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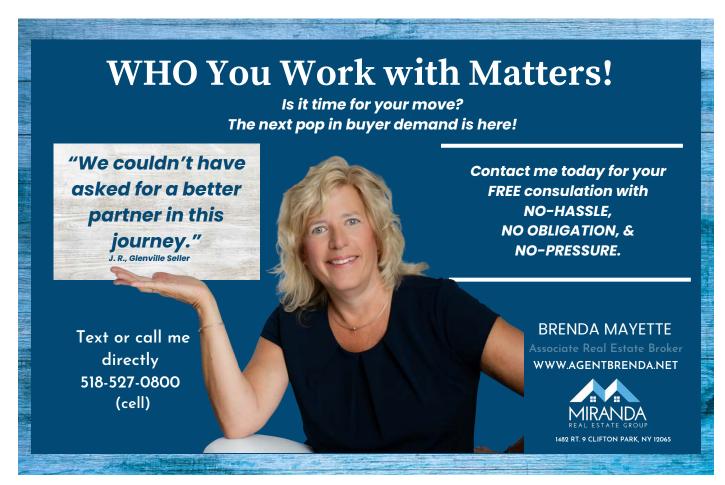


Happy Hour At the Bar Sunday - Thursday Beer & Drink Specials - \$10 Appetizers



Reserve our Semi Private Room, offering gluten free options with perfect for special events and meetings! a designated gluten free fryer

507 Saratoga Rd (Rt 50), Glenville, NY, 12302 518.382.1038







Kristen Holub

Kristen is a lifelong Glenville resident who graduated from Scotia Glenville High School. She now devotes much of her time to homeschooling her three children. She graduated SUNY Geneseo with her Bachelor's Degree and earned her Masters at SUNY Albany. She later

took a rewarding job teaching English part time at SUNY Schenectady. As a hobby, she sells vintage home goods at The Schenectady Trading Company.

In her spare time she likes to explore nature with her kids, cook from scratch, thrift shop and read. She is very active in her church, passionate about low tox living, and is running to continue the progress that's been made in Glenville toward a more efficient government, lower taxes and most of all keeping the needs of residents the top priority in Glenville.



Stacie Agostino

Stacie is an experienced public servant who has dedicated 17 years to helping residents on behalf of the public officials within the House of Representatives, New York State Senate and Assembly. She spent those years resolving state and federal issues for residents and small businesses. As a

result, she ensured individuals, families, and local small businesses had the resources they needed to experience success and navigate through crises.

Stacie is a positive person who dedicates her spare time to helping others.

She is a member of the Glenville Rotary, currently serving as President, and coordinated the logistics for a project to raise funds to provide service dogs for veterans. Additionally, she has served as the Vice President and Treasurer of the Schenectady County Women's Republican Club, working to empower women leaders in our communities.

Stacie lives in Glenville with her husband Mark, a retired police Sergeant. Together they raise two daughters and two dogs. They have run multiple marathons on the East Coast and hiked many of the highest peaks in the Northeast.



Robert Kirkham

Robert is the acting supervisor for the town of Glenville, bringing his 34 years of experience in municipal service to this role. A proud resident of Glenville for over 30 years, he was elected as a

Glenville Town Board member and now leads the town in his current capacity. With 34 years of infrastructure and vital service experience, coupled with over 20 years of leadership roles within labor unions, Robert is deeply committed to public service development and community engagement.

Beyond his professional contributions, Robert is a devoted family man. He and his wife, Wendy, have two married children and five grandchildren, all of whom reside in Glenville. An avid outdoorsman, he enjoys spending time in nature and is an active member of various civic organizations, supporting local initiatives that enhance and strengthen the community he loves.





What's important to us? As a team, we want to work hard for the residents of Glenville to bring us forward productively into the future, while retaining what makes Glenville such a great place to live and do business in.

Bob Kirkham, Kristen Holub, Stacie Agostino

Our Vision for the Future

- Identify and redevelop vacant and abandoned properties as well as targeted enforcement for those in disrepair
- Smart Development in line with the comprehensive plan, while keeping residents concerns about traffic and suburban small firmly in mind.
- Promote more shared municipal services and cooperation to lower costs for residents
- Streamline and clarify Town Code to better serve residents and businesses; Reform and Revitalize the planning department

Improving Efficiency of Government Operations

- In town hall: brought billing and printing of tax bills in house. Created a savings that directly results in employee retention and lower need to tax or raise other revenues.
- Usher grant funds into the town coffers and deploy for robust for investment in equipment
- Increased highway funding, purchasing new equipment
- Securing our workforce: All union contracts settled, sometimes before the previous contract expired. Ensuring job retention, and continuity of services in our community
- Streamline town code through implementation of specialized software

Other Issues Important to our Town

- Proudly displaying our support for veterans of the armed services through legacy park as well as commemorative banners displayed throughout the town
- Supporting our seniors through programs such as senior meal programming partnering directly with the county, as well as the senior van to fill gaps in transportation needs
- Preserving green space maintaining the rural character of our beautiful town in the appropriate areas

Economic Development

- Lowest tax rate in the county!
- Promoting responsible development for the whole town
- Continued Development, Will lead to tax base increase, 300+ new jobs
- Redevelopment of Freeman's bridge corridor, as well as rest of town
- Wolf hollow to Burnt Hills development is happening
- Matrix hotels 3 retail sites being developed
- Supervisor changed zoning for digital sign boards in commercial corridor to better promote businesses limited solely to the business section
- Water Infrastructure expansion in industrial park
- New infrastructure for water treatment plant, \$5.5 million over next couple years via grant funding and settlement funds to lower cost to taxpayers

What Was and What Is

The Communities of Burnt Hills and Ballston Lake and their School District, 1938-1940 and 2025 Documentary

Premier at Burnt Hills-Ballston Lake High School in the Large Group Instruction Room October 21, 2025, 6:30 PM



Join us on at Burnt Hills-Ballston Lake High School in the Large Group Instruction Room

The premiere showing of the documentary video, "What Was and What Is: The Communities of Burnt Hills and Ballston Lake and their School District, 1938-1940 and 2025" is based partly on newly-discovered 16 MM film from the years 1938-40 in the communities of Burnt Hills and Ballston Lake and their school district, Burnt Hills-Ballston Lake School District. That original 1938-40 footage, edited and annotated, is followed by some of the same scenes in the year 2025.

A must-see for anyone who loves to see how community and school life have changed over time. The video documentary was produced and directed by Ballston Town Historian and former BHBL teacher Rick Reynolds with videographer and editor Dave Waite from Galway.





Burnt Hills-Ballston Lake High School

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Autumn...the year's last, loveliest smile." ~William Cullen Bryant

And all of the sudden, as if by magic, the nights became cooler, the smells became richer with the final flower blooms trying to hang on to summer, mixed with the leaves, now fragrant with the smell of fall. The last crop of tomatoes is lush with flavor; sweet, sour, and savory to compliment the hearty meals we crave as the cooler weather joins us. We are receiving earth's final gift of fresh flowers and produce before dropping the mercury and turning all of the foliage to brown.

