FREE

MOHAWK VALLEY EXPRESS

VOLUME 5: NUMBER 11 NOVEMBER 2025

New Holistic Health Center Opens in Little Falls, Offering Bioenergetic Scans and Alternative Therapies

By Dave Warner

LITTLE FALLS, N.Y. — A new wellness center specializing in bioenergetic medicine and natural healing modalities has opened this fall in Little Falls, bringing data-driven alternative health options to the Mohawk Valley community.

Array of Light, located at 566 East Main St, is the brainchild of Crystal McClung, a doctor of bioenergetic medicine with a master's in business administration. The center aims to provide clients with personalized wellness plans that blend Eastern traditions like Reiki and acupuncture with modern biofeedback technology, targeting issues from chronic pain to emotional stress.

McClung, originally from South Carolina, relocated to Little Falls with her partner, Antonino Sciara, and their 16-month-old daughter to be closer to his family, who have lived in the area for about 20 years. "We decided to be close to the family," McClung said in a recent interview. "His family has been here for about 20 years."

The opening comes at a time when interest in integrative health practices is rising in rural Upstate New York, where access to specialized care can be limited. Local officials and community leaders have welcomed the addition, noting it complements existing resources like the Herkimer County Health Department and nearby yoga studios.



Crystal McClung has opened Array of Light at 566 East Main Street in Little Falls.

Array of Light operates primarily by appointment, with walk-in hours on Saturdays from 9 a.m. to 2 p.m. Clients can book sessions online through the center's website, arrayoflight.org, or by email. McClung emphasized flexibility for busy schedules: "Running around with a 16-month-old keeps me pretty busy, so I'm also trying to find that balance in life... I encourage people to do that."

A Professional Path Forged in Personal Crisis

McClung's journey to opening the center is marked by academic achievements, career pivots, and a health scare that redirected her toward holistic practices.

Raised in South Carolina, McClung described herself as an academically driven child with a penchant for solitary research. "I was that kid who loved everybody, was very friendly, but was also off by herself a lot," she said. "I spent my recesses inside the library doing reports on lung cancer." The interest stemmed from her aunt's diagnosis during McClung's third-grade year, leading to

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Christina Lippman and her daughter Nakia Lippman, along with five-month old Casey on the steps of their new location at 632 East Main Street in Little Falls.

Timeless Floral Designs Blooms Anew: Mother-Daughter Duo Relocates to Little Falls After Two Years in Fort Plain

By Dave Warner

LITTLE FALLS — On a crisp autumn day marking the end of one chapter and the dawn of another, Timeless Floral Designs bid farewell to its Fort Plain roots last Friday, packing up bouquets of dreams nurtured over two years into boxes bound for a brighter future at 632 Main St. in Little Falls.

The mother-daughter team behind the shop—Christina Lippman and her daughter Nakia Lippman—announced the move in an emotional Facebook post earlier last week, reflecting on the "love, late nights, lots of coffee, and a lot of trial and error" that transformed their post-pandemic leap from healthcare careers into a thriving floral haven.

"What started with love... has turned into something so much bigger than we ever imagined," the post read, signed simply as "Chris & Nikia."

October 31 marked the shop's final day at its original spot beneath the clock tower in Fort Plain, a location the Lippman duo had snapped up just two years prior from a retiring florist eager to pass the torch.

In a recent interview, Christina recalled the whirlwind decision: "We had this bright idea that we wanted to open up a floral shop. Nakia was also in healthcare, so we made it happen."

The pivot from scrubs to shears wasn't entirely serendipitous. Both women, hailing from the Fort Plain-Canajoharie area where Christina's parents had deep roots, had long harbored creative sparks.

"We've always been kind of creative... with holidays and just different things, costumes, all that kind of stuff," Nakia explained.

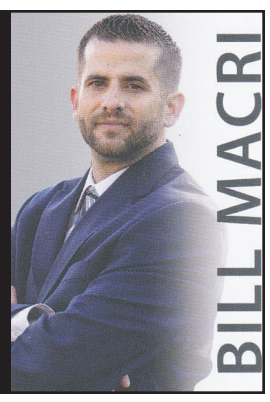
After two decades in healthcare soured by post-COVID policy shifts, the duo spotted a gap in local services—no dedicated florist in their rural corner of Montgomery County. A few experimental arrangements with local blooms sealed the deal, leading them to dive "all in within like a few weeks."

But growth called for greener pastures. The Lippman women, who live in the Fort Plain area, eyed expansion amid fi-

Please See FLORAL Page 2

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nancial pressures and a desire to tap into a larger customer base. Fate intervened at the annual cheese festival in Little Falls, where they stumbled upon the for-rent sign at the former Designs By Shelly site.

"We were gonna pop in to see how the new one was doing here, and we saw it was for rent, and that kind of just got the ball rolling," Nakia said. The move, though bittersweet, felt right: "I think everything has a reason."

At the new 4,000-plus-square-foot space—nearly double their old footprint—the Lippmans plan to blend their floral expertise with an expanded gift shop vibe, evoking "that old school florist" charm. Fresh flowers will remain the star, supplemented by silks for longevity, alongside services for weddings, funerals, school dances, graduations, and festival vending.

