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- Rentals
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- Select your category and write your ad how you wish it to read in the form provided.
- Calculate cost: count the number of words in your ad. Ads up to **20 words cost \$8.00 per week**; for each additional word add 20¢ per word.

3. Send Payment and Form to:

THE REPORTER 39 Elm Street, Delhi NY 13753

Call: **607-464-4009** or Submit Online 24/7: **The-Reporter.net**

DEADLINE:
1pm Tuesday

The Village of Walton is currently seeking a full-time Police Chief

The preferred candidate should possess exceptional communication and relationship-building skills. Must have a minimum of three years of supervisor experience. In order to be eligible, candidate must meet the current requirements of Section 58 of the Civil Service Law.

Salary range will be \$75,000 - \$85,000 and set by the Board based on experience. The Village offers a competitive benefit package which includes excellent health insurance, dental, vision, life insurance, and NYS retirement.

Please send completed application and resume to clerk@villageofwalton.com or drop off at the Village Hall, 21 North St., Walton. *The Village is an E.O.E.*

REHABILITATION SUPPORT SERVICES IN DELAWARE COUNTY SEEKING:

RESPITE STAFF

Respite Staff will work on an as need basis in residential programs in Delhi assisting adults in community living. High school diploma or equivalency required and experience preferred. Criminal background check and a clean NYS Driver's License are required. \$16 per hour. EEO M/F H/V

TO APPLY: Send resume to **RSS, PO BOX 240, WALTON, NY 13856** or apply at rehab.org

Rehabilitation Support Services in Delaware County is seeking a

VOCATIONAL EDUCATIONAL SPECIALIST

This is a full-time position in Walton. Responsibilities include overall coordination and rehabilitation for an assigned caseload including developing vocational/educational rehabilitation plans, counseling services, consulting with other staff and other duties as described in the Job Description. Bachelor's degree preferred. Criminal background check and valid NYS driver's license are also required. Excellent benefit package offered. Salary: \$18.00 per hour.

To apply: send cover letter and resume to **RSS, PO BOX 240, WALTON NY 13856** Or email to jfrancisco@rehab.org or go to our website at www.rehab.org and select Career Opportunities at the top of the page, scroll down to the NYS map, click on Delaware County, scroll down and click on the position you would like to apply to. *RSS is an equal opportunity employer.*

Watershed Agricultural Council

Agriculture • Forestry • Conservation Easements • Economic Viability



The Watershed Agricultural Council, a non-profit organization working to protect the NYC Watershed while supporting farm and forest land uses seeks an **Economic Viability Program Intern** to assist the Economic Viability Program with Pure Catskills membership relations and support, guide deliveries, document archiving, content development for various electronic and print media, event coordination and setup, and creating outreach materials consistent with messaging of the Pure Catskills Buy Local Campaign. This is a 10-week summer position that pays \$16.80 per hour. Must have a dependable vehicle, insurance and a valid N.Y.S. driver's license. Will be reimbursed for mileage incurred on the job.

Send cover letter and resume to

Patti Bowker, WAC,

33195 State Highway 10, Walton, NY 13856 or email pbowker@nycwatershed.org.

Job description: nycwatershed.org/careers. Cover letters/resumes accepted through March 29, 2024. E.O.E.

AUTOMOTIVE

SIGNS

Yeah, we do signs too. Lawn signs with stakes (Events or Contractor promotion), banners (street, trade shows or parade use) long term outdoor all weather to apply to the side of a building or in front of it. Call our specialists today to review your custom sign needs. Or, go online to request a quote. www.dckr.com. Decker Advertising, 39 Elm Street, Delhi, NY 13753 607-746-2178 M-F 8:30 am to 5 pm. **OtfAU**

EXT. CARGO VAN

2012 GMC Savana 3500 Extended Cargo Van 6 Cyl., Automatic, 145k miles, good tires, good running condition. Heat, Air Conditioning, automatic windows, AM/FM radio all work. A reliable vehicle that has some quirks that passed inspection December 2023. Selling because its not necessary to have two of these type of vans anymore. \$7,000. Call or text 607-267-2573. **O12AU**

DECAL PRINTING

We're your local source for custom decal printing. Your custom design or a design created by our graphic team. We print decals of all sizes and shapes. Full color on white vinyl or full color on clear vinyl. Custom decals are great for brand or promotional marketing handouts. Call or email today and let us add some personality to your marketing program with custom printed decals. 607-746-2178 promotionalproducts@dckr.com. Decker Advertising, 39 Elm St. Delhi, NY 13753 Monday through Friday 8:30 AM to 5 PM. www.DeckerAdvertising.com **OTFG**

FAMILY HEALTH CARE

ATTENTION OXYGEN THERAPY USERS! Discover Oxygen Therapy That Moves with You with Inogen Portable Oxygen Concentrators. FREE information kit. Call 888-514-3044 **Z10HC**

HEARING AIDS! High-quality rechargeable, powerful Audien hearing aids priced 90% less than competitors. Tiny and NEARLY INVISIBLE! 45-day money back guarantee! 855-598-5898 **Z10HC**

FARM

Hay for sale - very nice quality grass, second and third cutting, \$4 per square bale. Jim Sickler, Franklin, 607-287-7707. **11FA**

GENERAL

CUSTOM APPAREL

Get your custom apparel such as shirts, hats, jackets, and workwear from Decker Advertising. We are your local provider of custom screen printed and embroidery apparel. Perfect for trade shows, brand marketing, fundraising and club recognition. Call our specialists today or go online to request a quote. www.dckr.com. Decker Advertising, 39 Elm Street, Delhi, NY 13753 607-746-2178 M-F 8:30am to 5pm. **OtfG**

DIVORCE \$389 - Uncontested divorce papers prepared. Only one signature required. Poor person Application included if applicable. Separation agreements. Custody and support petitions. 518-274-0380 **Z10G**

BANNER PRINTING

We're your local source for custom banner printing. Your custom design or a design created by our graphic team. We print banners of all sizes (width and length) and for all types of needs including: over the street, trade show, parades, special occa-

sions and promotion of an event, sale, product, job opening or brand. Call or email today and let us create an eye catching banner for you. 607-746-2178 promotionalproducts@dckr.com. Decker Advertising, 39 Elm St. Delhi, NY 13753 Monday through Friday 8:30 AM to 5 PM. www.DeckerAdvertising.com **OTFG**

INJURED IN AN ACCIDENT? Don't Accept the insurance company's first offer. Many injured parties are entitled to major cash settlements. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 1-888-454-4717. Be ready with your zip code to connect with the closest provider **Z10G**

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COMMUNITY EVENT

Is your civic organization having a community event? Post it today in The Reporter's event calendar. Go to The-Reporter.net and click on submit under the calendar tab. **OtfG**

DIRECTV Sports Pack - 3 Months on Us! Watch pro and college sports LIVE. Plus over 40 regional and specialty networks included. NFL, College Football, MLB, NBA, NHL, Golf and more. Some restrictions apply. Call DIRECTV 1-888-534-6918 **Z10G**

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HELP WANTED

RECEPTIONIST

IMMEDIATE OPENING. As Receptionist you'll be the first point-of-contact for our customers. You'll interact directly with them via phone, e-mail, or in person. Math, spelling, computer and people skills are a must. A part-time position. Monday - Friday 9AM to 3:30 PM. Pay based on experience with an hourly range of \$16 to \$18 per hour. To apply email resume with cover letter to r.shepard@dckr.com. Note "Customer Service Associate" in the subject line. Decker Advertising, Inc. Publisher of The Reporter, 39 Elm St., Delhi, NY 13753 Monday - Friday 8:30 AM to 5 PM. 607-746-2178. **O13HW**

Office assistant needed. Familiar with QB, Excel, A/P, A/R, payroll processing, customer service. Understanding of lumber is helpful but not required. Apply in person at Cannonsville Lumber, 199 Old Route 10, Deposit, NY 607-467-3380. **BTFHW**

TAKING APPLICATIONS for saw mill laborers. Please apply in person at Cannonsville Lumber Inc., 199 Old Route 10, Deposit, NY 13754 607-467-3380. Pay based on experience. **BTFHW**

HOME HEATING

Seasoned firewood delivered within 5 miles of my Bob's Brook location and stacked (not carried). \$180.00 per load (about 2 face cord) Call 607-434-7079. **X14HH**

HOME IMPROVEMENT

Do you need a Roof or Energy Efficient Windows & Help paying for it? YOU MAY QUALIFY THROUGH NEW RELIEF PROGRAMS (800) 944-9393 or visit NYProgramFunding.org to qualify. Approved applications will have the work completed by a repair crew provided by: **HOMEOWNER FUNDING.** Not affiliated with State or Gov Programs. **Z10HI**

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 866-393-3636 **Z10HI**

RENTALS

Westbrook Apartments, Walton, NY. Subsidized/Income Eligible. Our apartments have abundant closet & storage space, window coverings, large pantries, ample parking, playground, full-time maintenance staff with 24 hour emergency service and on-site laundry. We allow one small pet with pet deposit. Call or stop in for an application or applications are available on-line at crrmentalmt.com. Westbrook Apartments, 141 East Street, Walton, NY 13856. 607-865-8762, NYS Relay 711. EHO, HCA. **BTFFR**

MOUNTAINVIEW ESTATES-A NICE PLACE TO LIVE! All apartments have appliances, ample storage and patio/balcony. Also on-site laundry, playground, on-site parking, and full time maintenance staff. Call or stop in for application. Mountainview Terrace, Walton, NY. 607-865-4278, NYS Relay 711, Monday & Wednesday 8AM - 4:00 PM. EHO/HCA **BTFFR**

SERVICES

WE HAVE THE HELP YOU NEED!!! HHA's, LPN's, Nurse's Aides, Childcare, Housekeeping, Day Workers. No Fee To Employers. Serving The Community Over 20Yrs. Evon's Svces: 516-505-5510 **Z10S**

ACCEPTING Applications

FOR 1, 2, 3 & 4 BEDROOM APARTMENTS

Nice & clean. Off-street parking, appliances, playground, Community Center, on-site laundry facilities & garbage collection included.

We are a Section 8, HUD Subsidized Housing. Rent based on income.

Call (607) 235-0722, TTY/TDD:711

from 8 a.m.-3:30 p.m., Mon.-Fri. or come to MEADOW PARK APARTMENTS.

Our office is located at 85 Fair St., Deposit, NY.



Roxbury Central School has the following vacancy:

Custodial Worker

FT custodial worker position, 12 months, day shift from 8:00 AM to 4:30 PM, CSEA non-competitive position with contractual salary at a rate of \$16.69/hr. and benefits as per the CSEA contract.

Applications can be picked up in the Main Office.

Letter of interest and application must be returned by 3/29/24 to:

Stacy E. Ward, Superintendent

ROXBURY CENTRAL SCHOOL

53729 State Hwy. 30 • Roxbury, NY 12474 • **EOE**

JOIN OUR TEAM!

Walton Central School is looking for a

Full Time Custodial Worker

Information at:

Waltoncsd.org or 607-865-4116



NOW HIRING!



Spring Agricultural Work

- Land and soil preparation for tree planting
- Tree planting
- Other tree nursery tasks

Call: 845 676-4364 Mon-Fri 8am-4pm

Public Notices

Public notices/legals submit online 24/7 at: www.The-Reporter.net

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Don't miss a thing. Subscribe today. 607-464-4009

REHABILITATION SUPPORT SERVICES IN DELAWARE COUNTY SEEKING: RESIDENCE COUNSELOR

FT Residence Counselor in Delhi. Responsibilities include activities of daily living, working with residents on established goals, self medication procedures, crisis prevention and intervention. Minimum requirements: high school diploma or equivalency, degree in Human Services or related experience a plus. Criminal background check and a clean NYS driver's license are required. Excellent benefit program offered. \$17.55/hour

TO APPLY SEND RESUME TO:
 RSS, PO BOX 240, WALTON, NY 13856
 OR APPLY ON-LINE AT REHAB.ORG,
 CLICK ON CAREER OPPORTUNITIES AND
 FOLLOW PROMPTS FOR
 RESIDENCE COUNSELOR

EEO M/F/H

RECEPTIONIST Immediate Opening

As Receptionist you'll be the first point-of-contact for our customers. You'll interact directly with them via phone, email, or in person.