"Autumn carries more gold in it's pocket than any other season ." ~Jim Bishop

Orange, gold and deep red leaves now paint our landscape, replacing the vibrant flowers on the ground, forcing us to look up at the trees, giving us one of most spectacular nature shows on the planet. Fall in Upstate New York has a personality of its own. It is warm and woodsy, colorful and fresh, comfortable and delicious. It brings us to pause with cool nights; giving us permission to nestle into our homes with our fuzzy blankets, pets, loved ones and crock pots. We come back to center in this relaxed time of year. Bon-fires replace pool parties, hot toddies replace ice cold cocktails, blue jeans and boots replace shorts and sandals. Conversations flow quickly while time seems to slow down, allowing us to see the ones we love a little clearer. Hugs become shared body heat giving us a feeling of contentment as we snuggle into the fall.

"Well, it's a marvelous night for a moondance, with the stars up above in your eyes" -Van Morrison

The Moon is stealing the show tonight, as I write this. A Super Harvest Moon is dancing in the sky, illuminating my yard with twinkling light. My gardens are still flowering, the moonlight is bouncing off my white zinnias like an early romance!

The full Moon of October 6/7 is a super moon, which is the informal name given to a full Moon that's at the closest point to Earth in its orbit. This happens because the Moon's orbit around Earth isn't a perfect circle. Instead, it's elliptical, or slightly egg-shaped. Hence, sometimes the Moon is closer to Earth than at other times, a Perigee full Moon (super moon) can appear 14% larger and 30% brighter than a normal full moon (Apogee moon). It is also the Harvest Moon because it is the closest full Moon to the September equinox. It is called the Harvest moon because the September equinox (yes it's in October this year) has the smallest difference in rise times for the year. Historically, this would have meant the Moon was bright and full, illuminating the fields at the same time over the course of a few evenings, enabling nighttime gathering of the harvest. Some years, the Harvest Moon is the September full Moon, but in 2025 we are being treated with an October harvest moon.

"Fall is nature's reset button" -Unknown

The reset begun! My closet is a mish-mosh of tank tops and sweaters. My dresser is still packed with shorts, my blue jeans are eyeballing me, wondering why it's not their turn to go out into the daylight yet... I'll be wearing you soon enough, my denim friends. Once the temperature dips below 60 your only competition will be my "day pajamas". I love my comfy stretchy, yoga pants. The days of big bulky sweats is long gone, if you're a woman reading this; I have to tell you, the newer yoga pants are amazing! They have pockets deep enough for your cell phone, they are comfortable, you can get them with a flare cut, and most importantly, they make you look like a functioning human in case you have to walk your dog or answer the door at 9 am. My blue jeans have serious year round competition now that I have discovered "day pajamas".

"Don't look around the leaves are brown And the sky is a hazy shade of winter" —Simon & Garfunkel

Soon the nights will become equal to the days and we will be sipping coffee with the moon in the morning and having dinner by the light of the moon in the evening. It will become quite. The only sounds we will hear will be the wind, crunching snow, and the grateful chirping of winter birds devouring fresh seed at our feeders.

...There's a patch of snow on the ground

Peace, Cheryll, Ken and Artie

Artie's gonna miss the boat!









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Setting it straight.

I would like to issue a retraction regarding my column from last month on the rabies vaccine. First and foremost, I want to sincerely apologize for what I wrote in my column last month. My

intention was never to tell anyone what to do with their bodies, their health, or the health of their pets.

I realize now, that the way my words were presented may have caused confusion, and for that I am truly sorry.

To be absolutely clear: rabies is a very serious and dangerous disease. My intention was not to spread misinformation. If contracted, without proper treatment, rabies is fatal. While human rabies cases in the United States are extremely rare, the seriousness of this disease should never be underestimated.

Again, I apologize and thank you for allowing me to clarify my position.

Lisa Russo









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For more great questions like this one, be sure to visit our FAQ page. To get started with our services, contact our team today!

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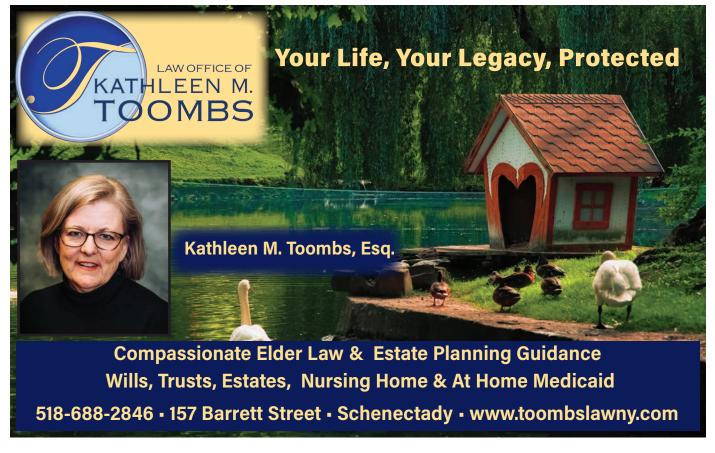


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Chiropractic can change lives!



Mark was 42 when his back gave out. It wasn't a dramatic injury. No car crash. No football accident. Just a simple twist while reaching for a sock one morning. A loud pop, a sharp stab of pain, and suddenly the world shifted. Weeks turned into months. Sitting hurt. Standing hurt. Sleeping barely

happened. MRI scans were inconclusive. Painkillers dulled the agony, but dulled his mind too. He stopped running. Then walking long distances. Then working. His world got smaller. He tried everything—orthopedists, physical therapy, acupuncture, even yoga. Nothing stuck.

One gray November afternoon, while waiting in line at the pharmacy, Mark overheard a woman talking about her chiropractor. "I was skeptical too," she said, "but it changed everything." Mark didn't "believe" in chiropractic, but he wrote down the name anyways.

The office was bright, peaceful—warmer and more homey than a medical office. She listened, really listened, as Mark told his story. She didn't rush. She asked guestions no one else had bothered to ask. She did a thorough exam and pointed to a spine model on the desk. "Your pain isn't random," she said. "Your pelvis is rotated. That twist? It was the last straw, But I think we can work on this."

Mark was skeptical. But also desperate. You see, we often see people as a "last hope".

Chiropractic care isn't about cracking bones, it's about unlocking potential. Sometimes, the smallest shift can change the entire trajectory of a life. Tired of doing the same old things and getting the same results? Give chiropractic a try!

The first adjustment felt strange—pressure, cracking, release. Then something unexpected: he stood up and felt lighter. Like his body wasn't fighting itself anymore. He cried in the car afterward.

Over the next several months, Mark returned twice per week and then weekly. The pain receded, not all at once, but gradually. He started sleeping. Then walking. Then jogging. What surprised him most wasn't just the physical change—but the mental one. He smiled more. He started painting again, something he hadn't done since college. He reconnected with his sister, called old friends, volunteered. His world grew bigger.



