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With four unique classrooms for early learners, St. Mary’s Institute’s ever-growing Early Childhood Education program offers an individualized academic experience for students. With classrooms designed to meet the needs of the child at their exact age, St. Mary’s Institute (SMI), a private Catholic School, provides an outstanding foundation for children ages 3 and 4.

This individualized approach begins with matching a child with the classroom that best fits their needs. SMI offers a full-day Early Childhood program for 3 year olds and three full-day Pre-Kindergartens for older 3’s, younger 4’s and older 4’s. Students are grouped within the classroom with classmates that closely match their own achievement level. Teachers closely monitor student progress throughout the school year and shift students accordingly, should they require more or less academic rigor.

SMI educates the “whole student” through a STREAM curriculum, (STEM plus Religion and the Arts), along with an always-present focus on Faith, service and student wellness. “The goal for every one of our students, whether they are with us for one year or through eighth grade, is that they leave our school as a kind person and good citizen with strong Faith, morals and values – and a love of learning that lasts a lifetime”, said SMI Principal Nicole Luft. To aid in this effort, SMI students participate in monthly charitable service projects through the school’s ‘SMI Cares’ initiative. “We are helping our students, even at the youngest ages, develop a commitment to their community, and teaching them the social skills and virtues needed to achieve that commitment”, said Luft.

The experience of an early learner at SMI is much like an Elementary-aged student, as they follow a bell schedule and attend Library, Art, Music, Physical Education, Religion and Technology classes each week in addition to their core curriculum. However, early learners also get plenty of playtime and rest time as well as patience and nurturing from the certified teaching staff. Because St. Mary’s Institute is also a K-8 school, See SMI, continued on page 14
Nathan Littauer Hospital and Nursing Home

Local, independent healthcare expands into Broadalbin

Nathan Littauer Hospital and Nursing Home continues its quest to deliver a level of clinical excellence unsurpassed in the area. Littauer has been recognized for using the most rigorous standards of safety while challenging every staff person to deliver superior care to every patient. That’s every patient. Every day.

Littauer embraces six organizational values referred to as ICARE. They are:

• Integrity
• Compassion and Collaboration
• Accountability
• Respect
• Excellence

Patients throughout Littauer’s main hospital, nursing home and primary care centers are noticing the ICARE core values in action. As one patient from Mayfield explained, “I am so very satisfied and confident with my family’s healthcare at Littauer. I trust in my provider and the entire support staff from the minute I walk in the door, to the follow-up information on our visits and screenings.”

Here they grow again!

While many healthcare organizations are struggling financially, Nathan Littauer is expanding. In 2018, Nathan Littauer started construction on a new Broadalbin Primary/Specialty Care Center.

The center is a 5,150 square foot facility, catering to the health needs of the area. When they open its doors in February 2019, the center will offer primary care, pharmacy delivery services and walk-in lab services.

“I think this center will be a boon for our community,” stated Laurence E. Kelly, hospital President and CEO. He added, “The center was built with the commuter in mind. It has a convenient location with ample parking. We build each Primary Care Center to meet the unique healthcare needs of the surrounding community. In Broadalbin, we wanted a state-of-the-art center that welcomed families, the aging population, tourists and busy commuters. I think the building design will exceed expectations. However, as always, it is our staff that will add the most value to the area.”

As Littauer grows, they continue to deliver clinical excellence to every patient. Every day. And now in more locations.

Nancy Quinlan, RN is an International Board Certified Lactation Consultant at Nathan Littauer. In 2018 she celebrated her 200th consult with mom Melanie Neelis, and baby Hannelore Neelis.

Nathan Littauer’s new Broadalbin Primary Care Center is located on Route 29 or 103 County Highway 138, Broadalbin. It will open in 2019.

Littauer embraces six organizational values referred to as ICARE.
Nathan Littauer has six pillars guiding our care. These pillars are: Integrity, Compassion, Collaboration, Accountability, Respect and Excellence. ICARE was developed by Littauer employees.

The result? Our patients notice our comprehensive care. They notice our warmth. They notice our competence during emergencies, at the bedside or during a routine primary care visit. They notice our new technology and celebrate our breakthroughs. We use the most rigorous standards of safety and challenge every staff person to deliver superior care to every patient we treat. ICARE is our quest. You are our inspiration.

Every patient. Every day.
The Affordable Care Act, aka “Obamacare,” is anything but affordable to many. While it has given coverage to some who did not have health care insurance, it has spiraled the monthly premiums, the co-pays and the deductibles so high that many cannot afford their needed medications, treatments or doctor appointments. Frequently, the medication or treatment your doctor feels is best for you is not covered by your insurance plan. And the full impact has yet to be seen.

All these facts lead to a decrease in utilization of our health care services and increases the profit for the insurance and pharmaceutical companies. At the same time your doctor’s reimbursement is steadily eroding while regulations and expenses continue to mount. Hopefully, a replacement of Obamacare will address this situation and allow you to have truly affordable health care. It is also desirable for your doctors to spend more quality time with you, the patient, and less time with their noses buried in a computer and, at the same time, make it economically possible not only for them to keep their doors open to you, but to have the doctors of your choice on your insurance companies panels so that you can see the doctors of your choice! While we participate with most insurance companies, CDPHP and MVP have refused to participate with us. And, all too frequently, there is an eye emergency after normal office hours and the Cataract Care Center is the only ophthalmic provider offering their services at these times.

Out of pocket costs are typically much higher than what your insurance company pays. If you have CDPHP or MVP for your health insurance and would like to be cared for at the Cataract Care Center please contact the insurance company and let them know, or switch to Blue Cross/Blue Shield, Empire, Excellus, Humana or United Healthcare. We also participate with Fidelis, Medicare, Medicaid, Today’s Options and Tricare and other health insurances. We’d love to have you as a patient!

**Cataract Patients – Don’t be bullied into “Premium” or “Multifocal” lens implants!** While these lenses definitely do give you the best vision without glasses after cataract removal there is usually an out-of-pocket cost up to $2,500 per eye ($1,850 at the Cataract Care Center). With the “Multifocal” lens astigmatism needs to be reduced to next to nothing to have good vision without glasses, and the astigmatism intraocular lenses, again running about $2,500, cannot be used with the multifocal lens. But at the Cataract Care Center we can reduce astigmatism with a limbal relaxation incision at no additional cost, avoiding the $2,500 lens implant. If you choose not to have the “Multifocal” lens, Dr. Kearney can give you “blended vision.” “Blended vision” focuses the non-dominant eye at near range and the dominant eye at a far range. And at the same time, we can reduce astigmatism with a limbal relaxation incision at no additional cost to the patient, avoiding another $2,500 lens implant. Together, this “blended vision” allows most patients to see well from near to far most of the time without glasses.

**Macular Degeneration Patients –** The Cataract Care Center has a unique 12-point program that may significantly slow the progression of dry age-related macular degeneration. For wet macular degeneration we offer Avastin injections that may slow, stop or even reverse its progression.

**Glaucoma Patients –** Typically patients are put on drops to treat glaucoma. But drops may become toxic to the eye. They frequently lose some of their effect over time, requiring stronger or additional drops. These drops are usually expensive and many times the best drop for your eye is not covered by your insurance. Also, your insurance company may drop coverage for a drop that has your glaucoma under good control for a long period of time. The more drops prescribed to you and the more times a day they are ordered leads to most patients forgetting to get all the doses. The Cataract Care Center offers the Selective Laser Treatment, SLT, as a first line of treatment to avoid glaucoma drops. It has a 90 percent effective rate. We also have two other types of laser treatments and two types of glaucoma surgery to eliminate or at least reduce the number of drops you need to control your glaucoma.

**Diabetic Patients –** The Cataract Care Center offers diabetic eye exams with instant digital photographic and Ocular Coherent Tomographic monitoring when indicated. If your diabetic retinopathy starts to progress, we get you a timely referral to a retinal specialist for additional treatment without a lengthy wait for an appointment.