Math, spelling, computer and people skills are a must.

A part-time position.
 Mon – Fri. 9AM to 3:30 PM

Pay based on experience with an hourly range of \$16 to \$18 per hour.

To apply email resume with cover letter to:
r.shepard@dckr.com.

Note "Receptionist" in the subject line.



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Watershed Agricultural Council
 Agriculture • Forestry • Conservation Easements • Economic Viability

The Watershed Agricultural Council, a non-profit organization working to protect the NYC Watershed while supporting farm and forest land uses seeks **six (6) seasonal employees.**

Five (5) positions are Nutrient Management soil samplers and data collectors.
 One (1) position is a WAP Technical Intern performing duties of Best Management Practice (BMP) installation, repairs and inspections.
 These are 10-week, 40 hour/week summer positions. \$16.80 per hour. Must have dependable vehicle, insurance and a valid N.Y.S. driver's license. Reimbursed for mileage incurred on the job.
 Please send a cover letter specifying which position(s) you are applying for, and resume to
Patti Bowker, WAC,
33195 State Highway 10, Walton, NY 13856
 or email pbowker@nycwatershed.org
Job description: nycwatershed.org/careers
Deadline March 15, 2024. EOE

2019 Ram 1500 4x4 Crew Cab

LOCALLY OWNED

EXCEPTIONAL CONDITION

5.7L V8 Hemi MDS VVT eTorque Hybrid Gas Engine, 8 Speed Auto Trans., Full Power, AM/FM/SAT/NAV, Leather, Trailer Tow Pkg., Privacy Glass, Cap, Pwr Running Boards, Heated & Ventilated Seats, Heated Steering Wheel, Dual-Pane Pwr Sunroof

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22 MPG

Our Price: **\$55,000**
 March Savings: **-\$2,500**
 Sale Price: **\$53,400**

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 ON YOUR INSTALLATION

TAKE AN ADDITIONAL **10% OFF**
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 Expires 3/31/2024

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New orders only. Does not include material costs. Cannot be combined with any other offer. Minimum purchase required. Other restrictions may apply. This is an advertisement placed on behalf of Eric Construction Mid-West, Inc ("Eric"). Offer terms and conditions may apply and the offer may not be available in your area. If you call the number provided, you consent to being contacted by telephone, SMS text message, email, pre-recorded messages by Eric or its affiliates and service providers using automated technologies notwithstanding if you are on a DO NOT CALL list or register. Please review our Privacy Policy and Terms of Use on homeservicescompliance.com. All rights reserved. License numbers available at ericmetalroofs.com/eric-licenses/.

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CALL US NOW!
1-866-782-4069

\$300 PrePaid Mastercard Make the Switch from DTV Gift Card Offer ends 4/10/2024. Requires offer code: DTV2DISH. Eligibility requires: 1) controlling active DISH service; 2) completion of the first 31 days of DISH service; 3) payment of first DISH bill; 4) submission of a recent DirecTV satellite bill for the same name or address; and 5) online redemption after validation. Call for full details.

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Clemente Fane Concrete **ULSTER PAVING COMPANY** **Clemente Latham Concrete**



Sportsfield Specialties, Inc. (SSI) is seeking a highly motivated and experienced **Human Resources Recruiter** to assist in all recruitment and onboarding tasks for its Delhi, NY location.

Responsibilities/Duties include but not limited to:

- Maintain up to date knowledge of federal and state employment and compliance requirements.
- Support Fair Hiring Practices by reviewing and assessing hiring/interviewing processes to ensure they are free of discrimination.
- Work closely with department managers to identify open staff positions and their key duties.
- Create and post job postings internally and externally to attract skilled qualified applicants.
- Build applicant sources by researching/contacting colleges, 3rd party recruiters, and external platforms.
- Coordinate and attend recruitment activities: job fairs, school campus events, community events, etc.
- Identify potential candidates to conduct interviews by phone and in person.
- Coordinate manager interviews with qualified candidates.
- Develop retention strategies by accessing data related to departing employees, market trends, etc.
- Screen resumes and record/maintain applicant logs.
- Maintain employee turnover and employment activity reports.
- Perform reference and background checks.
- Coordinate with local and out of state lab facilities to schedule pre-employment testing.
- Report new hires to NYS and E-Verify.
- Track, conduct, and complete employee benefit eligibility meetings/enrollments.
- Maintain the highest standards of accuracy, discretion, and confidentiality.
- Discuss any updates, changes, issues that may need addressing with supervisor.
- Perform other duties as assigned.

Required Qualifications:

Skills:

- Excellent communication and interpersonal skills, ethics, and cultural awareness.
- Resourceful problem-solving aptitude and understanding of HR best practices and current regulations.
- Familiarity with online meeting platforms (Teams, Zoom, Skype, etc.).
- Advanced knowledge of Microsoft Office applications; HRIS systems helpful but not required.
- Active listening with discretion, confidentiality, and empathy always.
- Ability to collaborate professionally at all levels of organization.
- Must have thick skin and be able to communicate and/or process constructive criticism.
- Self-motivated with the ability to proactively make decisions.

Experience/Education:

- Associate Degree in Human Resources or similar field with minimum 2 years exempt and non-exempt recruiting experience in relevant industry.
- Will consider PHR/SHRM certification and work experience in lieu of degree.

Salary range \$50-60k/year DOE, great benefit package includes but not limited to; health, dental, vision, 401(k), Flexible Spending, life insurance and paid time off.

To apply, submit application online at www.sportsfield.com, apply in person at 41155 St. Hwy 10, fax your resume to (607) 746-3107 or mail to Human Resources, P.O. Box 231, Delhi, NY 13753.

Sportsfield Specialties, Inc. is an Affirmative Action, Equal Opportunity Employer.

Authorization to work in the U.S. is a precondition of employment. We do not sponsor employment visas.

ADD IT TO OUR CALENDAR NOW!
 It's Easy and **FREE**
 Choose Submit under The Calendar tab at The-Reporter.net
 Posted to our Website & Print Publications



HAVING A COMMUNITY EVENT?

Public notices/legals submit online 24/7 at: www.The-Reporter.net

Public Notices

LEGAL NOTICES • LEGAL NOTICES • LEGAL NOTICES • LEGAL NOTICES • LEGAL NOTICES • LEGAL NOTICES

CATSKILL WATERSHED CORPORATION NOTICE TO BIDDERS
 The Catskill Watershed Corporation (CWC) is seeking proposals for portable toilet vendors for bids to lease and maintain toilets at fifteen locations in Delaware, Greene, Schoharie and Sullivan Counties adjacent to four reservoirs from May 1, 2024 to October 31, 2024. Bids must be received by CWC by 3pm on March 22, 2024. For bid documents, please contact Barbara Puglisi or Timothy Cox at 845-586-1400. EOE

DELAWARE COUNTY NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY
 Notice of Formation of Kaufmann Mechanical L.L.C.. Articles of Organization filed with Secretary of State of NY (SSNY) on 02/29/2024. Office location: Delaware County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Henry Kaufmann: 21 Elk Creek Road Apt 3 Delhi NY 13753. Purpose: Any lawful purpose.

DELAWARE COUNTY NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY
 PERRY'S FARMSTAND LLC. Arts. of Org. filed with the SSNY on 01/22/24. Office: Delaware County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 2009 West Settlement Road, Roxbury, NY 12474. Purpose: Any lawful purpose.

DELAWARE COUNTY NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY
 Notice of Formation of 5 St. John Street, LLC. Arts. of Org. filed with Secy. of State (SSNY) on 2/2/24. Office location: Delaware County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 672 North Wellwood Ave, Ste 2, Lindenhurst, NY 11757. Purpose: any lawful activity.

DELAWARE COUNTY NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY
 Notice of Formation of 51 Walnut LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 03/29/2021. Office location: Delaware County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to 51 Walnut LLC: PO Box 391 Binghamton NY 13902. Purpose: Any lawful purpose.

DELAWARE COUNTY NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY
 ALLYSON HARES LLC Arts of Org. filed SSNY 2/9/2024 Delaware Co. SSNY design agent for process & shall mail to ZENBUSINESS INC. 41 STATE ST #112 ALBANY, NY 12207 General Purpose

DELAWARE COUNTY NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY
 Notice of Formation of Finnes Services. Articles of Organization filed with Secretary of State of NY (SSNY) on 02/21/2024. Office location: Delaware County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Matthew Finne: 706 Taylor Rd, East Meredith, NY 13757. Purpose: Any lawful purpose.

SIDNEY CENTER LEGAL NOTICE
 The Sidney Center Fire District will transfer \$55,000.00 from the Capital Reserve Fund to pay for the new rescue truck. Subject to permissive referendum. Geraldine Mott, Secretary Sidney Center Fire District

DELAWARE COUNTY NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY
 CATSKILLS RELIABLE EQUIPMENT LLC. Arts. of Org. filed with the SSNY on 02/14/24. Office: Delaware County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1011 Teed Road, Walton, NY 13856. Purpose: Any lawful purpose.

DELAWARE COUNTY NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY
 Notice of Formation of Lockwood Books LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 11/27/2023. Office location: Delaware County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Jane Feeney: 679 John Lockwood Road, Walton NY 23856. Purpose: Any lawful purpose.

DELAWARE COUNTY NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY
 DUSTMITE ENTERPRISES, LLC. Arts. of Org. filed with the SSNY on 02/27/24. Office: Delaware County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 727 Bramley Mountain Road, Delhi, NY 13753. Purpose: Any lawful purpose.

DELAWARE COUNTY NOTICE OF SALE
 REFEREE'S NOTICE OF SALE IN FORECLOSURE SUPREME COURT - COUNTY OF DELAWARE LNV CORPORATION, Plaintiff - against - DAVID C. MACK A/K/A DAVID MACK, et al Defendant(s). Pursuant to a Judgment of Foreclosure and Sale entered on January 4, 2023. I, the undersigned Referee will sell at public auction at 3 Court Street, Delhi, NY 13753 in the City of Delhi, in the County of Delaware, State of New York on the 26th day of March, 2024 at 11:30 AM. All that tract or parcel of land, situate in the Town and Village of Walton, County of Delaware and State of New York. Premises known as 9 Munn Street, Walton, NY 13856. (Section: 273.6, Block: 1, Lot: 4) Approximate amount of lien \$137,973.14 plus interest and costs. Premises will be sold subject to provisions of filed judgment and terms of sale. Index No. EF2020-81. Maureen A. Byrne, Esq., Referee. Stein, Wiener & Roth LLP Attorney(s) for Plaintiff 1400 Old Country Road, Suite 315 Westbury, NY 11590 Tel. 516-742-1212 MACK-77234 Dated: January 30, 2024 **During the COVID-19 health emergency, bidders are required to comply with all governmental health requirements in effect at the time of sale including but not limited to, wearing face coverings and maintaining social distancing (at least 6-feet apart) during the auction, while tendering deposit and at any subsequent closing. Bidders are also required to comply with the Foreclosure Auction Rules and COVID-19 Health Emergency Rules issued by the Supreme Court of this County in addition to the conditions set forth in the Terms of Sale.**

DELAWARE COUNTY NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY
 BESPOKE LUXURY TRAVEL LLC Arts of Org. filed SSNY 2/26/2024 Delaware Co. SSNY design agent for process & shall mail to ZENBUSINESS INC, 41 STATE ST #112 ALBANY, NY 12207 General Purpose

DELAWARE COUNTY NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY
 Red Hawk Ridge Arbores LLC. Filed with SSNY on 12/12/2023. Office: Delaware County. SSNY designated as agent for process & shall mail to: 52916 State Highway 30 Roxbury NY 12474. Purpose: any lawful

PERRY PUTRINO, LLC. Filed 12/8/23. Office: Delaware Co. SSNY desig. as agent for process & shall mail to: Rose Perry, 8953 County Hwy 21, Franklin, NY 13775. Purpose: General. NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY
 Lopergolo + Bartling Architects, PLLC. Filed 1/18/24. Office: Delaware Co. SSNY desig. as agent for process & shall mail to: 138 Fulton St #3, NY, NY 10038. Registered Agent: Sara Lopergolo, 138 Fulton St #3, NY, NY 10038. Purpose: Architecture. NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY

NEW YORK STATE NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY
 Notice of Formation of RITZ FARMS LLC. Certificate of Conversion filed with Secretary of State of NY (SSNY) on 02/12/2024. Office location: Delaware County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to C/O LLC: 11320 STATE HIGHWAY 357, FRANKLIN, NY 13775. Purpose: Any lawful purpose.

