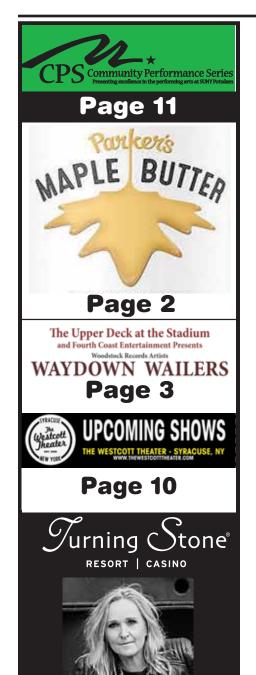
# FREE FREE Coast Control of the second second

Upstate and Northern New York's Music, Events & Entertainment Magazine





Concert Proceeds Support Standing Rock Sioux Nation Opposition to Dakota Access Pipeline EVENT CENTER

Page 20



#### **NOW – FEBRUARY 18**

A luxury sports car is calling your name! Here's your chance at a 2017 GLA 4matic Mercedes Benz. Plus, we've got tons of slot play to give away, too! Receive one entry for every 25 points earned.

#### Grand Prize Drawings | Saturday, February 18

- 4 8 p.m.: Every hour, five winners will be selected to win \$50 – \$100 slot play each for a total of 25 winners.
- 9 p.m.: Five qualifiers plus five WILD CARD draws will have a chance to win a 2017 GLA 4matic Mercedes Benz! The remaining nine guests will win \$250 slot play.

Guests must have active play using their Winners Club card on February 18 between 2–9 p.m. to activate their entries into the drawing.





BINGO • HOTEL • SPA



#### **EMERSON DRIVE**

#### Friday, March 17 | 8 p.m.

It's an electrifying stage show you don't want to miss! Here's your chance to see Emerson Drive perform hits like "Fall Into Me," and "I Should Be Sleeping" live in the Mohawk Bingo Palace!

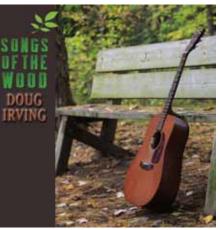
#### Tickets start at \$25

Event tickets can be purchased at the Winners Club Cashier or at mohawkcasino.com



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CD Review Page 12



Page 16

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## The Upper Deck at the Stadium and Fourth Coast Entertainment Presents

## Woodstock Records Artists WAYDOWN WAILERS Fri. February 24th @ 9pm

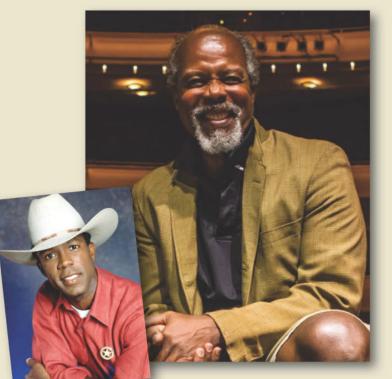


## Downstairs at the Stadium @ 6pm Wells and the Gathering with: David Wells & Amber Nezezon

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Lommertor Mertoria

Clarence Gilyard as "Hoke" Charlene Tilton as "Miss Daisy"

THURSDAY • FEBRUARY 16 • 7:45 GEORGE HALL AUDITORIUM - OFA TICKETS: \$16 - \$40 315.393.2625 www.ILoveTheatre.org ALL SALES ARE FINAL | PROGRAM, DATE & ARTISTS SUBJECT TO CHANGE

FOURTH COAST ENTERTAINMENT / February 2017

Events, Music & Entertainment Magazine for NNY & Surrounding Areas



#### WNPI Channel 18 - Norwood, NY / WPBS-TV Channel 16 - Watertown, NY SD 18.1 / Time Warner Cable Channels 12 and 850 (Massena & surrounding areas) 16.1 / Time Warner Cable Channels 8 and 850 Thinkbright/Create 18.2 / 16.2 / Time Warner Cable Channel 851 HD 18.3 / 16.3 / Time Warner Cable Channel 853