**Smoking Patients –** The Cataract Care Center is very proactive in eliminating tobacco abuse. We have seen too many of our patients, friends and family have protracted, painful, miserable illness and deaths caused by tobacco abuse. We will counsel you and offer you access to programs to quit smoking.

**C3 Medical Spa –** Lynda L Kearney, RPA-C, Director of Cataract, continued on page 14
WHY CHOOSE the
Cataract Care Center?

LET’S START WITH YOUR THINKING, “HOW DO I CHOOSE AN EYE DOCTOR?”

1. **Contact us:** call 518-762-2020, 518-842-2020 or “www.cataractcarecenter.com”.
2. **Accessibility:** Clean, attractive, comfortable handicap accessible offices in Gloversville, Amsterdam and Utica.
3. **Availability:** We see emergencies immediately, urgent conditions the same day and routine appointments within one week, frequently the same day! We are the only eye practice in the HFM area that sees emergencies after normal office hours.
4. **Treatment:** Our staff has been chosen to care for you as if you were a family member, with caring, courtesy and respecting your privacy. They look and act professionally. They are all well trained for their functions. They aim for you to know that you have chosen the best eyecare possible.
5. **Waiting times:** We strive to keep your time here as short as reasonably possible.

**OUR PROVIDERS:**

**John R Kearney, MD:**
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Serving our community for 46 years
Leader-Herald’s “Reader’s Choice Award” Best Eye Doctor past three years
2018 Utica’s “Best Doctor’s Office” Award
Past President and Chairman of the Board:
American Board of Eye Surgery
American College of Eye Surgeons
Society for Excellence in Eyecare
Innovator in eye surgery, intraocular lenses and instruments
National & International teacher and eyecare leader
Only ophthalmologist living in the community

**Lynda L Kearney, RPA-C:**
Certified Physician Assistant
Certified in Facial Esthetics
Director of C³ Medical Spa
Graduate of Albany Medical Center
Ophthalmology training at Columbia Medical School
Thirteen years of ophthalmology experience
Contact lens exams & fitting

**Tracy Coddington, ABOC:**
Manager of Eyewear Boutique
American Board of Optician Certified
Licensed Optician
More than thirty years’ experience
Past Member NYS Optician’s Board
Licensed in Contact Lens Fitting

**OUR SERVICES:**
Medical - Complete eyecare
- General eye exams, measurement for glasses
- Allergies and infections
- Diabetic eye exams
- Glaucoma exams, treatment, laser & surgery
- Unique Macular Degeneration Preventative Program and treatment
- Cataract surgery with blended vision (decreases need for glasses) or focusing lenses and
- Free (not $2500 lens) astigmatism reduction

C³Medical Spa - Let Lynda do her magic
“*You, only better*”
- Botox-get rid of facial wrinkles
- Facial dermal fillers-smoothes droops and divots
- $25 consultation applied to same day treatment

Eyewear Boutique - Tracy will fix your eyeglass problems
- Large selection of eyeglasses and frames
- Many attractive styles
- Priced to meet your budget

**OUR INSURANCES:** We participate with most insurance plans, CDPHP & MVP will not participate with us, so we strongly recommend Blue Cross/Blue Shield, Empire, Excellus, Humana and United Healthcare. We also participate with Fidelis, Medicare, Medicaid, Today’s Options and Tricare and other health insurances.

**WE WELCOME:** New and returning patients and former patients of Dr. Steven Hammer and Dr. Paul Austin.

We want you to choose us for your eye care!

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**AMSTERDAM:** 2615 Riverfront Center • (518) 842-2020
**UTICA:** 441 Trenton Rd. • (315) 724-2020

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One of six NYOH offices, the Riverfront Center location in Amsterdam provides the area’s most advanced Mobile PET technology, national clinical research trials and home delivery of medications.

NYOH is also a longtime community partner, supporting organizations and events throughout the year.

Salon Strong – NYOH teamed up with Nathan Littauer Hospital-Healthlink for the 2nd annual “Salon Strong,” to educate stylists on hair care for clients who are in cancer treatment.

Survivor’s Day Celebration – Every June, NYOH invites Amsterdam patients, survivors and their families to celebrate during National Cancer Survivor Month.

Liberty ARC Annual Breast Cancer Donation

Amsterdam Festival of Trees

Amsterdam Italian Festival and PBA Cops & Joggers 5K

Get Your Rack Back “Diamonds in December”

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Welcoming Dr. Inder Lal to our Amsterdam Office

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Local Jackson Hewitt® Stores recognized with Operational Excellence Awards

The Jackson Hewitt located in both Gloversville and Amsterdam have been granted the 2018 Five-Star Operational Excellence Award. These stores have been awarded due to their demonstration of operational excellence through both quality and consistency. They have a consistent record of this award over the last ten years.

“We are honored to have received the Operational Excellence Award this year,” said Catherine Morsellino, Franchisee. “Our Tax Pros work hard for our clients to ensure accuracy and satisfaction. Their commitment to excellent service is visible to every client who walks through our doors.”

This award also represents that these Jackson Hewitt stores located in Fulton and Montgomery Counties were stand-out operators throughout the entire 2018 tax season. The award is another way that Jackson Hewitt Tax Service recognizes their tax professionals as leaders in the industry.

The Jackson Hewitt stores located in Fulton and Montgomery Counties were also honored with the Best Overall Net Promoter Score for 2018 at this year’s annual Jackson Hewitt Tax Service, Inc. Corporate Convention held in Orlando, Florida in September. The stores’ achievements were recognized during an awards ceremony as well as in a program guide.

“Our Tax Pros are in high gear for 2019 tax season and are looking forward to serving more taxpayers in the cities of Gloversville, Amsterdam, and Fonda with the same high level of excellence this year,” added Morsellino. If you are interested in becoming a Jackson Hewitt tax preparer, classes begin in September for next tax season. Just contact the Gloversville office for more information.

To speak with a tax preparer or make an appointment at any of our local Jackson Hewitt locations, please call: 518-725-6999 or go to www.jacksonhewitt.com to schedule an appointment. They are conveniently located in the Schine Building in downtown Gloversville, on Route 30 in Amsterdam, on Route 30A in Fonda, and our kiosk in the Amsterdam Walmart. Tax season ends on April 15th.

About Jackson Hewitt Tax Service Inc.

Jackson Hewitt Tax Service Inc. is an innovator in the tax industry, with a mission of getting its hard-working clients more from their returns and more value from its partnerships. With approximately 6,000 franchised and company-owned locations, including 3,000 in Walmart stores and online and mobile tax solutions, Jackson Hewitt offers more convenient, easier options. Jackson Hewitt is devoted to helping clients get ahead with greater access to low-cost financial solutions, Maximum Refund and 100% Accuracy Guarantees. For more information about products, services and offers, or to locate a Jackson Hewitt office, visit www.jacksonhewitt.com or call 1-800-234-1040.
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Lou’s Electric of Amsterdam, celebrating 60 years in business this year, was founded in 1959 by Louis Pasquarelli. The business, which became incorporated in 1970, still remains in the family. Tom Pasquarelli, who began working with his father in 1972, is a licensed master electrician. He is president and general manager of the contracting business. Now in its third generation, Tom Jr. also holds a master electrician’s license.

Lou’s Electric handles a broad spectrum of electrical work, including everything from service calls and light residential work, additions, electrical wiring for swimming pools, replacement circuit breaker panels and services, alarm systems, computer and telephone wiring to large commercial and industrial jobs. In addition to the thousands of local homeowners Lou’s has helped over the years, they have serviced many recognizable area staples like James Chevrolet, Greater Amsterdam Volunteer Ambulance Corps (GAVAC) Inc., Sievert’s Sporting Goods, Amsterdam Free Library, Amsterdam Housing Authority & Fulmont Community Action Agency.

