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**DEADLINE: 5PM FRIDAY**

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**JAN 10<sup>TH</sup>  
2020**

*Join Us*  
as We Celebrate  
Another Year of  
**Excellence of Care**



In honor of our **2<sup>nd</sup> Anniversary**, we would like to invite you to join us for a day of festivities as we continue to strive to provide the highest level of quality care and comfort to our residents and their families.

On **January 10<sup>th</sup>, 2020**, we will be hosting complimentary community events including Bingo, light refreshments, entertainment, and more!

A special thank you to our dedicated team of nurses and physicians, our rehabilitation, dietary, maintenance and housekeeping teams who all work alongside our supportive administrative and leadership teams. We could not have achieved this without their commitment and hard work, and we are proud to be celebrating this milestone with them.

To our amazing community partners, thank you for your continued support!

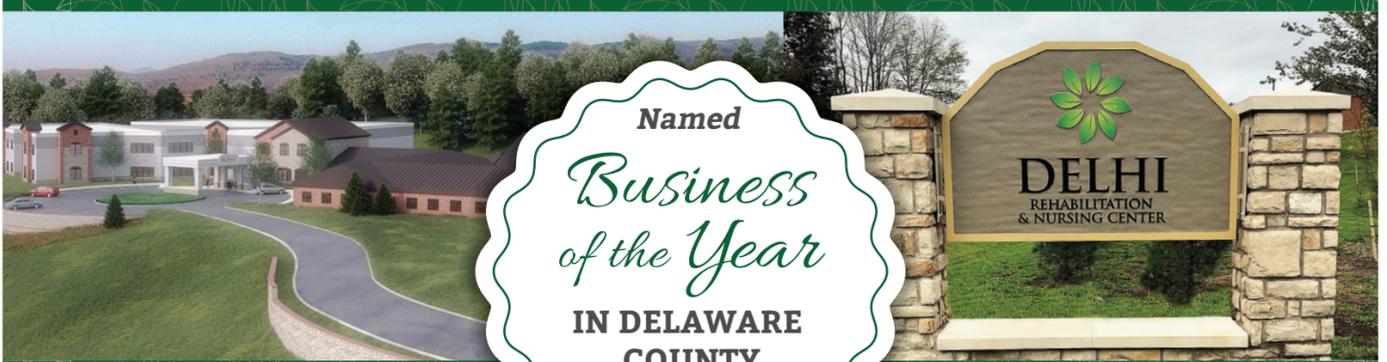
We look forward to continuing to strengthen lives and strengthen our community in the years to come!

**3pm-4pm Bingo | 4pm-5pm Pictures with Frosty  
5pm-6pm Refreshments and Entertainment**

### Testimonials

*I have been here since the building opened. I enjoy everything about Delhi, my room, my friends, the great activities and events, and especially the care they provide. It feels like home!*  
- Blanche, Current Resident

*The staff is attentive and pleasant while caring for our mother. The family finds the staff approachable and accommodating. The Nursing Center is clean and beautifully appointed. Rooms are spacious and bright. Our mother feels safe and welcomed.*  
- Terry, Family Member



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### Catskill Regional Agriculture Conference

January 9, 2020

10:00AM to 3:30PM in Farrell Hall at SUNY Delhi



Agricultural experts, industry professionals and recognized speakers will be presenting relevant and timely information that you can't afford to miss.

Registration opens at 9:30AM

Early Bird Sessions at 10:00AM

Sessions of your choice at 11:00AM, 1:40PM, and 2:40PM

Local Foods Luncheon & Tradeshow at 12:00 Noon

**Registration by Jan. 3rd is \$25 and includes LUNCH**

Late or at the door registration is \$35 (lunch is NOT guaranteed)

For more information, Call Kim Holden at (607) 865-7090 or visit ccedelaware.org.  
To register online visit [https://reg.cce.cornell.edu/CatskillAgConference2020\\_212](https://reg.cce.cornell.edu/CatskillAgConference2020_212)  
Cornell Cooperative Extension is an equal opportunity, affirmative action educator and employer.

Sponsored By: Delaware County

Watershed Agricultural Council  
nywatershed.org

## ANTIQUE & COLLECTIBLE AUCTION

**SATURDAY, JANUARY 4 12:30 PM AT McINTOSH COUNTRY MARKET**  
Route 28 - 214 Fair Street Margaretville, N.Y.

**FEATURED ITEMS:** A historic collection of photographic railroad scrapbooks featuring 7 albums full of original photos, many from Delaware, Schoharie, and Otsego Counties of locomotives, stations, crews, train wrecks, stations, and events from the 1920's - 1960's. Also three albums of railroad related clipping and ephemera from the same collection.

**FURNITURE:** L. & J.G. Stickley mission oak side chair, Gustav Stickley ladies rocker, 2 mission style umbrella stands, Heywood Wakefield drop-leaf table, small stand, high chair, library table, coffee table, gate-leg table, rocking chairs, wooden sled coffee table, hanging cupboard, walnut bookcase, oak mirror, set of 4 spindle back chairs, 60 drawer library card file, cedar chest, two stands, European oak chair, room size Oriental style rug.

**TOYS & TRAINS:** Lionel 392-E standard engine & tender w/ boxes in grey, Lionel set # 1636 w/ boxes, Bing Castle style railroad bridge-circa 1906, 2 Marklin signal bridges, John Deere corn picker w/ box, John Deere spreader w/ box, John Deere harrow disc plow w/ box, child's sled, toy drum, wishing well, miniature pool table.

**ITEMS OF LOCAL INTEREST:** Collection of local postcards including: Bloomville, Downsville, South Kortright, Hobart, Hamden, DeLancey, Walton, Beaverkill, Cooks Falls, Roxbury, John Burroughs, Catskill Cats, Walton, and more. Original John Burroughs memorial service program, Milton Glaser Catskill posters.

**ANTIQUES & COLLECTIBLES:** A nice selection of carnival glass including signed pieces, cast iron door stop, small powder horn, tin type photo in gutta percha case, Margaretville, NY sewing table, sterling silver items, fruit press, paint decorated boxes, Roseville pottery, balance scale, cast iron dog, cigarette lighter, floral prints, Wilson Brothers Bovina Center calendar, tin signs, reading lamp, kitchen items, stoneware including small flask, crock w/ blue bird on stump, crock w/ blue floral decoration, brown jug, NYC advertising jug, wooden butter bowls, kraut cutter, wall sconces, framed prints, oil paintings on canvas, coins including Washington quarters, Mercury dimes, Roosevelt dimes, wheat pennies, silver certificates and a lot more.

**ORDER OF SALE:**

12:30- 1:00 Collectibles & Coins • 1:00 Toys & Trains  
1:30- Rail Road Collection • 1:45 Postcards & Local Items  
2:15 Antiques & Furniture

See our website for pictures and an updated listing:  
www.mcintoshauction.com. www.auctionzip.com (#18080)

**Preview:** FRIDAY, January 3, Noon-3 PM  
Saturday, January 4, 9 AM Until Auction

**Terms:** Cash, Check, or Charge Valid ID Required  
13% Buyers Fee 3% Discount for Cash or Check

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**LEGAL NOTICES**

NOTIFICATION OF ORGANIZATIONAL MEETING/MONTHLY MEETINGPlease take notice that the organizational meeting for the Bovina Fire District of the Town of Bovina Center, County of Delaware, New York, will be held on Wednesday, January 8, 2020 at 7:00 p.m. at the Bovina Fire Hall, 36 Maple Street. This notification is being given pursuant to the provisions of Section 94 of the Public Officers Law of the state of New York by order of the Board of Fire Commissioners of the Bovina Fire District. Dana Sluiter, Secretary, Bovina Fire District. B1LNld

8, 2020 at 7:00 p.m. at the Bovina Fire Hall, 36 Maple Street. This notification is being given pursuant to the provisions of Section 94 of the Public Officers Law of the state of New York by order of the Board of Fire Commissioners of the Bovina Fire District. Dana Sluiter, Secretary, Bovina Fire District. B1LNld

**LOST & FOUND**

MISSING CALICO CAT named Sunraya. Reward! Has silver heart shaped tag with pink stones. Could be in between Downsville and Masonville on Route 206. Please call Richard 914-255-0644. O1LFDu

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3.25 CUBIC FEET, KILN dried for sale. Straw also available. Call MCINTOSH SHAVINGS, 607-538-1654. CB4FAdu

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OPT TO ADOPT FROM your local Animal Shelter. Delhi Shelter, 607-746-3080; Sidney Shelter, 607-563-7780 and Cooperstown Shelter, 607-547-8111. OTFPdu

work has been an inspiration to researchers in diverse disciplines, including animal behavior and welfare, wildlife damage science and management, veterinary science, ruminant and human nutrition, chemical ecology, plant ecology and horticulture, landscape restoration ecology, and pasture and rangeland science and management. Provenza is the author of Nourishment: What Animals Can Teach Us about Rediscovering Our Nutritional Wisdom and Foraging Behavior: Managing to Survive in a World of Change. He is the co-author of The Art & Science of Shepherding: Tapping the Wisdom of French Herders. Conference registration begins at 9:30 a.m. followed by three early bird sessions at 10 a.m. which include; Dairy Farm Adaptability in the Region, Introduction to WAC's Agricultural Conservation Easement Program, and Introduction to Small Scale Swine Production. Attendees may choose to follow a single track or mix and match sessions that are of interest. Core sessions of the conference take place

**SECRETARY**  
Typist/teacher/tutor/writer looking for employment.  
Strong English skills, computer literate.  
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607-376-4919

at 11 a.m., 1:40 p.m., 2:40 p.m. and include the following topics:

- DAIRY: Effective Ventilation for Dairy Cows and Calves, Heat Stress Abatement Techniques for Dairy Cattle, Big Changes to New York Farm Employment Laws
- LIVESTOCK: Can Livestock Self-Select Nourishing Diets and Self-Medicate?, Winter Livestock Feeding and Grouping Strategies, Transgenerational Linkages to Landscapes
- GRAZING: Mob vs Rotational Grazing, Pasture Management: The Balancing Act, Livestock Fly Integrated Pest Management
- VEGETABLES: Diversify with Cut Flowers, Tarping for Weed Control, Pests to Watch for in 2020

An all-day tradeshow of local agri-service providers offers networking opportunities between sessions. The local foods luncheon session featuring Dr. Fred Provenza, Professor emeritus, Utah State University, will offer Let Feed and Food be Our Medicine.

For more information about the sessions, speakers, or the conference itself, please visit ccedelaware.org or call Kim Holden at 607-865-7090, ext. 241. Pre-registration, including the luncheon, is \$25 per person. Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities. The Watershed Agriculture Council is an Equal Opportunity Provider and Employer and is funded by the New York City Department of Environmental Protection, U.S. Forest Service, U.S.D.A., and other sources.