TIME	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	Saturday/Sunday Marathons are as		Monday-Friday
		6 i 21 11				follows:		
6a, 12n	Quilting Arts	Sewing with Nancy	Knit & Crochet Now	Sewing with Nancy	Quilting Arts	Feb 4 & 5 - Big Game Snack Attack Fire up the grill for some smokin' hot recipes with Steve Raichlen. Sara	Mornings	Daytime Programming
6:30a, 12:30p	Paint This! w/Jerry Yarnell	Best of the Joy of Painting	Simply Painting Around the World: China	Best of the Joy of Painting	Paint This! w/Jerry Yarnell	Moulton shows us how to create the perfect sandwich. Add football flair to the buffet table with Katie Brown's trays	6:00am	Classical Stretch
7a, 1p	Project Smoke	Lucky Chow	The Free Range Cook Great American Seafood Cook Starts 2/15	Öff Lucky Chow	Project Smoke	and coasters. Feb 11 & 12 - So in Love	6:30 7:00	Body Electric Wild Kratts
7:3a, 1:30p	Cooking with Nick Stellino	Joanne Weir's Cooking Confidence	Ciao Italia	Joanne Weir's Cooking Confidence	Cooking with Nick Stellino	Valentine's Day has never been more romantic, or tasty! Christina Pirello gets your senses tingling with an Avocado	7:30 8:00	Ready Jet Go Nature Cat
8a, 2p	Jazzy Vegetarian	Dining w/the Chef	Healthful Indian Flavors Mike Colamenco's Real For Starts 2/26	_	Jazzy Vegetarian	Margarita. Pati Jinich shows you how to woo your honey with a delicious night in. California Dreams become a reality with	8:30 9:00	Curious George Daniel Tiger's Neighborhood
8:30a, 2:30p	Mexico-One Plate at a Time	Jacques Pepin: More Fast Food	Taste the Islands	Jacques Pepin: More Fast Food	Mexico-One Plate at a Time	Joseph Rosendo and his bride Julie. Feb 18 & 19 - Winter Wonderland Enjoy the stillness of a snow-covered	9:30	Cat in the Hat
9a, 3p	Burt Wolf Travels & Traditions	Family Travels Travel with Kids Starts 2/23	Daytripper	Family Travels Travel with Kids Starts 2/23	Burt Wolf Travels & Traditions	day with Bob Ross, go on a paragliding adventure with Colleen Kelly, and warm your bones in the hot springs of Japan	10:00 10:30	Splash & Bubbles Sesame Street
9:30a, 3:30p	Joseph Rosendo's Travelscope		Journeys in Japan	Music Voyager	Joseph Rosendo's Travelscope	Feb 25 & 26 - New Orleans Cooking	11:00 11:30	Dinosaur Train Peg + Cat
10a, 4p	10am — This Old House 4pm — Rick Steves Europe	10am – Woodwright's Shop 4pm – Rick Steves Europe	10am – Ask This Old Hous 4pm – Rick Steves Europ		10am — This Old House 4pm — Rick Steves Europe	with Keven Belton It's Mardi Gras 2017! Louisiana chef Kevin Belton is helping you prepare for all of the carnival festivities.	12:00pm 12:30	Thomas and Friends
10:30a, 4:30p	Rough Cut - Woodworking with Tommy Mac	Woodsmith Shop	American Woodshop	Woodsmith Shop	Rough Cut - Woodworking w/Tommy Mac	WPBSQ	1:00 <b>1:30</b>	Clifford ART PROGRAMMING
11a, 5p	P. Allen Smith's Garden Home	Growing a Greener World	Garden Smart	Growing a Greener World	P. Allen Smith's Garden Home	©create	Mon Tues	Painting with Wilson Bickford Best of Joy of Painting