The other side of the business, Lou’s Heating & Air Conditioning was established in 1985, with the addition of Tom’s brother Chris. With more than 40 years’ experience, Chris is vice president and manages this division, which features Carrier central air conditioners, furnaces and boilers.

Lou’s Heating & Air Conditioning will install, repair, and service most makes and models of heating, ventilation, and air conditioning equipment. Lou’s also repairs and replaces hot water heaters and also does furnace cleanings.

In recent years Lou’s Electric became a dealer for Generac generators and have been busy installing stand-by generators for customers who want to make sure they will still have power, even when National Grid’s power goes out...

With a staff of thirteen, Lou’s Electric of Amsterdam, Inc. offers quality workmanship and personalized services, something that the people of the Amsterdam area can expect for generations to come.

Next time you need help with your electrical, heating or cooling system, let the professionals at Lou’s help you with all of your household or commercial needs.
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  • Boilers
  • Hot Water Heaters

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Financing Available
early learners have many opportunities to partner with older students for the school’s Book Buddies program and other collaborative activities. “Our Book Buddies program is an amazing experience for students in our Early Childhood Education program and older students alike, as they learn from each other in more ways than just reading. Older students serve as shining examples of what an SMI student can be and act as guides along little ones’ academic journeys,” added Luft.

Open Enrollment at St. Mary’s Institute is going on now. The school is offering a series of Open Door Tours on select Sundays through April 14. Prospective families can also set up a custom tour at any time by contacting the school’s Admissions Office at (518) 842-4100 ext. 12. More information about the school can be found at www.saintmarysinstitute.com

Esthetics, began her career as a portrait artist, then she earned a master’s degree as a Medical Illustrator. Her medical interest led her to become a Physician Assistant and she trained in ophthalmology at Columbia University Medical School. With over 13 years of experience she has advanced certification in Botox (for facial lines) and dermal fillers (for areas of loss of underlying volume). Lynda’s esthetic skills are excellent. To know her is to love her. While she won’t promise to make you 20 again, she will make you, “You, only better.”

Eyewear Boutique – Our former Eyewear Boutique Manager, Earl Sullivan retired after forty-four years of experience. We were lucky enough to have Tracy Coddington, ABOC, to join the Eyewear Boutique. Tracy has over 30 years of experience in opticianry. She has been a member of the New York State Board of Opticianry and an examiner. In addition to being licensed as an Optician, she is also licensed in fitting and dispensing contact lenses. While Tracy is excellent in fitting glasses she is not satisfied until you see well with your glasses. Any problem? She’ll fix it. She offers glasses at competitive pricing to meet everyone’s budget and she’s great at advising the right style for you from a good selection of products in the convenience of our office. Her aim is to make you “See, only better!” PS-Dr. Kearney loves the lenses she fitted for him.

Our Staff – Every member of our staff was chosen as is the friendliest, smartest and best we could find and is a mix of the well-seasoned (29 years) to the “newbies,” while continually are seeking new talent. They are well trained, adding new duties as the obtain confidence in their most recent tasks. They are all members of our communities and every year they provide dinner baskets at Thanksgiving and Easter to families in our communities. Their aim is to make you realize that you have chosen the best eye care anywhere.

Dr Steven Hammer of Williamson Optical, Johnstown, and Dr Paul Austin, Amsterdam, both retired in the past year. The Cataract Care Center wishes them well in their retirement and welcomes their patients to the Cataract Care Center.

Dr. and Mrs. Kearney recently returned from Vienna, Austria where they were lecturers and instructors in the glaucoma surgical procedures Viscocanalostomy and Canaloplasty at the European Society of Cataract and Refractive Surgery 2018 Annual Meeting. Dr. Kearney also attended the 2018 American Academy of Ophthalmology Annual Meeting in Chicago, IL. “It’s great to teach and learn new things,” he said.

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INNOVATIVE SERVICES ENGAGED WORKFORCE PERSON-CENTERED SUPPORTS

libertyarc.org
A personalized, client-centric approach has been the key to the Schwartz Law Firm’s success since opening its doors in 2005, according to Charles Schwartz, Managing Partner. Clients typically notice the difference from the very first contact; often taking advantage of the firm’s free case evaluation. Their one-on-one connection to clients and team approach affords a higher quality of service and improved communication between clients and attorneys. The firm has also made a significant investment in legal research options and employee training. Our staff is up to date in all of the areas of law in which they practice.

A lot has changed since Charles Schwartz first opened his one-person practice in Amsterdam. As the firm grew a second office was opened in Saratoga Springs, New York and they moved their Amsterdam office to the 236 state Highway 67, Amsterdam, NY location at which it currently operates.

Today, the firm handles most all of your legal needs, cases covering Personal Injury, Trusts, Asset protection, Real Estate, Business Law, Estate Planning, Elder Law, Estate Administration, Criminal Law, Matrimonial and Family Law. The size of the firm has also grown with the addition of attorneys and dedicated, experienced legal support professionals.

Schwartz and his firm also believe in giving back to the local community. He has served on numerous not-for-profit boards and volunteers frequently in the community. Schwartz is currently the Town Attorney for the Town of Amsterdam and Agency Counsel for the Amsterdam Industrial Development Agency.

For more information, call (518) 770-1588 or visit them online at www.Schwartzlf.com.

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The Arc Lexington’s services, programs and employees continue to break new ground for the people we support!

In the past few years, Lexington, a chapter of The Arc New York, has been recognized and awarded multiple times for providing innovative opportunities to children and adults with intellectual and developmental disabilities in Fulton County. In 2017, it received “Accreditation with Distinction” from the Council on Quality and Leadership due its outstanding services and supports. Lexington was the first agency of its kind in New York State to receive this accreditation.

In recent months, Lexington was recognized by the national chapter of The Arc for its leadership in developing new programs and services for people with disabilities. In particular, the Transitions program and the Paul Nigra Center for Creative Arts were named as outstanding and unique examples of innovative opportunities that broaden the scope of supports and services for men and women looking to achieve life goals. Lexington was honored to accept the award acknowledging the creativity their employees show in developing programs and ensuring their constant success.

Transitions is a post-secondary program that supports young people with autism and other learning differences as they go to college, get their first jobs and live on their own for the first time. Its curriculum includes classes and hands-on learning opportunities in social skills, health and wellness, independent life, self-management, self-advocacy and leadership, and arts enrichment. Since it opened in 2015, Transitions has helped dozens of young people navigate the gap between the structured supports of high school and the self-sufficiency of adult life through weekend camps, summer sessions and full-year programs. In the past year, Transitions unveiled the Certificate of Completion in Career and Life Studies, a collaboration with Fulton-Montgomery Community College focused on employment skills. This program combines the Transitions curriculum with credit-bearing courses at FMCC to offer a certificate that students can present to employers in lieu of a degree.

The Nigra Arts Center is a community facility, open to the public. It encourages people from all walks of life to explore and create art in every form. The Nigra Arts Center offers classes in painting, photography, ceramics, jewelry making, music, yoga, crafts and more. It also hosts concerts, dinner theaters, family events and exhibits that give artists from the area and beyond the chance to display their work in our gallery. Several nationally recognized regional artists have also offered the community and people we support opportunities to learn from them through lessons, workshops and studio tours. The arts center has provided countless unique and fulfilling experiences for the men and women Lexington supports. Through this facility, they are able to share, learn about and participate in the arts alongside peers and community members alike who share their creative interests.

The coming year holds even more excitement for Lexington and the people it supports. Expanded offerings will include a new program called “Lifeworks,” located at FMCC. This certificate program will offer more young people the chance to experience college, strengthen life skills and cultivate independence while completing courses at the school. Another new program in the works is the Transitions Academy for the Arts, which will combine the curriculum offered at Transitions with the artistic opportunities at the Nigra Arts Center. This full-year program will help people with a keen interest in the arts integrate their creativity with their interest in achieving life goals, including college and career opportunities.