**Delaware/Sullivan County Farm Service Agency Announces County Committee Election Results**

Delaware/Sullivan County U.S. Department of Agriculture (USDA) Farm Service Agency (FSA) announced that County Committee elections are over and the ballots have been counted. Gordon Fletcher of Walton was elected to represent local administrative area (LAA) # 3 and James Wilcox of Roscoe was elected to represent local administrative area (LAA) # 4. County committee members are a critical component of the day-to-day operations of FSA. They help deliver programs at the county level and work to serve the needs of local producers. All recently elected county committee members will take office in January 2020 and will be joining the existing committee. Every FSA office is required to have a county committee, and they are made up of local farmers, ranchers and foresters who are elected by local producers. Nearly 7,800 FSA county committee members serve FSA offices nationwide. Each committee has three to 11 elected members who serve three-year terms of office. One-third of county committee seats are up for election each year. County committee members impact the administration of FSA within a community by applying their knowledge and judgment to help FSA make important decisions.

continued on page 6

*Wishing you a Spectacular 2020*

*We'd like to send our thanks and well wishes to our customers and friends. May the days and months to come treat you as kindly as you have treated us.*

*Happy New Year.*

*From all of us at...*

**DECKER** advertising **County SHOPPER**

**CWC Board Announces Meeting Time Change**

The Catskill Watershed Corporation (CWC) Board of Directors will hold its next monthly meeting Tuesday, Jan. 7 at 3:30 p.m. with committee meetings immediately following at CWC offices, 905 Main Street, Margaretville

The Board usually meets on the first Tuesday of each month at 1pm, but in January, the Board will be visiting NYCDEP's Rondout/West Branch Tunnel repair construction site located in the Town of Newburgh. Committee meetings will begin immediately after the board meeting. The public is welcome to the meetings.

Agendas for all meetings will be posted on the corporation's website, cwconline.org by January 3.

The CWC is a non-profit, Local Development Corporation responsible for several environmental protection, economic development and education programs in the New York City Watershed West of the Hudson River.

**Agricultural Experts To Speak at SUNY Delhi**

Cornell Cooperative Extension of Delaware County, in partnership with the Watershed Agricultural Council, will host the 17th annual Catskill Regional Agriculture Conference on Thursday, Jan. 9, beginning at 10 a.m. in Farrell Hall at the SUNY Delhi campus. Come and join farmers from around the region for this premier agricultural event. Top-notch speakers will present timely information about dairy, livestock, and vegetable production as well as grazing management.

This year's featured speaker is Dr. Fred Provenza, professor emeritus of Behavioral Ecology in the Department of Wildland Resources at Utah State University. He is a pioneer in understanding foraging behavior and how behavior links soils and plants with herbivores and humans.

For 40 years, Fred's team did research that laid the foundation for behavior-based management of livestock and wildlife. That

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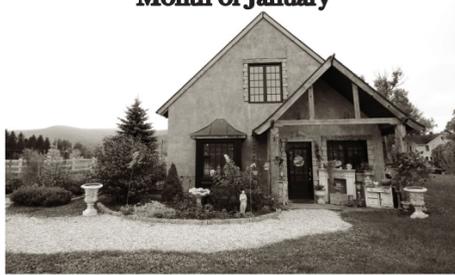
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Classes begin January 22nd.

## SUNY Delhi

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St., Walton NY. For more information call 607-865-5895.

### January 04 - Walton Writers' Group

All interested prose and poetry writers (all genres!) are welcome to attend. Please bring work to share with the group. 11 a.m. William B. Ogden Library. 42 Gardiner Place, Walton NY. For more information call 607-865-5929.

### January 05 - Tri-County Social Club Dance

Music by the Dirt Road Express band. Public welcome. Refreshments available. 5 p.m.-9 p.m. St. James Hall, corner of Elm and Main Streets, Oneonta NY.

### January 05 - Lunch & Hymn Sing

Join us for a free lunch and hymn singing the first Sunday of every month. 12 p.m.-1 p.m. Immanuel Lutheran Church. 565 Andes Rd., Delhi. For more information call 607-437-9916.

### January 06 - Delhi Food Bank

Located downstairs. 1 p.m.-3 p.m. United Ministry Church. 46 Church St., Delhi NY.

### January 06 - Food Bank

9:30 a.m. Sidney United Methodist Church. 12 Liberty St., Sidney NY. For more information call 607-563-1347.

### January 06 - Lego Time

Join others as we have fun building with the library's LEGO collection. Thanks to the Friends of the Libraries for purchasing them! All ages - preschool through school age. 3 p.m.-5 p.m. Sidney Memorial Public Library. 8 River Street, Sidney NY. For more information call 607-563-1200.

### January 06 - Play & Learn

We will have hands-on activities including developmentally appropriate games, sensory materials, dramatic play items, and more. Drop in any time, for ages 0-6. 10 a.m.-11:30 a.m. Sidney Memorial Public Library. 8 River Street, Sidney NY. For more information call 607-563-1200.

### January 06 - Plum Crazy Quilters

Bring a quilting project and visit with others. Please call Ellen Adams, 607-363-7414 for more information. 6 p.m.-8 p.m. Plum Crazy B & B. 2860 Harvard Rd., East Branch NY.

### January 06 - Roxbury Quilters

New members welcome. 11 a.m.-1:30 p.m. Roxbury Library. 53742 NY-30, Roxbury NY.

### January 06 - Weekly Sporterifle Team Practice

Join the Oneonta Sporterifle Team today to practice weekly and compete in the NYS Sporterifle League (<https://sporterifle.com/>), or just come by and have fun! For more information, contact Walt and Peg Kunkler at 607-988-2667. 4 p.m.-6 p.m. Oneonta Sportsmen's Club. 251 Rod and Gun Club Rd, Oneonta NY.

### January 06 - Delaware-Otsego-Chenango Snowriders (DOCS)

Snowmobile club. 7 p.m. Galaxy Bowl. 105 N Main St, Bainbridge NY. For more information call 607-895-6459.

### January 06 - Deposit Chamber of Commerce

For more information, contact President Nick Barone 607-467-4161. 5 p.m. Former Morley Ins. Co. building. Front Street, Deposit NY.

### January 06 - Donald W. Gleason Post #190

Meets at the post home. 6 p.m. Delhi American Legion. 41 Page Ave., Delhi NY.

### January 07 - Home School Meet Up

Come meet other home school families. Open rec., public computers, study space and a kitchen. 11 a.m.-1 p.m. Pine Hill Community Center. 287 Main Street, Pine Hill NY. For more information call 845-254-5469.

### January 07 - Kids Club

For kids ages 5 and up who are interested in joining us for games, crafts, Minecraft, and more. New members are always welcome. This club meets in the Public Computing Center. 3 p.m.-5 p.m. Sidney Memorial Public Library. 8 River St., Sidney NY. For more information call 607-563-1200.

### January 07 - Knitting and Crocheting Group

All ages and skill levels welcome. Instruction available. 4 p.m.-5 p.m. William B. Ogden Library. 42 Gardiner Place, Walton NY. For more information call 607-865-5979.

continued on page 7

### Broadway Playbills For Sale

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Henry Fonda, Lucie Arnaz, Matthew Broderick, Carol Burnett & Carol Channing among others.

Call Harvey  
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## COMMUNITY CALENDAR

FOR A COMPLETE LIST OF EVENTS AND MEETINGS SEARCHABLE BY DATE, CATEGORY AND LOCATION GO TO WWW.COUNTYSHOPPERONLINE.COM AND CLICK ON CALENDAR.

### January 02 - Baby Storytime

This story time is for babies 0-15 months and their caregiver. Join us for nursery rhymes, simple stories, songs, and more! 11 a.m. Sidney Memorial Public Library. 8 River Street, Sidney NY. For more information call 607-563-1200.

### January 02 - Catskill Mountain Railroad Club

Meets in the basement. All modelers are welcome to attend. The model train layout is HO Gauge. New Members are welcome to join. For more information call Don at 845-254-5311. 7 p.m. Margaretville-New Kingston Presbyterian Church. 87 Orchard Street, Margaretville NY.

### January 02 - Chenango Valley Amateur Radio Association

We meet monthly for a business/training meeting. Open to the public. 7 p.m.-8:30 p.m. Norwich Police Station, second floor. 18 East Main St., Norwich NY.

### January 02 - Collaborative Art Workshop at FORDO

Fun for all ages. 4:30 p.m.-6:30 p.m. The Turning Point of Delaware County. 84 Main Street, Delhi NY. For more information call 607-746-3570.

### January 02 - Cybermobile

Books available at the following stops: Fishs Eddy Post Office/Head Start 9:05-9:40 a.m.; Downsville Post Office/Community Church from 10:25-10:50 a.m.; Catskill Center/Arkville Firehouse from 12:30-1:45 p.m.; Halcottsville Post Office from 2-2:15 p.m. For more information call 607-723-8236.

### January 02 - D & D Snowdiggers

Snowmobile club. 7 p.m. Hardwood Hills Club House. 11160 Route 8, Masonville NY. For more information call 607-467-1279.

### January 02 - Delaware River Lodge #439

Call 607-434-1403 for information. 7:30 p.m. Masonic Lodge. Meredith Street, Delhi NY.

### January 02 - Delhi Food Bank

Located downstairs. Not open on holidays. 3:30 p.m.-5:30 p.m. United Ministry Church. 46 Church St., Delhi NY.

### January 02 - Downsville Lions Club

Lions club members are men and women who strive to make a difference in their local community as well as communities worldwide. New members welcome. 6 p.m. Downsville Diner. Main Street, Downsville NY.

### January 02 - First Thursday Dinner

This month's dinner is a soup buffet with salads, beverages and desserts. Take outs available. To benefit interior restorations of the historic church. 5 p.m.-7 p.m. St. Paul's Episcopal Church, corner of Main/Institute Streets, Franklin NY.

### January 02 - Game Day

Play games or put puzzles together. followed by a soup supper. 1:30 p.m.-4:30 p.m. First United Methodist Church. 101 North St., Walton NY.

### January 02 - Genealogy Hounds

Come research your family history using the library's link to [www.ancestry.com](http://www.ancestry.com). No registration is needed-just show up and use our laptops, or bring your own. 9:30 a.m.-11:30 a.m. Sidney Memorial Library Public Computing Center. 8 River St., Sidney NY. For more information call 607-563-1200.

### January 02 - Mahjong Games

11 a.m.-3 p.m. Cannon Free Library. 40 Elm Street, Delhi NY. For more information call 607-746-2662.

### January 02 - Preschool Story Time

Held in the children's room of Fairview Public Library. We read stories and do a craft with the children during each session, along with other fun activities such as singing, some learning activities, and creating with Play-Doh. The child(ren) must be accompanied by an adult. 11:30 a.m.-12:30 p.m. Fairview Public Library. 43 Walnut St., Margaretville NY. For more information call 845-586-3791.

### January 02 - Preschool Storytime

Stories, songs, games and a craft on a fun theme. 10:30 a.m. Cannon Free Library. 40 Elm Street, Delhi NY. For more information call 607-746-2662.

### January 02 - Soup Supper

A nutritious meal free for members of the community. Handicap accessible. Dinners are not served on holidays. 4:30 p.m.-5:30 p.m. First United Methodist Church of Walton. 101 North Street, Walton NY.

### January 02 - Thrift Shop

A place to shop for the whole family. 12 p.m.-4 p.m. Margaretville Hospital Auxiliary Thrift Shop. 743 Main

St., Margaretville NY. For more information call 845-586-3737.

### January 02 - Toddler Story Time

This story time is for toddlers 15 months to about age 3. Read a few books, sing songs and usually do a hands-on activity. 10 a.m.-10:30 a.m. Sidney Memorial Public Library. 8 River Street, Sidney NY. For more information call 607-563-1200.

### January 03 - Lego Time

Join others as we have fun building with the library's LEGO collection. Thanks to the Friends of the Libraries for purchasing them! All ages - preschool through school age. 3 p.m.-5 p.m. Sidney Memorial Public Library. 8 River Street, Sidney NY. For more information call 607-563-1200.

### January 03 - Play & Learn

We will have hands-on activities including developmentally appropriate games, sensory materials, dramatic play items, and more. Drop in any time, for ages 0-6. 10 a.m.-11:30 a.m. Sidney Memorial Public Library. 8 River Street, Sidney NY. For more information call 607-563-1200.