Call or text us today to schedule a visit. (518) 399-3810 353 Saratoga Rd Glenville, NY 12302 thriveglenville.com



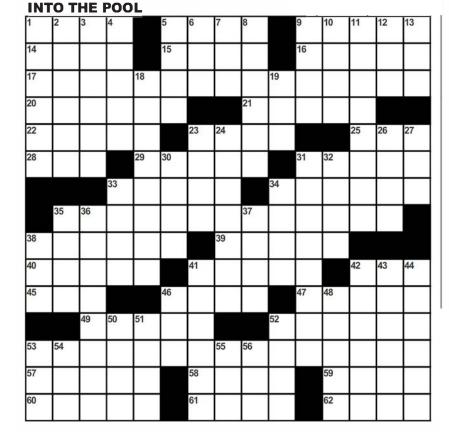


October Crossword

ACROSS -

- 1) Part of any profit calculation
- 5) "Be it___so humble ..."
- 9) Debris at the base of a mountain
- 14) With the ability
- 15) Extreme anger
- 16) Shoe parts
- 17) Getting hyped for the weekend
- 20) Kleenex, e.g.
- 21) Gofers and such
- 22) One putting people in their places
- 23) Like bone-dry land
- 25) Relaxing health facility
- 28) Place for a pig
- 29) Cut at an angle
- 31) Chimney parts
- 33) Pago Pago's place
- 34) Scarcity
- 35) Becoming allies

- 38) Peril
- 39) Tidal bore
- 40) Correct, as text
- 41) Anxious
- 42) That thing's
- 45) One of the major networks
- 46) Crumbs leftover from dinner
- 47) Widespread craze
- 49) Dead to the world
- 52) Bit of buckshot
- 53) Increasing a store's merchandise
- 57) With ___ in sight
- 58) Dirt for a garden
- 59) Affirm positively
- 60) Chilean range
- 61) Blockhead
- 62) 1990 World Series champs



DOWN

- 1) It has points in the desert
- 2) Player of a double reed instrument
- 3) Like half-melted snow
- 4) On edge
- 5) Lake seen from Toledo
- 6) Delivery vehicle
- 7) Easter basket item
- 8) Not wholesale
- 9) Something snakes do
- 10) Formally surrender
- 11) Comfort verbally
- 12) Cathedral city of England
- 13) Suffix cousin of "trix"
- 18) In a Mideast headdress
- 19) Concealed
- 23) Shakespeare's river
- 24) Analyst's chemical
- 26) Guinea pigs and hamsters, often
- 27) Burning result
- 30) Dubai dignitary
- 31) Charon and others
- 32) Shoestring
- 33) Communicate silently
- 34) Boxers and retrievers
- 35) Door part
- 36) Biased
- 37) Parts of a healthy diet
- 38) Christmas mo.
- 41) Creative painter, e.g.
- 42) Smitten
- 43) Like stadium rows
- 44) Some woodland deities
- 46) Alternative to .net
- 48) Church part
- 50) Prime-time hour
- 51) Concludes
- 52) Bombard, as with water balloons
- 53) Santa ____, California
- 54) Mafia head
- 55) Definitely not later
- 56) Seven, on a grandfather clock

Answers on



where birds thrive, people prosper

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. Follow this 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 vard 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 to avoid invasive growth.
- Clean out old nest boxes & feeders. Remove old nests and seeds from shelters and feeders to prevent birds from getting sick.
- Protect Your Windows. About a billion birds die from glass collisions each year. Visual cues and markers as window decals on the outside of windows alert birds to the presence of glass.

Provide Water. A clean source of water to drink, such as a birdbath, is essential for our birds. In our area, with winter freeze-up, it's best to use a heated birdbath.



Bird bath water heaters come in all types, and start \$17



Attract different kinds of birds with different kinds of food, just like people!

- 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, guail, and turkeys.

The bird feeder shown is \$14.99 on Amazon

source: ny.audobon.org









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Save the date!

The Thymly Herb Garden Group will hold its monthly meeting Monday, October 20, from 11:00 AM until 1:00 PM.

The meetings are at the 4-H Training Center, 556 Middleline Rd, Ballston Spa, NY 12020. If the Ballston Spa School District has a delay or closes that day, then we will not meet. There will be a short herb of the month presentation by a member. We will learn about Hypertufa, an interesting material used to make garden containers. We will be making a small, free-form Hypertufa container. There will be a \$5.00 materials fee for non-members.

Dues for the year to join the Thymly Herb Group are \$20.00. Following the presentation, there will be light refreshments and a meeting. New members are always welcome. Please RSVP with questions or to let us know you will be joining us to thymlyherbmail@gmail.com

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The Power in Pre Planning Your Funeral



By: Brittany DeMarco, Licensed Funeral Director

We plan for weddings, vacations, retirement, and even our children's future—but when it comes to the one certainty in life—death—many avoid the conversation entirely. In our society, talking about death remains

taboo, uncomfortable, even morbid. But the truth is simple: like taxes, death is inevitable. And while we are never promised tomorrow, we do have the power to make today count.

That's where funeral preplanning comes in. At Glenville Funeral Home, we make it easier, more comforting, and even uplifting than you might imagine.

Preplanning your funeral isn't about focusing on death; it's about celebrating your life. It's your story, told on your terms—before grief clouds the minds of your loved ones, who may struggle to put into words just how much you meant to them. In just one to two hours, you can give your family a lasting gift: clarity, comfort, and peace of mind. You may even want to include a few surprises to bring a smile when they need it most. When you preplan with Glenville Funeral Home, you work with a licensed, compassionate team that guides you through every detail. You'll make thoughtful decisions with a clear mind—not under pressure. From choosing your preferred services to outlining your wishes, we make the process seamless.

Beyond peace of mind, preplanning gives you full transparency into costs. You'll see a clear breakdown and have the option to lock in today's prices, protecting your family from inflation. In New York State, funds can be placed in either a revocable or irrevocable trust. These accounts are safely held and may accrue interest over time. Prefunding is optional and flexible, with payment plans tailored to your comfort.

Best of all, preplanning is free. Our meetings are designed to get to know you and secure your wishes. If you choose not to prefund, your file is safely stored for the future, and your arrangements can be honored through life insurance or convenient payment by your next of kin.

If life takes you elsewhere, your prefunded arrangements are fully transferable to another funeral home, or you can transfer your arrangements to Glenville Funeral Home from another funeral firm. It's your plan—made your way.

Imagine the relief your family will feel not having to answer over 50 questions during a time of emotional shock. No disagreements, no uncertainty—just a clear, thoughtful plan already in place. With one phone call, Glenville Funeral Home steps in—ready, compassionate, and by your family's side.

Too often, families come to us overwhelmed and heartbroken. Preplanning helps avoid that chaos. It's one of the most selfless and loving acts you can do.

> Give us a call to help you with your Estate Planning needs.

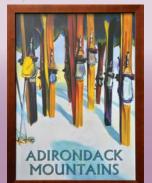
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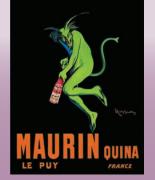








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TOWN OF GLENVILLE

Fall 2025 Newsletter

Incorporated 1820 • State of New York

From the desk of the Supervisor





Working Together for a Better Community

Our town is growing in many ways: from expanding our residential housing stock to strengthening our retail corridor. Encouraging strong commercial development continues to bring

much-needed, well-paying jobs to Scotia Glenville.