These are just a few examples of the innovation and creativity at work at Lexington, thanks to our dedicated employees. Because of them, we are able to continue our mission to provide the best possible supports to the men, women and children we support, as well as their families. We are also wholeheartedly dedicated to being the best possible employer to the people who make it all possible. Their selfless efforts and unfailing devotion keep us committed to our Nurturing Environment program, which promotes quality, ownership, relationships, support and communication for the entire team. We encourage them to be involved in all of our day-to-day operations and successes.

Shaloni Winston, executive director of The Arc Lexington, said, “We are so proud of our employees for the quality of their supports, their efficiency in providing those supports and the difference they make in the lives of men, women and children every day. It is our employees who make all of this happen, and we couldn’t do it without them.”

Lexington has nearly 1,700 full- and part-time employees who provide direct care, nursing, clinical, employment and recreation supports, as well as a team of “back office” staff who work in accounting, training, maintenance, transportation, nutrition, culinary, administration and more. Every member of this vast network is essential to making each day go as smoothly as possible.

Our employees truly make a difference, and we are always looking for the best candidates to join the Lexington team. To learn more about what Lexington does and how you can become a part of it all, visit www.lexingtoncenter.org.

If you have a big heart and a desire for a career that truly matters, please apply today!
"To be a small part of such a great family is a blessing. So when asked what my dream job is, my answer is that I’m doing it!"

"I work with a team who are steadfast in their determination to do the right thing for the individuals who we are responsible to, their families, employees and the community."

"Life is very hard for many of the individuals in Lexington and to have a job where I can make at least a part of their day better for them makes me feel good."

"Over the years I have witnessed magical moments, a standard of excellence that just continues to make me believe in our mission and the supports we provide."

127 E. State Street, Gloversville, NY
P: (518) 773-7931 | F: (518) 775-1333
info@thearclexington.org | thearclexington.org
An Upscale Home Like Environment

Where you’re always greeted with genuine smiles

Located on more than 30 magnificent acres overlooking the Mohawk River, RIVER RIDGE LIVING CENTER is a premier 120 bed newly renovated and decorated Rehabilitation and Long Term Care facility. Families can feel confident that their loved ones are living in an environment of health and security - a place where they can enjoy their lives to the fullest. The management and staff are dedicated to enhancing the life of area residents.

Our Comprehensive Array of Clinical Services Includes:

- Physical, Occupational & Speech Therapy 6 days a week in our expansive, cutting-edge Rehab Gym
- Sports Medicine Rehabilitation
- Wii Therapy
- IV Certified Program
- Vestibular Rehabilitation
- Pelvic Floor/Bladder Rehabilitation
- Stroke Management & Recovery
- Respiratory/Pulmonary Management
- 24/7 Skilled Nursing Care
- Physicians Services
- Comprehensive Wound Care
- Pain Management
- Joint Replacement Therapy

Regain Your Strength

Our Goal:
To get you back home as quickly as possible.
An expanded slate of events in Amsterdam has transformed the city into a year-round destination for entertainment while recreation programs continue to offer opportunities for local youth.

The Amsterdam Tourism, Marketing and Recreation Department over the last few years has increased the amount and diversity of programs offered to residents while bolstering tourism efforts in the city. The programs provide residents a sense of community and something to do throughout the year while attracting visitors to showcase what the area has to offer for leisure, entertainment and recreation activities.

Amsterdam caters to a variety of interests whether it’s spending an evening sampling dozens of craft beers, trick-or-treating over the Mohawk River, or teaching kids how to swim in an Olympic-sized pool. Several events focus on drawing attention to businesses in the community, helping connect residents and visitors alike to what’s available across the city.

Robert Spagnola, city Recreation director, said the department’s efforts would bring more than 200,000 people to the city this year between its events and activities, along with athletic programs hosted in parks.

Spagnola said expanding programs had been a concerted effort between his department, the mayor and Common Council members. He said the recent addition of a third person to the department was essential to keep growing its tourism and marketing efforts.

“We’re trying to dub ourselves as Fest City U.S.A.,” Spagnola said. “We really do have so many things throughout the course of the year that we thought it was a good moniker for us.”

Three new events were added for 2019, with SoupFest on Jan. 26 and WingFest on April 20 helping fill out the slate for the first quarter of the year. While the city has held different Fourth of July celebrations over the years, this year marks the first Independence Day Festival scheduled for July 6.

SoupFest and WingFest were spurred from positive feedback from businesses about the city’s inaugural St. Paddy’s Day Pub Fest, which promoted establishments citywide rather than offering an event at a set location. The second St. Paddy’s Day on March 16 was hailed as another success.

“We’re averaging 20 businesses for events like SoupFest. They’re thrilled with the business that they’re getting in repeat customers, not just the one day at the event,” Spagnola said. “A lot of people are telling us that they’re seeing people come back that they really haven’t seen before.”

Sunset Festivals, formerly called Sunset Celebrations, is changing somewhat for 2019. The recurring event held almost weekly throughout the summer will move from Friday to Saturday evenings, running in conjunction with the Amsterdam Waterfront Foundation’s Riverlink Summer Concert Series.

Similar to last year, Bridge Street will be closed to traffic for Sunset Festivals. People will be able to see live music at Riverlink Park and stroll along Bridge Street to patronize businesses.

“‘We’re trying to dub ourselves as Fest City U.S.A.’”
— Robert Spagnola, City Recreation Director
1st Annual WingFest
April 20th 1-7PM
Veteran’s Park
The City of Amsterdam’s 1st Annual WingFest! Pick up a guide and map to taste different wings all throughout the City. Music, specials, entertainment, and fun! Vote for the Best Wings in the City - the winning restaurant gets a trophy!

Summer Camp
July 6th-Aug. 16th 8AM-3PM
Bacon Youth Center
The City of Amsterdam’s all-day Summer Camp is back! Mon-Fri, Kindergarten & up! FREE breakfast & lunch! Certified staff providing all day FUN with camp trips, pool days, healthy activities, educational workshops, and exciting programming!

Movies in the Park
July & August at Dusk
Various Parks
All FREE movies start at dusk! Enjoy a variety of films on our HUGE outdoor screen. Bring the family with chairs, snacks, & drinks. Our movies are offered at a different park around the City for each event!

Craft Beer Fest
August 16th 5-9PM
Riverlink Park
Sample craft beer and cider in our waterfront park while the sun sets over the Historic Erie Canal. Live music, food, games, photo booth, & more! Over 50 brands and more than 100 different craft beer and cider samples!

ItaliaFest
September 7th Noon-9:30PM
Bridge Street
Bridge Street turns into Little Italy! HUGE block party with live music, delicious Italian food, a bocce tournament, entertainment, family fun, FREE amusement rides, vendors, games, fireworks, and more!

Trick or Treat on the MVGO
October 31st 5-6:30PM
Mohawk Valley Gateway Overlook
The City of Amsterdam hosts a fun and safe Trick or Treat event over the Historic Erie Canal! Local businesses, organizations, & clubs come together to pass out treats all along the beautiful MVGO bridge! After, head down Bridge Street for Trick or Treat at Southside businesses as well!

Youth Recreation Basketball League
Nov. 2019 - Feb. 2020
Bacon Youth Center
The City of Amsterdam Rec League hosts more than 300 boys and girls ages Pre-K – 8th grade for a 4-month basketball season. Tons of parents and fans attend practices and games to cheer the players on!

Tree Lighting Festival
November 29th 4-7PM
Mohawk Valley Gateway Overlook
The City of Amsterdam’s 4th Annual Tree Lighting Festival, enjoy Live music, caroling, warm food & drinks, goodies, FREE holiday train rides, photos with Santa and friends, FREE horse drawn carriage rides, and more!
The story of St. Mary’s Healthcare, Amsterdam began over 115 years ago with Msgr. William Browne’s vision for a Catholic Hospital with a ministry to bring health care to all persons, especially those who are poor and vulnerable. That same commitment to providing quality care, close to home drives many of the community programs and services offered by St. Mary’s today.