### January 03 - Thrift Shop

A place to shop for the whole family. 12 p.m.-4 p.m. Margaretville Hospital Auxiliary Thrift Shop. 743 Main St., Margaretville NY. For more information call 845-586-3737.

### January 03 - Andes Food Bank

3 p.m.-6 p.m. Cithope. 143 Main St., Andes NY. For more information call 845-676-3344.

### January 03 - Elijah's Closet Thrift Store

Wheelchair lift & elevator available. 10 a.m.-3 p.m. Congregational Church. 4 Mead Street, Walton NY. For more information call 607-865-7935.

### January 03 - Game Night at FORDO

Movie Night on the last Friday of the month. 5 p.m.-7 p.m. The Turning Point of Delaware County. 84 Main Street, Delhi NY. For more information call 607-746-3570.

### January 03 - Greater Oneonta Historical Society History Center

Housed in the oldest brick building in downtown Oneonta. Local history exhibits and a permanent exhibit on the history of Oneonta. Open Saturdays 10 a.m. to 4 p.m. and Fridays noon to 4 p.m. Expanded hours Memorial Day to Labor Day and Thanksgiving to Christmas. Other times for special events or by prior arrangement. Free. GOHS History Center. 183 Main St., Oneonta NY. For more information call 607-432-0960.

### January 03 - Meridale Ladies Aid Society

Generally meets the first Friday of the month. Call President Mary Hamilton at 607-746-3652 or Alice Fraser at 607-746-3350 to confirm meeting. 10 a.m. Meridale Community Church. County Hwy 10, Meridale NY.

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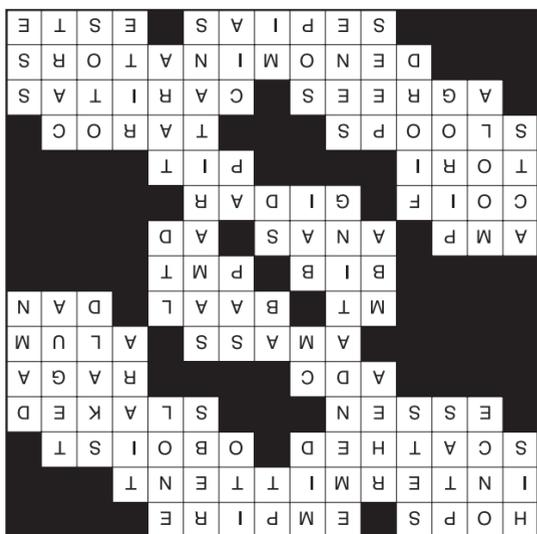
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## Annual Pre-Inventory CARPET/VINYL REMNANT BLOWOUT!

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**FAMILY HEALTH CARE • FAMILY HEALTH CARE**

**HEALTH AND SUPPORT GROUPS**

**January 02 - 449 AA Meeting**  
Open discussion meeting. 12 p.m. Turning Point House. 22 Main St., Oneonta NY. For more information call 607-267-4435.

**January 02 - Morning Reflections AA Group**  
Handicapped accessible. 7:30 a.m. St. James Episcopal Church. 305 Main St., Oneonta NY.

**January 02 - AA Meeting**  
Open Beginners Meeting. No smoking. 8 p.m. Christ Church. Gardiner Place, Walton NY.

**January 02 - AA Meeting**  
Open discussion meeting. 12 p.m. Turning Point House. 22 Elm St., Oneonta NY. For more information call 607-267-4435.

**January 02 - AA Meeting**  
Open meeting, newcomers welcome. Handicapped accessible. 12 p.m. St. John's Episcopal Church. 134 1/2 Main St., Delhi NY.

**January 02 - Alzheimer's Association Support Group**  
Free respite available by calling 607-267-4013 to reserve. 6 p.m. Plains at Parish Homestead. 163 Heritage Circle, Oneonta NY. For more information call 607-267-4584.

**January 02 - Delhi AA Meeting**  
Open Big Book Meeting. 7 p.m. St. John's Episcopal Church. Main Street, Delhi NY.

**January 02 - Delhi Al-Anon Meetings**  
Welcomes, supports & comforts persons whose lives have been affected by the alcohol/drug abuse of a loved one. Alateen members welcome. Does not meet on holidays. 6 p.m. United Ministry Church. Church Street, Delhi NY.

**January 02 - Free Fitness Class**  
Begins promptly at 5:15 p.m. Core de Force Live is more than a typical cardio class. It's an empowering, core-focused workout, inspired by the highest-octane sport in the world - Mixed Martial Arts. Please: Clean sneakers only Bring water and a towel. A mat is recommended but not required. 5 p.m.-6 p.m. Hobart Activity Center. 8 Pine St., Hobart NY. For more information call 607-437-1495.

**January 02 - Live and Let Live AA Meeting**  
Closed meeting, discussion. No smoking. 8 p.m. Christ Episcopal Church. 14 Monument St., Deposit NY.

**January 02 - Margaretville New Beginners AA Meeting**  
Closed living sober meeting. No smoking allowed. 12 p.m.

Advent Christian Church. 109 Maple St., Margaretville NY.

**January 02 - Nar-anon Family Group**  
Drug addiction is a family disease. Nar-anon is a support group operated by and for the families of addicts. We understand the struggles of those coping with the addictions of a loved one. We offer our help by listening, and by sharing our experiences, strengths and hopes. Central to our approach is respecting your anonymity. 7 p.m.-8 p.m. Unitarian Universalist Church. 12 Ford Ave., Oneonta NY. For more information call 607-432-3291.

**January 02 - WIC Outreach**  
Please call 607-746-1700 to find out if you are eligible for WIC benefits. A satellite office will be set up at the location listed below. The main office is located at 35430 State Hwy 10 Hamden, which is closed during outreach. 9:30 a.m.-2 p.m. Stamford Baptist Church. 40 Lake St., Stamford NY.

**January 03 - All or Nothing AA Meeting**  
Open discussion, newcomers welcome. Handicapped accessible. 12 p.m. St. John's Episcopal Church. 134 1/2 Main St., Delhi NY.

**January 03 - Morning Reflections AA Group**  
Handicapped accessible. 7:30 a.m. St. James Episcopal Church. 305 Main St., Oneonta NY.

**January 03 - Community Wellness & Social Services**  
Stop in for free Healthcare Advising, Weatherization, Farm Fresh Produce for SNAP recipients, Domestic Violence and Crime Victims Assistance, Dental Referrals, Pre-Diabetes Program. 10 a.m.-3 p.m. Prattsville Arts Center. 14562 Main Street, Prattsville NY.

**January 03 - Delhi AA Group**  
Closed meeting, discussion group. Wheelchair accessible. No smoking allowed. 7 p.m. St. John's Episcopal Church. Main Street, Delhi NY.

**January 03 - Lunch Bunch AA Meeting**  
Open discussion meeting. No smoking. 1 p.m. St. Mary's School Annex. 28 Elm St., Oneonta NY.

**January 03 - Margaretville New Beginnings AA Group**  
Closed meeting, discussion group. Last Friday of the month is open with speakers. Wheelchair accessible, no smoking allowed. 7 p.m. Advent Christian Church. 109 Orchard Street, Margaretville NY.

**January 03 - NA Meeting**  
7:15 - 8:15 p.m. New Hope Community Church. Stockton Ave., Walton NY.

**January 03 - Stamford Over Easy AA Step Group**  
Speaker with open discussion meeting. 7 p.m. United Methodist Church. 88 Main St., Stamford NY.

**January 03 - Winners Circle AA Group**  
Open meeting discussion group. No smoking allowed. 7 p.m. Father Rausch Memorial Hall. 346 West Main Street, Hancock NY.

**January 04 - Morning Reflections AA Group**  
Handicapped accessible. 7:30 a.m. St. James Episcopal Church. 305 Main St., Oneonta NY.

**January 04 - AA Seeking Serenity Meeting**  
Open discussion meeting. 12 p.m. Turning Point House. 22 Elm St., Oneonta NY. For more information call 607-267-4435.

**January 04 - Bridge AA Group**  
9 a.m. Hamden Presbyterian Church. 35790 Route 10, Hamden NY.

**January 04 - Community Exercise Walk**  
Anyone interested should meet at the Village Pavilion in Margaretville Saturdays at 9 a.m. Information: 845-586-3555. Village Pavilion.

**January 04 - Little Delaware AA Group**  
Speakers Meeting. 6 p.m. Saint James Church. 55 Lake Delaware Drive, Delhi NY.

**January 04 - Saturday Night Speakers AA Meeting**  
Open meeting with speakers. 6:30 p.m. St. James' Episcopal Church. 305 Main St., Oneonta NY.

**January 05 - AA Meeting**  
Open discussion meeting. 7 p.m. Andes Presbyterian Church. 70 Delaware Ave., Andes NY.

**January 05 - Covered Bridge AA Group**  
6 p.m. Buck Hill Farms. 185 Fuller Road, Jefferson NY.

**January 05 - Downsville AA Group**  
Open AA Meeting. 7 p.m. Colchester Community Church. 15151 State Highway 30, Downsville NY.

**January 05 - Live and Let Live AA Meeting**  
Open discussion meeting. No smoking. 2 p.m. The Lord's Table. 18 Elm St., Oneonta NY.

**January 05 - One Great Hour of Sharing AA Group**  
Open discussion group. 11 a.m. Hobart Presbyterian Church. 5 Maple Ave., Hobart NY.

**January 05 - Oneonta Sunday Night AA Meeting**  
Closed discussion meeting. No smoking. 8 p.m. Elm Park United Methodist Church. 401 Chestnut St., Oneonta NY.

**January 06 - 449 AA Meeting**  
Open discussion meeting. 12 p.m. Turning Point House. 22 Main St., Oneonta NY. For more information call 607-267-4435.

**January 06 - All or Nothing AA Meeting**  
Open discussion, newcomers welcome. Handicapped accessible. 12 p.m. St. John's Episcopal Church. 134 1/2 Main St., Delhi NY.

**January 06 - Bovina AA Group**  
Big Book open discussion. 7 p.m. Bovina United Presbyterian Church. 5177 Bovina Rd, Bovina Center NY.

**January 06 - Just for Today NA Meeting**  
Open discussion meeting. 7 p.m. DVH Hospital, Ambulatory Waiting Room. 1 Titus Place, Walton NY.

**January 06 - Let's Be Sensible**  
Our goal is to learn how to lose weight the healthy way. Join our team for group support, nutritional information

**FOR AA DISTRICT 8 SCHEDULES:**  
<http://district8.aahmbny.org/meetings/find-a-meeting-by-location/>

and learning to strive for healthy living. Meets every Mon. from 5 - 6 p.m. For information call Leo Hart at 607-865-6233. Riverside Alliance Church. Stockton Ave., Walton NY.

**January 06 - Morning Reflections AA Group**  
Handicapped accessible. 7:30 a.m. St. James Episcopal Church. 305 Main St., Oneonta NY.

**January 06 - Morning Reflections AA Meeting**  
Open discussion meeting. Wheelchair accessible. No smoking. 7:30 a.m. St. James' Episcopal Church. 305 Main St., Oneonta NY.

**January 06 - Nicotine Anonymous**  
Front meeting room. Call Ed (845-332-7803) for any additional information. 7 p.m. St. James Episcopal Church. 305 Main St., Oneonta NY.

**January 06 - Night Live and Let Live AA Meeting**  
Closed meeting, Step discussion. 8 p.m. Christ Episcopal Church. 14 Monument St., Deposit NY.

