout out seems appropriate here to all the highway departments that keep our roads clean and safe. Thank-you once again!

February - Despite the dreary mid winter, I always find myself in creative overload in February. Among a few interesting challenges that have popped up on the Internet, one I participate in annually is with artist Takeyce Walters "Creative February" Project. It's all about making the time every day to practice your art - whatever that may be. This year I am writing "My Little Book of Haiku," and gifting it to a Marine who could use a smile. I'll also have a Tombstone cowboy portrait at downtown Schenectady's Jay Street Bear and Bird Boutique and Gallery "All In" art show, opening February 10 - March 24, 2024, (what a fun shop!!!) and... on the first and third Thursdays of the month, you can find me volunteering at a little know Schenectady museum gem - The Museum of Prints and Printmaking / Albany Print Club at 150 Barrett Street, Schenectady. Color your February with art!

Oh! And speaking of the Devil... the Rolling Bones are coming to town in February. In collaboration with Saratoga's Holiday Inn, I've commandeered a wall there, to hang my art show titled "NO SPEED LIMIT" from February 8-11, during Saratoga's "Chowder Fest 2024 weekend." "NO SPEED LIMIT" is a fascinating collection of old hotrod ads, prints of classic muscle cars, Stu Eichels auto art, my photography, and a unique Rolling Bones art collaboration with Long Island digital artist Roya Jenner of STUDIOROYA.COM. On "Chowder Fest" day, - Saturday, February 10, 2024, from 12 - 4 pm, come in and try Holiday Inns very own Bookmaker Restaurant chowder festival entry - "Reuben Chowder," made with Guinness Stout. Sit and relax in the beautiful lounge after viewing the "NO SPEED LIMIT" art wall, if you don't want to fight the chowder crowds.

And remember... "What happens in the garage, stays in the garage." Right Rolling Bones?

~Happy Motoring! Sue Clark

Sue Clark M.Ed., Fine Arts Photographer, Visual Storyteller
Member: Saratoga Arts
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To see or purchase some of Sue's work visit
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~Nadia E
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History of Glenville

Glenville was named after Sanders Leenderste Glen, the original patentee. It was formed from the fourth ward of Schenectady, April 14, 1820, and is the only town in the county north of the Mohawk River. The country around Scotia was granted in 1665 to Glen, a native of Scotland, who moved to Holland in 1645, on account of religious persecution, and from there migrated to the New Netherlands.

The greater part of the surface of the town is covered with a thick deposit of drift which consists principally of clay, with some outcrop of slate with hard pan in the southern and western parts and loam in the eastern. Generally, the underlying rock is the shale of the Hudson River group, which crops out in the valleys and the bottom of the rivers.

The central and western parts are occupied by rugged and wooded hills rising abruptly from the valley of the river to a height of three hundred feet. The eastern part of the town is nearly level. The Mohawk intervalees have been devoted to the culture of broom corn and are very fertile.

The principal streams are: Crabskill, Chaugh-ta-noon-da, Alphaata and Jan Wemp's Creeks and Verf Kill. Sander's Lake in Scotia is about a mile in circumference.

On November 13, 1662, Van Slyck's Island was granted to Jacques Van Slyck and later a new grant was made to Jacques Cornelise and Jan Barentse Wemp.

Hoffman's Ferry was established about 1790 by Harmanus Vedder and called Vedder's Ferry until 1835, when it was bought by John Hoffman, from whom it took its present name.

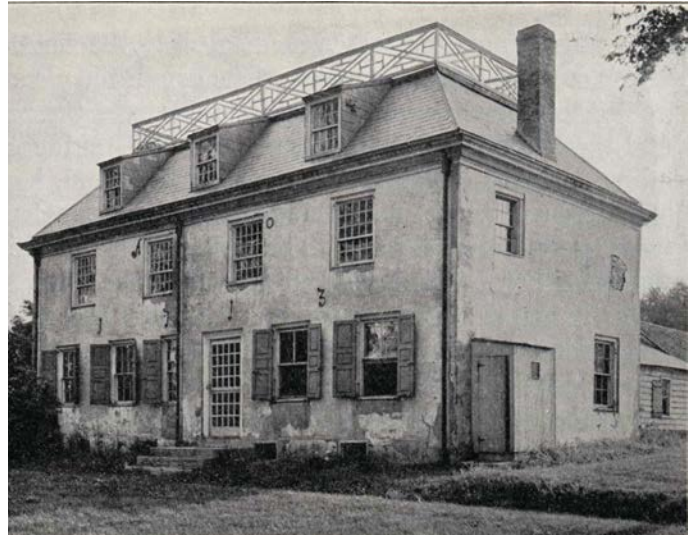
Among the first settlers were the Glens, Sanderses, Veiles, Van Eppses, Ostrands, Tolls, Barhydts, Browns, Johnsons and Carpenters.

The village of West Glenville is situated ten miles from Schenectady. It is in the northeast part of the town. East Glenville contains a Methodist Episcopal church and lodge of Good Templars.

High Mills is situated in the northeastern part of the town. At this place the town built a fine iron bridge across the Alplaat Creek.

The village of Scotia lies between the Mohawk River and Sander's Lake and is about one-half mile from Schenectady. Reesville was a suburb of Scotia, but the two places have grown together and are now known only as Scotia. Scotia, the ancient name of Scotland, was the name given by its first settler. This village commences at a point nearly opposite the eastern extremity of the city and extends westward about two miles along the north side of the Mohawk.