**St. Mary’s Provides Quality Healthcare Services through a Continuum of Care**

**St. Mary’s Hospital** including the Emergency Department, Maternity, Inpatient Addiction Services, Inpatient Mental Health Services, and the Perrella Surgical Center

**Primary Care** in Amsterdam, Johnstown, Gloversville, Northville, Broadalbin, Canajoharie, and Northville

**Pediatric Care** in Amsterdam, Johnstown and Canajoharie

**Specialty Care** including Cancer Medicine; Gastroenterology; ENT; OB/GYN Services in Johnstown and Amsterdam; Urology; and the Surgical Health Center.

**Urgent Care** in Amsterdam, Gloversville and St. Johnsville including the ability to make appointments on-line through the web site

**The Wilkinson Nursing Home and Adult Day Health Care Program on the Memorial Campus**

And many other services critical to the continuum of care including Inpatient Acute Physical Rehab; Outpatient Physical Rehabilitation programs including Athletic Training and Cardiac Rehab; Medical Imaging, Laboratory, Outpatient Addiction and Mental Health Services – most in multiple counties – to mention a few.

**St. Mary’s is a Ministry Dedicated to a Culture of Excellence**

St. Mary’s has developed a culture of excellence that has resulted in numerous awards and recognitions over the years including being honored for excellence in Orthopedic Surgery, OB-GYN services, Medical Imaging Outpatient Services and Maternity.

We also equate excellence to the expansion and development of local services that are needed to meet the healthcare needs of residents in Montgomery, Fulton, Hamilton and sometimes Schenectady counties. We proactively recruit primary care practitioners and specialists with exceptional credentials; we seek available grant monies that allow for increased staff and new services – the latest being a 1.125 million grant that will provide education on prevention of skin and other cancers – that helps build our culture of providing each patient with an exceptional experience.

Easy access to care helps define excellence. Patients are able to make an appointment at a time that is convenient for them for all 3 Urgent care sites using the “InQuicker” system available through the St. Mary’s web site (smha.org). Similarly, patients can schedule their own mammography appointments using the on-line system.

Welcoming patient and family feedback is an important aspect of continuously improving care. While our preference is to hear questions and concerns at the time of service, we also respond individually to questions and opinions expressed through our web site. A professional research company, PRC, seeks feedback by contacting a random selection of patients to learn (via phone) about their experience at St. Mary’s. Feedback is a gift!

**St. Mary’s Embraces Community Partnerships**

Much of our story goes beyond the walls of our services and facilities. Associates, including the Leadership Team, partner with communities where resources are seriously needed. St. Mary’s associates were active participants in the American Cancer Society Relay for Life event; the American Heart Association Walk/Run; Fundraising for Danielle’s House, the local Homeless Shelter; and the Alzheimer’s Association Memory Walk. Additionally, every department develops and lives a “MISSION” goal, contributing to local charities and families in need.

To learn more about St. Mary’s Healthcare, visit us online at www.smha.org.
ST. MARY’S URGENT CARE
ALL LOCATIONS OPEN EVERY DAY, 9AM - 7PM

Amsterdam
4950 State Hwy. 30
Amsterdam, NY 12010
(518) 841-3600

Gloversville
84 East State St.
Gloversville, NY 12078
(518) 773-7710

St. Johnsville
7 Timmerman Ave.
St. Johnsville, NY 13452
(518) 770-7818

PRIMARY CARE
Amsterdam Memorial Health Center
(518) 841-3770
Amsterdam Memorial Pediatrics
(518) 841-3565
Carondelet Pavilion Health Center
(518) 841-7415
Canajoharie Health Center
(518) 673-2573
Gloversville Health Center
(518) 773-8894
Johnstown Health Center
(518) 762-3161
Johnstown Pediatrics Health Center
(518) 762-3161
Northville Health Center
(518) 863-4200

SPECIALTY CARE
Cancer Medicine Center
(518) 770-7557
Ear, Nose and Throat Health Center
(518) 770-7830
Gastroenterology Health Center
(518) 843-1240
Amsterdam OB/GYN Health Center
(518) 842-0373
Johnstown OB/GYN Health Center
(518) 736-1004
Urology Health Center
(518) 843-1449 - Dr. Ghazi
(518) 770-7568 - Dr. Mian
Capstone Center for Rehabilitation and Nursing’s picturesque grounds, coupled with its outstanding views, make it the perfect setting to rest or recuperate while receiving superior care and services.

With its home-like atmosphere and unwavering commitment to each resident and family members, Capstone prides itself on consistently delivering the greatest level of customer satisfaction.

Capstone offers several services for a variety of rehabilitation and nursing needs to the local community, including its Alzheimer’s and Dementia care. Capstone is proud to have a Dementia Care Program which focuses on enhancing and improving the quality of lives of residents diagnosed with dementia and Alzheimer’s. This unit provides the individualized activities and schedules to provide the dementia resident with a comforting, familiar, yet stimulating environment. Our specially trained staff takes great pride in their ability to care for these special residents, offering exceptional care and innovative programs designed to meet their unique needs in a secure and friendly environment.

Capstone is also proud to offer its short term rehabilitation – which includes a brand new, state-of-the art rehabilitation center. Short stay rehab at Capstone is designed to assist people who either need more intensive medical care than they could receive at home, or who have been discharged from the hospital but need additional time and support to recuperate and recover.

The goal of Capstone’s short stay program is to help the resident recover quickly and return home. To facilitate this recovery, Capstone Nursing and Rehabilitation Center provides experienced rehabilitative care for most clinical needs including but not limited to: orthopedic, joint replacement, amputations, stroke, wound care and cardiac rehabilitation.

Our rehab team provides care under the direction of an attending physician and an experienced consultant rehabilitative physiatrist to ensure our residents reach their rehabilitative goals safely and successfully — ultimately returning home from our health care center with the greatest amount of independence. Capstone is available for all local residents’s rehab needs to get you home quicker.

The new rehabilitation center was just completed and includes state-of-the-art technology and customized treatment plans, and the staff tailors treatment to each individual’s needs.

Our mission is excellence. Our years of experience, coupled with our dedicated team of skilled and supportive professionals, allow us to achieve this excellence every day of the year. Our residents deserve nothing less.

Our staff is a dedicated team of skilled and experienced professionals that has earned an excellent reputation for providing superior care and quality services in a home-like environment. Whether it’s short term rehabilitation therapy, Alzheimer’s/dementia care or long-term living – our goal is to deliver a comprehensive range of services, which are designed to maximize one’s quick recovery and help every resident reach their fullest potential and maintain their highest level of functioning and independence.

Capstone is available for all local residents’s rehab needs to get you home quicker.
Long Term Care
Assisted daily living in a warm & nurturing environment

Short Term Care
Designed for patients recovering from illness, surgery or injury

Comprehensive Care
- 24-hour skilled nursing
- Comprehensive therapy: physical, occupational and speech therapies
- Complete nutritional support services
- Dementia care
- Podiatry care, including diabetic and stasis ulcer care
- Onsite ophthalmologic and dental care
- Psychiatric and psychological care
- Pain management program
- Hospice care / palliative care
- Social work services
- Spiritual services for all residents, including Catholic Mass.
- Beauty Parlor
- Pet therapy

Capstone
Center for Rehabilitation and Nursing
302 Swart Hill Road, Amsterdam, NY 12010
(518) 842-6790 • www.capstonecenterrehab.com
STEP OUT OF YOUR COMFORT ZONE

Introducing Collaboration Station: solutions for the small business - a division of Ricmar Design & Print. We are a relationship-based marketing service that works closely with your business to create attainable solutions for your marketing needs.