11:30a, 5:30p	Start Up Make Your Mark Starts 2/13	Craftsman's Legacy	For Your Home	Craftsman's Legacy	<u>Start Up</u> Make Your Mark Starts 2/13	Create *airs 24/7 on WPBS digital channels 16.2 and 18.2 and on Time Warner Cable Channel 1275. *Schedule is subject to change.	Wed Thur	Painting & Travel w/Roger & Sarah Bansemer Beauty of Oil Painting
				Western Pennsylavania's Tuskegee Airmen lay, February 26 <sup>th</sup> at 12:30pm		VISIT US AT FROCORG	Fri 2:00 Mon Tues Wed Thur Fri	Paint This SEWING PROGRAMMING Fit 2 Stitch Quilt in a Day Sewing with Nancy Fons & Porter's Love of Quilting Knit & Crochet Now
<ul> <li>Soar - 2/4</li> <li>Portland Civil Rights: Lift Ev'ry Voice - 2/5</li> <li>Caged Bird: Life&amp; Music of Florence B. Price - 2/6</li> <li>America ReFramed: Baddddd Sonia Sanchez - 2/7</li> <li>Independent Lens: American Denial - 2/8</li> <li>The Editor and the Dragon: - 2/10</li> <li>Independent Lens: A Bailerina's Tale - 2/11</li> <li>Stoksa: An American Dream - 2/12</li> <li>Colored Frames - 2/14</li> <li>Independent Lens: Accidental Courtesy - 2/15</li> <li>Queen of Swing - 2/18</li> <li>Hines Farm Blues Club - 2/19</li> <li>Jackie Robinson, Pt. 1 - 2/20</li> <li>Deep Gity: The Birth of the Miami Sound - 2/21</li> <li>The Talk: Race in America - 2/24</li> <li>Maya Angelou: American Masters - 2/25</li> <li>An Evening with Eric Holder - 2/26</li> <li>An Evening with Eric Holder - 2/26</li> </ul>			tells the story of stu African-American so War II. The film ch controversial mili African-Americans' of fascinating documer aviators from wess navigators and bom	RN PENNSYLVANIA'S TU uggle and the ultimate trii Idiers who served their con ronicles the "Tuskegee Ai tary initiative designe competence for flying the tary features the stories of tern Pennsylvania, inclu bardiers who flew fighter a well as the mainteence	umph of the brave untry during World rmen* program, a d to measure ngines of war. This f the more than 40 uding the pilots, ind bomber planes	First nations Experience is an innovative television and multimedia showcase of content centered around the Indigenous and Native cultures. FNX is a stage for indigenous and like-minded producers to	2:30 Mon Tues Wed Thur Fri <b>Tea Time</b> 3:00 M-T W Th F	
			instructors and pers Follow us on:	onnel who kept the planes -In 2013, more than 5 million vi -WORLD viewers are more likel of 35 and 49" *Source: Nielsen NPM, Totel Dey J	in the air. iewers tuned into WORLD" y to be between the ages	exhibit their talent and share their stories with national and international television and online audiences.		British Antiques Roadshow Keeping Up Appearances Still Open All Hours As Time Goes By
World * airs daily from 5 PM - 5 AM Digital channels 16.3 and 18.3   Time Warner Cable Channel 1276. *Schedule is subject to change.				Monday - Friday 5:00 pm Newsline 5:30 pm DW News 10:00 pm PBS Newshaur		FNX * airs daily from 5 AM - 5 PM Digital channels 16.3 and 18.3 Time Warner Cable Channel 1276. *Schedule is subject to change	4:00 M-F 4:30 M-F	Biz Kid\$ Homework Hotline Charlie Rose