FAMILY COURT COUNTY OF DELAWARE SUMMONS FOR PUBLICATION
 File#: 11966 (B-00603-23, B-00604-23, B-00605-23) GF-30 (12/1997) F.C.A. 617; CPLR 315, 316 File #: 11966 Docket No.# B-00603-23, B-00604-23, B-00605-23 FAMILY COURT OF THE STATE OF NEW YORK COUNTY OF DELAWARE

In the Matter of an Article 6 Termination of Parental Rights Proceeding
 Delaware County Department of Social Services (Petitioner)
 David L. Sioux (Respondent)

Adrianna B. Back (DOB: 03/18/2010)
 Brianna B. Back (DOB: 03/18/2010)
 Summer Vetsch (DOB: 04/07/2006)

To: David L. Sioux, 123 Scotch Hill Road, Bloomville, NY 13739
 A Petition under Article 6 of the Family Court Act has been filed with this Court requesting the following reliefs: Termination of Parental Rights. YOU ARE HEREBY SUMMONED to appear IN PERSON before this court on: Date/Time/Part: April 9, 2024 at 09:45 AM in Part GAR Purpose: Continuation of Initial Appearance Presiding: Hon. Gary A. Rosa Location: Courthouse, 3 Court St., Delhi, NY 13753 Floor: 1 Room: 1 to answer the attached petition and to be dealt with in accordance with the Family Court Act. Please bring this notice with you and check in with the Court Officer in the Part. If you fail to appear as directed, a warrant may be issued for your arrest. Dated: February 28, 2024 Karen Nichols, Acting Chief Clerk

TO THE ABOVE-NAMED RESPONDENT: The foregoing summons is served upon you by publication pursuant to an Order of the Hon. Gary A. Rosa of the Family Court, Delaware County, dated and filed with the petition and other papers in the Office of the Clerk of the Family Court, Delaware County.

TOWN OF ANDES NOTICE OF PUBLIC HEARING
 Notice of Public Hearing MTC Franchise Renewal Legal Ad for Town of Andes

NOTICE OF PUBLIC HEARING
 For Hear of the Catskills Communications, Inc. d/b/a MTC Cable Franchise Renewal Notice is hereby given that the Town Board of the Town of Andes will hold a public hearing in accordance with General Municipal Law of the State of New York on March 12th 2024 at 6PM relative to the MTC Cable Franchise Renewal (15 Year Renewal Period) for public comment. The hearing will be held at the Andes Town Hall located at 115 Delaware Ave, Andes, NY 13731
 Carol Ames
 Andes Town Clerk

SUPREME COURT COUNTY OF DELAWARE NOTICE OF SALE
 REFEREE'S NOTICE OF SALE IN FORECLOSURE SUPREME COURT - COUNTY OF DELAWARE LAKEVIEW LOAN SERVICING, LLC, Plaintiff - against - SOMMER E. BIVENS A/K/A SOMMER REED, et al Defendant(s). Pursuant to a Judgment of Foreclosure and Sale entered on April 10, 2023. I, the undersigned Referee will sell at public auction at 3 Court Street, Delhi, NY 13753 in the City of Delhi, in the County of Delaware, State of New York on the 15th day of March, 2024 at 11:00 AM. All that certain plot, piece or parcel of land, situate, lying and being in the Town of Delhi, County of Delaware and State of New York. Premises known as 476 Rosa Circle, Delhi, NY 13753. (SBL#: 149-3-14 F/K/A 149 00-2-1 00) Approximate amount of lien \$162,916.56 plus interest and costs. Premises will be sold subject to provisions of filed judgment and terms of sale. Index No. EF2020-219. Maureen A. Byrne, Esq., Referee. McCalla Raymer Leibert Pierce, LLC Attorney(s) for Plaintiff 420 Lexington Avenue, Suite 840 New York, NY 10170 Tel. 347/286-7409 For sale information, please visit Xome.com Dated: January 3, 2024 **During the COVID-19 health emergency, bidders are required to comply with all governmental health requirements in effect at the time of sale including but not limited to, wearing face coverings and maintaining social distancing (at least 6-feet apart) during the auction, while tendering deposit and at any subsequent closing. Bidders are also required to comply with the Foreclosure Auction Rules and COVID-19 Health Emergency Rules issued by the Supreme Court of this County in addition to the conditions set forth in the Terms of Sale.**

VILLAGE OF FRANKLIN LEGAL NOTICE
 Notice of Village Election
 Offices to be filled at the General Election to be held Tuesday, March 19, 2024, at Village Hall (141 Water Street, Franklin) from 12:00PM to 9:00PM are as follows:

Mayor, two years:
 Candidate Johanna VanDeusen 261 Center Street Franklin, NY 13775.
Trustee, two years:
 Candidate Constance Martin 230 Center Street Franklin, NY 13775.
 Paula Niebanck, Clerk-Village of Franklin 607-829-6776

TOWN OF KORTRIGHT INVITATION FOR BIDS
 PLEASE TAKE NOTICE That the Town of Kortright will be accepting Bids for the period from April 1, 2024 through March 31, 2025:
 Item #1-Sand per yard price: 2,500+/- yards of non-red shale
 Item #2-Hauling of item #1 to 51702 State Highway 10, Bloomville from the Rider pit or the Hillis pit price per yard delivered
 Item #3-Price per yard of Blasted Sandstone ledge rock (F.O.B): ¾" Crusher Run per yard, 1 1/2" Crusher Run per yard. 2" Crushed Stone
 Item #4- Price per ton of 1st Crushed Limestone F.O.B. Quantity 500+/- Tons
 Item #5- Price per ton of 1As Crushed Limestone F.O.B. Quantity 1,000+/- Tons
 Item #6- Price per ton of 1B Crushed Limestone F.O.B. Quantity 500+/- Tons
 Item #7-Price per ton of 1 & 2 Crushed Limestone F.O.B Quantity 1500+/- Ton
 Item #8- Hauling of awarded item #4,5,6 and 7 to 51702 State Highway 10, Bloomville, price per ton delivered.
 Item #9- Price per gallon delivered bulk 3001 to 10,000 gallons of liquid Calcium Chloride delivered to 51702 State Highway 10, Bloomville Any deliveries must be pre approved by the Highway Superintendent. Bids must be received no later than Friday March 15 by 12:00pm, bids will be opened on March 18, 2024 at 7:30pm in the Town Hall, 51702 State Highway 10 Bloomville, The Town Board Reserves The Right To Reject Any Or All Bids Or To Accept The Bid That Is In The Best Interest Of The Town. William Burdick Highway Superintendent

TOWN OF COLCHESTER LEGAL NOTICE
 LEGAL NOTICE FOR APPLICATION OF CABLE FRANCHISE
 PLEASE TAKE NOTICE that DTC Cable, Inc. has filed an application for a Cable Franchise in the Town of Colchester, Delaware County, New York. The application and all comments filed relative thereto are available for public inspection at the Town of Colchester office during normal business hours. Interested parties may file comments regarding the application with the Public Service Commission within 10 days of the date of publication of the Notice. Comments should be addressed to Office of the Secretary, NYS Public Service Commission, 3 Empire State Plaza, Albany, NY 12223.

TOWN OF KORTRIGHT INVITATION FOR BIDS
 REQUEST FOR PROPOSAL
 The Town of Kortright is seeking proposals from New York State/EPA Certified Lead contractors/firms to provide Lead Inspection, Risk Assessment, and Clearance in conjunction with a recently awarded Community Development Block Grant (CDBG) Housing Rehabilitation Grant #605HR303-23 which will be administered throughout the Town of Kortright, NY. Proposals must be received no later than 4:00 pm April 8th 2024 and can be emailed, mailed or hand delivered-see RFP for delivery details. A detailed copy of the RFP is available and can be requested by emailing renew@westerncatskills.org or by calling 607-652-2823 ext. 101. Minority and Woman Owned Business Enterprises, SDVOB, and Section 3 firms are strongly encouraged to submit proposals.

THE REPORTER
607-464-4009
The-Reporter.net

TOWN OF SIDNEY PUBLIC NOTICE
 ANNUAL MEETING EVERGREEN HILL CEMETERY UNADILLA NY 13849

The Annual Meeting of The Evergreen Hill Cemetery Association will be held on Wednesday, March 27, 2024 at 6:00am at the **Unadilla Presbyterian Church**. We will be setting new rates for 2024, appointing trustees, reviewing bids for groundskeeping/landscaping, and discussing needs for 2024, i.e., tree removal, driveway repair, bank erosion. This meeting is open to the public. Lot owners are encouraged to attend.

VILLAGE OF FRANKLIN LEGAL NOTICE
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Mayor, two years:
 Candidate Johanna VanDeusen 261 Center Street Franklin, NY 13775.
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 Candidate Constance Martin 230 Center Street Franklin, NY 13775.
 Paula Niebanck, Clerk-Village of Franklin 607-829-6776

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 Item #4- Price per ton of 1st Crushed Limestone F.O.B. Quantity 500+/- Tons
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 Item #7-Price per ton of 1 & 2 Crushed Limestone F.O.B Quantity 1500+/- Ton
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 Item #9- Price per gallon delivered bulk 3001 to 10,000 gallons of liquid Calcium Chloride delivered to 51702 State Highway 10, Bloomville Any deliveries must be pre approved by the Highway Superintendent. Bids must be received no later than Friday March 15 by 12:00pm, bids will be opened on March 18, 2024 at 7:30pm in the Town Hall, 51702 State Highway 10 Bloomville, The Town Board Reserves The Right To Reject Any Or All Bids Or To Accept The Bid That Is In The Best Interest Of The Town. William Burdick Highway Superintendent

TOWN OF MEREDITH NOTICE OF PUBLIC HEARING
 The Meredith Town Board will hold a public hearing regarding a Deputy Highway Superintendent Residency Requirement Law on March 12th at 6:45PM at the Meredith Town Hall followed by the regular meeting at 7:00PM located at the Meredith Town Hall
 Dated: February 27, 2024
 Sheila Burnham, Town Clerk, Town of Meredith

TOWN OF SIDNEY INVITATION FOR BIDS
 Evergreen Hill Cemetery Association Request for Proposals
 The Evergreen Hill Cemetery Association is seeking proposals from qualified firms or individuals to provide Groundskeeping/Landscaping Services for the Evergreen Hill Cemetery in Unadilla, NY.

For more information and a copy of the complete "Request for Proposal" package, please contact the Evergreen Hill Cemetery at PO Box 764, Unadilla, NY 13849, or call 607-422-4139.
 Proposals are due to be returned prior to the Annual Meeting on March 27, 2024 at 6:00pm.

VILLAGE OF WALTON LEGAL NOTICE
NOTICE OF ELECTION
 Notice is hereby given that the annual election of the Village of Walton will be held at the Village Hall, 21 North Street on Tuesday, March 19, 2024 between the hours of noon and 9:00 p.m. for the purpose of electing the following: Two Trustees for 2-year terms.
 Trustee-Stephen Condon 148 Townsend St.
 Trustee-to be filled by write-in.
 RESOLVED: That voting on candidates will be done by voting paper ballot. BY ORDER OF THE BOARD OF TRUSTEES OF THE VILLAGE OF WALTON.
 Jody Brown, Clerk-Treasurer

TOWN OF ROXBURY NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY
 Notice of Formation of Z & P Trucking, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 09/28/2023. Office location: Delaware County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to United States Corporation Agents, Inc: 7014 13th Ave, Brooklyn, NY 11228. Purpose: Any lawful purpose.