We understand that as small business owners, farmers, food producers and artisans, your attention is often pulled in multiple directions. Marketing plans, social media updates and branding easily fall to the wayside. We recognize that feeling of trepidation many business owners feel when it comes to embarking on a new marketing and branding campaign. We’ve been there and understand. You start out with good intentions, you take that webinar or seminar in hopes that you’ll learn something new that can be applied to your business. The truth is, all too often the information gets placed in a stack next to your computer and never gets implemented due to time constraints, staffing or fear.

We are here to help.
The Collaboration Station works with you. We take an organic, holistic approach to each of our clients, recognizing that every business is unique. We work closely with you to create marketing and branding plans that are realistic, attainable and fit your needs. The Collaboration Station also offers additional services such as market reminder prompts tailored to your marketing plan, social media marketing and management, web design, direct mail implementation, and other print production services.

Most importantly, we are here to help YOU achieve success. Each of our clients receives a free monthly marketing coaching session where our principle partners work through your concerns, address potential pitfalls, and empower you to achieve your marketing goals with confidence.

Contact us today.
Krissy and Jennifer, our principal partners, have a combined 36 years of marketing and graphic design experience. Their hands-on, relationship-based approach and support enable you to take that next big step for your business. The Collaboration Station is here for you, the little guy. We offer introductory consultations on marketing and branding, and work with you every step of the way. Our services can be as involved or as passive as your business needs. Call us today to find out how we can create a unique package of services for your business’ needs.

The Collaboration Station offers:
- Marketing Consultation
- Branding Consultation
- Marketing Plan Creation & Execution
- Product Catalog Design & Printing
- Direct Mail Campaigns - design/print/mail
- Website
- Social Media
- Editorial Calendar Creation
- Media Buying & Trafficking
- Trade Show Prep
- Continued Marketing Coaching
- Branding Packages (Digital & Print)
- Logo Design
- Style Guides
- and much more!

518.842.0218
ricmarcollaborates@gmail.com

A division of Ricmar
STEP OUT OF YOUR COMFORT ZONE

and into the STATION...

Marketing Consultation
Branding Consultation
Marketing Plan Creation & Execution
Product Catalog Design & Printing
Website
Social Media
Editorial Calendar Creation
Media Buying & Trafficking
Trade Show Prep
Continued Marketing Coaching
Branding Packages (Digital & Print)
Logo Design
Style Guides
and much more!

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ricmarcollaborates@gmail.com

a division of ricmar
Fulton Montgomery Chamber promotes and protects area businesses

The Fulton Montgomery Regional Chamber of Commerce is the business community’s hub in our region, connecting local business owners and organizations, and also working on behalf of member businesses to promote, protect and further their interests.

Chamber membership can mean different things to various businesses. Some join because they want to network with others and gain customers and partnerships. Some want the Chamber to represent their interests to contacts in government. Some are interested in the ways that the Chamber can help them market their business to customers. Some look for information and educational opportunities that the Chamber can provide, and others look for opportunities to grow their business through economic development loans and funding.

Advocacy:
Each year, Chamber and business leaders review policies along with current and proposed laws affecting business in our community. Advocating at all levels of government on behalf of its members is a key activity, and can take the form of roundtables like the Chamber’s yearly Legislative Breakfast, meetings with legislators, appearances at local supervisor or council meetings and one-on-one meetings with key stakeholders in the particular issue.

Business Education Partnership:
The Fulton Montgomery Regional Chamber of Commerce is the business community’s hub in our region, connecting local business owners and organizations, and also working on behalf of member businesses to promote, protect and further their interests.

The Chamber has placed a great deal of focus on helping our region develop a productive, well-educated workforce that meets the needs of our region. Two staff members, Nicole Walrath, Director of Workforce Development, and Sarah Hafer, Business & Education Partnership Coordinator, are both focused on that task. Much of their work centers around the PTECH schools in our region and the Business Education Partnership (BEP) created between the Chamber and HFM BOCES (Hamilton-Fulton-Montgomery Board of Cooperative Educational Services). When the students complete their PTECH experience, they can graduate with both a high school diploma and an associate degree in a business-related field.

Tourism:
The mission of the Chamber’s Tourism Department is to strengthen Fulton and

See Chamber, continued on page 38
The Real Cost of Smoking on Your Business or Multi-Unit Building

We all know smoking is bad for our health but if you’re a local business or building owner you may not be aware of the negative effects smoking can have on the health of your investment.

An employee who smokes can cost your business nearly $6,000 per year due to increased absenteeism, loss of productivity and extra health care costs. And smoke breaks really add up – to more than 6 days a year. Tobacco use is a leading cause of lost productivity in the workplace. In addition to time lost for smoking breaks, nicotine withdrawal also diminishes workers’ productivity because it reduces employees’ focus on tasks. Add in absenteeism due to smoking-related illnesses, and costs can total almost $6,000.

And let’s not forget a cigarette butt is a small item that can cost your business big time. The cost to US businesses to clean up cigarette litter totals about $11.5 billion annually. Not only do you have to pay for cleanup and maintenance, but the presence of cigarette litter can also reflect negatively on your business’ image and property values. By eliminating secondhand smoke or tobacco products from the work environment, your business can present a more professional image and increase productivity, while saving money. The question is, how can you do all of that?

The answer is to adopt a tobacco-free grounds policy for your business. By eliminating smoking from your worksite grounds, you’re also eliminating these additional costs. And of course you’re protecting employees, visitors and clients from the harmful effects of secondhand smoke. Advancing Tobacco-Free Communities of Hamilton, Fulton and Montgomery Counties (ATFC-HFM) can help you every step of the way with the tools, experience and resources necessary, completely free of charge. Ramon and Maria Rodriguez, owners of RAMA Real Properties LLC, took advantage of the free services ATFC-HFM offer when they adopted a tobacco-free grounds policy for their location in Hagaman. “Our tobacco free policy has created a cleaner, safer and more pleasant work environment for our office staff and visitors,” said Ramon Rodriguez. “I was concerned with the effect that this policy could have on employees’ morale and it turned out to be very positive.” Join RAMA Real Properties and improve employee health, productivity and your bottom line by making your worksite tobacco free.

Tobacco-free policies don’t just work for businesses — multi-unit apartment building owners and landlords can also benefit from adopting a policy. On average, it costs six times more to rehabilitate a smoker’s residential unit than that of a non-smoker. And since smoking is the leading cause of home fires, establishing a tobacco-free policy reduces the chance of fire and may even reduce insurance costs. Here’s another benefit — smoke-free multi-unit housing protects the health of residents from the effects of secondhand smoke where they live. Secondhand smoke travels under doors, through air ducts and windows – it cannot be contained.

Join RAMA Real Properties and improve employee health, productivity and your bottom line by making your worksite tobacco free. Tobacco-free policies don’t just work for businesses — multi-unit apartment building owners and landlords can also benefit from adopting a policy. On average, it costs six times more to rehabilitate a smoker’s residential unit than that of a non-smoker. And since smoking is the leading cause of home fires, establishing a tobacco-free policy reduces the chance of fire and may even reduce insurance costs. Here’s another benefit — smoke-free multi-unit housing protects the health of residents from the effects of secondhand smoke where they live. Secondhand smoke travels under doors, through air ducts and windows – it cannot be contained.

See Smothing, continued on page 38
Are you confident that your car, house, or business is properly insured? Do you understand your insurance policy? It’s surprising how many people answer no to these questions.

If you need quality insurance coverage at a fair price, the agents at Shults Insurance Agency are available to help you. When you do business with a local independent agency like the Shults Insurance Agency, you can feel confident that you have someone in your corner, who will work hard to warn you of potential risks, explain all of your options in plain English, and strive to get you the most value out of your insurance.