The gift section, already featuring Yankee candles and Beekman 1802 lotions, will grow to include wedding accents, baby shower essentials, and more.

"We're going to divide this... take that for our work center, and this all will be up storefront," Christina noted, gesturing to the layout during a walkthrough. And yes, the shop's tiniest fan—five-month-old Casey, Nakia's son—will tag along daily, adding a dash of family magic to the mix.

Timeless Floral Designs aims to reopen the week of November 10th, with hours set for Monday through Friday from 10 a.m. to 4:30 p.m. (Mondays reserved for fresh inventory runs to Albany) and Saturdays from 9:30 a.m. to 1:30 p.m.

They'll keep their Fort Plain phone number, 518-993-2040, to ensure seamless delivery and service for loyal customers—a nod to their commitment to the community they still call home.

A local Little Falls line is in the works, and the shop's website and social media will keep followers updated on the grand opening.

Forgoing big-wire services like Teleflora or 1-800-Flowers, the Lippmans prioritize direct connections. "We kind of did our own website so that you knew it was coming from us. There's no middle man," Nakia said.

Out-of-state orders? They're game, with the team handling calls personally to uphold their reputation. Delivery radii are still being mapped—familiar with routes to Dolgeville and beyond—but flexibility is key. "We're pretty flexible," Christina assured.

As petals settle from the transition, the Lippmans' message rings clear: gratitude and an open invitation. "From the bottom of our hearts, thank you for supporting our dream... We truly hope you'll continue to follow and support us as we start this exciting new chapter in Little Falls," their post concluded.

For those ready to send a bloom of congratulations, Timeless Floral Designs is poised to root deeper in the Mohawk Valley, one heartfelt arrangement at a time.

Visit timelessfloraldesigns.com or follow along on social media for the latest unfurling.



Basloe Library Marking Milestone Anniversary

By Donna Thompson

HERKIMER - The Frank J. Basloe Library in Herkimer is marking a milestone anniversary - its 130th - this fall and the public is invited to come and help celebrate.

The library will host an open house from 4 to 8 p.m. Friday, Nov. 21 - the precise date when Herkimer's library was first chartered back in 1895 after Judge Robert Earl donated his house at 215 N. Main St., along with books and furnishings to serve as what was originally called the Herkimer Free Library.

"We want to celebrate with the community we've been part of for a long time," said Library Director Christine Fleischer.

A few people will be invited to speak, she said. There will also be music from the 1890s to the 21st century performed by Geoff Clough and local musician Paul Whitney, as well as light refreshments and in-house children's activities.

In honor of the occasion, during October and November, the library is offering special commemorative library cards for a donation. The cards will be ordered, Fleischer said, and can be used in any Mid-York Library, just as the regular cards can.

Earlier this year, the library sold T-shirts bearing its logo as part of the anniversary year celebration and still has a few of the shirts available for sale.

In addition to celebrating its 130th anniversary, the library is working to raise funds for a new children's room and that effort received a boost of approximately $19,000 through funds donated during the recent Mohawk Valley Gives campaign.

"I was thrilled with the community support," said Fleischer.

The New York State Division of Library Development has awarded Basloe Library a grant for the approximately $200,000 project, but the local library is required to raise a portion of the funds needed.

The project would move the children's room from the rear of the building to the North Main Street side of the library. The reconfigured space will be walled off with large windows, providing easy visibility.

"Parents have been asking for it," Fleischer said. The children's room is currently out of sight of the main portion of the library, making it difficult for parents to keep an eye on their children and make use of the library's computers and other resources at the same time.

"We're in the final design phase with the architect," she said.

Plans call for the genealogy room to be moved to the present children's area, along with space for quiet study. There are also plans to provide

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multiple school projects on the topic.

A straight-A student, McClung graduated from high school early and earned an undergraduate degree in philosophy and religion in two and a half years. Her studies focused on the disconnect between personal beliefs and actions. “From a young age, I always wondered, why do people say they believe in something, but then they don’t follow it, or they don’t act on that,” she explained. “And that is actually what’s been the root of my life and what I’ve studied.”

Early adulthood brought challenges. From a low-income family, McClung’s Ivy League aspirations gave way to a local college. She married at 19 — “in the South, it’s what you did” — and divorced a year later. Subsequent roles included paralegal work, personal injury cases in chiropractic offices (“I like helping people, but not like this,” she recalled), and five years in nonprofits.

Encouraged by a then-boyfriend in banking to pursue a “real job,” McClung pursued an MBA with a concentration in energy management, inspired by a meditative insight on “energy” during a shower. “I was spending a lot of time praying about that... and I swear I heard energy,” she said. The degree positioned her for corporate roles, including a strategist position at Wells Fargo.

But then, her trajectory shifted dramatically. While aggressively networking in Charlotte, N.C., toward a “top 30 under 30” recognition, McClung experienced severe symptoms that her doctors tentatively linked to multiple sclerosis (MS). “I was going to the doctor, and I was told that I probably have multiple sclerosis,” she said.