VILLAGE OF DELHI LEGAL NOTICE
 PLEASE TAKE NOTICE that the Village of Delhi election will be held at the Delhi Village Hall, 9 Court St, Delhi, NY on Tuesday, March 19, 2024 from 12:00 pm to 9:00 pm. Petitions to fill the office of two (2) Trustees for a term of two (2) years each were filed by:
 Jeremy Fitch
 16 Meredith Street
 Delhi, NY 13753
 Barbara Sturdevant
 13 Second Street
 Delhi, NY 13753
 Pamela Ferguson
 Village Clerk

TOWN OF KORTRIGHT INVITATION FOR BIDS
 REQUEST FOR PROPOSAL
 The Town of Kortright is seeking proposals from New York State Certified Radon Testing contractors/firms, to provide radon testing services in conjunction with a recently awarded Community Development Block Grant (CDBG) Housing Rehabilitation Grant #605HR303-23 which will be administered throughout the Town of Kortright, NY. Proposals must be received no later than 4:00 pm April 8th 2024 and can be emailed, mailed or hand delivered-see RFP for delivery details. A detailed copy of the RFP is available and can be requested by emailing renew@westerncatskills.org or by calling 607-652-2823 ext. 101. Minority and Woman Owned Business Enterprises, SDVOB, and Section 3 firms are strongly encouraged to submit proposals.

TOWN OF MEREDITH NOTICE OF PUBLIC HEARING
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 Dated: February 27, 2024
 Sheila Burnham, Town Clerk, Town of Meredith

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 Proposals are due to be returned prior to the Annual Meeting on March 27, 2024 at 6:00pm.

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 REQUEST FOR PROPOSAL
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 Dated: February 27, 2024
 Sheila Burnham, Town Clerk, Town of Meredith

TOWN OF SIDNEY INVITATION FOR BIDS
 Evergreen Hill Cemetery Association Request for Proposals
 The Evergreen Hill Cemetery Association is seeking proposals from qualified firms or individuals to provide Groundskeeping/Landscaping Services for the Evergreen Hill Cemetery in Unadilla, NY.

For more information and a copy of the complete "Request for Proposal" package, please contact the Evergreen Hill Cemetery at PO Box 764, Unadilla, NY 13849, or call 607-422-4139.
 Proposals are due to be returned prior to the Annual Meeting on March 27, 2024 at 6:00pm.

DELAWARE COUNTY NOTICE OF PUBLIC HEARING
 NOTICE IS HEREBY GIVEN that, pursuant to Title 5, Chapter 3, Subchapter 3 of the Administrative Code of the City of New York, a Real Property A&D Public Hearing will be held on Wednesday, March 27, 2024, at 10:00 AM. The Public Hearing will be held via Conference Call. Call-in #: 646-992-2010, Access Code: 717-876-299.

REAL PROPERTY PUBLIC HEARING in the matter of the acquisition by the City of New York of a Fee Simple (Fee) interest on the following real estate in the County of Delaware for the purposes of providing for the continued supply of water, and for preserving and preventing the contamination or pollution of the New York City water supply system:

NYC Parcel ID	Municipality	Type	Tax Lot ID	Acres (+/-)
2855	Walton	Fee	188.-2-32.12	20.15 ac.
7464	Roxbury	Fee	201.-1-39	30.75 ac
9984	Masonville	Fee	p/o 206.-2-10.61	23.00 ac

A copy of the Mayor's Preliminary Certificate of Adoption and maps of the real estate to be acquired are available for public inspection upon request. Please call 914-749-5410.

In order to access the Public Hearing and testify, please call 646-992-2010, Access Code: 717-876-299 no later than 9:55 AM. If you need further accommodations, please let us know at least five business days in advance of the Public Hearing via e-mail at DisabilityAffairs@mocs.nyc.gov



Public notices/legals submit online 24/7 at: www.The-Reporter.net

Public Notices

LEGAL NOTICES • LEGAL NOTICES • LEGAL NOTICES • LEGAL NOTICES • LEGAL NOTICES • LEGAL NOTICES

TOWN OF FRANKLIN PUBLIC NOTICE
 NOTICE
 The Annual Financial Report Update Document
 For the year 2023 has been filed with the State of New York,
 Office of the State Comptroller. It is available for viewing during Regular business hours at the Franklin Town Clerk's Office.

TOWN OF KORTRIGHT INVITATION FOR BIDS
 REQUEST FOR PROPOSAL
 The Town of Kortright is seeking proposals from a New York State Certified Asbestos Air/Project Monitor, to provide asbestos air monitoring/visual clearance services in conjunction with a recently awarded Community Development Block Grant (CDBG) Housing Rehabilitation Grant #605HR303-23 which will be administered throughout the Town of Kortright, NY. Proposals must be received no later than 4:00 pm April 8th 2024 and can be emailed, mailed or hand delivered-see RFP for delivery details. A detailed copy of the RFP is available and can be requested by emailing renewew@westerncatskills.org or by calling 607-652-2823 ext. 101. Minority and Woman Owned Business Enterprises, SDVOB, and Section 3 firms are strongly encouraged to submit proposals.

VILLAGE OF FRANKLIN NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY
 Notice of Formation of Worden's Creations LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 01/31/2024. Office location: Delaware County, SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Scott Worden: 34 Main St Franklin, NY 13775. Purpose: Any lawful purpose.

TOWN OF KORTRIGHT LEGAL NOTICE
 TOWN OF KORTRIGHT STATE ANNUAL REPORT- PLEASE TAKE NOTICE that the Town of Kortright 2023 State Annual Report has been filed at the Town Clerk's office, 51702 State Highway 10, Bloomville NY where it may be inspected by interested persons during regular business hours. Kristin A. Craft Kortright Town Clerk

DELAWARE COUNTY LEGAL NOTICE
 SUPREME COURT OF THE STATE OF NEW YORK COUNTY OF DELAWARE

 INDEX NO: EF2023-448
 D/O/F: 06/29/2023

 SUPPLEMENTAL SUMMONS

 Property Address: 15543 County Highway 18, Hobart, New York 13788

 Plaintiff designates Delaware County as the place of trial. Venue is based upon the County in which the property is situated.

TOWN OF KORTRIGHT INVITATION FOR BIDS
 REQUEST FOR PROPOSAL
 The Town of Kortright is seeking proposals from New York State Certified Asbestos Abatement contractors/firms, to provide asbestos abatement in conjunction with a recently awarded Community Development Block Grant (CDBG) Housing Rehabilitation Grant #605HR303-23 which will be administered throughout the Town of Kortright, NY. Proposals must be received no later than 4:00 pm April 8th 2024 and can be emailed, mailed or hand delivered-see RFP for delivery details. A detailed copy of the RFP is available and can be requested by emailing renewew@westerncatskills.org or by calling 607-652-2823 ext. 101. Minority and Woman Owned Business Enterprises, SDVOB, and Section 3 firms are strongly encouraged to submit proposals.

Legal Ad or Public Notice
 Deadline: Tuesday by Noon
 To place your ad, visit: www.The-Reporter.net


607-464-4009
 The-Reporter.net

DELAWARE COUNTY INVITATION FOR BIDS
 The Delaware County Soil & Water Conservation District (DCSWCD) in partnership with the Watershed Agricultural Council (WAC), 44 West Street, Suite 1, Walton, NY 13856, is seeking bids on behalf of The Uplands Center Foundation, from qualified contractors for the CREP/CSBI Buffer Planting Program. The **Uplands Center Foundation is located at 2410 Dunk Hill Rd, Walton, NY, 13856.** The planting area is approximately 30 acres in size and includes installation of native trees, shrubs and herbaceous plants. The expected performance dates are between **April 1st and April 30th of 2024.**

Bid packages may be obtained electronically or by mail upon request by contacting Catherine Skalda. Interested contractors may request to review the site by contacting Catherine Skalda at 607-865-5223 or by email at least 3 days prior to the bid deadline. Prospective bidders shall receive a bid package which contains a bid sheet with instructions to bidders, sample contract, plans and specifications. Minority- and Women-owned businesses are encouraged to apply.

Sealed Bids must be clearly marked "Uplands Center Foundation CREP/CSBI Riparian Planting" and must be received by the Delaware County Soil and Water Conservation District's office at 44 West Street, Suite #1, Walton, NY 13856, before Friday, March 22, 2024, at 11:00 AM prevailing time, at which time they will be opened and read. Bidders are responsible for the timely delivery of their Bid Proposal.

Addenda, if any, will be issued only to those companies whose name and address are on record as having obtained Bidding and Contract Documents. The Delaware County Soil and Water Conservation District reserves the right to reject any and all bids or waive informalities in the Bidding.

Technical questions should be directed to Catherine Skalda and administrative questions directed to Graydon Dutcher.
 • Phone: 607-865-5223
 • Fax: 607-865-5535
 • E-mail: catherine-skalda@dcsxcd.org, graydon-dutcher@dcsxcd.org.

Delaware County SWCD
 44 West Street, Suite 1
 Walton, NY 13856

WILMINGTON SAVINGS FUND SOCIETY, FSB, AS TRUSTEE OF STANWICH MORTGAGE LOAN TRUST A,

 -against-

 Plaintiff,

 Unknown heirs at law of BERYL C. MURPHY, her next of kin, distributees, executors, administrators, trustees, devisees, legatees, assignees, lienors, creditors, and successors in interest, and generally all persons having or claiming, under, by or through said defendant who may be deceased, by purchase, inheritance, lien or otherwise, any right title or interest in and to the premises described in the complaint herein, all of whom and whose names and places of residence are unknown to the plaintiff and cannot after diligent inquiry be ascertained; RITA MADORE A/K/A RITA F. MADORE A/K/A RITA S. MADORE AS HEIR AND DISTRIBUTEE TO THE ESTATE OF BERYL C. MURPHY; DAVID MADORE A/K/A DAVID R. MADORE A/K/A DAVID D. MADORE AS HEIR AND DISTRIBUTEE TO THE ESTATE OF BERYL C. MURPHY; DIANA TRYON A/K/A DIANA R. TRYON AS HEIR AND DISTRIBUTEE TO THE ESTATE OF BERYL C. MURPHY; UNITED STATES OF AMERICA; PEOPLE OF THE STATE OF NEW YORK; "JOHN DOES" and "JANE DOES", said names being fictitious, parties intended being possible tenants or occupants of premises, and corporations, other entities or persons who claim, or may claim, a lien against the premises,

 Defendant(s).

TO THE ABOVE NAMED DEFENDANTS:
 YOU ARE HEREBY SUMMONED to answer the Complaint in this action, and to serve a copy of your Answer, or, if the Complaint is not served with this Summons, to serve a Notice of Appearance on the Plaintiff's Attorneys within twenty (20) days after service of this Summons, exclusive of the day of service, where service is made by delivery upon you personally within the State, or within thirty (30) days after completion of service where service is made in any other manner, and in case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the complaint.

NOTICE
 YOU ARE IN DANGER OF LOSING YOUR HOME
 If you do not respond to this summons and complaint by serving a copy of the answer on the attorney for the mortgage company who filed this foreclosure proceeding against you and filing the answer with the court, a default judgment may be entered and you can lose your home.
 Speak to an attorney or go to the court where your case is pending for further information on how to answer the summons and protect your property.
 Sending a payment to your mortgage company will not stop this foreclosure action.
 YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFF (MORTGAGE COMPANY) AND FILING THE ANSWER WITH THE COURT.

TO THE ABOVE NAMED DEFENDANTS: The foregoing Summons is served upon you by publication pursuant to an Order of the Hon. Brian D. Burns, a Justice of the Supreme Court, Delaware County, entered Jan. 31, 2024 and filed with the complaint and other papers in the Delaware County Clerk's Office.