Glen-Sanders House, Scotia, 1713



Built of stone (now stuccoed) by Capt. Johannes Glen, in 1713, largely of the materials of the first house erected by Alexander Glen, close to the river in 1658, when the Glen farm was bought of the Mohawks. The homestead had been in the possession of the Glen-Sanders family for 266 years in 1924. This is a record family occupancy for the Mohawk Valley and one of the longest in the United States. The Glen-Sanders house stands on the west side of Mohawk Avenue close to the Great Western Gateway Bridge and is a Colonial guardian of the eastern gateway of the Long House of the Mohawks which we are now about to enter, and which ends at the American Corner in Rome NY

Glen-Sanders House Dining Hall.



The round dining table stood in the old Alexander Glen house of 1618. When Schenectady was burned and its people massacred in 1690, the French officers crossed the river and took breakfast on the round dining table shown in the picture. Note the double Dutch door at the back of the room.

Photo by courtesy General Electric Company.
www.schenectadyhistory.org

Welcoming the Snow Moon

Shining bright in the cold sky, the Snow Moon arrives at a time of year when the cold and the dark feel as if they may never end. There is a deepening sense that all of the reserves are being used up, that soon there will be nothing left to reach into for warmth, for nourishment, and for a sense of cozy tranquility.

The thought may surface, "Will this ever be over?" Welcoming the Snow Moon allows you to embrace the stillness and silence of this winter moon and pause in the mystical tranquility of the freshly fallen snow.

While the seemingly endless cold of the Northern Hemisphere can feel especially dreadful by this time of year, becoming attuned to smaller changes can brighten the spirit and act as a reminder that even the smallest shifts are harbingers of spring.

Deep beneath the snow-covered surface there is a subtle stirring. Nature has begun the fierce yet tender work of a slow awakening of the forces that live within all living beings. Bulbs are beginning to push determined tendrils up through the snow-blanketed earth with remarkable tenacity and hope. Tips of tree limbs that have sat leafless for months start to quietly stretch forth new buds. The sun has begun to rise earlier, set later, and is beginning to follow a higher path through the sky.

The spiritual meaning of the Snow Moon can be felt within all beings. Allow this time to be one of subtlety, a slow awakening of what lies just beneath the surface. Looking within, practice examining from a place of sensory awareness. Let the outer stillness support an inner examination of pure curiosity. Let the Snow Moon guide you as you explore your being from the inside.

Rather than attempting to create a forceful feeling of movement and action, welcome the invitation to be present and aware of what is already set in motion within you. There are shifts occurring at a divine pace that have been set in motion by a force greater than your own. Loosen the grip of your will and welcome a feeling of co-creation.

Your ego will likely battle against this feeling of surrender. In releasing the reins, you will come up against your own sense of wanting to run the show, to control the outcome. Notice this instinct and continue to return to a deep place of trust. Allow yourself to surrender to a slower, softer awakening of what is arising.

The Snow Moon is a reminder that change is not always showy. It illuminates the gentle stirrings that often create the most meaningful shifts. This is the time to trust the stillness and the truth of your own knowing.





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How can you Manage Student Loan Payments?



If you have student loans, you likely received a “payment vacation” over the past few years, due to legislation related to COVID-19. But if you’re like millions of other borrowers, you may have recently been required to resume your payments. How will this

affect your overall financial situation?

Of course, the first thing that comes to mind is the effect on your monthly cash flow. But the amount of pressure you feel will depend on your income and the size of the required payments. If these payments do represent a real challenge, you may need to adjust your budget and spending habits as best you can. However, there might be other steps you can take to help ease the burden or possibly reduce the repayment time.

Here are a few suggestions to consider:

- Sign up for autopay. Falling behind on your student loan payments can lead to late fees, and if you were to become truly delinquent, you could face even bigger troubles, such as wage garnishment. To avoid these problems, you can enroll in autopay, in which you move money automatically from a checking or savings account to your student loan provider. In addition to staying current on your loan, you might earn a .25 percent rate reduction, which is offered by many lenders and loan services to those who enroll in autopay.
- Refinance your loan. With a steady income, a reasonably good credit score and a manageable number of other debts, you might be able to refinance your student loan and reduce your interest rate, which will enable more of your monthly payments to go toward the principal.
- Look for employer benefits. Some employers — typically the larger ones — offer student loan repayment help to employees, so check with your human resources department.

- Make extra payments. If you feel strapped just making your regular student loan payments, you may not be able to make extra ones. But if you can afford to add to your payments consistently, you could pay off your loan earlier than you had thought. But just because you make an extra payment, the money doesn’t necessarily go toward reducing your principal — student loan services generally apply payments first to late fees and then to accrued interest. If you pay online, you should have an option to apply extra payments toward the principle.

- Choose a payoff strategy. If you have multiple student loans, and you can make more than the minimum payments, you may want to be strategic in how you pay off your loans. If your loans all have similar interest rates, you could choose the “snowball” method by getting rid of the smallest loans first — a technique that can give you feelings of momentum and satisfaction. Or you could take the “avalanche” approach by applying any extra payments to the principal of your loan with the highest interest rate, which will ultimately save you more money. It can certainly be challenging to deal with student loan debt. But with patience and diligence, and by exploring all your repayment options, you may be able to help yourself make progress toward putting these loans to rest.

Chris Nyhan runs the Edward Jones office in Burnt Hills, NY. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC. Investors should understand the risks involved of owning investments. The value of investments fluctuates and investors can lose some or all of their principal.