Faced with the prospect of a lifelong disability label — her primary care physician advised against a formal diagnosis to avoid bureaucratic hurdles — McClung rejected Western medicine’s path. “He said, ‘MS is one of those things where you know you could have an episode now, it could go away, and you never have it again... None of us really knows. So is that something you want to carry?’ And I said, ‘No,’” she recounted.

This led to a profound lifestyle overhaul. She halted her corporate climb, began meditating — a practice she wryly called “prayer with a pause” in her conservative Southern upbringing — and explored herbal remedies, Reiki, and yoga. A move to California amplified her immersion: “I went to California... that’s where I, you know, went off the deep end, and I just started learning everything. I mean, it saved my life. Yoga saved my life.”

Yet McClung’s analytical side sought empirical validation for these “woo woo” methods. After relocating to Tucson, Ariz., where she met Sierra, she applied to the Arizona School of Acupuncture and Oriental Medicine but was rejected. Compounding the setback, she lost her Wells Fargo job amid organizational changes.

A serendipitous text from an acquaintance — the wife of someone from a group therapy program three years prior — urged perseverance: “Hey, I was meditating this morning... You crossed my mind, and I feel like I’m supposed to tell you that it didn’t work out because it wasn’t supposed to, but the right thing is there for you. Don’t give up.”

That message propelled her to the Institute of Bioenergetic Medicine in Colorado, where she earned her doctorate. The program integrated spirituality, Eastern modalities, and bioelectromagnetic measurements. “It’s how we are biochemical, electromagnetic beings, and how you can actually measure that energy,”

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CALENDAR OF EVENTS - NOVEMBER 2025

City of Little Falls

November 3, 2025
Public Hearing 6:15 pm—to hear all interested parties on the proposed Local Law #11 on repealing the change to a fiscal year accounting method.

November 3, 2025
Public Hearing 6:30 pm—to hear all interested parties on the proposed Local Law #12 Illegal Conversion Ordinance.

November 3, 2025
Public Hearing 6:45 pm—to hear all interested parties on the proposed Local Law #13 Poultry and Livestock Ordinance.

November 3, 2025
Common Council Meeting—Bills 6:30 pm and Regular Session 7:00 pm in the Council Chambers in City Hall.

November 10, 2025
Planning Board Meeting—At 3:30 pm in the Conference Room in City Hall. Work on the City's Comprehensive Plan.

November 10, 2025
Recreation/Harbor Commission Meeting—Regular Session 5:30 p.m. in the Mayor's Conference Room in City Hall.

December 13, 2025
Christmas in Little Falls at St. Paul's Universalist Church from 9 am - 3 pm in Fellowship Hall, 565 Albany Street. Crafters, light refreshments, gift wrapping and basket raffles.

November 17, 2025
Police and Fire Commission Meeting—Bills 8:30 a.m. and Regular Session 9:00 a.m. in the Mayor's Conference Room in City Hall.

November 17, 2025
Board of Public Works Meeting—Bills 5:30 pm and Regular Session 6:00 pm in the Mayor's Conference Room in City Hall.

November 19, 2025
Golf Commission Meeting—Regular Meeting: 8:00 a.m. at the City Hall Conference Room.

November 20, 2025
Urban Renewal Board Meeting—Regular Session, 8:15 a.m., in the Mayor's Conference Room in City Hall.

Dolgeville

November 6, 2025
Christmas on Main Planning Meeting - Dolgeville Forward & Rotary - 6 PM, Village Hall.

December 6, 2025
Ladies Shop Open House at Creative Designs by Tiffany 10 am - 12 pm. Gift specials, centerpiece making, Christmas trees, plus treats. (mimosas, chaarcuterie, crudites and more.

December 6, 2025
Christmas on Main Events, Parade, and Tree Lighting - Saturday, December 6th from Noon - 6:30 PM. Look for flyers and Facebook pages for a listing of event details.

Ilion

November 8, 2025
St Augustine Church. 78 Second St, Bake Sale and Christmas Bazaar. 9am - 4 pm, Parish Hall, First floor.

November 8, 2025
Fall Craft Fair Time: 10:00 am – 3:00 pm Location: Pathways Academy (Formerly Remington School) 77 East North St. Get into the fall spirit with our annual Craft Fair, featuring local vendors, raffles, and plenty of parking! A great opportunity to find unique handmade gifts and support local artisans.

Herkimer

November 8, 2025
Herkimer County Community College will host the 46th Herkimer County Arts and Crafts Fair on Saturday, November 8 from 10 a.m. to 5 p.m.. This long-established fine arts and crafts fair, presented by the Herkimer County College Foundation, is one of the largest and most well-respected in the region. The juried show is set to showcase over 100 top artisans showcasing their works including pottery, gourmet foods, woodworking, textiles, weaving, jewelry, and more. Admission is $5, cash only, and children under five are free. Entry is free for veterans and active military members (must provide ID). Food services will be available in the dining center. Proceeds from this event support the work of the Herkimer County College Foundation. The Fair is organized by Kessler Promotions, Inc., a successful promoter in Upstate NY. For more information visit www.herkimer.edu/ac

November 18, 2025
Genealogy Workshop at 6:00 PM, Herkimer County Historical Society
406 North Main St. Curious about your family history? Our knowledgeable researchers are here to help you get started or find new directions if you're stuck on your family tree. Free for members, $5 for non-members.