THE OBJECT OF THE ACTION is to foreclose a mortgage recorded in the Delaware County Clerk's Office on July 23, 2003 in Book 1042, page 194. Second Mortgage and Consolidation Agreement recorded Oct. 5, 2006 in Book 1393, Page 111, covering premises k/a 15543 County Highway 18, Hobart, NY 13788 a/k/a Section 69, Block 2, Lot 48.1.

The following notice is intended only for the defendants who are owners of the premises sought to be foreclosed or who are liable upon the debt for which the mortgage stands as security.

YOU ARE HEREBY PUT ON NOTICE THAT WE ARE ATTEMPTING TO COLLECT A DEBT, AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.
 PLEASE BE AWARE:

- (1) that debt collectors, in accordance with the Fair Debt Collection Practices Act, 15 U.S.C. § 1692 et seq., are prohibited from engaging in abusive, deceptive, an unfair debt collection efforts, including, but not limited to:
 - i. the use or threat of violence;
 - ii. the use of obscene or profane language; and
 - iii. repeated phone calls made with the intent to annoy, abuse, or harass.
- (2) If a creditor or debt collector receives a money judgment against you in court, state and federal laws may prevent the following types of income from being taken to pay the debt:
 - 1. Supplemental security income, (SSI);
 - 2. Social security;
 - 3. Public assistance (welfare);
 - 4. Spousal support, maintenance (alimony) or child support;
 - 5. Unemployment benefits;
 - 6. Disability benefits;
 - 7. Workers' compensation benefits;
 - 8. Public or private pensions;
 - 9. Veterans' benefits;
 - 10. Federal student loans, federal student grants, and federal work study funds; and
 - 11. Ninety percent of your wages or salary earned in the last sixty days.

TO THE DEFENDANTS: The Plaintiff makes no personal claim against you in this action.

TO THE DEFENDANTS: If you have obtained an order of discharge from the Bankruptcy court, which includes this debt, and you have not reaffirmed your liability for this debt, this law firm is not alleging that you have any personal liability for this debt and does not seek a money judgment against you. Even if a discharge has been obtained, this lawsuit to foreclose the mortgage will continue and we will seek a judgment authorizing the sale of the mortgaged premises.

Dated:

 Sandy J. Stolar, Esq.
 Margolin, Weinreb & Nierer, LLP
 Attorneys for Plaintiff
 165 Eileen Way, Suite 101
 Syosset, New York 11791
 516-921-3838
 #101183

TOWN OF COLCHESTER NOTICE OF PUBLIC HEARING
 NOTICE IS HEREBY GIVEN that a Public Hearing will be held by the Town Board of the Town of Colchester on Wednesday, March 20th, 2024, at 5:00PM in the Town Hall, 72 Tannery Road, Downsville, New York regarding the adoption of a Local Law entitled, "A LOCAL LAW: TRANSIENT RENTAL REGULATIONS. The environment of significance, if any, of the proposed local law may be reviewed in cident to, and as a part of, said public hearing. At the hearing, any and all persons shall be entitled to be heard with regard to said proposed local law, a copy of which is available for review at the Town Clerk's Office, 72 Tannery Road, Downsville, New York. Communications in writing in relation thereto may be filed with the Town Clerk prior to the hearing. Persons with disabilities who require assistance in attending said public hearing, or in furnishing comments and suggestions, should contact the Town Clerk to request such assistance. The regular monthly meeting of the Board will be held immediately following this public hearing. By order of the Colchester Town Board. Dated: February 26, 2024, by Allison R. Gill, Town Clerk.
 Html text

DELAWARE COUNTY NOTICE OF SALE
 STATE OF NEW YORK SUPREME COURT: COUNTY OF DELAWARE NOTICE OF SALE IN FORECLOSURE

 WILMINGTON SAVINGS FUND SOCIETY, FSB, D/B/A CHRISTIANA TRUST. NOT INDIVIDUALLY BUT AS TRUSTEE FOR PRETIUM MORTGAGE ACQUISITION TRUST, Plaintiff,
 v.
 FREDDY SALVATORE RUSSO A/K/A FREDDY S. RUSSO, ET AL, Defendants.
 PLEASE TAKE NOTICE THAT
 In pursuance of a Judgment of Foreclosure and Sale entered in the Office of the County Clerk of Delaware County on July 28, 2014, I, Thomas Hegeman, Esq., the Referee named in said Judgment, will sell in one parcel at public auction on April 03, 2024 at 111 Main Street, Village of Delhi, NY 13753, at 11:00AM the premises described as follows:

 453 Meehan Road f/k/a 73 Meehan Road Middletown, NY 12455
 SBL #: 262-1-8.930 & 8.920

 ALL THAT TRACT OR PARCEL OF LAND situate in the Town of Middletown, County of Delaware, State of New York.

 The premises are sold subject to the provisions of the filed judgment, Index No. EF2013-500 in the amount of \$133,306.30 plus interest and costs. The aforementioned auction will be conducted in accordance with the Court System's COVID-19 mitigation protocols and as such all persons must comply with social distancing, wearing masks and screening practices in effect at the time of this foreclosure sale.

 Woods Oviatt Gilman LLP
 Attorneys for Plaintiff
 500 Bausch & Lomb Place
 Rochester, NY 14604
 Tel.: 855-227-5072

TOWN OF ANDES INVITATION FOR BIDS
 John Bouton Highway Superintendent Town of Andes
 Phone # (845)676-4781 Fax (845)676-3914
 NOTICE TO BIDDERS
 Please take notice, General Municipal Law of the State of New York, that pursuant to authorization of the Town Board of Andes, Delaware County, SEALED BIDS for the purchase of:
 1.) ARCH PIPE- Delivered to Town of Andes Tremperkill Pit 12", 15", 18", 24", 30", 36", 42", 48", 54", 60", 66", 72", 84", 90", 102", 108", 114", 120"
 POLY PIPE- Delivered to Town of Andes Tremperkill Pit 12", 14", 16", 18", 20", 24", 26", 30", 34", 36", 42", 48", 54", 60"
 2.) CRUSHED STONE- HAULING ONLY (STOCKPILE AND MAINTENANCE)
 #1, #1st, #1A's, #1B's
 Price per ton delivered to Andes, NY
 Bills go to P.O. Box 246
 CRUSHED STONE- HAULING ONLY (PUBLIC WORKS PROJECTS)
 #1, #1st, #1A's, #1B's
 Price per ton delivered to Andes, NY
 Bills go to P.O. Box 246 (Prevailing Wage Must Be Paid)
 3.) BANK RUN GRAVEL, 2" SCREENED GRAVEL, 3/8" SCREENED SAND, 3/4" CRUSHED GRAVEL, 2"-6" COBBLES, 2" ROUND STONE, BANK RUN SAND, & CRUSHER RUN STONE F.O.B.
 Price per yard
 Bills go to P.O. Box 246
 4.) SEASONAL MOWING AT SHAVERTOWN CEMETERY, ANDES RURAL CEMTERY AND ANDES TRANSFER STATION
 Mowing and trimming grass.
 Clean up flowers, sticks, stones, and other debris off the lawn prior to first mowing.
 May thru end of season, every two weeks or as needed
 Price per season
 Copy of insurance MUST be included in bid.
 5.) SEASONAL MOWING AT ANDES WATER RESERVOIR, ANDES TOWN HALL, BOHLMAN PARK, AND OLD HIGHWAY GARAGE (AS NEEDED)
 Mowing and trimming grass.
 Price per season
 Copy of insurance MUST be included in bid.
 6.) DELINQUENT MOWING IN HAMLET
 Mowing and trimming grass, price per occurrence.
 ONLY with direction instruction by the Supervisor or Code Enforcement Officer.
 Copy of insurance MUST be included in the bid.
 7.) Excavator equal to a 220 with operator.
 Including hauling of said excavator.
 Copy of insurance certificate MUST be included with bid.
 8.) Bucket Truck, with operator, and a working height of 50 feet for rent by the hour and by the day.
 Copy of insurance certificate MUST be included with bid.
 9.) Equal to a 220 Excavator with a thumb by monthly rent.
 Equal to a 160 Excavator with a thumb by monthly rent.
 Equal to a 662B Grader by monthly rent
 Equal to a 310 4-wheel drive Backhoe by monthly rent.
 Equal to a 624G Loader by monthly rent
 Mowing Tractor with a grass head mower, with a minimum 17' boom with a minimum 48" flail and/or a 50" rotary cutting head by monthly rent
 Chipper that will take up 12" wood by monthly rent
 Instructions MUST be followed in order for your bid to be opened!
 *One Bid Per Envelope
 *Item being bid must be specified on envelope: Number, bid name, and your name.
 *All bids must be accompanied by a non-collusive bid certificate.
 *If your bid is accepted you must provide proof of prevailing wage.
 *All bids MUST use the bidding package available at the Town Clerk's Office or Highway Department.
 *Bid # 9 MUST include the price of all hauling as a flat rate, hourly rates will not be accepted. Hauling to and from the Town of Andes must be included.
 *The Town of Andes reserves the right to reject any or all bids and to accept only those advantageous to the Town. The final decision will be left to the discretion of the Highway Superintendent.
 Bids will be accepted at the Town Clerk's Office or can be mailed to:

DELAWARE COUNTY INVITATION FOR BIDS
 The Delaware County Soil & Water Conservation District (DCSWCD) in partnership with the Watershed Agricultural Council (WAC), 44 West Street, Suite 1, Walton, NY 13856, is seeking bids on behalf of David Schatsky & Susan Bodnar, from qualified contractors for the CREP/CSBI Buffer Planting Program. The property and project area is **located at 320 Mattice Road, Stamford NY, 12167.** The planting area is approximately 6 acres in size and includes installation of native trees, shrubs and herbaceous plants. The expected performance dates are between **April 1st and April 30th of 2024.**

Bid packages may be obtained electronically or by mail upon request by contacting Catherine Skalda. Interested contractors may request to review the site by contacting Catherine Skalda at 607-865-5223 or by email at least 3 days prior to the bid deadline. Prospective bidders shall receive a bid package which contains a bid sheet with instructions to bidders, sample contract, plans and specifications. Minority- and Women-owned businesses are encouraged to apply.

Sealed Bids must be clearly marked "Mattice Road CREP/CSBI Riparian Planting" and must be received by the Delaware County Soil and Water Conservation District's office at 44 West Street, Suite #1, Walton, NY 13856, before Friday, March 22, 2024, at 11:00 AM prevailing time, at which time they will be opened and read. Bidders are responsible for the timely delivery of their Bid Proposal.

Addenda, if any, will be issued only to those companies whose name and address are on record as having obtained Bidding and Contract Documents. The Delaware County Soil and Water Conservation District reserves the right to reject any and all bids or waive informalities in the Bidding.

Technical questions should be directed to Catherine Skalda and administrative questions directed to Graydon Dutcher.
 • Phone: 607-865-5223
 • Fax: 607-865-5535
 • E-mail: catherine-skalda@dcsxcd.org, graydon-dutcher@dcsxcd.org.

Delaware County SWCD
 44 West Street, Suite 1
 Walton, NY 13856

Legal Ad or Public Notice
 Deadline: Tuesday by Noon
 To place your ad, visit: www.The-Reporter.net


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LOCALS
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 Get out and support our local shops, restaurants and events!