**January 06 - Overeaters Anonymous**  
For more info, call Barb at 607-432-6217 or visit www.OA.org. OA is not a diet or weigh-in club, no dues or fees are collected. OA welcomes everyone experiencing problems with food. 7 p.m. Turning Point House. 22 Elm St., Oneonta NY.

**January 06 - Stamford Over Easy AA Step Group**  
Open step meeting. 7 p.m. United Methodist Church. 88 Main St., Stamford NY.

**January 06 - Walton AA Group**  
Closed and open discussion meetings. No smoking. 8 p.m. St. John's Catholic Church. 17 Benton Ave., Walton NY.

**January 06 - Walton Nar-Anon Meeting**  
If there is a drug problem in your home, Nar-Anon may be able to help. Nar-Anon offers support for the family and friends who have been affected by the drug abuse of a loved one. Al-Anon and Alateen members welcome. Does not meet on holidays. 7 p.m.-8 p.m. New Hope Community Church. 45 Stockton Ave., Walton NY.

**January 07 - 449 AA Meeting**  
Open discussion meeting. 12 p.m. Turning Point House. 22 Main St., Oneonta NY. For more information call 607-267-4435.

**January 07 - Morning Reflections AA Group**  
Handicapped accessible. 7:30 a.m. St. James Episcopal Church. 305 Main St., Oneonta NY.

**January 07 - AA Meeting**  
Open meeting, newcomers welcome. Handicapped accessible. 12 p.m. St. John's Episcopal Church. 134 1/2 Main St., Delhi NY.

**January 07 - Al-Anon**  
6 p.m. Andes Presbyterian Church. 70 Delaware Ave., Andes NY.

**January 07 - Big Book Step Study AA Group**  
Big Book open step meeting. 5:30 p.m. The Turning Point. 22 Elm St., Oneonta NY.

**FAMILY HEALTH CARE**

**SKIN PROBLEMS?**

NEW YORK SKIN AND VEIN Center Specializes in Acne, Rashes, Moles and Warts. Dermatology Appointments Now Available in Oneonta. We Promise to See You the WEEK You Call! Call 607-296-0800 Now. Accepting Most Insurances Including Medicare. Sorry cannot accept Fidelis/Medicaid. B3HCd

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SUBOXONE NOW AVAILABLE in Oneonta. Private Confidential Caring Physician Will Help You This Week! Call 607-286-0637 for Your Appointment NOW! B3HCd

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- 363 Downsview
- 498 Roscoe
- 829 Franklin
- 652 Treadwell
- 746 Stamford
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- Delancey
- Hamden
- Meridale
- Walton
- 510 Trout Creek
- 865 Sidney Center
- 369 Bovina
- 832 Davenport
- 278 East Meredith
- 437 Oneonta
- 434 Oneonta
- 433 Oneonta
- 432 Oneonta
- 431 Oneonta
- 643 Oneonta
- 538 Hobart
- Bloomville

**845 AREA CODE**

- 586 Margaretville
- Arkville
- New Kingston
- 676 Andes
- 254 Fleischmanns
- Highmount
- Pine Hill
- Big Indian
- 688 Phoenicia
- 657 Boiceville

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**Loretta C. Smith**  
WALTON - Loretta C. Smith, 79, of Walton died recently.

**Roger I. Cook**  
CONESVILLE - It is with great sadness that we announce the death of Roger I. Cook on Sunday, Dec. 15, 2019.

No formal service will be held at this time. A memorial service will be held in the spring.

**Janet L. Gano**  
DAVENPORT - Janet L. Gano, 82, of Davenport, died peacefully at her home on Saturday morning, Dec. 21, 2019, following a long illness.

**Wayne McCulley**  
DAVENPORT - Wayne McCulley, 64, of Davenport/Schenevus, died Saturday, Dec. 21, 2019, at St. Peter's Hospital following nearly a three-year battle with cancer.

Friends and relatives are invited to call from 4 to 7 p.m., Friday, Jan. 3, at MacArthur Funeral Home, 15 Buntline Drive, Stamford. A funeral service will be held at 11 a.m. Saturday, Jan. 4 at Charlotte Valley Presbyterian Church with the Rev. Frank Mac-

Cracken Jr., officiating. Contributions in memory of Wayne may be made to the Charlotte Valley Presbyterian Church, 15735 State Highway 23, Davenport, NY 13750, or American Cancer Society online at donate3.cancer.org.

**Kay Margaret Wilson**  
DELHI - Kay Margaret Wilson, 68, of Delhi, died at her home in Indian Land, South Carolina, on Sunday, Dec. 22, 2019, following a long and courageous battle with cancer. Contributions may be made to the Breast Cancer Research Foundation, www.bcrf.org.

**Olon Bradford Archer**  
SIDNEY - Olon Bradford Archer, 74, died Dec. 24, 2019, at Wilson Medical Center in Johnson City.

Memorial contributions may be sent to Mercy House of the Southern Tier, 212 N. McKinley Ave., Endicott, NY 13760.

**Rose Marie Thomas**  
SWAN LAKE - On Tuesday, Dec. 24, 2019 Rose Marie Thomas, 69, of Swan Lake, a native of Livingston Manor, died peace-

fully at her home surrounded by her loved ones.

Memorial contributions may be made to Hospice of Orange and Sullivan County, 800 Stony Brook Ct., Newburgh, NY 12550.

**Kevin "KK" Kelly**  
WALTON - Kevin "KK" Kelly, 58, of Walton, died peacefully on Wednesday, Dec. 25, 2019, at UHS Wilson Medical Center following a brief illness.

Memorial donations in KK's name may be made to American Legion, Truman C. Tobey Post, 10 Park St., Walton, NY 13856.

**George J. Link Jr.**  
BALDWINSVILLE - George J. Link Jr., 91, of Baldwinville, formerly of Oneonta, died Dec. 25, 2019, at home.

Calling hours will be from 11 a.m. to 2 p.m., Saturday, Jan. 4, at Falardeau Funeral Home, 93 Downer St. in Baldwinville. Services will follow at 2:30 p.m., Saturday, Jan. 4, at Community Wesleyan Church, 112 Downer St.

In lieu of flowers, donations may be made in his name to the Baldwinville Community

Scholarship Foundation (BCSF) Dollars for Scholars, P.O. Box 88, Baldwinville, NY 13027.

**Gail (Pritchard) Wormsley**  
MASONVILLE - Gail (Pritchard) Wormsley died Dec. 25, 2019.

A memorial will be observed at the convenience of the family in the spring.

**Ada Marguerite Knight**  
HANCOCK - Ada Marguerite Knight, 90, of Hancock, died Friday, Dec. 27, 2019, at Chestnut Park Rehabilitation and Nursing Center in Oneonta.

In lieu of flowers, please consider making a donation in Ada's memory to a favorite charity of one's choice.

Calling hours will be held on Saturday, Jan. 4, from 11 a.m.-1 p.m. followed by a funeral service at 1 p.m. all at the Henderson-Biedekapp Funeral Chapel, Hancock. A luncheon will follow at the Emory United Methodist Church, Hancock.

**Jessie J. Tompkins**  
MERIDALE - Jessie J. Tompkins, 66, of Meridale, a na-

tive of Walton, died at his home on Friday, Dec. 27, 2019.

Friends and relatives are invited to a celebration of life and time of sharing from 3-7 p.m. on Friday, Jan. 3, at the Delhi Fire Dept, Delview Terrace Extension, Delhi.

**Robert "Bob" Keith Eignor**

ROXBURY - Robert "Bob" Keith Eignor, born Feb. 9, 1956, in Margaretville, to the late Lloyd R Eignor and the late Marie Joyce Peet Eignor, died Saturday, Dec. 28, 2019, under the care of his family and Saratoga County Hospice, after bravely battling cancer.

Arrangements are being provided by Miller Funeral Home, Main Street, Roxbury. Calling hours will be from 2 to 4 p.m. Thursday, Jan. 2, and 7 to 9 p.m. at the funeral home.

Services will be held at 11 a.m. Friday, Jan. 3, at the Roxbury Methodist Church officiated by Richard Dykstra.

In lieu of flowers, donations may be made to the Margaretville Fire Department, 77 Church St., Margaretville, NY 12455.

**Obituaries**

# Health, Mind & BODY



## 3 simple ways to eat healthier every day

Diets can be difficult to navigate. Since no two people are the same, a healthy diet that satisfies one person won't necessarily satisfy another. Vegetarians might be perfectly happy without chicken or steak, while some people might shudder at the notion of never indulging in the occasional filet mignon.

While the most effective diets tend to be those that emphasize nutrition while still allowing individuals to indulge in some of their favorite dishes in moderation, the following are three ways that everyone, regardless of their personal preference, can eat healthy every day.

### 1. Eat lots of whole-grain carbohydrates.

Fad diets tend to paint carbs as the enemy, but various studies have shown just how integral carbohydrates, particularly whole-grain varieties, are to a healthy diet. One such study published in 2018 in the medical journal *The Lancet Public Health* found that diets that got between 50 and 55 percent of their calories from plant-based carbohydrates like whole grains were

associated with a lower risk of mortality than low-carb diets that favored animal-derived protein sources. When buying carbs at the grocery store, shoppers can opt for whole-grain varieties, including whole-grain pastas, brown rice and cereals. That won't require sacrificing flavor and makes for a simple way to eat healthier every day.

### 2. Make a concerted effort to eat more fruits and vegetables.

The United Kingdom-based National Health Service, which is the largest single-payer health-care system in the world, recommends eating at least five portions of fruits and vegetables every day. That may sound like a lot, but it's pretty easy to incorporate all those healthy fruits and veggies into a diet. For example, add a serving of antioxidant-rich blueberries to your cereal bowl each morning. At dinner time, allow vegetables to take up the most real estate on your plate. The Centers for Disease Control and Prevention note that diets rich in fruits and veggies can help

people control their weight and may even reduce their risk for certain diseases, including cancer.

### 3. Kick added sugars to the curb.

AVOIDING ADDED SUGARS IS ANOTHER WAY ANYONE, regardless of their food preferences, can eat healthier every day. Healthy foods such as fruit contain natural sugars, and these don't pose a threat to overall health. However, added sugars, which the Harvard Medical School notes are found in many foods and can include honey, molasses and corn syrup, can increase a person's risk for various conditions and diseases, including obesity, heart disease and diabetes. Fruit contains fiber that slows the absorption of natural sugars, but the body digests added sugars much more quickly, leading to an uptick in blood sugar levels that can ultimately contribute to diabetes. Added sugars can be found in a host of foods and beverages, including some that aren't generally considered unhealthy, like bread, certain breakfast cereals and pasta sauces. When shopping, consumers should read nutrition labels and avoid products with excessive amounts of sugar. EATING HEALTHY DOES NOT REQUIRE PEOPLE TO ABANDON their favorite foods. A few simple adjustments can be all it takes to improve the nutritional value of your diet. HM201577

**• January 07 - Co-Dependents Anonymous**

Twelve step fellowship. 7 p.m.-8 p.m. Turning Point House. 22 Elm St., Oneonta NY.

**• January 07 - Delhi AA Meeting**

Closed Step Meeting. 7 p.m. St. John's Episcopal Church. Main Street, Delhi NY.

**• January 07 - Downsville AA Group**

Open discussion meeting. 7 p.m. Colchester Community Church. Main Street, Downsville NY.

**• January 07 - Franklin AA Group**

Big Book open meeting. 6 p.m. Franklin Railroad & Community Museum. 574 Main St., Franklin NY.