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Bonus Cash -\$500
Mangino Bonus-\$3,500

Final Price
\$47,425

\$3,000 Mangino February Bonus Discount

2024 GMCTerrain SLE
AWD 9-Speed Automatic 1.5L DOHC



Stk# 30024

MSRP \$34,510
Purchase Allowance
-\$750
Bonus Cash -\$1,500
Mangino Bonus-\$3,000

Final Price
\$29,260

\$3,500 Mangino February Bonus Discount

2024 Buick Enclave Avenir
9-Speed Automatic 3.6L Garnet Red



Stk# 170624

MSRP \$62,745
Purchase Allowance
-\$1,250
Bonus Cash -\$500
Mangino Bonus-\$3,500

Final Price
\$57,495

\$3,000 Mangino February Bonus Discount

2024 GMC Terrain SLT
AWD 9-Speed Automatic 1.5L DOHC



Stk# 30424

MSRP \$39,560
Purchase Allowance
-\$750
Bonus Cash -\$1,500
Mangino Bonus-\$3,000

Final Price
\$47,425

\$3,500 Mangino February Bonus Discount

2024 Buick Enclave Premium
5,000 lbs Trailering Package



Stk# 170324

MSRP \$58,635
Purchase Allowance
-\$1,250
Bonus Cash -\$500
Mangino Bonus-\$3,500

Final Price
\$53,385

\$3,000 Mangino February Bonus Discount

2024 GMCTerrain SLE
AWD 9-Speed Automatic 1.5L DOHC



Stk#30524

MSRP \$33,865
Purchase Allowance
-\$750
Bonus Cash -\$1,500
Mangino Bonus-\$3,000

Final Price
\$28,615

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Nursing Home Crisis Strategies -- Spousal Refusal



When dealing with Nursing Home budgeting, Medicaid income and asset rules are strict. Because the cost of care is very high, most average Americans run out of money and Medicaid then pays for that necessary care.

The "institutionalized individual" is allowed to keep just \$50 per month

plus \$30,182 in savings. Generally, the "community spouse" may keep \$3,853 per month of the couple's combined income and \$154,140 of the assets or "resources" over and above the exempt assets, such as a home, one automobile and prepaid burial accounts with a funeral home.

Many times, a spouse simply cannot afford to live securely on the allowances that Medicaid provides. This is where spousal refusal comes in. We start by shifting excess assets into the name of the community spouse. He or she then signs a document which the elder law attorney prepares and files with the Department of Social Services (DSS) indicating that they refuse to contribute their assets to the care of the ill spouse since they need those savings for their own care and well-being.

Once the community spouse invokes their right to refuse, and all of the other myriad of requirements of the Medicaid application are met, the state Medicaid program must pay for the care of the institutionalized spouse. Sounds good, but you are not "home free" yet. After Medicaid has been granted, even after the institutionalized spouse has died, DSS may sue the community spouse trying to recover the cost of care DSS actually paid out.

If so what's the point? Each case is unique. There are a few reasons why spousal refusal may make sense, even in light of this risk. First, in many instances, DSS never seriously pursues this right of recovery. Second, the community spouse may have spent the excess on her own needs in the interim. Third, these lawsuits may be settled for significantly less than the cost of care provided. Fourth, the county may be willing to defer repayment until after the community spouse dies or sells her home. Finally, even though the county may seek recovery, it is only for the Medicaid reimbursement rate and not the private pay rate. For example, if the private pay rate is \$16,000 per month, which is what you would have to pay, the amount Medicaid actually paid may be thousands of dollars less than the private pay rate. The county may only pursue you for the amount they actually paid. Worst case scenario then, if you had to repay the full amount DSS paid for care, you would still be saving several thousand per month times the number of months DSS paid for the cost of the spouse's care. Saying "I refuse to contribute toward the cost of care" is a simple statement which may be part of a more sophisticated crisis planning strategy.

Far better however, is to plan ahead and consider asset protection and possibly setting up a Medicaid Asset Protection Trust (MAPT) five or more years ahead of the nursing home crisis. Schedule a consultation to talk about your planning needs.

Contact us for all of you Elder Law, Estate Planning, and Estate Administration needs :

Toombslawny.com.

Law Office of Kathleen M. Toombs
157 Barrett Street, Schenectady, NY, 12305

(518) 688-2846

helpdesk@toombslawny.com

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FEBRUARY CROSSWORD

Across

- 1. Related
- 5. Midwest airport
- 10. Fable

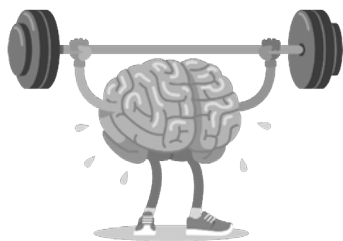
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- 15. Fray
- 16. Mideast nation
- 17. Tablet
- 18. Entreaties
- 19. Breath freshener
- 20. Flatfish
- 21. Crowd
- 22. Tempo
- 23. Browned bread
- 25. ___ beam
- 26. Serious
- 29. Family group
- 31. Entertain
- 32. Most snobbish
- 37. "Cry ___ River" (2 wds.)
- 38. Permit
- 40. Paddle's kin
- 41. Count
- 43. Beetle beatkeeper
- 45. Article
- 46. Small hound
- 47. Garb
- 50. Witch's charm
- 52. Congers
- 53. Following
- 55. Woeful cry
- 59. Send out
- 60. Angry
- 61. Ensuing
- 62. Tick's kin
- 63. Rent again
- 64. Valley
- 65. Recipe instruction
- 66. Prophets
- 67. Gush forth