Enhancing our community's quality of life remains a top priority. Our seniors are thriving with additional programming being offered, and our parks are flourishing with many new improvements. Through strong intermunicipal cooperation with Schenectady County, we've completed some much-needed paving in our parks and municipal center. We've also started upgrades to our trails and added new recreational opportunities such as box lacrosse and disc golf.

Our dedicated staff continues to play a vital role in providing the highest standard of service to our residents. I personally appreciate their commitment and hard work.

Maintaining and investing in a safe, vibrant community remains one of our highest priorities. Continuing to support community events like Thursdays in the Park, Oktoberfest, and the Scotia fireworks inspire a stronger sense of community. New initiatives such as the mutual aid agreement between the Glenville Police and Scotia Police Department strengthen public safety and cooperation. In addition, we are providing Scotia with temporary court space during their renovations, ensuring uninterrupted municipal services.

And finally, after 20 years of discussion, I'm proud to announce the establishment of a Scotia Glenville Fire Training Facility. This facility will guarantee that our first responders have access to the training they need and the facility they deserve.

We will continue to plan with purpose, working alongside federal, state, and local officials who share our vision. By bridging differences and leading with unity, I am building a stronger, more prosperous future for Scotia Glenville.

Lolal of Lithang

Acting Supervisor, Robert Kirham

Approvals for construction, expansion, or amendment of the following commercial projects have recently been approved by the Planning and Zoning Commission.



Scotia Sweets - 35 Freemans Bridge Road:

New construction of a bakery/retail store that will include new parking, vehicular circulation and stormwater management practices The project includes the demolition of the existing Skyport Restaurant and accessory garage structure. Demolition permits have been issued and building permits are pending. The Freemans Bridge Road Multi-Use Trail that is currently under construction by the Town.

Murray's Fools - 7152 Amsterdam Road: Construction of a new addition totaling 2,500 sq. feet for use as an Event Space. The 30-acre parcel already includes an existing distillery, cooperage, and a rickhouse building. This parcel falls within the Highway Commercial and Rural Residential/Agricultural districts.

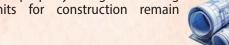
NY Capital Sports – 4281 Amsterdam Road: The installation of stadium seating to accommodate 1,200 spectators, the construction of three pavilions and the construction of a storage building. The stadium seating has recently been completed and is located at the northern-most cricket field.

Capitaland Realty, LLC Building Addition - 47 Saratoga Road: Construction of a 5,500 sq. ft. addition to the existing Capitaland Subaru dealership. This addition will allow the dealership to meet the needs of its customers. Additional parking will be constructed. The stormwater management plan will be modified as well. Adequate buffering will be kept in place per previous approvals. Key fobs may no longer be used by the business to locate vehicle, to reduce noise nuisances to nearby residents. Permits for construction remain pending.

U.S. Light Energy Solar Farm - 107 Snake Hill Road:

Construction and operation of a 5.0-megawatt AC ground mounted community solar farm on approximately 168+/acres. Major project components include a solar panel array with panels mounted on a single axis tracker racking system that will use ground-screw or drive pile foundations, an agricultural style perimeter fence, underground electrical conduit, two concrete electrical equipment pads, a previous stone access road that will tie into the existing driveway off Snake Hill Rd., and grid interconnection poles

within the subject property along the existing driveway. Permits for construction remain pending.





Department of Public Works Welcomes the 2025 Fall/Winter Season

Highway Department

The Highway Crew is responsible for maintaining approximately 185 lane miles of roadway. These responsibilities include snow removal, ice control, paving, signage, roadway markings, drainage, trees, sidewalks, etc.

Before you know it, it will be Leaf Picking Season.
Please do not place loose leaf piles out prior to October
15th.

Please be mindful of the following while placing your leaves out for pick up:

- Do not place loose leaf piles on the roadway. This causes safety hazards with slick narrow roadways.
- Do not place loose leaf piles in ditches.
- Do not place loose leaf piles or bags on storm drains and catch basins.
- Leaf piles must be no further than 6 feet from the edge of road.
- Do not place other debris such as branches, sticks, stones, rocks, household garbage, etc. in the leaf piles. This will cause costly damage to the leaf machines.
- Leaf piles placed when crews have passed must wait for the next pass. Vacuuming leaves will continue as weather permits.

The loose-leaf program is greatly influenced by weather. Every effort will be made to try and make more than one pass. If you bag your leaves, they will be picked up. The crews have over 300 lane miles of roadway to collect leaves from. Help us help you!

JUST AS WE FINISH PICKING UP THE LEAVES, IT WILL BE WINTER SNOW/ ICE CONTROL SEASON!

To help with a safe and efficient season, please keep the following in mind:

Garbage – do not place your garbage can(s) in the roadway. The snow from the plows will knock the cans over. This also slows down our important task of clearing the roads.

Snow/Ice - Please note that placing snow/ice in the town's roadways either by shovel, snow blower or plow is strictly prohibited.

Basketball hoops – hoops cannot be in the roadway or right of way. Damage by snowplows to basketball hoops will not be the responsibility of the town.

Roadside parking – parking of vehicles is prohibited on town roadways between the hours of 3 am and 6 am commencing November 15th through April 1st and all hours during snow emergencies.

Property drainage – sump lines, foundation drains and yard drainage cannot discharge to the roadway. Property drainage must be a minimum of 10 feet off the edge of pavement to prevent icing issues.

Highway Department continued

Mailboxes – clearance under the box and/or support arm should be at least 48". If your box is damaged during snow plowing by a town plow, please report it to the highway department as soon as possible. We try to do the repairs within 24 hours of storm clean-up completion.

Hydrants – after a snowfall, remember to clear a threefoot path around fire hydrants near your home. We do appreciate your assistance in clearing hydrants on or near your property.

Driveway – we do not intentionally dump snow in your driveway. It is our job to have all town roads clear of snow so you and your family can travel safely and without major delay.

Storm Debris – crews will collect storm debris following a declaration of state (and/or town) emergency.

Following the Christmas holiday, the highway crew during the month of January will collect and dispose of real Christmas trees. Trees should be placed at the curb side and be free of all ornaments, decorations, bags, stands, etc.

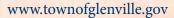
Water/Sewer Department

The Water and Sewer Crew is responsible for ensuring that the drinking water system and water/sewer infrastructure are maintained and operational. They maintain miles of water and sewer mains, including the hydrants and valves. This crew does everything: emergency water main repairs, hydrant installation, hydrant flushing, valve replacement and repairs, much more.