10:00 pm PBS Newshour For a complete listing please visit wpbstv.org Looking to Advertise? 315 - 854-3119 /

February 2017 / FOURTH COAST ENTERTAINMENT

\*Schedule is subject to change.

5:00 M-F Charlie Rose

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#### **"FEBRUARY'S THE FORM OF IT" BY JAMES OLIVER RYAN**

timely idea

Man can gaze with thought----and----go anywhere

He can chase down hopes and dreams--and---and what lives within them

To take up live with positive form---to think----futuristic

Drafting thoughts---creative structures---to make things easier

That's what makes it-----with ovation. We live life in----duration---and---the form of it---makes us

You---can make music with the world--make it your----opus

#### February Events At DeKalb Amvets

#### **Every Wednesday**

Ladies Auxiliary lunch and dinner special from noon till seven

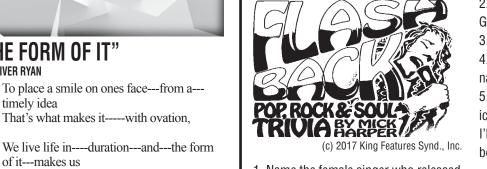
#### **Every Thursday**

Music jam hosted by Dan Cole from 7-9. Bring your talent and join us.

**Every Friday** Karaoke and DJ by Tim and Tammy from 7-11

**Friday February 10** "Second Friday Fish Fry" from four till seven. Saturday Feb.4 Music and dancing with "Pure Country" from 8-12. Saturday Feb.11 Music and dancing with "Savage Country" from 7-12. Saturday Feb.18. Music and dancing with "Pure Country" from 8-12. Saturday Feb. 25 Music and dancing with "New Buckskins" from 8-12.

For further information call the club at 347-3099.



1. Name the female singer who released "Anyone Who Had a Heart."

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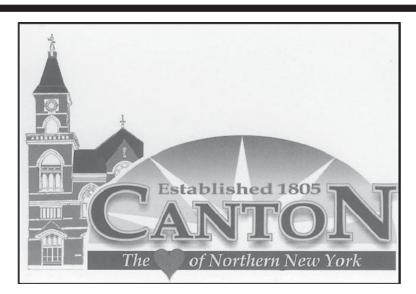
NorthCountrySavings.com

The neighbor you can depend o

2. Which group released "The Village Green Preservation Society"? 3. Who wrote the song "Tin Man"? 4. Where did Manhattan Transfer get its name?

5. Name the song that contains this lyric: "This time tomorrow, Reckon where I'll be, Hadn't a-been for Grayson, I'd abeen in Tennessee."

(Answers on page 19)



Office of Economic Development 60 Main Street, Canton, NY 13617 386-2871 Ext.5

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#### JERSEY NIGHTS – A TRIBUTE TO FRANKIE VALLI

#### Friday, February 17 | 7 p.m. & 9 p.m.

**Returning to Akwesasne Mohawk Casino Resort!** Hear Jersey Nights performing Frankie Valli hits like "Can't Take My Eyes Off of You," "December, 1963," and more in the Winter Ballroom! **Tickets are \$15.** 

#### **MARDI GRAS MADNESS**

#### Saturday, February 25

You don't have to go all the way to New Orleans — we're celebrating Fat Tuesday with food specials at Native Harvest Buffet and Sticks Sports Bar & Grill, drink specials at all of our bars, and a live band performing in Cascades Lounge!

#### **EMERSON DRIVE**

#### Friday, March 17 | 8 p.m.

It's an electrifying stage show you don't want to miss! Here's your chance to see Emerson Drive perform hits like "Fall Into Me," "Moments," and "I Should Be Sleeping" live in the Mohawk Bingo Palace! **Tickets start at \$25.** 

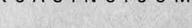
#### TASTE OF THE VINEYARD

#### Saturday, March 11 | 1 – 4 p.m.

Take a tasting tour of our favorite regional and national wineries, right here in the Winter Ballroom! Sample over 30 different kinds of wine while enjoying simple and delicious food pairings. **Receive \$5 slot play** with purchase.

#### Admission is \$30.

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### The Travis Carpenter/Sue Ashlaw Mehaffy Fundraiser

The Mehaffy and Ashlaw families are doing a Fundraiser on Saturday March 4th, 2017 from 2 Pm to 2 Am to be held at Doug's Tavern Heuvelton, NY. It will be called The Travis Carpenter/Sue Ashlaw Mehaffy Fundraiser! It is in Honor of Travis Carpenter



who passed from Brain Cancer at the age of 18. He battled long and hard for 7 plus years! During his Fight he was Blessed by the Make a Wish Organization. He had the chance to hang out with Jeff Gordon and Dale Earnhardt Jr. in Charlotte, NC and during his chemo in Buffalo he got to go to The Buffalo Sabres meet USA Goalie Ryan Miller