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Down

- 1. Recipe abbr.
- 2. Toledo's state
- 3. Recline lazily
- 4. Erases
- 5. Parentless child
- 6. Angels' headwear
- 7. Turn aside
- 8. ___ between the lines
- 9. Alternative word
- 10. Big drums
- 11. Opera tunes
- 12. Spear
- 13. Door sign
- 24. Egg dishes
- 25. Type of football pass
- 26. Identical
- 27. Warning sign
- 28. Hawaiian feast
- 29. Traffic barrier
- 30. ___ Angeles
- 32. Fraudulent scheme
- 33. Butterfly catcher
- 34. Many years
- 35. Wise man
- 36. Horse's gait
- 39. Indignation
- 42. Blunder
- 44. Oahu and Maui
- 46. French caps
- 47. Believes
- 48. Send payment
- 49. Upper class
- 50. Not fresh
- 51. ___ Pan
- 53. Ventilates
- 54. Costing nothing
- 56. Jump
- 57. Wheel shaft
- 58. Brood

**ANSWERS ON
PAGE 28**



Schenectady to North Creek Snow Train events through March

The 90th Anniversary of the first snow train to run between Schenectady and North Creek is being celebrated locally and in the Adirondacks through March 2024. Events in Rotterdam, Glenville and North Creek will highlight the legacy of this snow train and the people who initiated this long-running program that brought winter adventurers from Schenectady, NY to North Creek and Gore Mountain.



Known as the North Creek Snow Train, it first brought 378 skiers from Schenectady to North Creek on March 4, 1934. Skiing in the Adirondacks dates back to the early 1900s, but gained popularity through the 1920s and 1930s, leading to the 1932 Winter Olympics. Reliable transportation to ski the Adirondack mountain sides was unavailable, which prompted Vincent Schaefer, a founding member of the Schenectady Wintersports Club, to lobby railroad companies to establish a train schedule to the North Creek depot. The train was operated by the Delaware and Hudson Railroad Company. Round trip fare was \$1.50 (approximately \$35 today) and by 1936, snow trains were operating out of Albany and New York City.

Multiple events and local partnerships are offered to honor the snow train anniversary.

February 10, 2024, 7 p.m. at Tannery Pond Center: Old ski movie night from the 1930s 1940s and 1950s, presented by the North Creek Depot Museum

February 13, 2024, 6 p.m. at Wolf Hollow Brewing Company: Movie night: Adirondack hickories and "Freddie at 95," hosted by Jim and Bill Schaefer

February 17, 2024, 7 p.m. at Tannery Pond Center: "Women of Winter: Frederica 'Freddie' Anderson, Pioneer Ski Instructor and Lois Perret Schaefer, RN, The First Aid Committee Ski Patrol, 1933," talk by Jim Schaefer

February 22, 2024, 7 p.m. at Tannery Pond Center: Johnsbury Historical Society presentation on the WWII 10th Mountain Ski Division

March 2-4, 2024, Gore Mountain: Celebrating the First Snow Train

March 2, 2024, time TBD, at North Creek Depot Museum: Ski Bowl snow shoe presentation

March 3, 2024, 1 p.m. at Tannery Pond Center: Johnsbury community story recording session and launch of audio walking tour of North Creek

Through March 2024: Historic exhibit of the Snow Train and skiing history of Rotterdam and Schenectady County at Rotterdam Town Hall

For more information visit www.swcweb.org

~This information is courtesy of the Adirondack Almanac and the Schenectady Winter Sports Club

To read the Adirondack Almanack go to www.adirondackalmanack.com

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WINTER SEED SOWING IN JUGS

FEB → APRIL

COLLECT & WASH JUGS.
DISCARD CAP

MAKE 5 OR 6
1/2" HOLES IN
BOTTOM OF JUG

DRILL
OR
HOT GLUE GUN
WILL MELT
HOLES

SLICE JUG IN HALF
LEAVING THE HANDLE
ATTACHED

PACK 2-3" OF WET
SOIL IN BOTTOM OF JUG

SOW SEEDS ACCORDING
TO PACKET INSTRUCTIONS

TAPE JUG BACK TOGETHER
WITH DUCT TAPE

LABEL WITH
SHARPIE

SET JUGS IN A SUNNY SPOT.
SNOW & RAIN WILL ENTER THROUGH
CAP HOLE CREATING CONDENSATION.
SPRAY WITH WATER IF DRY.

JUG BECOMES
A GREENHOUSE!

OPEN JUG
IN SPRING!

*ONCE SEEDS HAVE SPROUTED
PROTECT FROM LATE FROST
BY COVERING WITH BLANKETS.

14TH

DAY OF
FEBRUARY



The color of a rose given on
Valentine's Day each has
different meanings.

The X became
the symbol for
a kiss in the
middle ages



Alexander
Graham Bell filed
a patent
application for
the telephone on
February 14, 1876.



Conversation
Hearts started as
medical lozenges



Valentine's Day is
the second most
popular greeting
card sending
holiday

9 Million people
buy Valentines
Gifts for their
pets



Over 36 Million Heart
Shaped Chocolate
Boxes are bought
each year



Jewelry is the
Valentines gift
that people
spend the most
on, over 5
Billion



Legend is that Cupid
would shoot his arrow
into people's hearts
which would make them
fall in love!



Teachers
Receive The
Most
Valentine's
Day Cards



VALENTINE'S DAY

FUN FACTS for kids



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It Takes A Village



This statement can cover every aspect of life and is normally used when discussing the raising of children. But what about being involved in the humanitarian effort of helping your community? There are many different paths individuals can take to do this. I chose Network Marketing, specifically in the realm

of health and wealth. Network Marketing is a community within itself and as long as you help each other, you will succeed. Dr David Schmidt has placed his wonderful invention in the hands of "We The People"- we, the distributors, have control of not only our health, but how involved we want to be in the business aspect. If desired, you do not have to be a distributor but rather just use the wonderful technology that allows your body to heal itself.