Annual Christmas Wreath Sale

UTICA – The Irish Cultural Center of the Mohawk Valley is hosting its 5th Annual Christmas Wreath sale to benefit our Irish cultural programs and events. We will be selling hand-made and traditionally decorated 24-inch Balsam-mixed wreaths with either a red or Irish Plaid bow.

The cost is $35 each or 2 for $65.
Order deadline is Wed Nov. 26th. Wreath pick-up is Wed Dec 3rd from 4.00--6.00pm

Please call or text 315-525-6618 to place your order or order online at http://bit.ly/4nSB78i

Irish Film Series - "Brendan Gleeson's Farewell to Hughes's "

UTICA – The Irish Cultural Center of the Mohawk Valley concludes its 2025 Irish Film series this fall on Thursday November 20 at 7 PM when they present "Brendan Gleeson's Farewell to Hughes's".

An unassuming pub on a side street behind the Four Courts in Dublin was a mecca of traditional Irish music for musicians, dancers, singers and listeners for over 35 years. In 2021, Hughes's pub closed its doors for the last time. In January 2022, talented fiddle player, actor, and Hughes regular Brendan Gleeson meets musicians, dancers and singers in and around the pub as they gather one last time to recreate the magic of Hughes's and to commemorate its invaluable legacy. The film is approximately 60 minutes long.

Commentary will be provided by Jeffrey A. Miller, PhD. Utica University Professor of Communication and Media prior to the film.

The film will be shown in the H.A.R.P. Museum on the second floor of the Irish Cultural Center of the Mohawk Valley, 623 Columbia St, Utica. The venue is wheelchair accessible. This film is free to attend, however donations are most appreciated and will go a long way to help continue this and other programs. To ensure there is adequate seating, please register at http://bit.ly/4olbBIH or call and leave a message at 315-733-4228 Ext 6.

This film series was made possible through a grant secured by Assemblywoman Marianne Buttenschon (D-119, Marcy). This grant, funded by the Legislation Initiative Program and administered out of the state's Office of Child and Family Services, to provide educational and recreational programs and events for youth

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MOHAWK VALLEY EXPRESS

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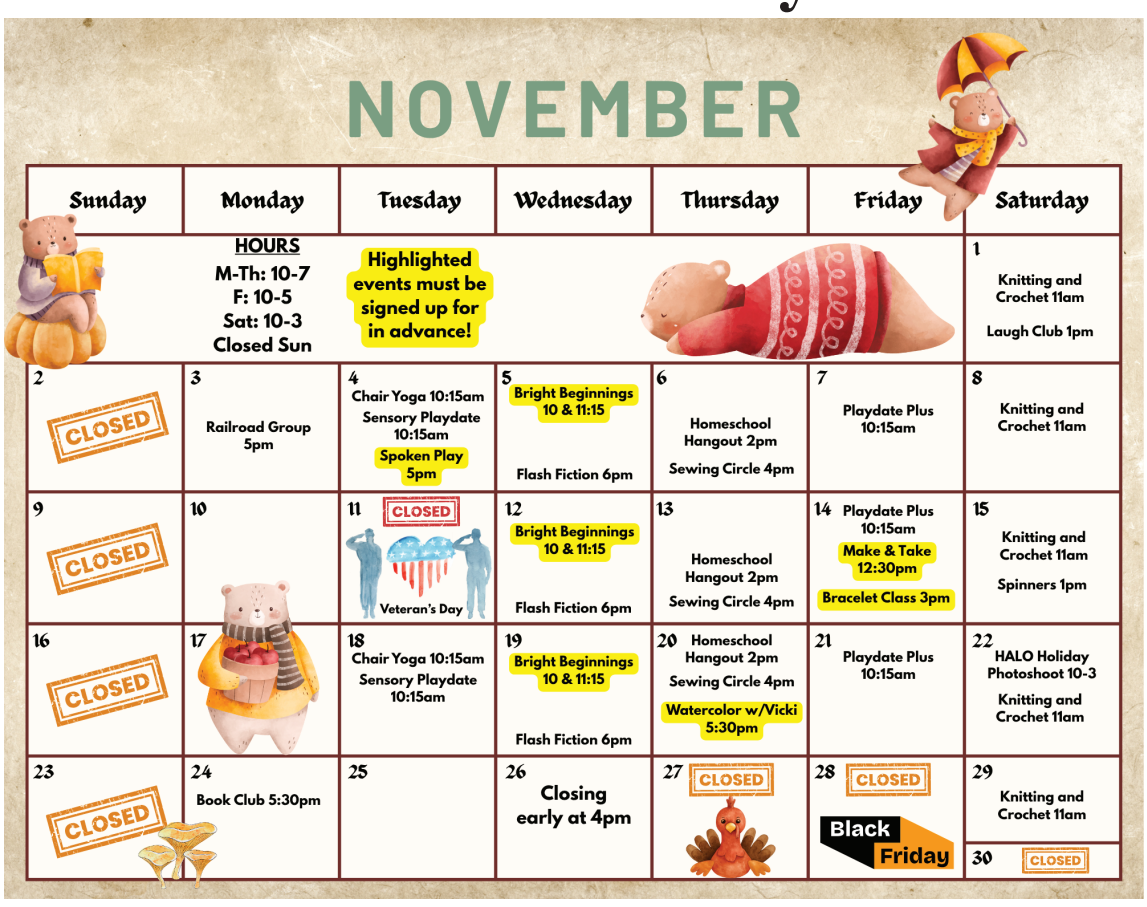
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Little Falls Public Library Calendar