**• January 07 - One Great Hour of Sharing AA Group**

Open discussion group. 12 p.m. Hobart Presbyterian Church. 5 Maple Ave., Hobart NY.

**• January 07 - Oneonta Community Health Center**

Free Primary Health Care for uninsured adults. Call for appointment 607-433-0300. 5:30 p.m.-8:30 p.m. Social Security Office. 31 Main Street, Oneonta NY. For more information call 607-432-3260.

**• January 07 - Roxbury AA Meeting**

First Tuesday of the month is a Step meeting, second Tuesday through the rest of month is a closed speaker meeting. No smoking allowed. 7 p.m. Jay Gould Memorial Reformed Church. Main Street, Roxbury NY.

**• Jan. 7 - WIC Outreach**

Anyone wishing to apply for WIC can visit, or stop by the office at 35430 State Highway 10, Hamden. 9 a.m.-2:30 p.m. Riverside Alliance Church, Stockton Avenue, Walton. 607-746-1700.

**• January 08 - Morning Reflections AA Group**

Handicapped accessible. 7:30 a.m. St. James Episcopal Church. 305 Main St., Oneonta NY.

**• January 08 - AA Meeting**

Open meeting, newcomers welcome. Handicapped accessible. 12 p.m. St. John's Episcopal Church. 134 1/2 Main St., Delhi NY.

**• January 08 - One**

**Great Hour of Sharing AA Group**

Open discussion group. 12 p.m. Hobart Presbyterian Church. 5 Maple Ave., Hobart NY.

**• January 08 - Grief Support Group**

For info., call Bernadette Winters Bell, LMSW, Assistant Director of Bereavement Services at Catskill Hospice and Palliative Care, 607-432-5525. 5:30 p.m.-7 p.m. Hospice Office. 1 Birchwood Dr., Oneonta NY.

**• January 08 - Mended Hearts Support Group**

Call Trudy Barlow, 607-746-3385 for details. 7 p.m.-9:30 p.m. O'Connor Hospital Medical Library. 480 Andes Road, Delhi NY.

**• January 08 - WIC Outreach**

Please call 607-746-1700 to find out if you are eligible for WIC benefits. A satellite office will be set up at the location listed below. The main office is located at 35430 State Hwy 10 Hamden, NY 13782, which is closed during outreach. 9 a.m.-2:30 p.m. St. John's Episcopal Church. 134 Main St., Delhi NY.

**• January 09 - 449 AA Meeting**

Open discussion meeting. 12 p.m. Turning Point House. 22 Main St., Oneonta NY. For more information call 607-267-4435.

**• January 09 - Morning Reflections AA Group**

Handicapped accessible. 7:30 a.m. St. James Episcopal Church. 305 Main St., Oneonta NY.

**• January 09 - AA Meeting**

Open Beginners Meeting. No smoking. 8 p.m. Christ Church. Gardiner Place, Walton NY.

**• January 09 - AA Meeting**

Open discussion meeting. 12 p.m. Turning Point House. 22 Elm St., Oneonta NY. For more information call 607-267-4435.

**• January 09 - AA Meeting**

Open meeting, newcomers welcome. Handicapped accessible. 12 p.m. St. John's Episcopal Church. 134 1/2 Main St., Delhi NY.

**• January 09 - Delhi AA Meeting**

Open Big Book Meeting. 7 p.m. St. John's Episcopal Church. Main Street, Delhi NY.

**• January 09 - Delhi Al-Anon Meetings**

Welcomes, supports & comforts persons whose lives have been affected by the alcohol/drug abuse of a loved one. Alateen members welcome. Does not meet on holidays. 6 p.m. United Ministry Church. Church Street, Delhi NY.

**• January 09 - Free Fitness Class**

Begins promptly at 5:15 p.m. Core de Force Live is more than a typical cardio class. It's an empowering, core-focused workout, inspired by the highest-octane sport in the world - Mixed Martial Arts. Please: Clean sneakers only Bring water and a towel. A mat is recommended but not required. 5 p.m.-6 p.m. Hobart Activity Center. 8 Pine St., Hobart NY. For more information call 607-437-1495.

**• January 09 - Live and Let Live AA Meeting**

Closed meeting, discussion. No smoking. 8 p.m. Christ Episcopal Church. 14 Monument St., Deposit NY.

**• January 09 - Margaretville New Beginners AA Meeting**

Closed living sober meeting. No smoking allowed. 12 p.m. Advent Christian Church. 109 Maple St., Margaretville NY.

**• January 09 - Nar-anon Family Group**

Drug addiction is a family disease. Nar-anon is a support group operated by and for the families of addicts. We understand the struggles of those coping with the addictions of a loved one. We offer our help by listening, and by sharing our experiences, strengths and hopes. Central to our approach is respecting your anonymity. 7 p.m.-8 p.m. Unitarian Universalist Church. 12 Ford Ave., Oneonta NY. For more information call 607-432-3291.

**• January 09 - Hepatitis C or B Support Group**

Open to all people living with Hepatitis C or B and family or friends that are the personal support of people living HCV or HBV. 607-746-7199. 6 p.m.-7 p.m. O'Connor Hospital. Route 28, Delhi NY.

**• January 09 - Parkinson's Disease Support Group**

Meetings held in the hospital's conference room. For information contact Pat Cleary or Kathy Scribani for more information at 607-746-0300. 12:30 p.m.-1:30 p.m. O'Connor Hos-

pital. 460 Andes Road, Delhi NY. For more information call 607-746-0300.

**• January 10 - All or Nothing AA Meeting**

Open discussion, newcomers welcome. Handicapped accessible. 12 p.m. St. John's Episcopal Church. 134 1/2 Main St., Delhi NY.

**• January 10 - Morning Reflections AA Group**

Handicapped accessible. 7:30 a.m. St. James Episcopal Church. 305 Main St., Oneonta NY.

**• January 10 - Community Wellness & Social Services**

Stop in for free Healthcare Advising, Weatherization, Farm Fresh Produce for SNAP recipients, Domestic Violence and Crime Victims Assistance, Dental Referrals, Pre-Diabetes Program. 10 a.m.-3 p.m. Prattsville Arts Center. 14562 Main Street, Prattsville NY.

**• January 10 - Delhi AA Group**

Closed meeting, discussion group. Wheelchair accessible. No smoking allowed. 7 p.m. St. John's Episcopal Church. Main Street, Delhi NY.

**• January 10 - Lunch Bunch AA Meeting**

Open discussion meeting. No smoking. 1 p.m. St. Mary's School Annex. 28 Elm St., Oneonta NY.

**• January 10 - Margaretville New Beginnings AA Group**

Closed meeting, discussion group. Last Friday of the month is open with speakers. Wheelchair accessible, no smoking allowed. 7 p.m. Advent Christian Church. 109 Orchard Street, Margaretville NY.

**• January 10 - NA Meeting**

7:15 - 8:15 p.m. New Hope Community Church. Stockton Ave., Walton NY.

**• January 10 - Stamford Over Easy AA Step Group**

Speaker with open discussion meeting. 7 p.m. United Methodist Church. 88 Main St., Stamford NY.

**• January 10 - Winners Circle AA Group**

Open meeting discussion group. No smoking allowed. 7 p.m. Father Rausch Memorial Hall. 346 West Main Street, Hancock NY.

**• January 11 - Morning Reflections AA Group**

Handicapped accessible. 7:30 a.m. St. James Episco-

pal Church. 305 Main St., Oneonta NY.

**• January 11 - AA Seeking Serenity Meeting**

Open discussion meeting. 12 p.m. Turning Point House. 22 Elm St., Oneonta NY. For more information call 607-267-4435.

**• January 11 - Bridge AA Group**

9 a.m. Hamden Presbyterian Church. 35790 Route 10, Hamden NY.

**• January 11 - Community Exercise Walk**

Anyone interested should meet at the Village Pavilion in Margaretville Saturdays at 9 a.m. Information: 845-586-3555. Village Pavilion.

**• January 11 - Little Delaware AA Group**

Speakers Meeting. 6 p.m. Saint James Church. 55 Lake Delaware Drive, Delhi NY.

**• January 11 - Saturday Night Speakers AA Meeting**

Open meeting with speakers. 6:30 p.m. St. James' Episcopal Church. 305 Main St., Oneonta NY.

**• January 12 - AA Meeting**

Open discussion meeting. 7 p.m. Andes Presbyterian Church. 70 Delaware Ave., Andes NY.

**• January 12 - Covered Bridge AA Group**

6 p.m. Buck Hill Farms. 185 Fuller Road, Jefferson NY.

**• January 12 - Downsville AA Group**

Open AA Meeting. 7 p.m. Colchester Community Church. 15151 State Highway 30, Downsville NY.

**• January 12 - Live and Let Live AA Meeting**

Open discussion meeting. No smoking. 2 p.m. The Lord's Table. 18 Elm St., Oneonta NY.

**• January 12 - One Great Hour of Sharing AA Group**

Open discussion group. 11 a.m. Hobart Presbyterian Church. 5 Maple Ave., Hobart NY.

**• January 12 - Oneonta Sunday Night AA Meeting**

Closed discussion meeting. No smoking. 8 p.m. Elm Park United Methodist Church. 401 Chestnut St., Oneonta NY.

**• January 12 - AA Meeting**

Open discussion meeting. 7 p.m. Andes Presbyterian Church. 70 Delaware Ave., Andes NY.

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**TIM RUFFO, 7PM**  
Live tunes in the tavern by Tim Ruffo. Serving dinner and tavern menu until 9:30pm with great holiday specials.

**WED, 1.1, NEW YEAR'S DAY**  
**JAZZ BRUNCH BUFFET, 11:30-2:30**  
New Year's Day brunch buffet. Eggs, quiche, roasted turkey, honey glazed ham, pasta, muffins and much more. \$20 per person. Mimosas and Bloody Mary's \$3. Jazz, rhythm and blues by Catherine Herr.

**FRI, 1.3, KARAOKE**  
**WITH DJ TITO, 8PM**

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Fri. Jan. 3rd - Talking Machine, 9pm  
Fri. Jan. 17th - Sweet Marie, 8:30pm  
Fri. Jan 18th - Doreen & The Soul Survivors, 8:30pm

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continued from page 2

cisions on its commodity support programs, conservation programs, indemnity and disaster programs, emergency programs and eligibility.

County committee members impact producers through their decision making and help shape the culture of a local FSA office. They also ensure the fair and equitable administration of FSA farm programs in their counties and are accountable to the Secretary of Agriculture. Members conduct hearings and reviews as requested by the state committee, ensure underserved farmers, ranchers and foresters are fairly represented, make recommendations to the state committee on existing programs, monitor changes in farm programs and inform farmers of the purpose and provisions of FSA programs. They also assist with outreach and inform underserved producers such as beginning farmers, ranchers and foresters, about FSA opportunities.

For more information, visit the FSA website at

fsa.usda.gov/elections or contact the Delaware/Sullivan County FSA office at 607-865-4005.

**Lecture on "Ned Buntline: So Much Larger Than Life" in The Hobart Book Village**

On Sunday, January 19th, 2019, a lecture and book signing on 19th century author Ned Buntline will take place in the Hobart Book Village presented by local author, T. M. Bradshaw. This free of charge presentation will begin at 2 pm at Liberty Rock Books, LLC located at 678 Main Street in Hobart, NY.

Last year, T. M. Bradshaw gave a lecture on "The Newspaperman: The Mirror, 1851 - 1948." which was so entertaining, she just had to be asked back and expound on her latest publication, "NED BUNTLIN: So Much Larger Than Life". The book details the colorful, outrageous, oftentimes legendary adventures of an American paradox.