We all know of many natural healing protocols that are becoming more prevalent in today's world. As these emerge, I would like to offer you the power of the patch. LifeWave is a company that has been around for 20 years, yet many are just starting to hear of it. Won't it be wonderful to begin to learn how capable our body is at healing itself?

All of the patches from LiveWave are created to have their own job. The most popular patch of LifeWave, X39, allows your own body's light to produce a copper peptide, which causes your stem cells to reawaken, and go after all that inflammation.

Research shows you lose 50% of your stem cell activity by the age of 35, and 90% by the age of 65. The X39 patch is created to counteract this and actually reverse age. There are also supportive patches that help your body with an endless list of symptoms, but most predominantly: immunity, pain, sleep, and energy.

The World is changing- we are learning so much about our history, our health, and how we can get ahead in our health and our wealth. But what is wealth without health? It will take a village, but we have this because we are in The Great Awakening and we will continue to learn to better ourselves.

If you are interested in joining our community, or just bringing your health to an optimal level, For information. It is a 5 minute overview of these powerful patches. either scan this QR code or go to:

startx39now.com



Once you read it, if you are intrigued, then you can click on this code or got to:

lifewave.com/lisarusso



or simply call/text me at 518-229-6730.

**My name is Lisa Russo,
and since taking control of my health,
I have never felt better.**



Babywearing 101



Babywearing has been done for years and years in the more “natural” communities. In recent years, more parents are taking to wearing their babies. Chiropractors recommend always wearing your baby facing inward. Often, we see parents wearing their baby

facing outward, which can have many negative effects on the baby. First and foremost, outward carriers put a lot of stress on the baby’s hips, which are still developing. Baby’s legs should be in an “M” position, with the knees above the hips in a squat and legs separated or straddled. In outward carriers, baby’s legs just dangle down, which puts a lot of stress on the hips.

Babies are off balance in the outward carrying position and this leads to compensation by leaning their pelvis backward. This will affect the structural development of the pelvis. Not only do outward carriers put stress on the hips and pelvis, but they put stress on the spine as well.

When baby is facing outward, the spinal curves are forced into a reversed position instead of the “C” curve the spine should be in. Babies are not born with the curves adults have; these curves are developed from tummy time and crawling as the baby hits his/her milestones. Forcing these curves into the reverse position during this critical stage of development could be detrimental to the child’s spine and nervous system and can have lasting effects all the way through adulthood.

Babies like to be able to see their parent/caregiver and this creates a bonding experience for the child and the parent/caregiver. Bonding is important for communication skills and overall security for the baby. If the child is facing out, they are deprived of this experience.

Babies also should be able to nurse on demand if mom is nursing them. It is good for mom and baby to connect as the baby is experiencing a new environment. This can only happen in an inward facing carrier.

Not only is outward facing babywearing bad for baby, it is bad for the parent as well! It is definitely not ergonomically correct. Wearing your baby facing outward shifts the wearer’s spine forward, shifting his/her center of gravity forward. This is a big deal because it can cause spinal misalignments and unnecessary stress on your spine.

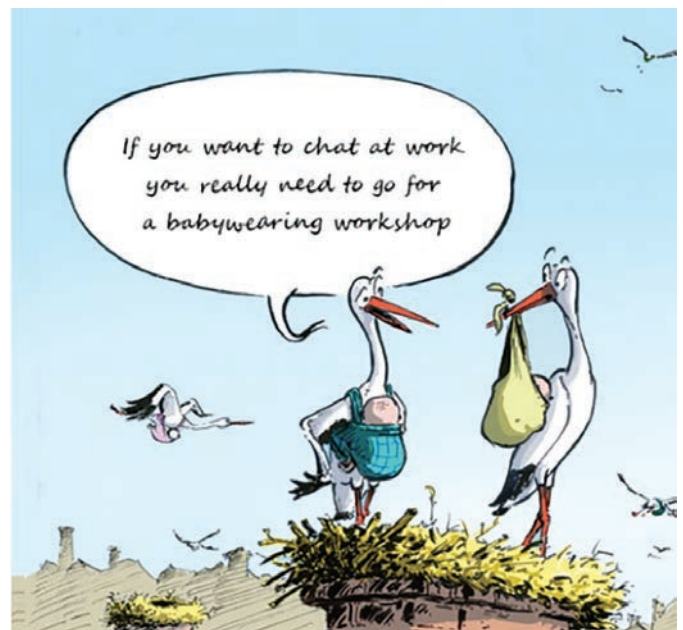
Please be sure to wear your baby facing inward and get checked by your chiropractor to ensure optimal spinal health!

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a visit for your family!

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NYS Maple Association

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Find more recipes at nysmaple.com/recipes/

MAPLE PORK WITH CHERRIES

Recipe by Erich Ruger
Sugar Oak Farms, Malta, NY

- 1 pork tenderloin, sliced thin (1/4 to 1/2 inch)
- 1/4 c. flour
- 1/8 tsp. salt
- 1/4 tsp. garlic powder
- 1/2 c. half and half
- 1/8 tsp. black pepper
- 1/3 c. Pure NYS Maple Syrup
- 2/3 c. dried cherries
- 1/4 c. chicken broth



Dredge pork medallions in flour seasoned with salt, pepper and garlic powder. Pan sear floured pork in hot oil until not pink. Remove from pan. Add fruit, chicken broth and Pure NYS Maple Syrup. Cover and simmer for 3 minutes. Add cooked pork and half and half. Season with salt and pepper. Adjust consistency by simmering uncovered until desired thickness. Serve over rice or couscous.