Emma's Corner



Emma Canastar is a Sophomore at Little Falls High School, where she is a member of the National Junior Honor Society and the Little Falls Drama Club.

Joe Long's Pencil Pathway



IRISH From Page 4

and adults in the community. The Legislative Initiative Program is funded by the New York State Legislature to support the efforts of the activities of eligible non-profit organizations.

Eileen Ivers - Joyful Christmas

UTICA – The Irish Cultural Center of the Mohawk Valley is proud to announce the return of Eileen Ivers to its stage on Sunday Nov 30, 2025 at 3 PM when she and her band present their Joyful Christmas show.

For years, Eileen and the band have been celebrating the glorious story of Christmas, thoughtfully, uniquely and with pure unbridled joy! Eileen's Irish and American roots shine throughout the evening's beautiful mix of traditional, story-filled, age-old Wren Day songs, poems, and of course, foot stomping and hollerin' roots music. Eileen and the ensemble's plethora of instruments and voices weave throughout the evening, coupled with Ivers' signature warmth, inviting listeners in for a tuneful, soulful celebration capturing the true spirit and joy of the season.

Grammy-winning and Emmy-nominated, Eileen continues to push traditional fiddling boundaries from a folk music staple to a fiercely fresh, powerfully beautiful, intensely driving world stage experience. Over a career spanning more than 40 years, Ivers has performed and/or toured with such diverse artists as Sting, Patti Smith, Al Di Meola, Hall and Oates and The Chieftains.

The daughter of Irish immigrants, Eileen was born and raised in the culturally diverse neighborhood of The Bronx, NYC. She is a 9-time All-Ireland fiddle champion, and one of the most awarded All-Ireland Fiddle and Banjo champions ever. Proclaimed "a national treasure" by the NCTA chair, she celebrates her renowned career as a performer, composer, producer, songwriter, band leader, educator, multi-instrumentalist and revered pioneer in connecting her American, Irish traditional, jazz, blues, and world roots.

The show starts 3 PM Sunday November 30 in the Event Center at the Irish Cultural Center of the Mohawk Valley located at 623 Columbia St, Utica, NY. Advance sale tickets, $40, can be purchased at the Five Points Public House or online at http://bit.ly/46aRYN5.

Tickets will be $50 at the door. Children 12 and under are free when accompanied by an adult. The venue is wheelchair accessible. For information call and leave a message at 315-733-4228 Ext 6.

SENIOR MEALS FOR NOVEMBER

To reserve a meal, call the Herkimer County Office for the Aging at least one business day in advance, between 8 a.m. and 5 p.m., Monday through Friday, at 315-867-1204 or 315-867-1634. If you will not be home for meals, call 315-867-1204 at least a day in advance. All sites are handicapped accessible.

Nov 03 - Fish on a bun, O'Brien potatoes, spinach, pineapple.
Nov 04 - Closed for Election Day.
Nov 05 - Chicken and biscuits, mashed potatoes, peas, Mandarin oranges.
Nov 06 - Cheesy ham and rice casserole, beets, Brussels sprouts, ice cream.
Nov 07 - Macaroni and cheese, stewed tomatoes and zucchini, green beans, banana bread.
Nov 10 - Sallisbury steak, rice pilaf, country blend vegetables, fruit cocktail.
Nov 11 - Closed for Veterans Day.
Nov 12 - Baked fish and dill sauce, au gratin potatoes, spinach, brownie.
Nov 13 - Lemon chicken, seasoned noodles, broccoli, fruited gelatin.
Nov 14 - Breakfast bake, sausage patty, hash browns, muffin, fruit cuup.
Nov 17 - Chicken and wild rice, casserole, beets, cauliflower, pears.
Nov 18 - Beef stew with vegetables, wax beans, biscuit, pudding.
Nov 19 - Roast turkey, stuffing, mashed potatoes, corn, dinner roll, pumpkin pie.
Nov 20 - Tangy meatloaf, sweet potatoes, peas, fresh fruit.
Nov 21 - Ziti with sausage, Italian blend vegetables, garlic bread, Jell-O.
Nov 24 - Tuna noodle casserole, green beans, squash, peaches.
Nov 25 - Swedish meatballs over rice, lima beans, tropical fruit.
Nov 26 - Chicken marsala, rotini in sauce, cauliflower, frosted birthday cake.
Nov 27 - Happy Thanksgiving!
Nov 28 - Closed.