and was allowed to hand out at Sabre dames in Ryan's own suite. In Honor of Sue as she donated parts of her body to Donate to Life! Her Cornea now is in Person's Eyes to help them see! All proceeds from this Fundraiser will go to Make a Wish and Donate to Life in their Honor! Many people in are area have graciously donated their Time and Money to help make this a Day to help get the News out about this 2 Wonderful Organizations! The entertainment will be as Follows: Dennis Mehaffy and Friends from 2 - 4, Scott Benson and Company 4 - 5, Pat Duffy and Scott Fleagle 5 - 6, Testimonials 6 - 6:30, Frank Ashley with Six Days 6:30 - 8, OPEN JAM 8 - 10:45, with HOST BAND The Oliver James Band to Rock the Rest of the Night! During the OPEN JAM will be Special Guests George Parish, Mike Guimond, Mark Purser, Former "TRAX" members joining in, and Possible Guest appearances from Mike "Scruffy" Scriminger, Howard Hubbard, Jane Trudall Agent 86 and Terry Hazelton! Refreshment and food will be available through Doug's Tavern(New Owner Trevor and Jenifer Woods)! Sponsors are Rock and Grow Music 940 Ford St.(Tommy Gladle) I-Elite Computer and Repair( John Ross), and Video done all day by HPI Productions( Dave House Jr.)! Door Prizes and Raffles all day! Dennis R. Mehaffy Promoter says I Hope to see You All There!



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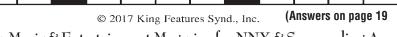
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Events, Music & Entertainment Magazine for NNY & Surrounding Areas

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## **GAME CONNOISSEUR**

## **An Adirondack VR Adventure: Local Musicians Wanted**

#### --- DR. ANTHONY BETRUS THE GAME CONNOISSEUR

Inspired by Adirondack culture and lore, the game begins without preamble, on a cold, dark winter night, with a character running across a frozen Cranberry Lake bay. There are distant sirens blaring and a dog barking. The action cuts back to recent events, with a truck hauling stolen property crashing, careening off a road hedged in closely with trees. Two men awaken after being dazed. The protagonist, Kristof, awakens from being knocked and is looking directly at an unconscious Frenchie, the driver, who he quickly shakes to consciousness. Then the police sirens spur them into panicked action. In departing from the accident, they split up with no spoken plans to meet back up at some place or time. You (Kristof) walk forward hazily, then realize that you are leaving easily-followed tracks. "Damn, these tracks will give me away to anyone following. I'll have to find some way to

hide my trail." Looking around, you notice a hard packed snowmobile trail that will hide your boot tracks nicely. One direction leads to town, and the other toward Lightning Point on the lake's eastern shore. The song "Getting Back on Track" starts playing in the background.

And so begins this episodic Adirondack adventure, a product of Cryptic North, a newly formed game development company based in Ogdensburg, NY. The founding members are all North Country natives, including: Producer and Lead Programmer Warren Bullock (Cranberry Lake/ Ogdensburg); Writer Joshua Dickinson (Fine/Harrisville); Game Designer Anthony Betrus (Harrisville/Potsdam); and Game Programmer Gregory Walrath (Canton/ Ogdensburg). The goal for the team is to to capture the spirit of the North Country in a highly immersive experience. The game could loosely be described as historical fiction, and will be playable on the the HTC Vive and Oculus Rift Touch VR systems.

It promises to explore North Country environments, personalities, locations, and music, and it is in this final area that we especially would appreciate help from the local music community. While we are looking especially to include traditional music in the game, the story will jump across time periods, so more contemporary music is also needed.

The most notable added value offered by a Virtual Reality experience, going well beyond a traditional game experience, is presence, used to describe the uncanny feeling of actually being somewhere. And while we are taking great care to capture the Cranberry Lake region, including local objects and environments, we equally believe that involving local musicians in the game will help us to express to the player the feel of what it means to be, and to have been, in the North Country. And while not all music will make its way into the main story line, all music will have a place. We are specifically creating local taverns and inns, and in these establishments we will have both live music, as well as Jukeboxes, filled with songs of the North Country and Adirondacks. We are even experimenting with a Zen mode, where the player will be free to explore the environments, independent from the main story adventure, including especially the musical experience. Finally, we are looking to local storytellers to be included in the game as well, with their stories told through the game's NPCs (non player characters), who will inhabit our various buildings and locations. For example, you could interact with a friendly looking person at a bar, and be treated to a traditional Adirondack tale, told by local storytellers.