Winterizing of hydrants will begin October 15, 2025, and commence for approximately five (5) weeks. Crews will empty the reservoir by operating the hydrant at full flow for 30 seconds to prevent hydrant freeze-ups. Residents may notice discoloration during this program and

should be aware this is normal and not harmful. Naturally occurring minerals (primarily iron and manganese) flowing with the water are typically to blame for water discoloration. As a precaution you may want to refrain from doing laundry between 7am to 4 pm. Should you notice discoloration in your water, open your lowest faucet until water runs clear. If the water does not clear, please notify the Glenville Water Department at (518) 688-1200 option 5

Buying or selling a home in the Town of Glenville? Don't forget to get a closing adjustment for water and/or sewer. The closing adjustment request webform found on the Department of Public Works webpage should be completed at least 48 hours prior to closing. The water department will then take the information provided to complete the transfer process to get the final calculation for cost of water/sewer used by the seller. The final calculation will then be emailed to the closing contract listed on the request form. This dollar amount is a "Credit to the Buyer" in the closing paperwork. The town does not send out a final bill to the seller. Everything is transferred to the new owner which includes this final calculation. Reminder that water/sewer bills are a lien against the property.



Glenville Police

The Glenville Police Department is happy to announce that our two new members, Nicholas Tietz and Andrew Wilson, successfully completed and graduated from the Albany County Sheriff's Academy on August 29, 2025. We can't thank Sheriff Apple and his academy staff enough for allowing us to send our members to their academy. We were very impressed with the professionalism, standards and amount of police knowledge our members received during the six months they were in attendance. There have been some questions as to why we decided to send our recruits to the Albany County Academy instead of the Zone 5 Academy. It was simply a decision based on timing. The timing of the Schenectady County Civil Service results and the availability of the recruits. Albany County Academy is a full-month later than



the start of Zone 5, which gave us some extra time to complete background investigations on our members. On August 20th, 2025, the Glenville Town Board unanimously approved the hiring of Hunter Morris. Hunter, a former NYS Correctional Officer and a former Maine Forest Ranger will also attend the Albany County Sheriff's Academy on September 22, 2025. We also expect that Hunter will receive outstanding training and will be a great addition to the Glenville Police Department family.

Our partnership with the Scotia-Glenville Central School District and BusPatrol has been in effect this year. SGCSD buses are equipped with stop arm cameras and bus passing violation are being seen on a daily basis. Since September 4th, 2025, we have witnessed forty-four passing events and approved over two dozen violations to be issued. Our sincere hope is to reduce these numbers every year by strict enforcement. We would imagine that everyone has zero tolerance for the passing of a school bus that is actively picking up or dropping children off at a bus stop. We also urge drivers to be aware of children walking to bus stops or actually walking to school. In other Scotia-Glenville School news, Officer Tyler Paluba has been assigned as the new School Resource Officer. Tyler was selected by the district to replace Michelle Arreola after her promotion to Sergeant last year. Tyler has some big shoes to fill, but we are sure he will be an excellent SRO and mentor to the students at Scotia-Glenville.





We have received a ton of questions about the construction project happening behind town hall, specifically in the back parking lot of the Police Department. Construction is complete on a 60x20 steel garage with three separate bays. The bays will be used to secure evidence processing and storage, a records and equipment storage area and a training room. We owe a great deal of thanks to NY Senator James Tedisco for securing the funds through the Dormitory Authority of the State of New York which was used in this project. We recently secured the building and the rear of our facility with fencing, also paid for by DASNY grant funding. This was necessary as we take another step closer to our NYS Accreditation certification.



- Face Painting
- Bounce Houses from Bubble House Rentals
 - Big Time Photo Booth
 - Traveling Toms Coffee Truck
 - Free give awaye (while supplies lasts)
 - Over 18 trunks
 - Cold School lee Cream Truck
 - Food Daddy Food Truck
 - ALL THE CANDY YOU CAN IMAGINE!

Photo contest for Best Pictures of Glenville

ATTENTION ALL READERS: CALLING ALL PHOTOGRAPHY ENTHUSIASTS

I am pleased to announce the Town of Glenville is holding a photo contest! We are looking for your best photos of our beloved town. Submissions can range from your favorite natural wonderland to your favorite business. All we ask is the photos are taken within the Town of Glenville. Twenty-five photos will be selected by a panel of judges to be displayed at the Town hall. Three of these will be chosen as the winners of the contest.

Show us what you love about our community!

Contest Details:

- It is not necessary to be a Town of Glenville resident to participate.
- Entries must be submitted prior to CLOSE of business on January 30th to be considered in the competition.
- Entries must be submitted in person at the Glenville Municipal Center on 18 Glenridge Road.
- All entries must provide their name, address, and phone number for the Town to contact the entrant.
- Entries must come with a short description of where the photo was taken and of what is being featured.
- All entries must be submitted in a printed form with a specified size of: 11 x 14inches
- Results will be announced through our Town Website at www.townofglenville.gov

Please "Subscribe to the News" on our town website for any updates and announcements regarding this contest or other Town news. www.townofglenville.gov

Glenville Senior Center

The Glenville Senior Center continues to offer a wide array of activities for those age 50+. Currently at over 1,435 members, the organization provides residents a chance to stay active and get involved through volunteerism.

There are many ways that the Glenville Senior Center and its members here give back to the greater Glenville community: Taxes - Every year, several members of our organization attend AARP tax aide training to obtain their certification to offer others free assistance with tax preparation and submittal. On average, there are over 300 tax returns submitted from here annually.

Scholarships – The seniors annually award multiple \$1000 scholarships to local graduating high school seniors to pursue college or vocational goals Veterans – Veterans are honored every November with a luncheon organized by our social committee.

Transportation – For over 40 years, the seniors have provided transportation to all seniors throughout Glenville, providing them with safe, reliable, and affordable access to needed services, all on a donation basis.

Holiday giving-Local nursing home residents receive carefully selected presents for the holidays courtesy of the generosity of our members through the giving tree program each December.

Support groups – Bereavement, Parkinson's, and the County's caregiver support groups all gather here at the Center to share, learn, and connect.

Safe driving – Several times through the year, our Center offers safe driving courses open to all members of the public. It benefits everyone to have safer drivers on our roads.

Congregate meal program- The Center hosts the Schenectady County's congregate meal program. The program provides hot, wholesome meals to older adults in group setting each weekday. This program not only offers good nutrition but promotes social connection as well. This program is designed for anyone over the age of 60 and is not based on means. Community wellness – We have opened our doors for wellness programs that benefit the greater Glenville community, such as MVP Tai Chi and NABA's low vision fair.

Community education – Select programs are open to the public such as the upcoming Low Vision Fair hosted by NABA on Thursday, October 23rd at 1 p.m. There will be a presentation about macular degeneration and several informational booths about services and products for those with vision issues. The public is welcome.

(518) 374-0734 • 32 Worden Road • Glenville, NY 12302

www.townofglenville.gov

Town Historian



A little rain didn't stop Boy Scout Troop 56 from rolling up their sleeves on Saturday, September 6, 2025. The Scouts joined Glenville Town Historian Emily Spinner at the Weatherwax Family Burial Ground in West Glenville, where they helped clear brush and remove fallen trees from the historic site.

The cleanup was inspired by a request from a neighbor who fondly remembered walking past the little cemetery as a young girl on her way to the one-room schoolhouse at Swart Hill. Wanting to see the site cared for once again, she reached out—and the Scouts were happy to help.

Before the project began, the Town Historian secured permission from the property owner. In the spirit of service, the owner—himself a former Eagle Scout—and his family rolled up their sleeves and joined Troop 56 in the cleanup, working side by side with the Scouts and their families to restore the site.