All meals are served with 8 ounces of milk, a slice of bread, and margarine. Desserts have no concentrated sweets. The suggested donation is $3. Mail donations to Herkimer County OFA, 109 Mary St., Suite 2501, Herkimer, NY 13350. Envelopes are available from drivers.

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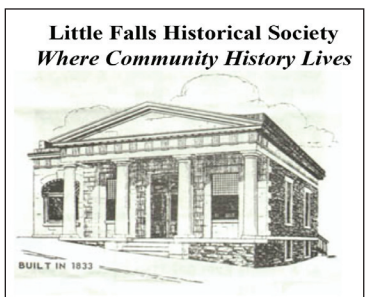




Sidewalk Defenders: Little Falls Women Who Defy a Street Railway

June 27, 1902

Little Falls Historical Society
Where Community History Lives



littlefallshistoricalsociety.org

FROM OUR ARCHIVES

It is the popular thing to talk about feeble, timid and shrinking woman, but history has shown many times that once she devotes herself to a cause, her heroism is without parallel. In this city history repeats itself.

Two devoted women in West Main Street have been holding at bay the 150 or so employes of the Street Railroad Company. The company got tired waiting for a settlement of some of the property damage claims which it states are exorbitant and decided to go on with the street improvement which is the price of its franchise through the thoroughfare. Lawsuits will be the natural outcome but is preferred to take the dilemma by the horns in this form to waiting until it is necessary to excavate snowbanks as well as earth.

There has been a great rip-up of sidewalks and lowering of grades, lopping of branches and cutting down of terraces. There was no time for injunctions to become operative and Mrs. Kate Fox decided quickly, when the alternative of immediate action or quiescence was suddenly presented, that there should be no liberties taken with her sidewalk and terraces before she knew something definite about the settlement.

Mrs. Jerry Creedon was secured as an ally and the two ladies, placing their rocking chairs on the ends of the threatened walk while the male contingent occupied the center, reposed their clubs beside them and in grim determination waited to see what minion of the trolley would have the nerve to lay his graceless hands on their planking.

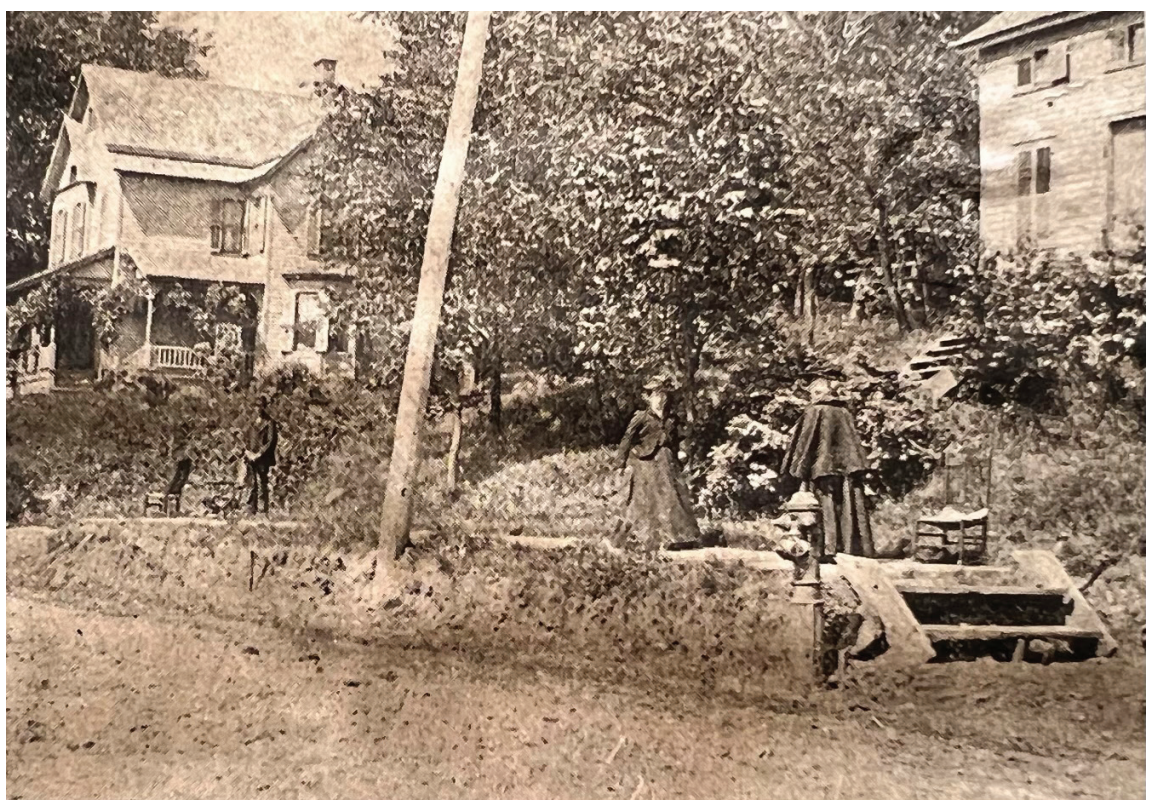
It rained, but they merely raised their umbrellas; dinner time came, and the noonday meal was partaken at the self-appointed post of duty; the public came, and stared, and went, and came again, but the guardians were not fazed.