The Gathering
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 Fridays in Delancey beginning March 1 @ 6:15
 444 County Hwy 2
 For further information 607.287.8250

WALTON THEATRE
NO MOVIE THIS WEEK
 Next Movie will be **March 15th**
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25th Annual Heart of the Catskills Humane Society Paws for Celebration!
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- Music by famed musician, Adam Ippolito
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- Charcuterie board delights, appetizers & desserts
- Complimentary glass of Champagne

Tickets \$75
 Purchase tickets by March 22 at PawsomeAuction.org
 For more information: 607-746-3080 / 607-278-6221

ALL YOU CAN EAT! PANCAKE BREAKFAST
 Pancakes • Eggs • Sausage
 Juice • Coffee • Tea • Milk

HAMDEN TOWN HALL
 Route 10, Hamden
 Saturday, March 16, 2024
 8am-12:00 noon
 Adults: \$10.00
 Children Ages 6-10: \$7.00
 Children Under 6: Free

Benefit for: Programs & Services for the Elderly
 Sponsored by: The Delaware County Senior Council

Sidney Historical Association
Sidney Railroad Program 2024

Sidney Historical Association Presents the evolution of Sidney railroads, including a time-line on the progress, population growth & prosperity in the Village of Sidney.
 Presenters: Jim Gale & Steve Arrandale. These two are train history aficionados of mainly Sidney and the surrounding area.

Sidney Memorial Public Library, Saturday, March 9th @ 11AM

John Taibi will be attending, so if anyone has one of his books, please bring them for John to sign.

On the next to last day of operation on the O&W.
 On March 28th, 1957,
 the final north-bound freight crossing the diamond.

40.65° N, 73.98° W 41.90° N, 12.49° E

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12th Village of Delhi ST. PATRICK'S DAY Parade
 Saturday, March 23 @ 12:00pm

The Greater Delhi Area Chamber of Commerce invites ALL Delaware County businesses, civic organizations and groups to participate in the parade, with floats or by marching.

Interested groups can contact Tabitha Byam at 607-832-5123 for more information or to register

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5 Lb. Bag / US#1 White Potatoes
\$2.99 Bag

Yellow Onions 2 Lb. Bag 2 for \$3

46 Fl. Oz. / Select Varieties Turkey Hill Ice Cream
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\$9.99 Lb.

Cornershop Cuts American Cheese \$4.99 Lb.

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\$2.99 Ea.

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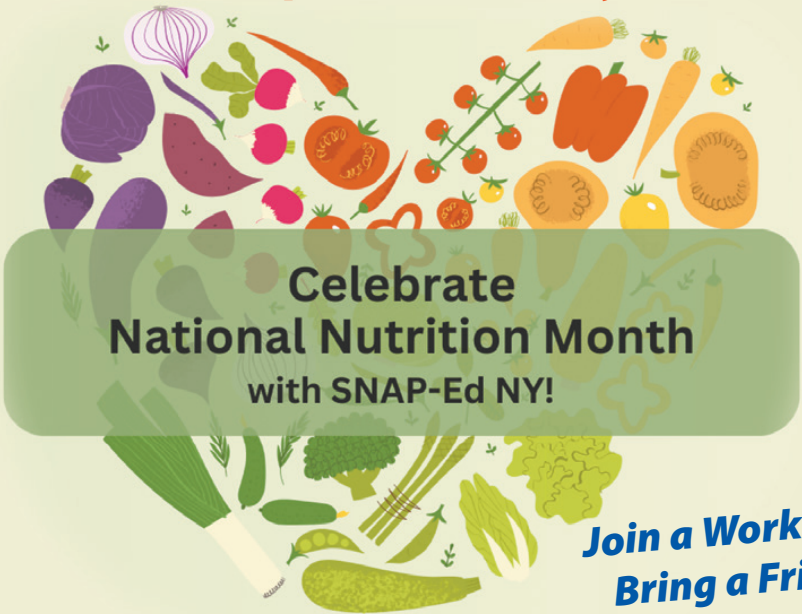
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NEW! Ten Tips for Adults Workshops include:

- | | | |
|--|---|--|
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Add physical activity To your daily routine | Budgeting
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Eat foods from every food group |
|--|---|--|

UPCOMING WORKSHOP SCHEDULE:

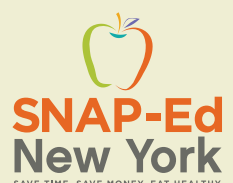
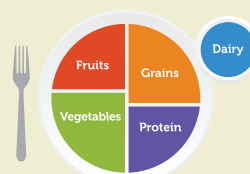
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Grand Gorge Civic Center Senior Meal Site
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Downsville Firehall, 15166 St Hwy 30
2PM-3PM; Tuesdays: March 12, 19, 26

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SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP. This institution is an equal opportunity provider.

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 2022 GMC Sierra AT4 Black, 11,300 mi., 8/6.2L, 4x4, Auto, Full Crew, Lthr, PS, HS, HM, HSW, Navi, Rem. Start, Sat. Radio, Tow Pkg \$55,975 \$983/72 mos.	 2021 Ford F-250 XLT Black, 46,100 mi., 8, Auto, Loaded, 4x4, Back up Cam, Sat. Radio, 1 Owner, Previous Rental \$44,200 \$740/72 mos.	 2021 Chevrolet Colorado Red, 37,700 mi., 6, Auto, 4x4, Loaded, Back up Cam, BT, Sat. Radio, Tow Pkg \$29,975 \$512/72 mos.	 2021 Ram 1500 Warlock Black, 36,700 mi., 6, Auto, 4x4, Loaded, Back up Cam, BT, Rem Start, Tow Package, 1 owner \$31,975 \$547/72 mos.	 2023 Subaru Forester Premium White, 1,400 mi., 4, Auto, AWD, Loaded, Back up Cam, BT, HS, Sun roof, Sat. radio, 1 owner \$30,975 \$518/72 mos.	 2022 Chevrolet Equinox Premier Blue, 14,000 mi., 4, Auto, Loaded, AWD, Back up Cam, HS, HSW, Rem Start, 1 Owner! \$31,975 \$535/72 mos.
 2022 Volkswagen Atlas R-line Blue, 16,600 mi., 4, Auto, AWD, Loaded, Back up Cam, BT, HS, HSW, Lthr Seats, NAV, Rem Start, Sat. Radio, 1 owner! \$36,975 \$619/72 mos.	 2022 Honda HRV Black, 5,400 mi., 4, Auto, AWD, Loaded, Back up Cam, BT, HS, Lthr Seats, Sat. Radio, 1 owner \$25,975 435/72 mos.	 2021 Ram 2500 Bighorn Blue, 46,900 mi., 8, Auto, Loaded, 4x4, Back up Cam, Running Boards, 1 Owner!, Prev Rental \$37,775 \$645/72 mos.	 2021 Chevrolet Trailblazer LT Red, 24,500 mi., 3, Auto, AWD, Loaded, Back up Cam, BT, Rem Start, Sat. Radio \$25,375 \$433/72 mos.	 2021 Nissan Rogue Sport Black, 59,100 mi., 4, Auto, AWD, Loaded, Back up Cam, BT, Sat. Radio, Prev Rental \$18,775 \$320/72 mos.	 2021 Ford EcoSport Titanium White, 56,700 mi., 4, Auto, AWD, Loaded, Back up Cam, BT, HS, NAV, Sat. Radio, Prev Rental \$18,775 \$320/72 mos.
 2021 Ford Explorer XLT White, 25,200 mi., 4, Auto, 4x4, loaded, Back up Cam, BT, Sat. Radio, 1 owner! \$33,975 \$648/72 mos.	 2021 Mazda CX-5 Blue, 59,800 mi., 4, Auto, AWD, Loaded, Back up Cam, BT, HS, Rem Start, Sat. Radio, Prev Rental \$22,975 \$393/72 mos.	 2021 Toyota 4Runner TRD Red, 29,200 mi., 6, Auto, 4x4, Loaded, Back up Cam, BT, HS, Lthr Seats, NAV, Rem Start, Sat. Radio, 1 owner \$38,975 \$667/72 mos.	 2020 Jeep Cherokee Gray, 39,100 mi., 6, Auto, 4x4, Loaded, Back up Cam, HS, HSW, Lthr Seats, Rem Start, Sat. Radio, 1 owner \$25,975 \$444/72 mos.	 2020 Ford EcoSport SE Silver, 7,500 mi., 4, Auto, Loaded, Back up Cam, HS, Sat. Radio \$22,975 \$392/72 mos.	 2018 Jeep Wrangler Unlimited Orange, 60,200 mi., 6, Auto, Loaded, 4x4, Back up Cam, HS, HSW, BT, 1 Owner! \$29,975 \$521/72 mos.
 2021 Nissan Versa SV Black, 36,100 mi., 4, Auto, Loaded, AW, Back up Cam, Sat. Radio \$18,475 \$315/72 mos.	 2021 Hyundai Elantra Blue, 22,600 mi., 4, Auto, Loaded, Back up Cam, BT, HS, NAV, Sat. Radio, 1 Owner, Prev Lease \$21,975 \$375/72 mos.	 2021 Nissan Altima Gray, 58,700 mi., 4, Auto, Loaded, Back up Cam, BT, Sat. Radio, Prev Rental \$19,550 \$334/72 mos.	 2021 Hyundai Accent SE Silver, 57,900 mi., 4, Auto, Loaded, Back up Cam, BT \$15,975 \$273/72 mos.	 2023 Chrysler Pacifica Touring Black, 13,300 mi., 6, Auto, Loaded, Back up Cam, BT, HS, HSW, Lthr Seats, Rem Start, Sat. Radio, Prev Rental \$37,975 \$635/72 mos.	 2021 Chrysler Voyager Burgundy, 60,000 mi., 6, Auto, Loaded, Back up Cam, Rem Start, 1 Owner \$22,975 \$392/72 mos.

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Heart of the Catskills Humane Society

WISH LIST ITEMS

Have you ever wanted to help the Heart of the Catskills Humane Society, but was never sure exactly what you could do? How about a little shopping?!! Below is a "wish list" of items that can be used by the Shelter. Buy one item...or many! Every little bit counts! The residents and staff of the Shelter would be most grateful for your generosity! Cut out and use the below list to make your shopping easier.

HOUSEHOLD GOODS OR FOOD PRODUCTS:

- Bleach
- Comet Cleanser
- Paper Towels
- Laundry Detergent
- Dishwashing Gloves
- Dishcloths
- Towels, Blankets, Sheets (gently used are okay)

PET PRODUCTS:

- Safe Cat Toys (balls, mice, catnip, etc.)
- Clay Non-Clumping Litter
- Dog/Puppy, Cat/Kitten Shampoos
- Fleece for Cat Cages (rolls that can be cut and washed)
- Dry and Canned Dog Food
- Canned Cat and Kitten Food
- Purina Kitten Chow
- Dog Biscuits
- Cat Treats & More Cat Treats!
- Good Strong Puppy Toys

COSMETIC, FIRST AID, BABY PRODUCTS:

- Wet Ones (antiseptic wipes in RED & WHITE container - unscented)
- Band-Aids

STATIONERY:

- Copy Paper, Notepads, Folders, Pens, Hi-Liters, Post-It Notes, Cat & Dog Stickers

MISCELLANEOUS:

- Heavy Duty Rubbermaid Storage Tubs to hold extra newspapers, kitty litter, etc.

Heart of the Catskills Humane Society is located at 46610 State Hwy. 10, Delhi, NY 13753.

You can contact them at 607-746-3080 or on the internet at www.heartofthecatsskills.org

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From left, Paul Downton, lead RPA, of the Emergency Department at UHS DVH; Patrick Ryan, chief executive officer of Press Ganey; Jolie Demeo, RN, BSN, of the ED; and Megan Heaphy, RN, MSN, of the ED.

UHS Delaware Valley Hospital earns top patient experience award

The Emergency Department of UHS Delaware Valley Hospital was recently recognized for being in the **top 5% of healthcare providers** across the country.

Patrick Ryan, chief executive officer and chairman of Press Ganey: "In prioritizing the well-being of both their patients and dedicated staff on a daily basis, UHS DVH exemplifies dedication to their workforce and the communities they impact."


Press Ganey, the global leader in healthcare experience solutions and services, recognized UHS DVH with a "Human Experience Guardian of Excellence Award for 2023."

This award honors healthcare providers who have consistently reached the 95th or better percentile for patient experience, employee or physician engagement, or clinical quality performance.

