

Monthly Newsletter



UPCOMING CHANGES

The start of a new year gives us a chance to look honestly at where we are — and to imagine where we could go next. While the closing of the veterinary clinic and the Depot Market leaves noticeable gaps in our community, it also opens space for new possibilities. What comes next doesn't have to be the same as what came before.

Encouragingly, one long-standing issue has shifted in a positive direction. The former school building has been sold and is actively being renovated. This is a significant milestone and a clear sign that progress is possible, even after years of waiting.

The coming months will be an opportunity to think creatively, share ideas, and work together to shape what comes next for our village.

Anne Huntress
ALIVE President

Current ALIVE Board Members

Anne Huntress-
President
(anne.huntress
@yahoo.com)

Patricia Corey-
VP

Tammie Still-
Secretary

Donna Dolhof-
Treasurer

Bernadette Law-
Corresponding
Secretary

Tina Stanford
Member at
Large

Katie Liendecker
Assistant
Treasurer

LOCAL BUSINESS UPDATES: THE DEPOT MARKET

And that's a wrap folks! It is with a heavy heart we say good bye to our Lyons Falls Family. Over the last 20 months it has been an honor and pleasure serving you, creating laughter, joy and everlasting friendships. You have grown to know and love our family like no other and we will forever be grateful.

Please follow our posts of Facebook, as we will continue to update

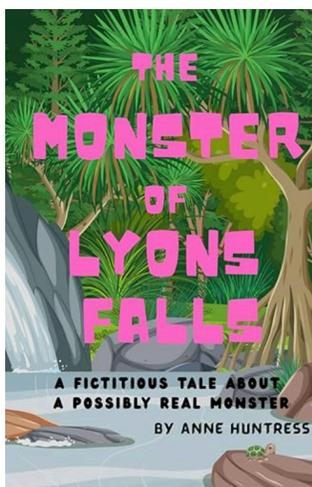
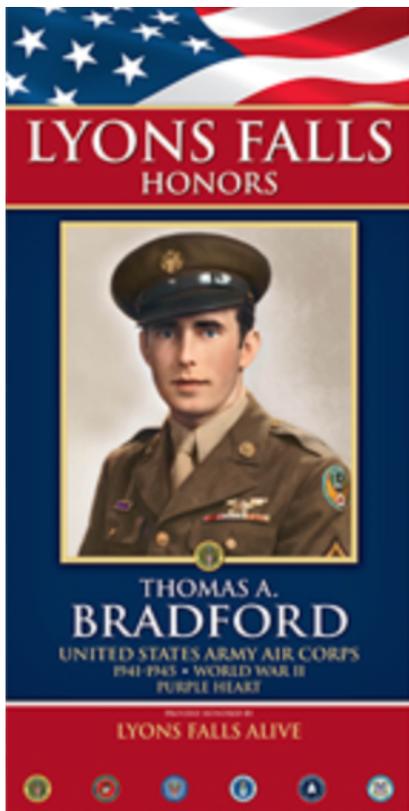
you on the progress of our move to Lowville. We have some work to do, and we need some time to rest and spend some well deserved time with our family. Thank you to those who continue to cheer us on and appreciate the mission we stand for.



A MESSAGE FROM VETERANS BANNER COMMITTEE

We just want to once again thank the guys from the village DPW and Kevin Ward for their incredible efforts in taking down and respectfully storing the Veterans banners. They will be re-hung next Spring as soon as the snow melts enough to make it possible.

In exciting news, we also have had many additional applications, so next year there will be even more Veterans honored!



Meal Site

PRESENTATIONS:

Public Health will be presenting at our different meal sites on the following dates:

| | |
|---|--|
| RESPIRATORY HEALTH | Harrisville - Wednesday, October 1st Lyons Falls - Wednesday, October 8th Croghan - Wednesday, October 15th Lowville - Wednesday, October 22nd Copenhagen - Thursday, October 23rd |
| DIABETES | Harrisville - Wednesday, November 5th Lyons Falls - Wednesday, November 12th Croghan - Wednesday, November 19th Lowville - Wednesday, November 26th Copenhagen - Thursday, November 20th |
| MENTAL HEALTH & THE HOLIDAYS | Harrisville - Wednesday, December 3rd Lyons Falls - Wednesday, December 10th Croghan - Wednesday, December 17th Lowville - Tuesday, December 16th Copenhagen - Thursday, December 18th |

PLEASE RESERVE YOUR MEAL BY NOTIFYING THE APPROPRIATE MEAL SITE, OR BY CALLING OFFICE FOR THE AGING AT 315-376-5313.