<https://www.youtube.com/NYSMaple> [nysmaple.com](https://www.nysmaple.com) [@NYSMaple](https://www.facebook.com/NYSMaple)

MAPLE "CHICKEN OF THE WOODS" STIR FRY

Recipe by John Montefusco
Our Woods Maple, Cold Brook, NY

- 1/2 lb. "Chicken of the Woods" mushrooms (forage/purchase mushrooms or substitute portobello mushrooms, beef, chicken or pork)
- 1 whole medium yellow onion chopped
- 2 cloves of garlic, sliced
- 1 tbsp. extra virgin olive oil
- 1/3 stick grassfed butter
- salt, pepper, sage, rosemary, thyme to taste
- 1/2 c. (approx.) Pure NYS Maple Syrup



In sauce pan, heat oil and butter over medium heat. Add and reduce onion until translucent. Add garlic. Reduce. Add salt and pepper. Add sliced "Chicken of the Woods" mushrooms. Cook through on medium heat, about 5 to 7 minutes. Add herbs, seasonings to taste. Drizzle Pure NYS Maple Syrup and heat through while stirring for an additional minute.



<https://www.youtube.com/NYSMaple> [nysmaple.com](https://www.nysmaple.com) [@NYSMaple](https://www.facebook.com/NYSMaple)

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MARCH 16-17 & 23-24 2024 Map available at www.mapleweekend.com/producers/

MAPLE PUDDING

Recipe by Roberta Jelliff
Jelliff's Maple, Bentley Creek, PA

- 2 c. milk
- 1 c. heavy cream
- 1 c. Pure NYS Maple Syrup, Med-Dark
- Pinch of salt
- 1/4 c. cornstarch
- 2 egg yolks
- 3 tbsp. butter
- 1 tsp. vanilla
- 1 1/2 c. whipping cream for topping



Heat in medium size saucepan one cup milk, heavy cream, Pure NYS Maple Syrup and pinch of salt until it starts to steam (about 8 minutes). Remove from heat. In small bowl add remaining one cup milk, dissolve cornstarch into it; stir in egg yolks. Take one cup of the hot milk mixture and slowly add it to the yolk mixture, stirring constantly. Slowly pour into remaining hot milk mixture, stirring constantly. Return to heat. Keep stirring so it does not scorch. When mixture starts to thicken, turn off the heat. Add butter and vanilla; mix well. Cool. Serve topped with whipped cream.



<https://www.youtube.com/NYSMaple> [nysmaple.com](https://www.nysmaple.com) [@NYSMaple](https://www.facebook.com/NYSMaple)

MAPLE DREAM BARS

Recipe by Ganny Brow
Brow's Maple, West Chazy, NY

Crust: 2 c. flour, 1 c. chopped nuts, 2 sticks melted butter. Mix all ingredients together, pat into 9" x 13" pan. Bake for 20 minutes at 350°F. Let cool.

Mix: 1 c. Pure NYS Maple Granulated Sugar, 8 oz. cream cheese, 1 c. Cool Whip. Spread this on the baked crust.

Combine: 3 c. Pure NYS Maple Syrup, 3 beaten eggs, 1/2 c. water, and 2/3 c. flour. Cook in double boiler, beating with spoon the entire time until it boils. Remove from heat, add 2 tbsp. butter. Let cool, spread on second layer. Top with whipped cream or Cool Whip.



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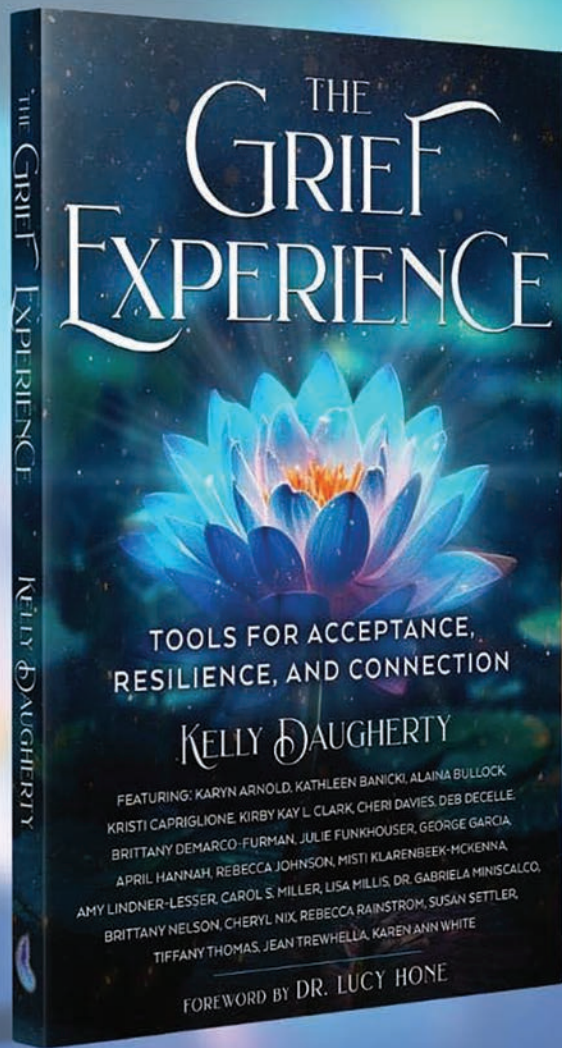
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Chapter 19
The Last Responder
Brittany DeMarco-
Furman