Then at last there came a camera. What is courage, anyway? Napoleon was afraid of cats and men who would not tremble to encounter a grizzly with no other weapon than a bowie have blanched at the thought of facing their mothers-in-law even when braced by a jag.

As the fiend and his camera got into the middle of the road and began taking an observation previous to the button pressing, there was an instant outcry of alarm which proclaimed that a new danger had arisen and Hannibal was just at the gates. “Turn around; don’t let him do it; he’s going to take a picture,” screamed the western guardian, and the watch at the eastern portal whisked about instantly and made for the bushes. Her companion ran for the same shelter but the camera winked its eye and the deed was done. As the further lady came up, she was expressing her feelings in adjurations of “You get away from there; I’ll have you arrested. I’m protecting my property and I won’t have snapshots taken around here.” Her expressive attitude is shown in the illustration.

Then the sheltering bush, which will be observed near at hand, received them. As for the man, having received no orders, he stood at attention, like a well-disciplined soldier, with his hands folded and gazed with a somewhat dazed expression from the fugitives to the snapshot machine. As it was lowered, the more pugnacious of the ladies ventured out for a further expression of her feelings with regards to the matter. She had just reached a graceful and energetic pose, with her fist in the air, and had projected a few words designed to “shoo” the fiend from the scene when he turned again with the characteristic “Just hold that a moment, please.” And must the truth be told, that heroine who would have cracked the crowns of a whole battalion of brawny shovel wielders, if necessary, in the defense of her rights, fell back from the [camera], as if it had been a dynamite gun. Its single eye glared out upon her more balefully than all the Argus optics of a passing public. The vacant chairs and the lonely man made a pathetic picture but there was plenty of life and conversation behind the bush, whence the retired sentinels peered till assured that the distance of their unwelcome visitor meant safety.

The railroad company officers have stated that their corporation is not in business to oppress women but expects to yield them the same full measure of justice that it is desirous of extending to all. So perhaps the ladies will not abandon the pleasures of indoor life.



Little Falls Women Who Defy a Street Railway. Scene on West Main Street in Front of Mrs. Kate Fox’s Residence.

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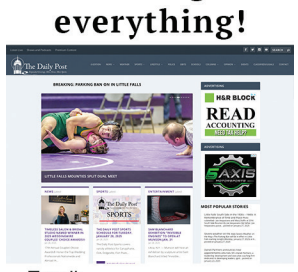
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ARRAY From Page 3

McClung said. “All of the Reiki work and the acupuncture that I wanted to study was in this program, but then we added this component where I could take my data-driven energy management master’s degree and apply it.”

Services: From Scans to Light Therapy

At Array of Light, sessions emphasize comprehensive assessment over quick fixes. New clients undergo a two-hour intake covering medical history, emotions, and energy patterns. “I need to spend time and really understand a person. That means getting down deep,” McClung said. “You’re going to talk to me like you would your primary care physician... but then we’re going to talk more about emotions.”

Core tools include single-point bioenergetic testing — akin to “measuring electricity out of a socket” via hand sensors — and computer-linked scans. One device identifies nutritional deficiencies or excesses; another visualizes structural issues down to the DNA level, using color-coded icons for stress points, such as back pain hotspots.

These inform tailored wellness reports: nutritional guidance, mindfulness exercises, supplements, and home activities. “My goal is education. It’s about helping everybody understand... Everything has an energetic to it, and we need to live our lives energetically,” she explained.

Follow-up treatments address specific concerns. Electro-acupuncture, similar to a TENS unit, delivers electrical stimulation. Photonic medicine and chromotherapy use colored light filters for pain management, nervous system regulation, and hormonal balance. “My modalities can really address about 95% of Western medical disease,” McClung claimed, citing applications for anxiety, depression, digestive issues, and more.

She positions her practice as complementary, not competitive, to conventional care. “Western medicine has a purpose. It’s emergency medicine. If my daughter falls and breaks her arm, I’m going to take her to the ER,” she said. “There are things I might do, but no, let’s go there. You know, there’s a person for that, and I’m not that person.”

Privacy follows SOAP note standards, though not strictly HIPAA-bound, as services fall outside diagnostic medicine. “We’re talking about that history, and they’re all data points... for me, I’m talking about your energy and how things are stressed,” McClung noted.

Targeting Intentional Living in the Mohawk Valley

McClung seeks clients committed to proactive health — from seniors frustrated with prescriptions (“they’re tired of going to their doctor and being told, ‘Oh, here’s a prescription. Take a prescription, which you’re trading your future for today’”) to younger adults wary of a “broken” system.