January 24th: Rabies Clinic

Lewis County Public Health and Countryside Veterinary Clinic are sponsoring a rabies vaccination clinic for all dogs, cats and ferrets 3 months of age or older.



| | | |
|------------------|-------------|-------------|
| January 24, 2026 | Maple Ridge | 10 AM-12 PM |
|------------------|-------------|-------------|

A \$15 donation per pet is suggested to defray the cost of the vaccine and clinic staffing.
Please have all dogs on a leash and cats & ferrets in a carrier or strong pillowcase/sack.
Please provide a record of previous vaccination.
All pets must be vaccinated (minimum 12 weeks old), even if an indoor pet.

Happening at the Library!



Lego Club will be held Wednesday, Jan. 21 from 5-7PM. Lego club will regularly meet the 3rd Wednesday of the month in 2026.

Energy Jeopardy with North Country Clean Energy Hub will be held Wednesday, Jan. 14th at 5:30PM with energy efficient prizes for participants.

Open Mic Jam will be held Tuesday, Jan. 27 from 5-7PM. Open Mic will regularly meet the 4th Tuesday of the month in 2026

The Lyons Falls Bowling alley will be available for parties and open bowling starting November 15, 2025. Contact Nate Farr: 315-240-3642



Cold and flu season is an unavoidable part of the school year, especially during the winter months when close quarters, changing weather, and packed schedules make it easier for illness to spread. In classrooms and hallways, educators are often exposed daily, and staying healthy can feel like one more thing to manage on an already full plate. Acknowledging that reality is an important first step.

While we can't control every exposure, small, consistent habits can help reduce the toll. Handwashing, sanitizing shared surfaces when possible, and being mindful of ventilation all play a role. Just as important is using sick time when it's truly needed. Resting early can prevent longer absences later and helps protect colleagues and students as well.

Remaining healthy also means allowing ourselves to rest when we can. Fatigue lowers resistance, and many educators push through exhaustion out of necessity or commitment. Prioritizing sleep, hydration, and regular meals isn't indulgent — it's protective. Even brief moments of rest during the day, when available, help support overall resilience.



Behind the Curtain of Business Banking:
Capital Solutions for Underserved
Entrepreneurs
January 16, 2026 | 8:30am-9:30am
at | Double Play Community Center

Join us for Coffee & Connections as Matthew Eaton, VP Senior Business Consultant and Certified Small Business Consultant with Chase Business Banking, walks us through the Power of Capital workbook. In this interactive session, you'll learn the six essential steps to strengthening your business banking strategy —from improving cash flow to becoming credit-ready. Come prepared to connect with other business owners, ask questions, and leave with clear, practical solutions you can apply right away.

COMMUNITY CHOIR UPDATE

If you're looking for information, the Adirondack Community Chorus starts rehearsals Sunday, January 4th at 1pm at Forest Presbyterian Church in Lyons Falls. There will be a concert of the music of Andrew Lloyd Webber to be presented on Sunday, February 1st, at 3pm at Forest Presbyterian Church.



Support Our Neighbors And
Enjoy Yummy Food!!!

ALL YOU CAN EAT BREAKFAST BUFFET

**CONSTABLEVILLE VOLUNTEER FIRE COMPANY
& CONSTABLEVILLE AMBULANCE COMPANY**

**January 11, 2026
February 8, 2026
March 15, 2026
April 19, 2026**

**ADULTS: \$14
AGES 6-12: \$9
Kids 5 & under: FREE**

**SERVING:
7:30AM
UNTIL
12 NOON**

**BAKE SALE
TO
SUPPORT
THE
YOUTH
EVENTS**

MENU:

- PANCAKES
- BLUEBERRY PANCAKES
- FRENCH TOAST
- SCRAMBLED EGGS
- TOAST
- HOME FRIES
- SAUSAGE
- BACON
- SAUSAGE GRAVY & BISCUITS
- CANNED FRUIT

BEVERAGES:

- COFFEE
- TEA
- ORANGE JUICE
- WATER
- MILK
- CHOCOLATE MILK