"The Emergency Department team has every reason to be proud of this outstanding national recognition. Much is expected of those who work in emergency care, and our people demonstrate their commitment every day to the Values of UHS and the goal of always providing an exceptional patient experience."

— Rolland "Boomer" Bojo Jr., President and CEO, UHS Delaware Valley Hospital

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Special Supplement to **THE REPORTER**

3 questions to ask before beginning a new fitness regimen

Exercise is widely recognized as a vital component of a healthy lifestyle. Despite that, a recent analysis of data from the 2020 National Health Interview Survey found that more than two-thirds of individuals are not getting enough exercise. Though the survey was conducted amid the onset of the COVID-19 pandemic, which suggests the overall figures might be somewhat lower than they might have been had the data been collected in a more typical year, just 28% of respondents were meeting the physical activity guidelines established by the Centers for Disease Control and Prevention.

Routine exercise is beneficial for people of all ages, and seniors are no exception. Aging adults who want to be more physically active but think they are among the 72% of individuals who aren't meeting CDC exercise guidelines can speak with their physicians and ask these three questions to ensure the transition to a less sedentary lifestyle goes smoothly.

1. Should I get a heart checkup?

Doctors may already be monitoring aging individuals' hearts even if they have not exhibited symptoms of heart problems in the past. However, it's best to discuss heart health in greater detail prior to beginning a new fitness regimen. In an interview with Penn Medicine, Neel Chokshi, MD, MBA, medical director of Penn Sports Cardiology and Fitness Program, noted the risk of heart attack or cardiac complications slightly increases when individuals begin to participate in a moderate or intense activity. So a physician might want to conduct a heart checkup in order to determine if a patient has an underlying heart condition.

2. Which types of activities should I look to?

A physician also can recommend certain activities depending on a person's age and medical background. Though exercise is beneficial for everyone, cer-



tain activities may not be. For example, AdventHealth notes that high-impact activities like jogging and jump rope may not be suited for individuals with arthritis. In addition, aging individuals with physical limitations that require them to use a wheelchair should not write off their ability to exercise, as physicians can recommend exercises for patients with mobility issues as well.

3. Should I take extra caution while on medication?

Prescription medication use is another variable that must be taken into consideration before beginning a new exercise regimen. The CDC notes that roughly 84% of adults between the ages of 60 and 79 use one or more prescription medications. Each medication pro-

duces different effects, and a 2016 study published in the *Methodist DeBakey Cardiovascular Journal* noted that certain medications evoke an acute drop in blood pressure, which can disturb balance and increase fall risk, while others actually facilitate greater improvements in health outcomes. That means the dynamic between medications and exercise is unique to each medication, which underscores the importance of speaking with a physician whenever a fitness regimen is started or tweaked and/or a new medication is prescribed.

These are just three of the questions seniors can ask when discussing exercise with their physicians. Seniors are urged to ask any additional questions they might have during such discussions.

Did you know?

Falls pose a significant threat to the senior population. The Centers for Disease Control and Prevention says someone age 65 or older suffers a fall every second of every day in the United States. This makes falls the leading cause of injury and injury death among this demographic. The National Council on Aging says one in four Americans fall each year. In fact, the NCOA notes that

falls result in more than three million injuries treated in hospital emergency rooms each year, including more than 800,000 that lead to hospitalization. The financial toll of falls among older adults also is significant, and estimates suggest falls will cost \$101 billion annually by 2030. That cost is only expected to increase as the population ages.

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Moderate-intensity activities that can improve overall health



Exercise is an important component of a healthy lifestyle. The current Physical Activity Guidelines for Americans from the U.S. Department of Health and Human Services indicates adults need 150 minutes of moderate-intensity physical activity each week. But what constitutes moderate-intensity physical activity?

Moderate-intensity physical activity gets the heart pumping, but only around one in five adults and teens get enough exercise to maintain good health, says the American Heart Association. It may be because people are having difficulty figuring out what constitutes moderate-intensity activity. Here is a more detailed explanation of the types of activities considered moderate-intensity.

- Walking very briskly (roughly four miles per hour)
- Heavy cleaning, like washing win-

dows, vacuuming and mopping

- Mowing the lawn with a power mower
- Bicycling with light effort (10 to 12 miles per hour)
- Playing recreational badminton
- Playing doubles tennis
- Slow dancing
- Shooting a basketball
- Water aerobics
- Playing volleyball
- Heavy gardening
- Painting and decorating

Anything that doesn't increase heart rate and breathing speed will not count as moderate-intensity activity towards the recommended amount of activity. However, any exercise is better than no exercise at all. As long as an activity breaks up long periods of sitting still, doctors says it is still beneficial.

Seniors can boost energy with the right foods

A nutritious diet is a key component of a healthy lifestyle. And for seniors, the right diet can be a key part of treating any number of health issues. In fact, changing one's diet may be something seniors can consider if they are feeling sluggish.

Food can be a helpful ally for seniors dealing with fatigue and low energy. WebMD says eating a balanced diet is one of the ways to improve low energy levels, and that balanced diet should include certain foods that are natural energy boosters.

Discovery Senior Living, protein helps increase concentration levels, produces stronger muscles and helps maintain optimal blood sugar levels. Chicken, tuna and legumes are some notable protein sources.

- **Nuts:** Most nuts are a complete package that provide healthy fats, proteins and amino acids that are good for the body. The fiber and carbohydrates in nuts digest more slowly and help provide a steady supply of energy throughout the day. Replace croutons in salads



- **Whole grains:** Switching refined grains for whole grains is a good way to boost energy. These grains are full of complex carbohydrates that help boost metabolism and provide energy. They'll also work longer in the body than the more refined options. Swap out "white" products like breads and rices for whole wheat or brown rice.

- **Lean protein sources:** While protein does not give the same quick boost of energy as a high carbohydrate meal, it will help fuel the body and keep a person feeling full longer. According to

with nuts, or sprinkle some nuts on oatmeal at breakfast.

- **Fruits and vegetables:** Berries, sweet potatoes, dark, leafy greens, and other produce are low-calorie, low-sugar options for snacks and sides that boost health. They're full of fiber and antioxidants that can ward off illness, and they can provide an energy boost as well. Berries and vegetables can be added to smoothies or salads.

The right foods can help seniors restore energy levels and promote overall health.

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What seniors should know about prediabetes

Most seniors recognize that routine visits to their physicians are an important component of preventive health-care. Annual physicals are important for everyone, but they're especially important for individuals 65 and older who may be more vulnerable to disease and various other health conditions than



younger adults.

The National Institute on Aging reports that millions of individuals 65 and older have visited their physicians and learned they have a condition known as prediabetes. For some, the day they receive a prediabetes diagnosis also marks the first time they've heard of the condition. Since so many seniors are affected by prediabetes, it can behoove anyone to learn more about it.

What is prediabetes?

The Centers for Disease Control and Prevention notes that prediabetes is a serious health condition characterized by higher than normal blood sugar levels. When a person has prediabetes, his or her blood sugar levels are not yet high enough to indicate type 2 diabetes, but that could change if prediabetes patients do not make changes to prevent such a progression.

How common is prediabetes?

A 2023 study published in the journal *Diabetes Care* indicates that 464 million individuals across the globe had impaired glucose tolerance (IGT) and 298 million had impaired fasting glucose (IFG) in 2021. Each of those conditions

are hallmarks of prediabetes, cases of which the study indicates are expected to rise significantly by 2045.

What causes prediabetes?

The CDC notes that when a person has prediabetes, the cells in his or her body do not respond normally to insulin, which is a hormone produced by the pancreas that enables blood sugar to enter cells, which then use it for energy. The pancreas then makes more insulin to get cells to respond, but eventually the pancreas cannot keep up, resulting in a rise in blood sugar.

Does prediabetes produce symptoms?

Many people have prediabetes for years and do not know it. In fact, the CDC reports that more than 80% of the 98 million American adults who have prediabetes are unaware that they do.

How can I determine if I have prediabetes?

The sheer volume of people who have prediabetes but are unaware that they do begs the question of what individuals can do to learn if they have the condition before they develop type 2 diabetes. Recognition of the risk factors for prediabetes is a good start. The CDC urges anyone who has any of the following risk factors to speak with their doctor about having their blood sugar tested:

- Being overweight
- Being 45 or older
- Having a parent, brother or sister with type 2 diabetes
- Being physically active less than three times per week
- A history of diabetes during pregnancy (gestational diabetes) or giving birth to a baby who weighed more than nine pounds
- Having polycystic ovary syndrome
- Being African American, Hispanic/Latino American, American Indian, or Pacific Islander. Some Asian Americans also are at greater risk for prediabetes.

Prediabetes can be a precursor to type 2 diabetes, which only highlights how important it is that older adults recognize their risk for the condition.

How seniors can get their balance back

Balance issues can pose a serious threat to individual health. When a person experiences issues with their balance, they may experience dizziness, lightheadedness and feel as if a room is spinning. Each of those factors can increase the risk for potentially harmful falls.

Seniors may not have the market cornered on balance issues, but the National Institute on Aging notes that many older adults experience such problems. The NIA also notes that people are more likely to have balance problems as they grow older. A number of variables can contribute to balance problems, including medications, health conditions like heart disease and vision problems, and alcohol consumption. The NIA notes that the remedy to balance issues may depend on what's causing them, though some exercises that require individuals to move their heads and bodies in a certain way can help treat some balance disorders. A physical therapist or another professional with an understanding of the relationship between balance and various systems in the body also may be able to help.

When a specific cause, such as hypertension or low blood pressure is identified, healthcare teams may be able to recommend various approaches to help seniors get their balance back.

Hypertension

A 2015 study published in *The Journal of Physical Therapy Science* found that hypertension, also known as high blood pressure, can negatively affect balance. The study found that this occurs because hypertension damages the large arteries and decreases microcirculation in specific functional areas, ultimately resulting in impairment that reduces a person's ability to maintain a stable posture. Taking steps to address hypertension, such as eating less sodi-



um, maintaining a healthy weight and exercising regularly, may also lead to a reduction in balance problems related to the condition.

Low blood pressure

Low blood pressure also can contribute to balance problems. According to the American Geriatrics Society, sudden low blood pressure, which is also referred to as orthostatic hypotension, can manifest when sitting up and standing up. When it does, a person may experience dizziness or lightheadedness, which may last just a few seconds or several minutes. The AGS notes that dizziness related to low blood pressure also may appear within one to three minutes of sitting up or standing up, which means individuals may be vulnerable to falls even when they initially feel fine after sitting up or standing up. The NIA reports that individuals with low blood pressure can manage the issue by drinking plenty of fluids, including water, and avoiding alcohol. In addition, pay careful attention to posture and movements and make a concerted effort to stand up slowly.

Balance issues are often linked to aging, but that does not mean seniors are helpless against symptoms like dizziness and lightheadedness that are linked to problems with balance. Working with a healthcare team and identifying potential causes of balance issues can help seniors improve their health outcomes.

Safely manage multiple medications

Individuals who are 60 and older are accustomed to making routine trips to the pharmacy to fill prescriptions. In fact, the Centers for Disease Control and Prevention notes that roughly 84% of adults between the ages of 60 and 79 use one or more prescription medications.

Prescription medications prolong individuals' lives and can make their daily lives more comfortable and manageable. As individuals age, their doctors may recommend various prescriptions, some of which they may need to take longterm. Managing multiple medica-

tions at once can be difficult, as it can be easy to lose track of which medications have been taken when individuals are prescribed more than one. In recognition of that difficulty, the National Institutes of Health offers the following tips to help individuals safely manage multiple medications.

their physicians during each appointment. Ask if all medicines still need to be taken and if dosages should be changed. When visiting specialists, be sure to provide a list of all medications you are currently taking.



- **Maintain an updated list of all medications you take.** The NIH notes a medication list should include both prescription and over-the-counter medications. OTC medicines include vitamins, supplements and herbal products.

- **Share your medication list with family or close friends.** A medication list should be accessible, and seniors can even share it with close family members, who can then advise medical professionals like EMTs, nurses and emergency room doctors which medicines you are taking in emergency situations when you may not be conscious.