In a word, what we are hoping to capture is Adirondack "culture," and what could be a better cornerstone than a proud staging of local music. So stand up and be counted, and get in touch if you would like your music (or stories) to be included in our game, we really would love your help!



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THE WESTCOTT THEATER - SYRACUSE, NY WWW.THEWESTCOTTTHEATER.COM

2/10 :: AUDIEN FEELS TRIP TOUR W/ KIP CHAPMAN & ARSON ACTS

2/11 :: TIM REYNOLDS SOLO TOUR W/ ALEX GIDEON

2/12 :: BOOMBOX

2/15 :: CHERUB & THE FLOOZIES YOUR GIRLFRIEND ALREADY BOUGHT TICKETS TOUR W/ PROBCAUSE

2/17 :: MAX CREEK W/ BOOGIE LOW

2/19 :: TCHAMI W/ MERCER

2/21 :: EXCISION W/ COOKIE MONSTA & BARELY ALIVE

2/25 :: JAZZ IS PHISH W/ FRUITION

2/26 :: BADFISH A TRIBUTE TO SUBLIME W/ SUN DRIED VIBES & BARROOM PHILOSOPHERS

TICKETS ALSO AVAILABLE AT THE SOUND GARDEN IN ARMORY SQUARE



FOURTH COAST ENTERTAINMENT / February 2017

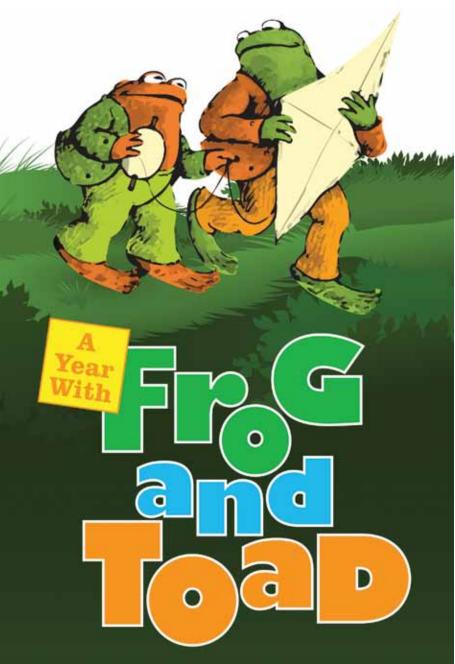


ETHEL 3/3/17 – from \$20

33rd Annual McElheran Visiting Artist NEXUS 4/21/17 - from \$20

Second Maresca Visiting Artist An Evening with Branford Marsalis 5/4/17 – from \$35





Saturday, 2/18/17 at 3 pm Children: \$5 Adults: \$10



## **CD** Review Songs of The Wood Doug Irving - 2016 Adirondack Records

Doug Irving is a songwriter whose career has spanned decades and resulted in the release of 16 albums. Nearly 40 of his songs have been covered by other artists, many of which were written during an extended stint as a Nashville songwriter. Irving is an accomplished musician on both guitar and piano, and his style defies pigeon-holing. Is it Folk, Rock, Country, or Swing? It's all of them, with a good bit of synthesis of gendres. Currently living in Queensbury, NY, just outside the Adirondack Park, his most recent release, Songs Of The Wood focuses intensely on the history and natural beauty of the Adirondacks.

The opening track, Open Road, has an anthemic feel, not unlike the best of the California Country Rock era. It's easy to imagine it as part of Jackson Browne's catalog. Pat Severs provides a nice steel guitar line. Into The Wood made me think of Jethro Tull, if not guite so hard rocking. Must have been the flute part. Isaac Jaques is the tale of the Jesuit priest, the first European to see Lake

---KEITH GORGAS George, which he named Lac de Saint Sacrament. The song relates how Jaques met his death on a return to the region at the hands of the Natives.