Ned Buntline was indeed

a fascinating study in contrasts. As revealed in this presentation, he was:

- A high-toned literary critic / Dime novelist
- Temperance lecturer / Heavy drinker
- Family man / Bigamist
- Navel hero / Army deserter
- Died at age 63 / Hanged at age twenty three

Whatever one knows about Ned Buntline, the opposite is true!

This lecture marks the start of the 17th Season of the Hobart Winter Respite Lecture Series. Due to the growing popularity of the lectures previously held at Wm. H. Adams' Antiquarian Books, the series now continues at the large gallery space in Liberty Rock Books, LLC. Additionally, the start time of the lecture moves up to 2 p.m. so that winter travel back home after the lecture can be done before dusk.

There will be light refreshments served as well.

In the event of inclement weather, a rescheduling date will be posted on the Hobart Book Village website: www.hobartbookvil-

lage.com. The entire series scheduled can also be viewed there.

**Calling All Aspiring Veterinarians! 4-H Veterinary Science Program Set to Launch January 30**

All youth ages 13 to 19 with an interest in animals and veterinary science can now sign up for the 4-H Veterinary Science Program, which will be held at SUNY Ulster (491 Cottekill Road, Stone Ridge, NY 12484) beginning on January 30. The program is a nine-week commitment, covering two units of study. The program is sponsored by Dr. Beth Alden, Professor of Biology and director of the SUNY Ulster Vet Tech Program and Cornell Cooperative Extension of Ulster County's (CCEUC) 4-H Youth Development Program.

The program meets every Thursday from January 30 to March 26, and the classes are held from 6:30-8:00 p.m. Area veterinar-

ians and other speakers will provide hands-on lessons in a clinical setting. In the first unit, youth will explore the normal animal, including attitude and behavior, maintaining animal health, and the organs and systems of the animal body. In the second unit, animal diseases will be discussed including viruses, bacteria, and parasites that affect animal health. The instructors will also discuss the profession of veterinary science and possible career paths. The final class will include a guest speaker and a graduation ceremony.

The registration fee is \$80 for 4-H members enrolled in Ulster County, \$100 for non-4-H members or those outside of Ulster County, which includes two course books and materials. Participation is limited to 24 students.

Full details and registration can be found at ulster.cce.cornell.edu/vetsci2020. Registration will be received on a paid, first-come, first-served basis. Sorry, no refunds. In the event of bad weather, lessons may be cancelled in which case an

extended period will be offered the following Thursday. For more information or help with registration, contact 4-H Program Coordinator MaryLou Giuliano at 340-3990 ext. 339, or email mg257@cornell.edu.

For information about Cornell Cooperative Extension of Ulster County's community programs and events go to ulster.cce.cornell.edu/. Stay connected to CCEUC-friend us on Facebook, and follow us on Instagram.

Cornell Cooperative Extension of Ulster County provides equal program and employment opportunities. Please contact our office at 845-340-3990 if you have any special needs.

**CWC Board Approves Four Business Loans, Several Septic Replacements and Flood Hazard Projects**

On December 3, The Catskill Watershed Corp. (CWC) Board of Directors

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**CALENDAR**

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- January 07 - Mahjong Group**  
 Beginners welcome. 12 p.m.-3 p.m. William B. Ogden Library. 42 Gardiner Place, Walton NY. For more information call 607-865-5929.
- January 07 - Preschool Story Time**  
 This is for the 3-5 year olds and an adult. We sing a few songs, read several books on a theme and then make a craft that relates to the theme. 10 a.m. Sidney Memorial Public Library. 8 River Street, Sidney NY. For more information call 607-563-1200.
- January 07 - Stamford-Harpersfield Senior Club**  
 11 a.m. Hobart Community Center. Cornell Avenue, Hobart NY. For more information call 607-652-7619.
- January 07 - Toddler Rhyme Time**  
 Stories, songs, and playtime for the tiniest tots and their caregivers. 10:30 a.m. Cannon Free Library. 40 Elm Street, Delhi NY. For more information call 607-746-2662.
- January 07 - Walton Emergency Food Bank**  
 Other times call 607-865-4390. 11 a.m.-1 p.m. Walton United Presbyterian Church. Corner of North & East Streets, Walton NY.
- January 07 - Charlotte Valley Senior Club**  
 12 p.m. Davenport Presbyterian Church. Route 23, Davenport NY. For more information call 607-278-5226.
- January 07 - Cybermobile**  
 Books available at the following stops: Grand Gorge BOCES or Head Start from 10-10:25 a.m.; NBT Bank Hobart from 10:50-11:30 a.m.; Youth Leadership Academy, South Kortright from 12:10-12:30 p.m.; Davenport Firehouse from 1-1:15 p.m.; East Meredith Firehouse from 1:30 to 1:45 p.m.; Meridale Firehouse from 2-2:30 p.m.; Treadwell Croton House from 2:50-3:15 p.m. For more information call 607-723-8236.
- January 07 - James S. Moore American Legion Auxiliary #167**  
 All members are invited to attend. 6 p.m. James S. Moore American Legion Hall. 1 Legion Lane, Downsville NY.
- January 07 - LEGO Club**  
 Creative construction, based on a different theme every month. 3 p.m. Cannon Free Library. 40 Elm Street, Delhi NY. For more information call 607-746-2662.
- January 07 - Music for Munchkins**  
 This program is for children up to age 5. We'll have fun with musical instruments, songs, movement activities, and finish off with some parachute play. 11 a.m. Sidney Memorial Public Library. 8 River Street, Sidney NY. For more information call 607-563-1200.
- January 07 - Unadilla Chamber of Commerce**  
 All members and community are welcome to attend. For more information call: 607-765-7386 or email unadilla-chamber@yahoo.com. 5:30 p.m. The Meeting Place. 187 Main St., Unadilla NY.
- January 08 - Lego Time**  
 Join others as we have fun building with the library's LEGO collection. Thanks to the Friends of the Libraries for purchasing them! All ages - preschool through school age. 3 p.m.-5 p.m. Sidney Memorial Public Library. 8 River Street, Sidney NY. For more information call 607-563-1200.
- January 08 - Play & Learn**  
 We will have hands-on activities including developmentally appropriate games, sensory materials, dramatic play items, and more. Drop in any time, for ages 0-6. 10 a.m.-11:30 a.m. Sidney Memorial Public Library. 8 River Street, Sidney NY. For more information call 607-563-1200.
- January 08 - Sidney Historical Association Museum**  
 The museum houses newspapers, genealogy section, military items, old yearbooks, Bendix/Amphenol history and much more. 10 a.m.-2 p.m. Sidney Town Hall. 44 Grand St., Sidney NY.
- January 08 - Thrift Shop**  
 A place to shop for the whole family. 10 a.m.-4 p.m. Margaretville Hospital Auxiliary Thrift Shop. 743 Main

- St., Margaretville NY. For more information call 845-586-3737.
- January 08 - Roxbury Central School Board Meeting**  
 7 p.m. Roxbury Central School. 53729 State Highway 30, Roxbury NY.
- January 09 - Baby Storytime**  
 This story time is for babies 0-15 months and their caregiver. Join us for nursery rhymes, simple stories, songs, and more! 11 a.m. Sidney Memorial Public Library. 8 River Street, Sidney NY. For more information call 607-563-1200.
- January 09 - Catskill Mountain Railroad Club**  
 Meets in the basement. All modelers are welcome to attend. The model train lay out is HO Gauge. New Members are welcome to join. For more information call Don at 845-254-5311. 7 p.m. Margaretville-New Kingston Presbyterian Church. 87 Orchard Street, Margaretville NY.
- January 09 - Collaborative Art Workshop at FORDO**  
 Fun for all ages. 4:30 p.m.-6:30 p.m. The Turning Point of Delaware County. 84 Main Street, Delhi NY. For more information call 607-746-3570.
- January 09 - Delhi Food Bank**  
 Located downstairs. Not open on holidays. 3:30 p.m.-5:30 p.m. United Ministry Church. 46 Church St., Delhi NY.
- January 09 - Game Day**  
 Play games or put puzzles together. followed by a soup supper. 1:30 p.m.-4:30 p.m. First United Methodist Church. 101 North St., Walton NY.
- January 09 - Mahjong Games**  
 11 a.m.-3 p.m. Cannon Free Library. 40 Elm Street, Delhi NY. For more information call 607-746-2662.
- January 09 - Preschool Story Time**  
 Held in the children's room of Fairview Public Library. We read stories and do a craft with the children during each session, along with other fun activities such as singing, some learning activities, and creating with Play-Doh. The child(ren) must be accompanied by an adult. 11:30 a.m.-12:30 p.m. Fairview Public Library. 43 Walnut St., Margaretville NY. For more information call 845-586-3791.
- January 09 - Preschool Storytime**  
 Stories, songs, games and a craft on a fun theme. 10:30 a.m. Cannon Free Library. 40 Elm Street, Delhi NY. For more information call 607-746-2662.
- January 09 - Soup Supper**  
 A nutritious meal free for members of the community. Handicap accessible. Dinners are not served on holidays. 4:30 p.m.-5:30 p.m. First United Methodist Church of Walton. 101 North Street, Walton NY.
- January 09 - Thrift Shop**  
 A place to shop for the whole family. 12 p.m.-4 p.m. Margaretville Hospital Auxiliary Thrift Shop. 743 Main St., Margaretville NY. For more information call 845-586-3737.
- January 09 - Toddler Story Time**  
 This story time is for toddlers 15 months to about age 3. Read a few books, sing songs and usually do a hands-on activity. 10 a.m.-10:30 a.m. Sidney Memorial Public Library. 8 River Street, Sidney NY. For more information call 607-563-1200.
- January 09 - Colchester Chamber of Commerce Meeting**  
 7:30 p.m. Old Schoolhouse Inn & Restaurant. 28218 New York 206, Downsville NY. For more information call 607-363-7814.
- January 09 - Dungeons & Dragons Night**  
 The Roxbury Arts Group offers an ongoing workshop series for people of all ages, where the participants get to play the most well-known role playing game ever created. If you have any questions, or are interested, feel free to contact Doug Idleman or call the Roxbury Arts Group at 607-326-7908. 6:30 p.m.-10 p.m. Roxbury Arts Center. 5025 Vega Mountain Rd., Roxbury NY.
- January 09 - Games Unplugged**  
 Open to players of all ages. 7 p.m. Stamford Village Li-

- brary. 117 Main St., Stamford NY. For more information call 607-652-5001.
- January 09 - Meridale EMS & Fire Department**  
 Monthly EMS and firefighters meeting. New members welcome. EMS meeting is at 6 p.m. and Fire meets at 7 p.m. For more information, call Jessica Patterson 607-437-2583 cell. Meridale Fire Department. 50 County Highway 10, Meridale NY.
- January 09 - NAACP Oneonta Branch**  
 6:30 p.m. Unitarian Society's Olympia Brown House. Ford Avenue, Oneonta NY. For more information call 607-431-9193.
- January 09 - Oneonta Toastmasters**  
 The mission of a Toastmasters club is to provide a mutually supportive and positive learning environment in which every individual member has the opportunity to develop oral communication and leadership skills, which in turn foster self-confidence and personal growth. 6 p.m.-7 p.m. The Green Earth. 4 Market St., Oneonta NY.
- January 09 - SCRIDS Quilt Guild**  
 Quilters of all skill levels are welcome. For more information, call Dottie at 607-538-1133. 10 a.m. Hobart United Methodist Church. Corner of Maple and Pearl Streets, Hobart NY.
- January 09 - Teen Night**  
 5 p.m.-7 p.m. William B. Ogden Library. 42 Gardiner Place, Walton NY. For more information call 607-865-5929.
- January 09 - Tremperskill Hunting & Fishing Club**  
 Hunting and fishing is discussed, tales of big ones taken, and big ones missed. Future club events are planned and allocations of donated funds are discussed. 7 p.m. 528 County Highway 1, Andes NY.