Glenville Funeral Home



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Glenville
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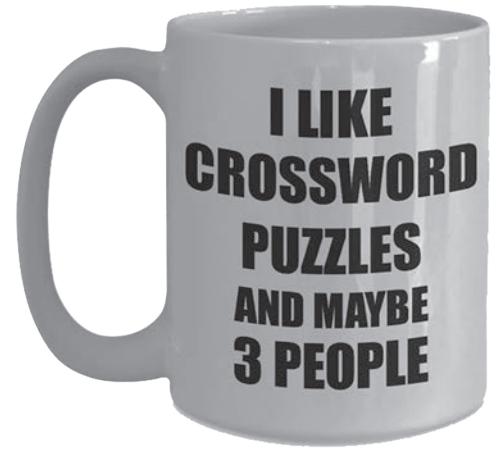
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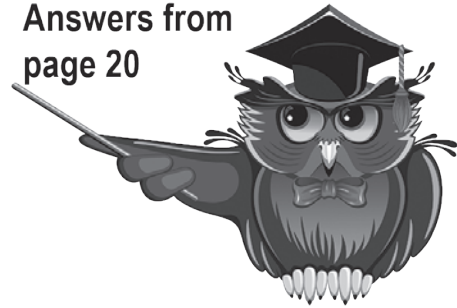
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Answers from
page 20



Kindergarten Registration

2024-25 school year

Important Dates

**EARLY
FEB**

Packets
mailed to
parents

**FEB
26**

Informational
Night for Parents,
6:30-7:30 pm,
HS Auditorium

**K
REG**

Feb. 27-March 1
8 am to 4 pm
District Office

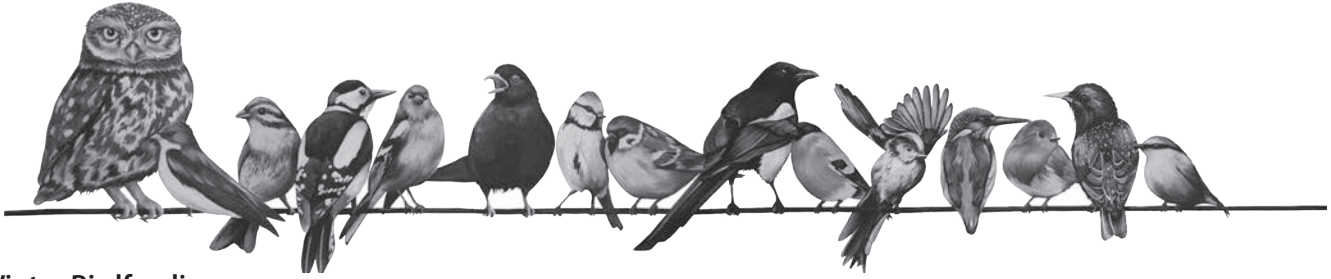


Mary Ann De Luca, Registrar
mdeluca@bhbl.org
518-399-9141, ext. 85015



BH-BL District Office
Hostetter Leadership Ctr
88 Lakehill Road

Welcome Winter Birds into your Yard



Winter Birdfeeding

Many birds rely on fruits and seeds for survival, especially from feeders when food is scarce.

Providing bird feeders in winter will attract many birds to your yard. Place feeders in locations near, but not directly next to shelters. This allows birds to see any potential predators—but doesn't allow the predators to catch birds on the feeders. This also prevents bird collisions.

- Attract different kinds of birds with different kinds of food.
- Suet and peanut butter are attractive to woodpeckers, wrens, chickadees, and others.
- Sunflower seeds appeal especially to finches, but many other small-to-medium sized birds eat sunflower including chickadees and juncos.
- Hulled sunflower seeds can be eaten by smaller birds as well—though more pricey, there's much less waste and less mess under the feeder.
- Nyjer or thistle is attractive to smaller finches like goldfinches, siskins, and redpolls.
- Mixed seed will attract most species to some extent; doves and pheasants like the millet content.
- Cracked corn on the ground will attract ground-feeding species including doves, pheasants, quail, and turkeys.
- Provide Water. A clean source of water, such as a birdbath, will be of great use to birds, and a dripping water source can be a magnet for birds. In areas with winter freeze-up, it's best to use a heated birdbath.

Winter is a tough time for birds, especially when it comes to finding food and shelter - but there are ways that we can help!

Birds have the same needs—food, water, shelter—in winter as they do any other time. Supporting these needs for overwintering birds could help to sustain their populations. We have compiled the following guide on simple ways you can help. Creating Bird-friendly Yards and Communities

Where birds thrive, people prosper. One of the most important things we can do to help birds and other wildlife is to make our yards more bird and wildlife-friendly.

Minimize the amount of manicured lawn in your yard. Reduce the amount of pesticides and fertilizers in your yard and plant native species. The wilder and more varied, the better it is for your avian neighbors.

Make a brush pile in the corner of the yard. Collect and set aside fallen branches and logs. This will provide shelter for birds from predators and storms, and a place to roost at night.

Rake leaves up under trees and shrubs and leave them there. The resulting mulch will make a lush environment for the insects and spiders that birds love to eat.

Create a songbird border of native trees and shrubs to create shelter from wind. Berry and fruit-producing shrubs and trees such as dogwoods, hollies, chokeberries, and elderberries and cherry trees are favored by many types of birds. Plant native species whenever possible, and always avoid invasives.