“I want to appeal to the people who are looking to live life in an intentional way and better understand how to impact their health so that they’re not stuck in this rut of just poor quality of life,” she said. “Or who are worried about that in the future.”

The center’s family challenges add relatability: Her daughter’s celiac disease demands gluten-free home cooking, mirroring the intentionality she promotes.

Expansion plans include workshops and classes. A tinctures and extracts session is scheduled in two weeks. “I’m going to start trying to do more. Hopefully I can partner with someone for a bigger space... do some more educational things,” McClung said.

Community feedback has been positive. Visitors yesterday mentioned a Utica venue for collaboration, and McClung is exploring local networks. “Thank you for all these resources. I have been getting so many,” she said.

For inquiries, visit arrayoflight.org or call 315-520-9707. Ad-hoc services like 15-minute nutrition scans are available, but McClung recommends the full new-client session for lasting change.

As Little Falls navigates post-pandemic wellness trends, Array of Light represents a bridge between tradition and technology. McClung’s story, from library reports to light therapies, underscores a broader shift: Health as measurable energy, not just symptoms.

“We can still do that subtle body work. I can still help people heal and understand how emotions actually relate and thoughts relate to our physical body, but we do it in a way that makes sense,” she concluded.

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BASLOE From Page 2

a teen corner and give the Washburn Room a facelift.

Previous grants have enabled the library to make improvements that included adding windows to the North Main Street side of the building and installing a restroom compliant with the Americans with Disabilities Act.

These are among the many changes that have taken place over the years. The library still has plenty of books for all ages in its collection and access to those from other libraries in the Mid-York Library System, but "We're so much more than just books," Fleischer is quick to point out.

The library offers free wifi access, has 10 public computers available, and free public programs, such as recent ones about the Erie Canal and beekeeping. The library is a place where people can find free hats and mittens during the winter months or come to make a photo copy or send or receive a fax, she said. In addition to offering space for individual study, a study room has also been used for private meetings, including telehealth visits with doctors and meetings with attorneys.

During the shutdown due to the COVID-19 pandemic, "We were here passing out DMV (Department of Motor Vehicles) and voter registration forms."

The Herkimer Free Library was initially chartered as an association library, and local businessmen joined Earl in spearheading the effort to raise funds to convert the house into a free library for the community. It was re-chartered as a village library in 1969 and, because it was outgrowing its facility, began looking for a new home. In cooperation with the village, the library bought the former Acme Supermarket building at 145 N. Main St. The library raised $155,000 of the $157,000 needed for the project.

The new facility opened in 1974 with a new name - the Frank J. Basloe Library. Basloe's children were major contributors to the project. The library's Washburn Room was dedicated in honor of the Washburn Memorial Corporation, which was another major contributor.

Fleischer said she has heard that when the move was made, residents lined up and passed books hand-to-hand from the old building to the new one, but she has never found a photograph or other material to document this story.

In 2013, the library was re-chartered as a school district library and serves the same geographic area as the Herkimer School District after voters approved the proposal. Funding for library operations now comes from a tax approved by school district voters and collected by the Herkimer Central School District, but the village of Herkimer owns the building, and the library has had a series of long-term lease agreements with the village. The library and the village are currently at odds over a new lease agreement, but despite the uncertainty, the library is celebrating its first 130 years and planning for the future, according to Fleischer.

"I think of us more as the community hub," she said. "We try to draw the community together."

Residents have shown their support by voting in favor of propositions for funding for the library when they vote on the school budget, Fleischer said.

Fleischer, adding that the decade of the 1890s was a time when communities were looking to provide cultural resources for their residents. The Herkimer County Historical Society held its first meeting in January of 1896, after the newly chartered library's board of trustees charged several prominent citizens with organizing the society.

The Daily Post Digital App Now Live on the App Store

LITTLE FALLS, NY — The Daily Post Digital app, a complete rebuild of the original My Little Falls mobile experience, is now officially available for download on the Apple App Store. The newly designed app delivers a faster, more dynamic way for readers to stay connected with Little Falls and the surrounding Mohawk Valley region.

Built entirely in Apple's modern Swift framework, the new app replaces legacy code with a clean, efficient foundation that integrates seamlessly with The Daily Post website. Readers can now access breaking news, weather, police reports, obituaries, school updates, and community opinion pieces — all in one intuitive, ad-free interface.

"The old My Little Falls app served us well for years, but it was time to start fresh," said David Warner, founder of The Creative Outpost, Inc. and publisher of The Daily Post Digital. "This new version isn't just a facelift. It's a complete re-engineering of how we deliver local information — faster, cleaner, and built to grow."

"The My Little Falls app will eventually be retired and users will have to download the new app instead of doing just a regular app update," Warner added.

Designed for both iPhone and iPad, the app takes advantage of Apple's latest user interface tools, background audio capabilities, and secure data handling. Users can browse articles, view maps, and listen to local radio seamlessly, even while multitasking.

In the App Store search for The Daily Post Digital.

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