Armed with clippers, saws, and plenty of teamwork, the Scouts worked hard to open up the overgrown cemetery, making it easier to see and appreciate the gravestones that tell part of Glenville's story.

gravestones that tell part of Glenville's story.
"The Scouts did a fantastic job," said Historian Spinner. "It's wonderful to see young people taking an interest in preserving our town's history, even in the rain!"

For Troop 56, the day was not only about service but also about learning more about the town that many of them call home. The Scouts left muddy, tired, and smiling—proud of their efforts to help care for a site that connects Glenville to its earliest families.

The Town thanks Troop 56, the landowner, and everyone who lent a hand for their dedication and commitment to preserving our town's history. - Emily Spinner, Town Historian

Town Parks

This past year, the Town has renewed our commitment

to improve our parks and recreational opportunities for our residents. Paving projects in multiple parks have enhanced the roadways and parking lots for parkgoers. Trail improvements in Sanders, Legacy, and Indian Meadows were started as we



strive to enhance accessibility for people of all abilities.

The new disc golf course at Indian Meadows has been completed and is proving popular with local players. The new inclusive swing seat installed at Indian Meadows supports the upper body and allows children of differing abilities to swing alongside their peers. Through partnerships with the local youth league, a new lacrosse box is complete. With safety being a top priority, two new AED devices have been installed – one at Maalwyck and one at Indian Meadows.



The 16th annual Glenville Oktoberfest has become a favorite fall attraction throughout the region. The event showcases our local businesses and organizations and is a great excuse for all to enjoy Maalwyck Park. From the welcome ceremonies

to the fireworks finale, this event is an excellent way to meet up with friends and neighbors for some wholesome family fun.



New Web Address

New Web Address

Visit the **townofglenville.gov** website to see the services we offer. Check out the quick and easy links on the Glenville Action Center section. Head over to the Tabs to see our recent news, calendar and popular links. We have worked hard to make our site helpful and user friendly. As always, our staff is ready to assist you at Town Hall and can be reached at (518) 688-1200. Or, simply stop by for personal attention.

We're here to deliver the best possible service to you, so please feel free to contact me, Robert Kirkham, Acting Supervisor regarding any matter at (518) 688-1202 or by email at rkirkham@townofglenville.gov

24





The Town of Glenville is hiring for the following two positions:

We are looking for a **full-time Water & Sewer Maintenance Worker.** We offer a competitive salary as well as excellent leave time, retirement, and health benefits. Applicants must have a CDL driver's license and one year of experience in plumbing work or in the maintenance of a

public or private water distribution and sewage collection system.

Additionally, we are seeking applicants for a **part-time seasonal ice rink attendant** for Indian Meadows Park. Examples of duties include but are not limited to general supervision of the outdoor skating rinks and warming hut, completion of usage reports and related paperwork, custodial work. Applicants must be able to work evenings and weekends. For more information, please visit the town website. **www.townofglenville.org**

Building Department Fall & Winter Safety Tips

As we enter the colder months, it's important to prepare your home and family to stay safe from fire and carbon monoxide dangers. Please review the following seasonal safety tip

Heating Safety

- Have your furnace, boiler, and chimney inspected and cleaned by a licensed professional before use.
- Keep space heaters at least 3 feet away from anything that can burn.
- Always turn space heaters off when leaving a room or going to bed.
- Never use ovens or stovetops to heat your home.

Fireplaces & Wood Stoves

- Use a sturdy screen to prevent sparks from escaping.
- Place cooled ashes in a metal container stored outside, away from the home.
- Never leave a fire unattended.

Smoke Alarm Requirements (NYS Building & Fire Code)

- Inside every bedroom.
- Outside each separate sleeping area (in the immediate vicinity of bedrooms).
- On every level of the home, including basements.
- Must be hard-wired with battery backup in new construction; existing homes may use 10-year sealed battery if not hard-wired.
- Test alarms monthly and replace them at least every 10 years.

Carbon Monoxide Alarm Requirements (NYS Building & Fire Code)

- Outside each sleeping area, within 10 feet of bedrooms.
- On every level of the home, including basements.
- Required in all dwelling units that have fuel-burning appliances or an attached garage.
- Replace alarms at least every 7 years or as indicated by the manufacturer.

Electrical & Holiday Safety

- Do not overload outlets or power strips.
- Inspect cords and lights for cracks, frays, or damage before use.
- Turn off decorative or holiday lights before leaving home or going to bed.

General Preparedness

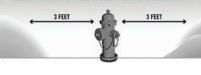
- Ensure house numbers are clearly visible from the street for emergency responders.
- Keep nearby fire hydrants clear of snow and ice.

Glenville Municipal Center 18 Glenridge Road Glenville, NY 12302 518-688-1200 Fax: 518-384-0140 Town Hall Hours: Mon. - Fri., 9AM - 5PM;

www.townofglenville.gov



• CLEAR A PATH FROM THE HYDRANT TO THE STREET



















Open enrollment: What to know before you enroll



For many people, fall brings an important opportunity: open enrollment. While it may not sound as exciting as planning for the holidays, taking a careful look at your workplace benefits now could save you hundreds or even thousands of dollars next year.

Open enrollment is the period when you will choose your medical and other workplace benefits for the year ahead. Most employers hold it in the fall, with elections taking effect in January. Once the window closes, you usually can't make changes unless you experience a major life event like marriage, divorce, the birth of a child or when a dependent has become an emancipated adult.

While it may be easy to simply renew last year's choices, that could be a costly mistake. Your employer's plans, providers or costs may have changed. It's also possible your own circumstances are different than they were a year ago — for example, if you had a baby, got married or expect new medical needs. Taking a fresh look helps ensure your benefits match your life today.

Here are a few tips for navigating open enrollment:

Compare health plans carefully. Employers often offer more than one health, dental or vision option. Look at differences in provider networks, prescription coverage and premiums. If you and your spouse both have coverage options, compare plans across employers. Just be mindful that some companies charge a fee if you enroll a partner who has their own workplace coverage. Many plans offer wellness discounts on monthly premiums based on your personal health condition.

Check your life insurance. Many employers provide a base level of life insurance, with the option to buy more. If your family has grown or your financial responsibilities have increased, now is the time to make sure you have enough coverage to protect your loved ones.

Consider disability coverage. A short-term disability plan can help cover income gaps for up to 12 months during recovery from surgery, illness or childbirth. Long-term disability insurance offers protection if you're unable to work again for an extended period up to age 65. Ideally, coverage should replace up to 60% of your pre-tax income.

Understand supplemental options. Some employers also offer accidental death and dismemberment (AD&D) insurance. While it can provide peace of mind, remember that it's not a substitute for life or disability insurance, since it only covers specific accidents.

Take advantage of tax-friendly accounts. Flexible spending accounts (FSAs) and health savings accounts (HSAs) let you use pretax dollars for eligible medical expenses. If you have young children or other dependents, ask whether your employer offers a dependent care FSA to help offset care costs. Note that these are use-it-or-lose-it, so contribute only what you expect to spend every year. HSAs, available with highdeductible health plans, are more flexible, since unused funds roll over from year to year and can even serve as long-term savings.