Clean out old nest boxes and feeders. It's wise to remove old nests and seeds from shelters and feeders to prevent birds from getting sick. *Courtesy of Audubon New York*



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Directly Mailed to 14,500 Residents and Business Owners from Scotia to Ballston Lake. Let YHT connect your business to your customers in a unique & interesting way, through a combination of advertisements ♦ business biographies ♦ local news ♦ expert columns

Ad Size	1x	3 Month Contract	11 Month Contract
1/6 Page (3.5" x 3.0")	\$180	\$495/165 per month	\$1650/\$150 per month
1/4 Page (3.5" x 4.75")	\$225	\$570/190 per month	\$1980/180 per month
1/3 Page Horizontal (7.25" X 3") Vertical (3.5 x 6)	\$250	\$675/225 per month	\$2200/200 per month
1/2 Page Horizontal (7.25" X 4.75") Vertical (3.5 X 9.75)	\$350	\$960/320 per month	\$3300/300 per month
Full Page (7.25" X 9.75")	\$575	\$1,575/525 per month	\$5700/475 per month
Service Directory/ Business Card Ad \$90 per month			

Back Cover - Inside Cover - Page 3 - Premium Position - Inquire About Availabilty

Expert Columns

Editorial column space is available for professionals to write about their field of expertise. Educate your potential customer about your field of expertise

- 3-month minimum contract is required.
- Once an expert is approved to write the column, he or she is guaranteed exclusivity for that category for the duration of the agreement. Minimum 3 Month Commitment

1/2 Page \$200 per month
Full Page \$350 per month



1x Set up fee \$30 Unless Camera Ready Art Provided

Submitted Print Ad Requirements
CMYK Color; 300dpi in JPEG or PDF
Bleed Size: add 1/4" on four sides
Deadline: The 20th of each month.

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February Sweetheart Deals!



WE ARE PROFESSIONAL GRADE



SUBARU

Confidence in Motion

CHECK OUT THESE PRE-LOVED SUBARU'S

 <p>2018 SUBARU CROSSTREK 2.0i LIMITED N8882, Cool Gray Khaki, 59,026 miles, air conditioning, an overhead console, and 1-touch window functionality.</p> <p>\$21,995</p>	 <p>2021 SUBARU FORESTER PREMIUM N8780, Sepia Bronze, 53,313 miles, adjustable headrests in all seating positions, heated seats, and the power moon roof opens up the cabin to the natural environment.</p> <p>\$25,995</p>	 <p>2021 SUBARU CROSSTREK N8565, Crystal White Pearl, 27,115 miles, power windows, an overhead console, and cruise control.</p> <p>\$26,995</p>
 <p>2021 SUBARU FORESTER PREMIUM N8900, Jasper Green, 34,123 miles, air conditioning, heated seats, telescoping steering wheel, and a split folding rear seat.</p> <p>\$26,995</p>	 <p>2021 SUBARU FORESTER PREMIUM N8827, Crystal White Pearl, 24,573 miles, heated seats, power door mirrors and heated door mirrors, and more.</p> <p>\$27,995</p>	 <p>2021 SUBARU FORESTER PREMIUM N8827, Crystal White Pearl, 24,573 miles, heated seats, power door mirrors and heated door mirrors, and more.</p> <p>\$27,995</p>
 <p>2021 SUBARU FORESTER LIMITED N8764, Crystal White Pearl, 45,124 miles, fully automatic headlights, remote keyless entry, and cruise control.</p> <p>\$28,995</p>	 <p>2020 SUBARU FORESTER LIMITED P3126, Ice Silver, 28,399 miles, automatic temperature control, fully automatic headlights, and more.</p> <p>\$29,995</p>	 <p>2021 SUBARU ASCENT TOURING N8449, Ice Silver, 44,319 miles, adjustable headrests in all seating positions, heated and ventilated seats, and much more.</p> <p>\$37,995</p>

EVEN MORE TO LOVE FROM OUR GMC STORE!

2020 GMC SIERRA 1500 AT4

Stock# P3170, Onyx Black, 36,257 miles, front dual zone air conditioning, a tachometer, heated and ventilated seats, and leather upholstery.



\$46,995

2021 GMC ACADIA SLE

Stock# P3083, Cayenne Red Tintcoat, 21,913 miles, variably intermittent wipers, an outside temperature display, and a split folding rear seat.



\$33,995

2021 GMC SIERRA 1500 SLT

Stock# P3151, Dark Sky, 33,189 miles, leather upholstery, front and rear reading lights, a bedliner, and a split folding rear seat.



\$48,995

2022 CHEVROLET SILVERADO 2500 HD HIGH COUNTRY

Stock# P2905, White, 15,653 miles, front fog lights, an automatic dimming rear-view mirror, heated and ventilated seats, and a split folding rear seat.



\$72,995

2019 CHEVROLET SILVERADO 1500 RST

Stock# P3117, 33,123 miles, Northsky Blue, front dual zone air conditioning, a rear step bumper, an overhead console, and power windows.



\$42,995

2018 CHEVROLET TAHOE PREMIER

Stock# P3090, Summit White, 77,446 miles, heated seats, power front seats, blind spot sensor, and power windows.



\$44,995

37-47 Saratoga Rd., Rt. 50 Glenville 518-399-9999

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\$2000 REBATE
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w/3.0L Diesel Engine

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48 MONTHS

\$1,000 OFF

AND
2.9% FOR
48 MONTHS

any in stock
2023 WRX



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SEE OUR ENTIRE INVENTORY AT:
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