- **Routinely review your medicine list with healthcare providers and pharmacists.** The NIH recommends individuals discuss their medicines with

- **Ask questions about newly prescribed medications.** Drug interactions can be dangerous, so it's important to ask if and how any newly prescribed medications may interact with drugs, vitamins or supplements you are already taking.

- **Alert healthcare providers to any new side effects.** Immediately contact your physician if any new side effects present. The NIH recommends individuals continue to take their medications unless their doctor says otherwise.

- **Use a pill organizer.** A pill organizer makes it easy to manage multiple medications and can help individuals remember which pills they have taken.

Millions of individuals 60 and older take more than one medicine each day. Some simple strategies can ensure seniors safely manage their medications.

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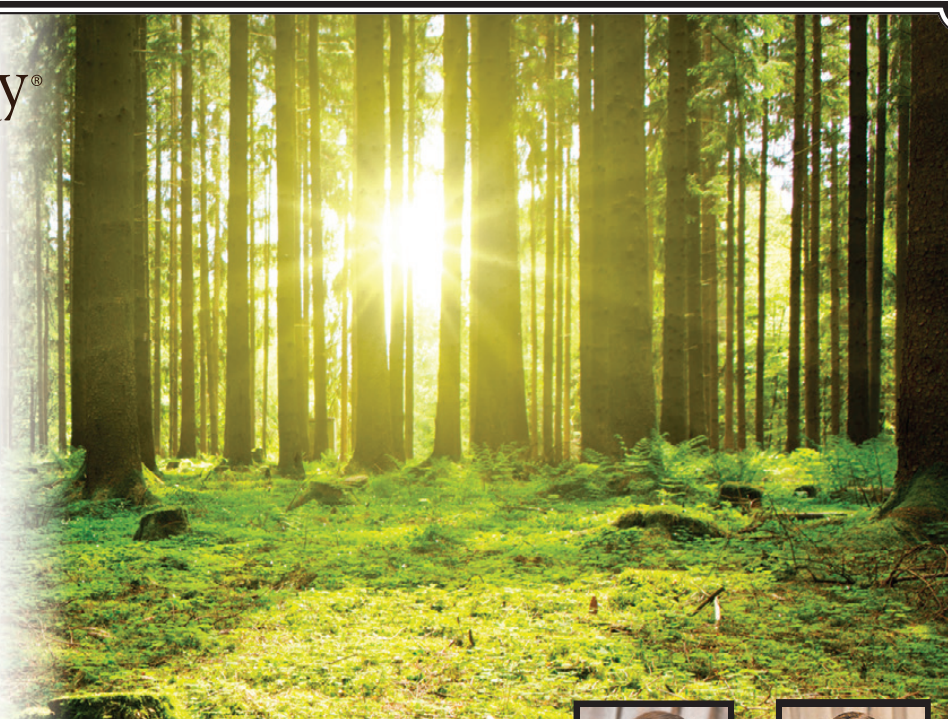
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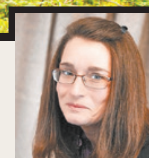
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Danielle Odell



Ryan Walsh

Keep your brain sharp as you age

Cognitive decline is on the minds of many adults as they get older. Memory loss and trouble processing things can sometimes be a side effect of aging, as Everyday Health says the brain changes in size and structure as a person gets older. These changes can affect how well the brain works over time. Furthermore, illnesses affecting the brain, such as Alzheimer's disease, may start showing their symptoms in people when they've reached their mid-60s, says the National

Institute on Aging.

Cognitive decline and dementia are not a certainty of aging. But older adults interested in strengthening their brains may want to consider these strategies.

Address high blood pressure

High blood pressure can increase the risk of heart disease and stroke. Maintaining healthy blood pressure and cholesterol levels is associated with better cognitive function, according to data published in 2021 in the Journal of Alz-

heimer's Disease.

Use all your senses

Harvard Health says the more senses used in learning something, the more of the brain that is involved in retaining the memory. Studies have shown that images paired with pleasant aromas leads to better recall later on.

Exercise regularly

Staying physically active helps maintain blood flow to the brain, which also helps reduce the risk for hypertension.

Eat brain-healthy foods

According to Cone Health Medical Group, studies show eating fish rich in omega-3 fatty acids, like tuna, salmon and mackerel, decreases risk for cognitive decline. People should avoid saturated fats, trans fats and hydrogenated oils.

Read and write frequently

According to a study in the journal Neurology, regular reading and writing in one's older years reduced the rate of memory decline by 32%. Joining a book club or simply reading more on one's own can improve cognition. Similarly, writing improves memory and communication abilities and can help strengthen the brain as well.

Drink healthy beverages

Tea and coffee can improve alertness and focus, as they're rich in polyphenols and antioxidants. A Place for Mom says caffeine in these beverages can help solidify new memories. Avoid drinking sugary beverages and limit consumption of alcohol, as neither boasts brain-boosting properties.

Keeping the brain sharp is a multilayered process that involves healthy foods and beverages, exercise and brain-stimulating activities.



Know your osteoporosis risk

Bone is living, growing tissue that changes as a person ages. Although healthy bone can naturally diminish as a person gets older, seniors in particular are at elevated risk of osteoporosis, a bone disease marked by rapid bone deterioration.

Osteoporosis occurs when bone mineral density and bone mass decrease, or when the strength and structure of bone changes, according to the National Institute of Arthritis and Musculoskeletal and Skin Diseases. Bone is constantly being broken down and replaced. When a person has osteoporosis, creation of new bone cannot keep up with the loss of old bone.

Osteoporosis can make bones so brittle that even a seemingly innocuous movement, such as coughing, bumping into something or bending over, can cause bones to break, says the Mayo Clinic. These breaks commonly occur in the spine, wrist or hip.

Osteoporosis affects people of all genders, ages and races. However, white and Asian women, especially those past menopause, are at the highest risk.

The Bone Health & Osteoporosis Foundation says that osteoporosis is known as a silent disease because bone weakening is undetectable. Subtle signs, such as a stooped posture, a curved back or if someone seems to be getting shorter, may indicate osteoporosis. Breaking a bone is often the first sign of the disease.

There may be ways to prevent osteoporosis or alleviate its symptoms. A nutritious diet and regular exercise are essential for keeping bones healthy throughout life. This includes getting enough calcium through foods and possibly supplementation. Individuals should work with their doctors to get the right amount of calcium, as too much from supplements may cause kidney stones. Vitamin D also works in concert with calcium to produce strong bones, and many people are deficient in vitamin D.

Exercise also is needed for strong bones. Strength training with weight-bearing and balance exercises enjoyed regularly throughout life can help maintain healthy bones as one ages.

Additional lifestyle issues can increase risk for osteoporosis. These include long-term use of certain medications like glucocorticoids and adrenocorticotropic hormones to treat various conditions. Proton pump inhibitors, cancer medications and antiepileptic medicines also may increase risk for osteoporosis. Heavy alcohol consumption and smoking also can contribute to osteoporosis.

Osteoporosis is not something to take lightly. A bone-density test can indicate if bones are weakening and if intervention is necessary. However, measures should be taken early in life to prevent osteoporosis in the future.




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Tips for seniors to safeguard their mental health

The wide-ranging impact and reach of mental health issues garnered considerable attention during the COVID-19 pandemic, when the virus as well as mandates designed to reduce its spread led to increased feelings of anxiety and isolation. Since then, life has returned to normal for billions of people across the globe, but many people, including seniors, continue to experience mental health issues.

The Pan American Health Organization reports that at least one in four older adults experiences a mental disorder such as depression, anxiety or dementia. And those figures will likely only

grow, as population estimates indicate seniors will make up a greater percentage of the global population in the years to come. Seniors dealing with mental health issues may feel helpless, but there's much they can do to safeguard their mental health.

- **Socialize regularly.** A 2019 study published in The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences found that older adults who socialized with people beyond their circle of family and close friends were more likely to have greater positive moods and fewer negative feelings. Unfortunately, a significant percentage of

older adults report feeling isolated from others. According to the University of Michigan National Poll on Healthy Aging that was conducted in January 2023, one in three older adults reported infrequent contact (once a week or less) with people from outside their home.

- **Speak with a mental health professional.** Among the more troubling aspects of the mental health crisis affecting seniors is that the PAHO reports two-thirds of older adults with mental health problems do not get the treatment they need. Speaking with a mental health professional can help older adults in myriad ways. Such professionals can identify the issue that is prompting seniors to seek help and offer suggestions that can improve overall health and quality of life. Roundstone Insurance notes that reliance on digital behavioral health tools, including telehealth, was turned to both during the pandemic and ever since, and seniors can utilize such services if they have limited mobility and/or no one to help them make it to in-person appointments.

- **Volunteer.** Many older adults are retired, and while ample free time may have seemed like the ultimate reward after a lifetime of working, many retirees experience a void once their life no longer has the structure that work can provide. According to the independent nonprofit HelpGuide.org, retirement depression can compel retirees to feel as though they miss the sense of identity, meaning and purpose that came with their jobs, which can make some feel depressed, aimless and isolated. Volunteering can help fill the void created by retirement, and the positive mental health effects of volunteering are well-documented. According to the Mayo Clinic, studies have shown volunteering increases positive, relaxed feelings and gives volunteers a sense of meaning and appreciation.

No one is immune to mental health issues, including seniors. But older adults can take various steps to address their mental health and improve their overall health as a result.



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Workshop,
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UPCOMING WORKSHOP SCHEDULE:

Walton First Baptist Church

2PM-3PM; Wednesdays: March 13, 20, 27
55 Townsend St. (Parking lot is off Platt St.)
Handicapped Accessible

Grand Gorge Civic Center Senior Meal Site

10:30AM-11:30AM;
Fridays: March 15, 22, April 5 & 12

Downsville Firehall, 15166 St Hwy 30

2PM-3PM; Tuesdays: March 12, 19, 26

FROM OUR
**NUTRITIONAL
WORKSHOP**

LENTIL SOUP WITH LIME JUICE

Recipe from SNAP-ED, 10 Tips for Adults

INGREDIENTS:

- 1 Tablespoon vegetable oil
- 1 medium onion, chopped
- 1 pound dried lentils, rinsed and picked over
- 8 cups cold water
- 1 teaspoon salt
- ½ teaspoon each black pepper and cumin
- 1 teaspoon dried thyme or oregano
- 3 bay leaves
- 1 can (4 ounces) mild green chilies, drained and chopped
- 1 red bell pepper, cored, seeded and finely chopped
- 1 carrot, peeled, and finely chopped
- ½ cup fresh lime juice or to taste

MATERIALS:

Large saucepan or electric skillet, cutting board, knife, measuring cups and spoons and serving bowl.

DIRECTIONS:

1. In a large saucepan, sauté the onion in vegetable oil over medium-high heat (350°F for an electric skillet).
2. Add lentils, water, salt, pepper, cumin, thyme or oregano, and bay leaves and bring to a boil.

TIME: 1 HOUR, 10 MINUTES
SERVINGS: 12
SERVING SIZE: ¾ CUP
CALORIES: 165



**\$6.58 PER RECIPE;
\$0.55 PER SERVING**

3. Lower the heat to medium-low (250°F for an electric skillet). Cover and simmer for 30 minutes, stirring occasionally.
4. Add green chilies, red bell pepper, and carrots.
5. Simmer 15 more minutes or until lentils are soft.
6. Before serving, remove and discard bay leaves and stir in lime juice. Serve hot.

NOTES:

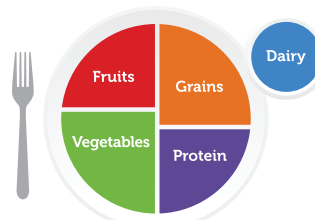
- Refrigerate leftovers within 2 hours.
- This soup is also good with a diced potato, another carrot, and/or chopped celery.
- Adjust the amount of chilies to your preferred spice level.

More great recipes like this one at our Nutritional Workshops!

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