Review your retirement savings. While your retirement plan usually isn't part of open enrollment, this is a good time to revisit it. Make sure you're contributing enough to earn your employer's match. Small increases can make a big difference over time.

Open enrollment may not be the most thrilling item on your fall to-do list, but it could be one of the most important. Taking a little time now to review your employee group benefits could give you greater financial security and extra savings throughout the year.

> Chris can be reached at (518) 399-5087 or chris.nyhan@edwardjones.com 801 Saratoga Rd Burnt Hills, NY 12027

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 with owning investments. The value of investments fluctuates and investors can lose some or all of their principal. Edward Jones, its employees and financial advisors cannot provide tax or legal advice. Rather, we prefer to partner with your existing tax or legal professional. You should consult your attorney or qualified tax advisor regarding your situation.



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A POOL HOUSE WITH A FINISHED INTERIOR WILL BRING STYLE & CONVENIENCE TO YOUR BACKYARD. PERFECT FOR STORAGE, ENTERTAINMENT, RELAXING, OR JUST GET-AWAY



12' x 24'. VINYL POOL HOUSE W/ FINISHED INTERIOR **REGULAR PRICE \$17,375 SALE** \$13,375

FALL SAVINGS ARE IN THE AIR!

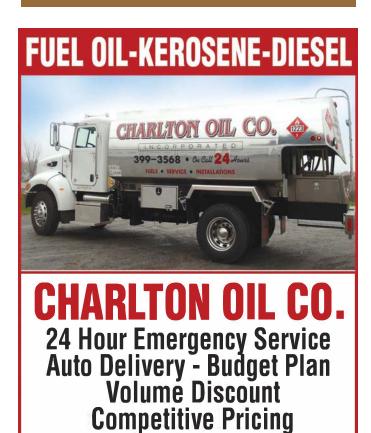


SALES OFFICE: 1208 US Route 9W, Selkirk, NY, 12158 **SELKIRK HOURS:**

Tuesday - Friday 10 to 5 Saturday 10-4 • Closed Sunday and Monday www.backyardshedco.com









Scotia Glenville Lions Connect with us, **Connect with your community.** SGLIONS.OR or find us on Facebook

"WE SERVE"

WHERE THERE'S A NEED

THERE'S A LION

WED 11/5 @ 7 PM THUR 11/6 @ 7 PM **'@7** (SAT 11/8 @ 1 PM **CASTS!** CUR8.COM or \$10 @ DOOR S AUDITORIUM

Did you know there was a Glenridge Sanatorium, ?

At the turn of the 20th century in America, Tuberculosis killed 194 people per 100,000.1 Formerly known as "consumption", this disease was long believed to be hereditary and incurable. In the mid-1800 when scientists began to theorize that it was caused by an infectious agent.2 In 1854, the first effective was discovered when botanist Hermann Brehmer opened the world's first sanatorium in Gorbersdorf, a small town in the mountains of modern-day southwestern Poland. In his doctoral dissertation, "Tuberculosis is a curable disease", Brehmer detailed the spontaneous remission of his tuberculosis while visiting the Himalayas.3 Inspired by his own rehabilitation, Brehmer believed that fresh mountain air and good nutrition could restore tuberculosis patients to good health.

In the late 19th century, a young physician named Robert Livingston Trudeau experienced the benefits of resting in the mountain air while on retreat in the Adirondack Mountains at Saranac Lake. The remission of his tuberculosis encouraged Trudeau to champion the sanatorium movement in the United States. His success was realized when Governor Theodore Roosevelt signed public health legislation that allowed for the development of sanatoriums in each county of the state. Soon



thereafter, the Schenectady County Sanatorium was opened by the American Red Cross. The first sanatorium was a seasonal camp consisting of a tent village constructed on the outskirts of the city. A more permanent sanatorium was built in 1909 in Niskayuna, but this burnt down several years later.



In 1912, a new tuberculosis hospital was established by Schenectady County on the Lampe farm on Glenridge Road in the Town of Glenville. Dr. Peter McPartlon served as the first medical director of the Glenridge Sanatorium, and held that position until is retirement in 1933. The first iteration of the sanatorium on this site consisted of a series of small wooden cottages. The image on the right is from Dr. James Walsh's History of Medicine in New York, published in 1919, and describes the sanatorium as it existed at that time.5

In 1927, the cottages were replaced by a beautiful, more permanent Spanish Eclecticstyle brick building. Unusual for the area, the new sanatorium building was designed by architect J. M. Ryder, who was employed by General Electric in Schenectady.

It was here in 1934 that the pioneering Dr. James Morgan Blake would build his renowned practice and usher in modern tuberculosis treatment for patients in Schenectady County. Blake, who had been cured of severe tuberculosis in a sanatorium after attending medical school at the University of Tennessee, was a major proponent of open-air treatment for tuberculosis. In an essay called, "On Sleeping (?) On a Sanatorium Porch In Winter" which appeared in a 1939 issue of the patient-published Glen San journal, the unnamed Portrait of Dr. James Morgan Blake author describes building a "wigwam" of pillows and blankets to keep them warm while sleeping outside in the cold winter air. The challenge that faced patients, who had deftly

constructed their cocoon to shield them against the elements while sleeping on the porch, was securing themselves into the tightly tucked in blankets afterwards. "Experienced members bound to the top of the bed with one great effort and proceed to wriggle in, simulating an eel for a moment.

As new treatments were introduced for tuberculosis, including streptomycin and isoniazid, the need to hospitalize tuberculosis patients was greatly reduced. The Glenridge Sanatorium continued to treat only tuberculosis patients until 1957, when the state granted them a license to treat other patients with respiratory ailments, like chronic bronchitis, lung cancer, asthma and pulmonary fibrosis. Dr. Blake was a renowned bronchoscopist, and he was the first to use a fiberoptic bronchoscope in Schenectady. 7 In the 1960s, under Blake's leadership, Glenridge Hospital became the first in the county to care for critically ill patients.8 In 1968, the sanatorium became a general hospital. As technology improved and the costs of running a hospital increased in the 1970s, there was less of a need for a general hospital in Glenville. The hospital closed its doors in 1978. In 1983, the property was purchased by Liberty Behavioral Management Group. They opened a residential drug treatment facility, Conifer Park, which is still in operation today.

Courtesy of The Town of Glenville Historian, Emily Spinner

Leave the Leaves: Create Overwintering Habitat

As the vibrant summer blooms fade and the crisp autumn air begins to settle in, many people start preparing their gardens for winter. However, it's important to remember that pollinators like bees, butterflies, and other beneficial insects still need our support in the fall. In upstate New York, the changing seasons can be a critical time for these creatures as they prepare for winter or migrate to warmer regions. Here's how you can help pollinators thrive as the temperatures drop.

Grow Late-Blooming Flowers

Pollinators need food sources throughout the fall to build up energy reserves for hibernation or migration. Monarch butterflies, which migrate from the Adirondacks all the way to Mexico, rely on nectar-rich plants to fuel their long journey. Consider growing late-blooming flowers that provide nectar and pollen. Some great choices for our region include:

Asters: These hardy perennials bloom well into October, providing nectar for bees and butterflies.