> Camping is an ode to the joys of roughing it in the wilds of the Northeast. Fishing for Northern Pike, cooking over an open fire, and swimming all get their accolades and the song is graced with a tasty lead guitar line. Next up, Jonah, recounts the biblical story of a prophet gone astray. It closely follows the scriptural narrative in a slightly tongue in cheek delivery, recalling the style of Christian songwriter Don Fransisco. Log Jam is a tasty instrumental featuring side man Pat Severs.

> Just outside the village of Lake George is a highway up neighboring Prospect Mountain. There used to be a hotel at the top, served by a cog railroad, and their story is wistfully recounted in Prospect House (the train don't run here anymore). "From the front porch you could see, Clear from here to Albany.."

> Black Flies bemoans the biting creatures of the North Woods, highlighted by a searing lead guitar. Glory Bound descriptively admires

the old boats found on so many Adirondack each part, is noteworthy. lakes, with a pleasing swing feel. Mill Town, co-written with David Hughes, takes a longing look back at the rise and fall of the western Adirondack village of Newton Falls. The story has repeated itself all over the Northeastern US over the past 50 years. "When the train was running, they used to make paper, They used to make steel...in this mill town."

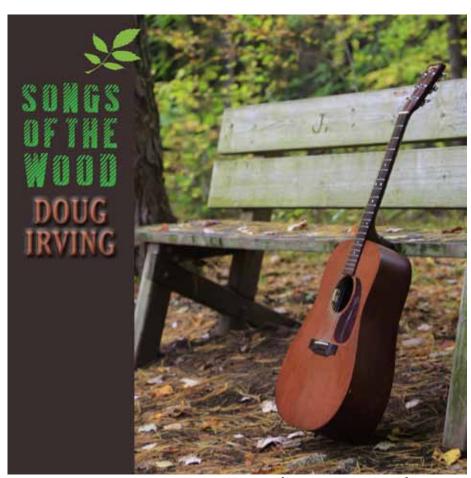
A trip to the Maine seacoast inspired the gentle Lighthouse. Damm Strait is a typical Country lament about a sure hit song whose rise to the top of the charts is stalled at number 2 by another hit from Country music legend George Strait. It's upbeat and danceable, and features Doug Moody's fiddle. As might be imagined. Name on the Wall salutes those who have stood in harm's way for their country. Like so many of these songs, the lyrical detail that Irving goes into is striking.

One of the prettiest songs on the CD is Changes, co-written with Wes Cunningham. Cunningham is a creative writer in his own right, and their combined talents result in finished product laden with "hit" potential. Irving pays tribute to the luthier who build his guitar in This Old Guitar. Again, his attention to specific details, like the types of wood for

A eulogy for Jackson, the beloved family dog, closes out the CD. 16 well- crafted songs; Doug Irving hands us a pleasant evening of rhymes, rhythms, and soothing notes. The afterglow hangs around like the smoke from an Adirondack camp fire.

- THE SONGS:
- 1 Open Road 4:37
- 2 Into The Wood 4:08 3 Isaac Jogues 5:42
- 4 Camping 4:25
- 5 Jonah 3:43
- 6 Log Jam 3:11
- 7 Prospect Mountain(The train don't run here no more) 4:29
  - 8 Black Flies 4:00
  - 9 Glory Bound 3:50
  - 10 Mill Town 4:39
  - 11 Lighthouse 3:37
  - 12 Damn Strait 3:27
  - 13 Name on the Wall 4:39
  - 14 Changes 3:39
  - 15 This Old Guitar 4:40
- 16 Jackson 4:45

The CD is available from Fool's Hill Music https://storerevenue.biz/foolshillmusic/ order.asp#dougirving



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# **Beginning Anew**

#### ---Vic Clevenger

Well, here we are, a month into the new year, so, how you doin'? You know what I'm talking about. The goals, the resolutions and the dreams



Vic Clevenger

you've set out to accomplish in 2017. You've had a month to work on them, so I hope you're still going strong. However, if you're like me, you've found them easy to say and write down but a little more difficult to follow through. I knew I was in trouble with my New Year's resolutions when I decided to floss more. But on January 2nd I had to "rush" out the door, so something had to go and that something was flossing. Don't judge me, you don't floss either.