The Shults Insurance Agency represents some of the biggest names in the industry, such as Allstate, Travelers, Safeco, and Progressive, in addition to dozens of other national, and regional A rated insurance companies. This allows them to find the best combination of coverage and price based on your individual needs. You are not held hostage by just one insurance company; you make the choice, with one of the Shults Insurance Agency’s experienced advisors with you every step of the way.

The Shults Insurance Agency has been serving New York’s insurance needs since 1854. The agency was purchased by Bill MacLauchlin in 1975. In 2005, Bill’s son Scott MacLauchlin joined the team, and together they developed some local real estate as well as opened a second location in Johnstown. When Bill retired in 2014, Scott purchased the business and currently serves as the president of the company.

Building on the foundation established decades ago, their focus continues to be honesty and integrity in every experience, to be there when you need them, and to provide nothing but the best insurance products and services available.

In 2018, the Shults Insurance Agency started a charitable giving referral program. For every referral they receive, the agency will donate $5 to a local non-profit. Upcoming non-profits in 2019 include Regional Animal Hospital of Gloversville and Community Youth Center in Canajoharie. Additionally, the person who made the recommendation is entered into a quarterly drawing for a $100 gas card.

Not only do they do insurance right, they are also very active in the surrounding communities. Recently the Shults Insurance Agency participated in the Johnstown Holiday Parade, the Salvation

See Shults, continued on page 38
The Fulton County YMCA offers something for everyone. Children from as young as 6 months get their first introduction to swimming during the Parent Child Swim classes to our seniors starting their day in Aqua fit classes. Members and Non Members alike can benefit from the great fitness classes and programs that are offered each session throughout the year.

Joining the Y is easy and with our 20/20 discount membership program you can save 20% on your membership when you join with another new member or if you are referred by an existing member. You both receive the 20% discount on your yearly or monthly membership. We also make it easy to use your Y membership at any participating Nationwide Y under the nationwide membership network. When you become a Y member at the Fulton County Y, you have the ability to use your membership at participating Y’s across the state and across the country. For more information on these programs or questions concerning membership please contact our Membership Director Wendy Perry.

Our state of the art wellness center is led by our Director of Health & Wellness Sheldon Howard, a Certified Exercise Physiologist and is constantly supervised by a qualified and trained staff. The wellness center has a wide variety of cardio equipment and an Octagon for functional fitness. Our Aquatic area which is home to a 26 yard 6 lane pool, also provides a steam room, sauna and whirlpool area. Aquatic Director, Andy Zapp, leads his expertly trained team of lifeguards and instructors to provide area residents with swim lessons and aquatic classes.

The Y’s day care program, directed by Kelly Landrio, is the largest center-based day care in the region with more than 100 children attending. Other prominent youth programs include school-age before and after school program on site and in several area schools, half-day preschool, special days for when school is on break or Holiday, and our Snow Days program for when school is closed due to weather. Our Y operated daycare located on the FMCC campus under the direction of Ann Day.

For teens, we offer a Teen Center area equipped with computers, video games, crafts, board games, pool table, air hockey and “Expresso Bikes.” These computerized bikes are an interactive cardio workout featuring a virtual reality experience.

Throughout the school year the Y partners with the Fulton County YMCA to provide year-round fitness classes. A senior fitness class taught by Veronica Quinn.

See YMCA, continued on page 37

YOU BELONG AT THE Y

THE FULTON COUNTY Y HAS SOMETHING FOR EVRYONE!

COME TAKE A TOUR OF OUR FACILITY AND SEE WHAT WE CAN OFFER YOU!

- 6 LANE, 25 YARD POOL
- WHIRLPOOL, SAUNA, STEAM ROOM
- PROGRAMS AND FITNESS CLASSES FOR ALL AGES
- FULL TIME DAY CARE & SCHOOL AGE CHILDCARE
- SUMMER AND SPORT CAMPS
- BABYSITTING AND TEEN CENTER AREAS
- GYMNASIUM FOR MULTISPORT USE
  - CYCLING ROOM
  - ART CLASSES
- FITNESS CENTER WITH STATE OF THE ART EQUIPMENT
- PERSONAL TRAINING

- OUR NATIONWIDE MEMBERSHIP PROGRAM MAKES IT EASY TO USE YOUR Y MEMBERSHIP AT PARTICIPATING FACILITIES THROUGHOUT THE STATE OR ACROSS THE COUNTRY
- THE 20/20 MEMBERSHIP DISCOUNT PROGRAM MAKES IT EASY TO JOIN AND SAVE 20% ON YOUR MEMBERSHIP WHEN YOU JOIN WITH ANOTHER NEW MEMBER OR HAVE AN EXISTING MEMBER REFER YOU

213 Harrison Street, PO Box 629 Johnstown 518.848.3447 www.fultoncountymca.org Find us on Facebook at FultonCountyYMCA
Partnering with New York’s future. One business at a time.

At NBT Bank, our goal is to help you reach yours. Our relationship managers have the expert guidance, capital and cash management solutions it takes to help grow your business. Our local perspective builds strong partnerships that maximize your potential for success. Let our experienced commercial banking team create real opportunity for your business.

connect today

David Krupski
Regional President
518.437.4117
dkrupski@nbtbank.com

NBT Bank
for everything that counts®
nbtbank.com/commercial

Member FDIC
Hudson River Tractor, LLC (HRT) has been delivering on its mission to become the leader in agricultural, commercial and consumer equipment products and services in the Mohawk and Hudson Valleys since 2005 when a partnership between Davis Tractor & Turf, Inc. of Chatham and K.C. Canary – Fultonville, Inc. was forged resulting in the consolidation of businesses under the HRT name.

Today, HRT is a full-line John Deere Agricultural and Commercial & Consumer Turf dealer with four locations in and around the Capital Region in Schaghticoke, Clifton Park, Chatham & Fultonville. The company also has a Goshen location in Orange County, which serves the lower Hudson Valley and northern New Jersey.

The company offers a wide selection of John Deere agricultural equipment including: utility and row crop tractors, combines, forage harvesters as well as hay, planting & tillage equipment. HRT also carries agricultural products from H&S, Krone, Oxbow and Hardi.

HRT’s John Deere Turf and Worksite equipment inventory includes their line of commercial mowers, skid steers, mini-excavators, utility vehicles & compact tractors as well as a wide variety of riding lawn equipment and attachments. HRT is also a dealer for Stihl handheld equipment and Honda power equipment, including their industry leading walk-behind mowers and generators.

The company is known for its aftermarket support with genuine John Deere and OEM parts, factory trained technicians, and mobile service that offers standard maintenance and diagnosis of problems for any type of lawn equipment. HRT’s factory trained technicians will arrive at your house in the company’s service center on wheels, providing a fast and easy way to get your machine serviced and ready to go.

The management and employees at HRT are dedicated to going the extra mile to provide customers with exceptional value in products and services. Stop by one of the company’s five locations today, and see for yourself why customers prefer to purchase their equipment from HRT. Or, to learn more about HRT’s new and used equipment inventory, visit them online at www.hudsonrivertractorcompany.com.
By Winnie Blackwood

Over the years, Frank’s Gun & Tackle Shop, Inc., a family-owned and operated business, has expanded to meet the needs of their customers and to continue to operate as a full-service outdoor sports shop.

John Havlick, owner of Frank’s Gun & Tackle Shop, Inc., said his store has a wide selection of outdoor sporting goods from a wide range of handguns and long guns to accessories, like binoculars, and apparel. The shop has been in business for over 30 years.

Featured gun brands that the store carries include Remington, Winchester, Federal, Wolf, Magtech and Lightfields. “We offer everything from A to Z,” Havlick said. “If the person just wants to go out and plink with a .22 to have some fun or if they are going out West to shoot a big mule deer, we can get anything. Like I tell everybody, we have over a 1,000 guns in stock. We can’t carry everything, but we can special order just about any gun that is out there.”