Goldenrod: Often mistaken for a weed, goldenrod is a vital source of lateseason nectar.

These plants can ensure that your habitat remains a valuable food source for pollinators, even as other flowers fade.



Leave the Leaves

It can be tempting to rake up all the fallen leaves in your yard, but many pollinators, including some species of bees, butterflies, and moths, use leaf litter to overwinter. By leaving leaves in garden beds or designated areas of your yard, you're providing essential shelter for these insects. If you need to tidy up, consider creating leaf piles in a corner of your yard where they won't be disturbed.

Provide Water Sources

Pollinators need water, especially during dry spells in early fall. A shallow dish filled with fresh water and pebbles for perching can serve as a perfect hydration station. Change the water regularly to avoid mosquitoes, and place the dish in a sunny spot where pollinators can easily find it.



Create an Overwintering Habitat

Many native bees and other insects overwinter in hollow stems, leaf litter, or underground. When cleaning up your garden for winter, leave plant stems standing, especially those of hollow-stemmed plants like raspberries or elderberries. These provide essential nesting spaces for solitary bees. You can also leave a few patches of bare, undisturbed soil, which some ground-dwelling bees use to burrow for the winter.

Leave Logs and Stumps

Dead trees, logs, and stumps are natural habitats for many pollinators and/beneficial insects. Carpenter bees, for example, bore into wood to create their nests. Leaving logs and stumps in your yard not only supports these insects but can also add natural beauty and wildlife habitat to your landscape.



Small Steps Make a Big Impact

Fall may signal the end of the gardening season, but it's a critical time to support pollinators. By including late-season blooms, reducing garden cleanup, and providing natural habitats, you can create a welcoming environment for these essential creatures as they prepare for winter. With just a few simple actions, you'll be contributing to the health of pollinators and ensuring they return to your garden next spring.



Leave the Milkweed!

for more hints go to ADKAction

The Dancing Witches of Gem Radio Theatre.



Come see one of our performances this fall!

Friday, October 10 Chestertown Street Party, 6:00pm

Saturday, Oct 11 Gore Arts Festival, 1:30pm Schroon Lake Lodge, 3:30pm

Tuesday, October 21 *Long Lake Rehabilitation,11am (private) Friday, October 24 Bandstand Brew, Warrensburg, TBA

Sunday, October 26 Lake George Block Party, TBA

Wednesday, Oct 29 Saratoga Home of Gd. Shepherd (Megan, Doreen)

400 Church St, Saratoga 12866 1, 2pm dances Congress Park, TBA

Thursday, Oct 30 Elderwood, 2:00pm

Hillview Library, Diamond Pt, 1:00 Revolution Rail, North Creek, 4:00 Saturday, Nov 1

Saturday, Nov 8 Punkin' Chuckin Lake George TBA





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CHEVROLET

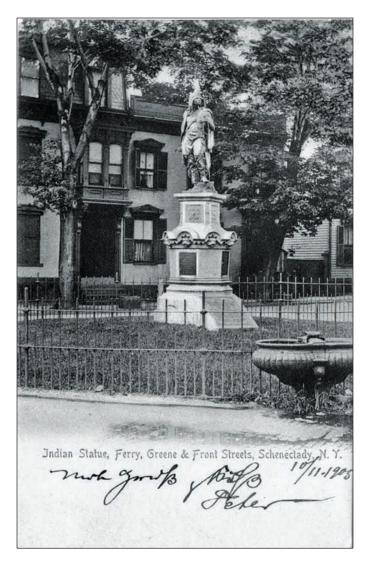




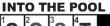
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1/2 Page	\$350	\$320 per ad	\$300 per ad
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Back Cover - Inside Cover - Page 3 - Premium Position - Inquire Availablilty			

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Cheryll's Favorite & Easy **GF Recipes**





Living Gluten Free Deliciously

Maple-Dijon-Cider Pork Tenderloin

Ingredients

Maple-Dijon-Cider Pork Tenderloin is a 30 minute meal that's made in just 1 skillet. This easy pork recipe is saucy, succulent, and tender.

Ingredients

- •1-1/4 1 -1/2 lb pork tenderloin, not pork LOINdrizzle
- 1/2 teaspoon each salt, pepper, garlic powder, and dried thyme
- 12 oz gluten free hard apple cider, Smith & Forge recommended
- 1 Tablespoon pure maple syrup, not pancake syrup
- 2 teaspoons Dijon mustard
- 2 Tablespoons water
- 1-1/2 teaspoons corn starch

Instructions

Preheat oven to 450 degrees. Pat pork tenderloin dry with paper towels then season all over with seasonings. Heat a thin layer of high heat cooking oil in a large cast iron skillet over medium-high heat. Sear pork tenderloin for 1-2 minutes on all



four sides, or until golden brown on each side, then place the entire skillet into the oven and roast until the internal temperature of the pork reaches 140 degrees, 8-15 minutes. Transfer the pork tenderloin to a cutting board to rest while you make the pan sauce.



Place skillet back over medium-high heat being VERY CAREFUL with the skillet handle as it will be extremely hot from the oven (I keep a hot pad on the handle so I don't forget it's hot.) Add hard apple cider, maple syrup, and dijon mustard to the skillet then whisk to combine and simmer

until sauce is slightly reduced, 5 minutes.

Stir together water and cornstarch in a small bowl then pour into skillet and whisk to combine. Continue to simmer while occasionally whisking until sauce is thickened and glossy, 3-4 more minutes. Pour sauce through a fine mesh strainer or use a skimmer to remove any burnt herbs or bits if desired. Slice pork then serve with pan sauce.

4 Crisp apples, peeled, cored, and chopped (4 cups)

Easy Gluten Free Apple Crisp

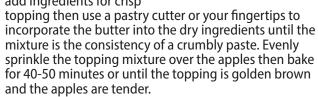
- 1 heaping Tablespoon granulated sugar
- 1/2 Tablespoon gluten free flour blend
- 1 teaspoon cinnamon
- For serving: ice cream, whipped cream For the Crisp Topping
- 1/2 cup brown sugar
- 1/2 cup aluten free old fashioned oats
- 4 Tablespoons cold butter, or vegan butter, cut into 1/4" cubes
- 3 Tablespoons gluten free flour blend
- pinch salt

Instructions:

1. Preheat the oven to 350 degrees then spray a mediumsized baking dish (like a 6x9" or 8x8") with nonstick spray and set aside.

2. To a large mixing bowl add chopped apples, sugar, gluten free flour, and cinnamon then stir to combine and pour the mixture into the prepared baking dish.

3. For the Crisp Topping: to the same mixing bowl, add ingredients for crisp



Let the apple crisp cool for 20 minutes before scooping into bowls and serving with ice cream or whipped cream, if desired.



Gluten is a protein found in wheat, barley, and rye.

Sometimes gluten falls under other names for those ingredients such as triticale, spelt, semolina, or durum.

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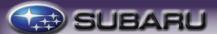


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