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HOROSCOPES

ARIES - MAR 21/APR 20
Aries, you have met some people who may have greatly influenced your attitude and partnerships. Even if people are pushing you one way, you have free will to go another.
TAURUS - APR 21/MAY 21
Taurus, if you want to modify something in your life, now is your chance to do it. This is the week to make some concrete changes that will benefit you.
GEMINI - MAY 22/JUN 21
You have several weeks to understand how recent changes will affect you, Gemini. You may need to get a few new friends in your circle of supporters.
CANCER - JUN 22/JUL 22
Cancer, do not expect any enormous revelations this week, as things will work a lot more slowly. But keep an eye on the sidelines for the little changes that may occur.
LEO - JUL 23/AUG 23
The week ahead should be fairly positive, Leo. As a new phase in your life progresses, you will have the opportunity to express yourself more and more.
VIRGO - AUG 24/SEPT 22
Expect some major movement in your career and love life, Virgo. The two may even be intertwined in some way. You may be floating on air in all this good news.

LIBRA - SEPT 23/OCT 23
Although no major events will come to fruition, this is an excellent week for you to simply sit back and breathe a little. Things will get busy in the weeks to come, however.
SCORPIO - OCT 24/NOV 22
Scorpio, look at events from a different perspective to fully take them all in. Over the next several days, you'll be on a mission to correct something in your past.
SAGITTARIUS - NOV 23/DEC 21
A feeling of newness and openness are driving your decisions, Sagittarius. Attend all of the events presented to you; you never know where opportunity lies.
CAPRICORN - DEC 22/JAN 20
A new person may come into your life this week, and this can potentially change things forever, Capricorn. Exercise caution but do not be opposed to trying something new.
AQUARIUS - JAN 21/FEB 18
A voyage to faraway lands might be on the table, Aquarius. A trip may be just what you need to find that extra energy as you look to shake things up.
PISCES - FEB 19/MAR 20
Pisces, if your romantic relationship lacks spark, you may have to speak up and express your hopes and desires. Embrace all ideas.

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awarded funding for four new business loans.

Business loans were approved for three restaurants and one hospitality business. High Falls Pizza, LLC received a loan to operate a pizzeria and bar in High Falls, NY. Danielle's Pizza Shop, LLC will purchase assets of an existing pizzeria in Phoenicia, NY. Tito Bandito's, LLC will lease and operate a Mexican restaurant in Pine Hill, NY and Nada Land Co. Inc., will continue to operate Villa Vosilla in Tannersville, NY.

The CWC Board of Directors awarded funding for replacement septic systems and additional funding to a total of 11 homeowners in seven towns in Delaware, Greene and Ulster Counties.

Verona Oil Gas Stations in Walton and Windham were each approved \$14,816 for operation and maintenance costs to clean and dispose of materials within the oil/water separators associated with the Verona Future Stormwater Projects.

The CWC Board of Directors additionally funded Flood Hazard Mitigation projects spread throughout Delaware and Ulster Counties.

Ann Jones of 162 Delaware Street in the Town of Walton was previously approved funding of \$5,000 for a feasibility study to examine floodproofing. She was approved for additional funding of \$3,750 for the design of the floodproofing measures recommended in the study.

A homeowner in the Town of Denning was approved for \$5,000 for a feasibility study to determine the best flood mitigation options for his property.

The Olive Fire District No. 1, Inc was approved matching funding in an amount not to exceed \$577,400 for construction costs associated with constructing a new Boiceville Firehouse on property acquired with CWC funds for relocating operations out of the floodplain.

CWC also approved additional funding for the Mount Pleasant Bridge demolition project. A resolution to execute a demolition agreement with Source 1 LLC from Oradell NJ was approved with anticipation the demolition will begin in the spring.

The CWC is a non-profit, Local Development Corporation responsible for several environmental protection, economic development and education programs in the New York City Watershed West of the

Hudson River. www.cw-conline.org.

## ECO Nathan Doig Honored as Top New York Wildlife Conservation Officer

New York State Department of Environmental Conservation (DEC) Environmental Conservation Police Officer (ECO) Nathan Doig received the 2018 "Officer of the Year" award from the Shikar-Safari Club International in a ceremony hosted by Alan and Barbara Sackman at their home in Port Washington.

"On behalf of DEC, I congratulate ECO Doig for receiving this prestigious honor," said DEC Commissioner Basil Seggos. "ECO Doig is a shining example of the tireless efforts our members of law enforcement exhibit every day to protect and preserve our natural resources for the people of New York State."

Shikar-Safari Club International was founded in 1952 by an international group of hunters interested in exchanging ideas about the sport. Each year the club sponsors an award for the Wildlife Conservation Police Officer of the Year in all 50 states, 10 Canadian provinces, and the territories of both nations, acknowledging the important part ECOs play in local, national, and international wildlife conservation.

ECO Doig grew up on a beef farm in the rural town of Andes. After graduating from Andes Central School in 1999, ECO Doig attended college at SUNY Cortland where he earned a Bachelor of Science Degree. After graduation he worked as a surveyor for six months before he was called to attend the police academy in 2004 at age 23. After the academy, he worked with DEC's Long Island Marine Unit until 2008, before transferring to his home county.

ECO Doig is committed to supporting wildlife rehabilitation efforts and local rehabbers. Members of the Delaware County public have repeatedly expressed their appreciation for his efforts in capturing and assisting with the rehabilitation and release of multiple species.

During his time as an officer, ECO Doig has handled various cases ranging from illegal deer to undersized fish and illegal possession of rattlesnakes. He was also involved in a case with multiple federal charges for the illegal commercializa-

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tion of yellowfin tuna and mako shark.

In 2017, Doig became a member of the NYSDEC Unmanned Aerial System (UAS) Drone Unit, which utilizes the aircraft to better respond to emergencies and protect the public.

ECO Doig currently lives in Walton, with his wife Jennifer and their two daughters, Hannah and Kaitlyn. When he is not working, Doig enjoys spending time with his family, camping, mountain biking, traveling, golfing, hunting, fishing, and being outdoors.

## Local Bald Eagle Trip Planned

This year's Delaware-Otsego Audubon Society field trip to view wintering bald eagles around the Delaware County rivers and reservoirs is scheduled for Saturday, Jan. 11.

Eagles concentrate around open water in the region to feed, and recent trips have turned up 20+ birds, including 30 last year. Other raptors and waterfowl are usually sighted also. The group will stop at a local restaurant for lunch for interested participants.

The trip will leave the Dietz Street parking lot across from the YMCA in Oneonta at 7:30 a.m. Carpooling is strongly encouraged and participants can be picked up en route in Delhi and Walton. Return to Oneonta will be mid to late afternoon.

For further information, contact Andy Mason, 607-652-2162, AndyMason@earthling.net.

## Free Or Low-Cost Energy Audits Available To NY State Residents

Cornell Cooperative Extension of Delaware County has partnered with the New York State Energy Research and Development Authority to educate residents about free or low-cost energy audits as part of the Community Energy Engagement Program.

Homeowners will learn how to maximize their home's efficiency with an energy assessment designed to identify where it might need more insulation or air sealing, among other measures.

There are also programs specifically for low-income customers who, after an audit, may be eligible for free or discounted home energy upgrades, such as air sealing or insulation. Call 607-865-6531, email vsd22@cornell.edu or visit ccedelaware.org/he/smart-energy/ for more information.



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## Delaware Highlands Conservancy Announces Winter 2020 Eagle Watch Bus Tours

Join the Delaware Highlands Conservancy for eagle-watching all winter long or take an Eagle Watch bus tour on Jan. 11 and 18, or Feb. 1 and 8.

Learn from an expert guide and take a scenic drive on a heated bus throughout the Upper Delaware River region to look for and learn about bald eagles and their habitat.

Seats on trips are limited, and reservations are required, so reserve your space today. Tickets are \$15 for conservancy members, \$25 for nonmembers. Get tickets at [DelawareHighlands.org/events](http://DelawareHighlands.org/events) or call 570-226-3164/845-583-1010.

Trips begin at the Upper Delaware Visitor Center in Lackawaxen, Pennsylvania (located inside the Zane Grey Museum, 135 Scenic Drive) and run from 10 a.m.-2 p.m. Dress warmly in layers and wear waterproof boots. Bring binoculars, camera and snacks. Snow dates for the trips will be the Sundays immediately following. Check [DelawareHighlands.org](http://DelawareHighlands.org) for the most up-to-date information and any additional trips. Refunds are not given in the event of canceled reservations.

The Upper Delaware Visitor Center in Lackawaxen is provided by the National Park Service, Upper Delaware Scenic and Recreational River and staffed by conservancy volunteers. It is a center of information for visitors looking to learn about viewing and protecting eagles. Visitors can pick up information about the bald eagle in the Upper Delaware River region, get maps and directions to eagle-viewing locations, watch a short film and view interpretive exhibits. The center is staffed on Saturdays and Sundays in January and February, beginning Jan. 4, and open to visitors from 10 a.m.-4 p.m.

The Delaware Highlands Conservancy has also partnered with the NPS and the New York State Department of Conservation to maintain well-marked Eagle Observation Areas open to the public. These viewing blinds are also staffed by conservancy volunteers on winter weekends and visitors can look through binoculars and spotting scopes to see bald eagles in the wild.

The Upper Delaware River region is one of the largest wintering habitats for eagles in the Northeast United States because of abundant clean water and large, undisturbed stands

of trees. Protected lands in Sullivan County, New York and Pike and Wayne counties in Pennsylvania provide a haven for these migratory birds and breeding eagles living here year-round.

## Social Security Administration Announces New Online Reporting Form for Imposter Scam Calls

Andrew Saul, Commissioner of Social Security, and Gail S. Ennis, Inspector General for the Social Security Administration, announced the launch of a dedicated online form at [oig.ssa.gov](http://oig.ssa.gov) to receive reports from the public of Social Security-related scams. These scams—in which fraudulent callers mislead victims into making cash or gift card payments to avoid arrest for purported Social Security number problems—have skyrocketed in the past year, becoming the No. 1 form of fraud reported to the Federal Trade Commission and the Social Security Administration.

To combat these scams, Social Security and the OIG will use the new online form to capture data that will be analyzed for trends and commonalities. The OIG will use the data to identify investigative leads, which could help identify criminal entities or individuals participating in or facilitating the scams. Ultimately, these efforts are expected to disrupt the scammers, help reduce this type of fraud and reduce the number of victims.

Commissioner Saul and Inspector General Ennis encourage the public to use the new form to report Social Security phone scams, including robocalls and live callers, as well as email, text and in-person scams. The form allows people to create a unique personal identification number, so that if OIG contacts a person about their report, the individual will know the call is legitimate.

Social Security employees do occasionally contact people—generally those with ongoing business with the agency—by telephone for business purposes. However, Social Security employees will never threaten a person, or promise a Social Security benefit approval or increase in exchange for information or money. In those cases, the call is fraudulent, and people should just hang up.