The store also has a wide selection of accessories for guns including ammo, sabots, pellets, balls and breech plugs. Employees at the store can also do minor gunsmith work, such as mounting or sighting a customer’s gun for free if all the necessary supplies are bought from Frank’s Gun & Tackle Shop, Inc.

Fishing enthusiasts, who are either looking to reel in a catch from a stream or a largemouth bass from their boat, can also buy their supplies from Frank’s Gun & Tackle Shop, Inc. The store offers a wide variety of rods, reels, live bait, lures and other fishing supplies. Their selection of brands for rods and reels include Ugly Stick, Abu Garcia, and Shakespeare.

Havlick said he tries to stock his store with supplies that are needed specifically for outdoors enthusiasts in the Capital Region. He believes what sets his business apart from big box stores that carry the same supplies, is their excellent customer service. Havlick said he wants to hear his customer’s stories, like what their big catch of the day was, or to have a one-on-one conversation with them when they come into his store.

“Like I tell everybody, you can buy from anybody that you want, but usually you buy from people that you like,” Havlick said. “You can come in here if you have a question. If we can’t answer it for you right then and there, we will do some research and get back to you on the question. A lot of the chain stores will hire a kid that just needs a paycheck and doesn’t have much experience.”

Frank’s Gun & Tackle Shop, Inc., first See Frank’s, continued on page 38
Mrs. Barbara Shults and Mrs. Marjorie Lang are enjoying a trivia game led by Arkell Hall’s activity Director Linda Scaffidi Fonti.

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YMCA, continued from page 33

County Youth Bureau to host a Saturday Night Teen program that is free to county teenagers. Supervised activities are offered in the Y’s gym and teen center room.

The Y is the place to be in the summer. Our summer camps have become a summer tradition for area children ages 4-13. Our NYS certified camp under the direction of PE and Program Services Director Michael DeMagistris, treats children to daily swims, arts and crafts, games and outdoor fun as well as a variety of field trips. Various sport camps are held throughout the summer offering gymnastics, basketball, volleyball and also a sports sampler.

The Fulton County Y is proud to be one of only a few Y’s in the country to still focus on one of our original missions; housing for low-income citizens. The Fulton County YMCA has offered housing since 1913. The Y residency continues to serve local people and is consistently at almost 100 percent occupancy. There is on-site staffing 24 hours a day, seven days a week providing housing to women as well as men.

Come in today, take a tour, and learn about all our programs, classes and offerings because we really do have something for everyone. There are many benefits to having a family membership at the YMCA: free swim lessons, use of our babysitting room, parent’s night out, PE and wellness classes for kids, use of our teen center area, art classes and much more find out why you belong at the Fulton County Y. For more information, visit the YMCA’s website, look us up on Facebook, or call the YMCA at 518.848.3447.

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Chamber, continued from page 30

Montgomery Counties’ economies through the promotion of the two-county region as a destination for all four seasons. Director of Tourism Gina DaBiere-Gibbs is tasked with working with all tourism-related businesses in the region, as well as New York State, in a many-pronged effort to boost all tourism-related economic development. In partnership with Empire State Development’s I Love NY tourism program, county governments, regional tourism partners, and regional industry stakeholders, the Chamber promotes a quality experience to visitors while encouraging the preservation of regional resources and enhancing the image of our communities and quality of life.

Membership, Events, and Networking:
James Hannahs, Membership Director, is tasked with making sure each business has a meaningful membership that works for each unique business. He said, “Joining the Chamber is more than just belonging to a conglomerate of local businesses; it’s an investment in your company’s development.” Major events already slated for 2019 include: 2019 ChamberCon; New Age Business After Hours events; open houses; ribbon cuttings; notary classes and sales development seminars. For upcoming event details, see Chamber Events at the Chamber’s Website, www.FultonMontgomeryNY.org.

Other Benefits:
Some other offerings include Chamber Checks, utilized in the same way gift cards would be used, that are valid at any of more than 100 participating member retailers and restaurants. Businesses can take advantage of economic development loans pools administered by the Chamber; referrals & website listings; as well as advertising opportunities in the monthly Newsline newsletter. Businesses can also sponsor Chamber events; and display brochures at Chamber offices and at the Vail Mills Visitors Information Center.

Shults, continued from page 32

Army Angel Tree program, and volunteered with the Salvation Army Bell Ringers, in addition to contributing to many local school fundraisers, and team sponsorships throughout the year.

Annually, the Shults Insurance Agency collects change to benefit a charity, in their Small Change for Big Changes program. Donations can be made at either office, and the agency matches all donations collected. For 2018, donations were given to Make-A-Wish of Northeastern New York, and this year’s proceeds will benefit Ronald McDonald House of the Capital Region.


Frank’s, continued from page 36

opened their doors 30 years ago under the ownership of Havlick’s parents, Frank and Fran. Ten years ago, Frank told his son he was thinking of selling the store and that’s when his son bought the shop. “We just keep growing year after year after year to the point, where we actually bought a new building and will be moving this summer,” Havlick said.

The shop is currently located at 3549 Route 30 in Gloversville, but Havlick said he plans on moving and expanding his business, a mile down from their current location, at 3481 Route 30 in Vails Mills. The new shop will be three times the size of the current building, which will allow Havlick to carry more supplies to meet his customers needs.

Smoking, continued from page 38

be isolated to one apartment or room. So when one tenant smokes, everyone smokes. Ultimately, if you’re sharing a building, you’re sharing the air. ATFC-HFM has worked successfully with apartment complex owners and landlords to adopt tobacco-free policies, resulting in healthier, safer living environments, free of fire hazards.

These are some of the reasons more and more building owners and landlords are adopting tobacco-free policies. Linda Tarbox, Office Manager of Trackside Homes in Johnstown, found the process very easy. “ATFC was great to work with,” Linda explained. “They were extremely informative and explained everything about going smoke-free to us. They helped make the transition very smooth.”

Interested in learning more about taking your business or building tobacco-free? ATFC-HFM can help you adopt a tobacco-free grounds policy or entryway policy that works best for your individual situation. We provide informational sessions, educational materials and timelines, assistance with drafting a policy, access to local cessation services and custom signage, all completely free of charge. Advancing Tobacco-Free Communities of Hamilton, Fulton and Montgomery Counties works to reduce the impact of tobacco and limit exposure to secondhand smoke anywhere residents live, work and play. ATFC-HFM is funded by a grant through the New York State Department of Health, Bureau of Tobacco Control. Locally the grant is held by Catholic Charities of Fulton and Montgomery Counties. For more information, contact ATFC-HFM at 518-762-8313 or visit tobaccofreehfm.org.
For more than 60 years in business, the focus of Coldwell Banker Arlene M. Sitterly, Inc., is their commitment to their customers.

“We take pride in our relationships with our clients. They become more than customers, they become our friends,” said Shelley Passero-Yerdon, partner of the firm with Terri G. Easterly.

“And we will be there for them in the future.”

Passero-Yerdon said the real estate agency can assist customers through the entire process of buying or selling a home.

Coldwell Banker Arlene M. Sitterly, Inc., has been serving Fulton County, Montgomery County and the Adirondack region since 1956 and over the years has expanded into many upstate New York communities. In 2014, CBAMS expanded their operation adding an Amsterdam office in addition to their Johnstown location.

Co-owners Easterly and Yerdon — along with their team of Licensed Real Estate Consultants — have continued the Coldwell Banker Arlene M. Sitterly, Inc., tradition through their vast real estate experience, professionalism, customer loyalty and knowledge of the area they live and work in.

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You can also visit Coldwell Banker Arlene M. Sitterly, Inc., in person at 4781 State Highway 30 in Amsterdam or 363 N. Comrie Ave., Johnstown. For even more information, visit Coldwell Banker Arlene M. Sitterly, Inc., on the web at www.coldwellbankerams.com or look for them on Facebook, Twitter, LinkedIn and YouTube.

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