At least "no time" was the excuse I was telling myself as to why I couldn't follow through on my New Year dental hygiene ambitions. What I learned and really always knew, is excuses are just as easy to conceive as the goals we set and are much easier to accomplish. Perhaps you're having the same struggles I am in fulfilling your 2017 resolutions. But this is the point in which we tell ourselves, it doesn't have to be January 1st to begin a brand new you. So what if you're one month in and you've stopped exercising, today is a brand new day.

The cool thing about goals, dreams and resolutions is they are continually being adjusted to achieve success. For instance, another one of my goals for 2017 was to eat better beginning with grilled chicken. But I wasn't going to eat free range chicken any more. "Why is that," you may be asking yourself. The main reason is, I realized free range chickens are the Easy Riders of the poultry world. How would you like it if you were living a care-free life pecking for food wherever you wanted then all of a sudden you find yourself laying on a smoker in Florida all plucked and seasoned? So I made the adjustment to my resolutions to eat chickens that have been cooped up all their lives and have no dreams or ambitions. Besides that, they're just easier to catch.

OK, that may not be entirely true and most of you reading this know what it means to be a free range chicken but the point is still the same, excuses are everywhere you look. They seek to derail you from your dreams and goals leaving you with a "good" reason to fail. However, just

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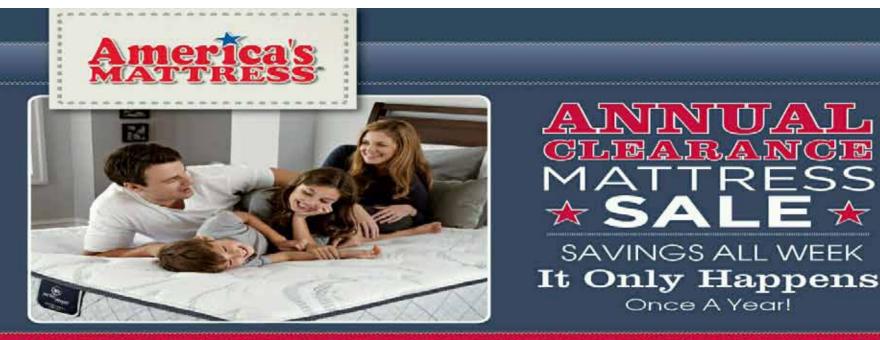
260 E. Orvis St., Massena, NY 13662 Phone:315-764-1560 Email:info@wnts.tv because you've had a few stumbling blocks and discouraging moments already doesn't mean you can't still reach your goals. You just need to decide in your heart that you are going to pick yourself up and use those set-backs as learning opportunities to succeed. It's never too late to stand up to those road blocks, beginning brand new today.

So, if you'll excuse me, I have some goals to begin anew like flossing and chasing down a chicken for dinner. I believe you have some to begin again as well. Have fun beginning anew today.





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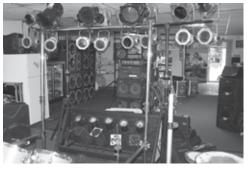
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FEBRUARY 4, 3:00PM & 7:00PM

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FEBRUARY 26, 7:00PM THE MARSHALL TUCKER BAND

> MARCH 3, 8:00PM TRAVIS TRITT

> MARCH 4, 8:00PM DR. DIRTY 18+ John Valby

MARCH 5, 7:00PM An Evening With RICKY SKAGGS & BRUCE HORNSBY

With Kentucky Thunder

MARCH 10, 8:00PM UNCLE KRACKER

MARCH 11, 8:00PM PIFF THE MAGIC DRAGON

> MARCH 24, 8:00PM LISA LAMPANELLI 18+

MARCH 25, 8:00PM JORDAN SMITH Season 9 Winner of "The Voice"



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