The agency mainly calls people who have recently applied for a Social Security benefit, someone who is already receiving payments and requires an update to their record or a person who has requested a phone

call from the agency. If a person is not in one of these situations, they normally would not receive a call from the agency.

Social Security will not:

- Tell you that your Social Security number has been suspended.

- Contact you to demand an immediate payment.

- Ask you for credit or debit card numbers over the phone.

- Require a specific means of debt repayment, such as a prepaid debit card, retail gift card or cash.

- Demand that you pay a Social Security debt without the ability to appeal the amount you owe.

- Promise a Social Security benefit approval, or increase, in exchange for information or money.

If there is a problem with a person's Social Security number or record, in most cases, Social Security will mail a letter. If a person needs to submit payments to Social Security, the agency will send a letter with instructions and payment options. People should never provide information or payment over the phone or internet, unless they are certain of who is receiving it.

## New App Helps Injured Workers Attend Workers' Compensation Hearings

New York State Workers' Compensation Board Chair Clarissa M. Rodriguez announced the board has launched a new tool that makes it even easier for injured workers, attorneys and other participants to attend workers' compensation hearings remotely. The board's virtual hearings, a first-in-the-nation initiative, give injured workers a way to move the claim process forward without having to travel many miles for a hearing that may last only minutes, which is especially beneficial depending on the extent of their injuries.

The board is now offering an app that may further improve the user experience for those attending virtual hearings. The WCB VHC app is free in the iOS App Store and does not require users to install any additional software on their mobile device. It employs a simple interface that guides the user from sign on, to the virtual waiting room, and finally to the video hearing once a judge calls the case.

"The feedback we've received about virtual hearings has been overwhelmingly positive, and now we're making it even better with an easy-to-use app," Board Chair Rodriguez said. "This will help injured workers not just here

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2015 Chrysler Town & Country Touring L Auto, A/C, Full Pwr, AM/FM/CD/NAV/DVD, Loaded, BU Camera, 39K..... **\$19,900**

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2014 Dodge Durango Citadel AWD, Auto, A/C, Full Pwr, AM/FM/Sirius/Nav, ABS, Pk Assist, 82K ..... **\$19,500**

2013 Dodge Dart 1.4 Turbo, 4DSD, 6 Sp. Man. Trans, Loaded, AM/FM/SAT/NAV, 36K ..... **\$10,500**

**SPECIAL: 2009 Jeep Grand Cherokee Overland 4WD**  
V8 5.7L Hemi, Auto, A/C, Full Pwr, Leather, 88K ..... ~~\$9,999~~ **\$7,500**

2013 Jeep Grand Cherokee Laredo V6, 3.6L, 4WD, Auto, A/C, Full Pwr, Tow Pkg, Nav..... **\$14,500**

2011 Chrysler 300C AWD, 5.7L Full Pwr, Loaded, AM/FM/DVD, Leather Seats, 112K..... **\$11,500**

2011 GMC Acadia AWD, V6, Auto, A/C, Full Pwr, AM/FM/CD/DVD/NAV, On Star, ABS, 110K..... **\$10,500**

2010 Dodge Journey SXT FWD, V6, Auto, A/C, Full Pwr, AM/FM/SAT, 51K ..... **\$7,995**

2009 Dodge Journey SXT AWD, V6, Auto, A/C, Full Pwr, AM/FM/CD, Keyless Start, 77K..... **\$7,195**

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in New York, but in other parts of the country as well, by removing the burden of travel, which can be treacherous this time of year."

In addition to added convenience for injured workers, the new app may be particularly helpful for attorneys and licensed representatives who attend hearings regularly because it saves sign-on profile information, allowing users to log in faster. Users can also remove a hearing from their schedule if information was entered incorrectly or if they are no longer appearing for a case.

Parties using the app can still use other apps or features on their mobile devices while waiting for their hearing to be called. A notification will automatically alert them when it's time to join a hearing, even if they're in another app or their screen is off.

The New York State Workers' Compensation Board developed virtual hearings in partnership with the Office of Information Technology Services to give all parties involved the option of using a smart phone, tablet or computer to attend hearings. This is the first high definition, all access system for legal hearings in the nation, where multiple users in different locations log in once and then move from one hearing to another. Virtual hearings are entirely optional though, and parties can always choose to attend in-person if they prefer.

"The app release is just one more example of how the Board is committed to growing and improving the workers' compensation system," Board Chair Rodriguez said. "With virtual hearings, this new app and other recent initiatives, we're also demonstrating that we're a 'new and improved' Board - one that's better for workers and better for business."

Virtual hearings were first tested in the Capital District Office in Menands in November 2017, and are now available at all Board locations except Newburgh and

Allegany. More information on virtual hearings and the new virtual hearings app, including instructional videos and other training materials, is at www.wcb.ny.gov/virtual-hearings. To access the app in the iOS App Store, visit bit.ly/VHCApp.

**Free Screenings with the Cancer Services Program**

The Cancer Services Program of Delaware, Otsego and Schoharie counties will offer free health screenings. In partnership with the local providers, health screenings will be available without charge to those women, 40 or older, who are without health insurance or underinsured (high deductible). There are no income guidelines.

Screenings include pap with pelvic exams, clinical breast exams, mammograms, and take-home colorectal test kits (for men and women 50 or older) for those who are uninsured or underinsured.

Call toll-free 1-888-345-0225 for your appointment.

**Small Businesses Hold the Key to Employee Happiness**

Sponsored News - As the calendar flips to another year, many employees will consider starting the new year on the hunt for a new job. In today's changing workforce, it is more important than ever for companies to realize that a salary alone is no longer enough to recruit or retain strong employees. According to a recent survey by Aflac, small businesses deserve a round of applause for their ability to keep employees happy. The report found that 85 percent of small-business employees are happy in their current job and more than half (51 percent) agree that most of or all of their happiness in their current job is because is a result of working for a small business.

The keys to happiness

Nearly a quarter of participants (23 percent) stated that the feeling of importance was the best part of working for a small business. Small businesses have the unique ability to make employees feel appreciated, respected and valued on a personal and professional level. In a small business environment, there are typically fewer layers between newcomers and leadership. This tight-knit structure of small businesses can create a family-like atmosphere that allows employees to feel that their opinions matter and that they play a significant role in the business's mission.

Flexibility is also vital in creating employee happiness. According to the report, 30 percent of respondents noted that flexible scheduling was the best part of working for a small business. This can include working from home, leaving work early to play in a summer sports league or giving new parents an extra week of paid time off to help care for their newborn. A workplace that promotes healthy work-life balance can create happier, less stressed employees and can also increase employee productivity on the job.

Unlocking improvements Although small businesses excel at keeping employees happy, there is always room for improvement. In a small-business community, money does not seem to be the only motivator. In fact, 65 percent of small-business employees indicate that an improvement in their benefits offerings would make them happier employees. By offering a robust benefits plan that includes voluntary benefits, small businesses can ensure that their employees are able to find the right benefits to meet their individual needs.

Learn more at [aflac.com/smallbusiness](http://aflac.com/smallbusiness).

**Eco-Friendly Paving Revives Park Pathways**

Yellowstone National Park experiences more than 4 million visits annually. The park's volume of foot traffic, particularly around the famous geyser, Old Faithful, has put a strain on the existing walkways.

Tire manufacturer Michelin first partnered with Yellowstone three years ago,

providing the park with reliable tires for its many recreational and maintenance vehicles. This partnership also helped identify other areas where the company could provide assistance, including answering the challenge of creating new and improved paths that would accommodate the crowds without disturbing the park's ecosystem.

Now, the goals in creating upgraded walkways around the park's most popular areas include finding a paving material that is durable but also sustainably produced.

Using recycled tires that Michelin donated to the park, the Michelin Corporate Foundation's plan involves replacing the aging asphalt paths in Yellowstone with KBI Flexi-Pave, a porous material that allows rainwater and melting snow to drain through the material. This process promotes the natural flow of water, minimizes erosion, and allows water to replenish the geyser basin at Yellowstone's Upper Geyser Basin.

In addition, Flexi-Pave does not release pollutants into the soil, break apart with wear, or cause significant storm-water runoff.

Flexi-Pave is a composite product made of stone and rubber granules that is chemically inert. The granules create a safe, durable, non-slip walking surface that accommodates wheelchairs as well as walkers. The unique material and design of the Flexi-Pave surface also resists the wear and tear associated with freezing and thawing conditions.

Additional goals of the ongoing partnership between Michelin and Yellowstone include educating the public about the importance of preserving national parks and inspiring similar projects elsewhere.

"We hope that this eco-friendly park walkway will inspire other similar projects that help preserve natural systems," says Jeff Augustin, Senior Director of Park Projects at Yellowstone Forever, the official nonprofit partner of Yellowstone National Park.

"Yellowstone shares Michelin's commitment to being a global leader in sustainability for the future," says Leesa Owens, director of community relations for Michelin North America. "Our partnership has created opportunities for visitors to enjoy the park's wonders for years to come."

View the full video at <https://www.youtube.com/watch?v=B6HwZfUGMK4>

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**CLUES ACROSS**

- Beer ingredient
- Popular FOX TV show
- Recurring from time to time
- Criticized severely
- Musician
- German urban center
- Quenched
- Human gene
- Indian music
- Accumulate
- One who graduated
- Atomic #109
- Semitic fertility god
- Sportscaster Patrick
- Child's dining accessory
- Payment (abbr.)
- Guitarist's tool
- Dabbling ducks
- Commercial
- Style someone's hair
- Biu-Mandara language
- Actress Spelling
- Large hole in the ground
- One-masted sailboats
- Tropical Asian plant
- Concurs
- Latin term for charity
- The number below the line in a fraction
- Reddish browns
- This (Spanish)

**CLUES DOWN**

- Belong to he
- One time only
- Parent-teacher groups
- Puts in place
- Editing
- In the course of
- Helps injured people (abbr.)
- OJ trial judge
- Resist authority (slang)
- Formerly alkenols
- "Cheers" actress Perlman
- Jewelled headdress
- Viking Age poet
- Vanuatu island
- Wish harm upon
- Unit of length
- Blood type
- Drain
- Do-gooders
- Advanced degree
- Business designation
- Chinese-American actress Ling
- Performs on stage
- Slang for money
- Large Russian pie
- The Mount Rushmore State
- Narrow inlet
- News organization (abbr.)
- Scarlett's home
- Micturates
- Monetary unit
- Any customary observance or practice
- Sons of Poseidon
- Facilitates grocery shopping
- Standard operating procedure
- Former OSS
- Midway between south and southeast
- The Wolverine State

**CROSSWORD ANSWERS ON PAGE 4**

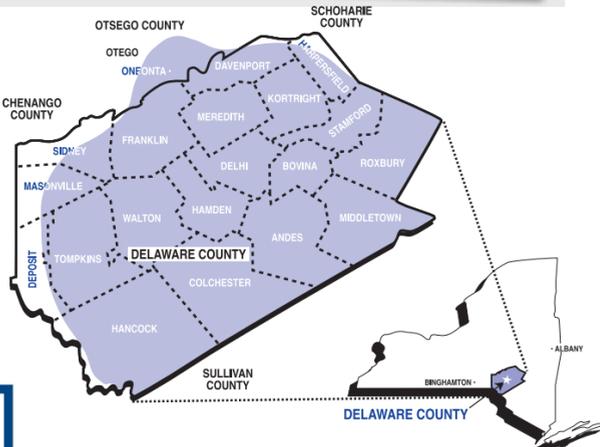
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1)	2)	3)	4)
5)	6)	7)	8)
9)	10)	11)	12)
13)	14)	15)	16)
17)	18)	19)	20)

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