

2 • May 15, 2021



Fully Insured

Surviving the Winters, housing Washington's army during the American Revolution

The Fort Plain Museum & Historical Park presents Surviving the Winters Housing Washington's Army during the American Revolution by Historian/Author Steven Elliott on Monday, June 7, at 7 p.m.

George Washington and his Continental Army braving the frigid winter at Valley Forge form an iconic image in the popular history of the American Revolution. Such winter camps, Elliott tells us in Surviving the Winters, were also a critical factor in the waging and winning of the War of Independence. Exploring





the inner workings of the Continental Army through the prism of its encampments, this book is the first to show how camp construction and administration played a crucial role in Patriot strategy during the war.

MOHAWK VALLEY COUNTRY EDITOR

As Elliott reminds us, Washington's troops spent only a few days a year in combat. The rest of the time, especially in the winter months, they were engaged in a different sort of battle-against the elements, unfriendly terrain, disease and hunger. Victory in that more sustained struggle depended on a mastery of camp construction, logistics, and health and hygiene-the components that Elliott considers in his environmental, administrative and operational investigation of the winter encampments at Middlebrook, Morristown, West Point, New Windsor and Valley Forge. Beyond the encampments' basic function of sheltering soldiers, his study reveals their importance as a key component of Washington's Fabian strategy: stationed on secure, mountainous terrain close to New York, the camps allowed the Continental commander-in-chief to monitor the enemy but avoid direct engagement, thus neutralizing a numerically superior opponent while husbanding his own strength.

Documenting the growth of Washington and his subordinates as military administrators, Surviving the Winters offers a telling new perspective on the commander's generalship during the Revolutionary War.

Elliott is a lecturer in the Department of History at Rutgers University–Newark.

Thank you to our anonymous donor for making these free virtual events possible and thank you all for your support of the Fort Plain Museum & Historical Park.



HUGE YARD SALE: Sat. & Sun. May 15 & 16, 8am-4pm, weather permitting. Tools, DVD's, VHS, polarized sunglasses, CD's, fishing equipment, antique crystal bowls, glasses, vases, Disney & TY plushies. 162 Piseco Rd., Stratford. To check our weather 315-570-7598

GARAGE SALE- May 15th-16th, 9am-4pm both days. 652 Burtonville Rd., Fultonville, NY.







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Village of Canajoharie

Jeff Baker, Mayor

(518) 673-5512 • Fax: (518) 673-5517

Part Time Clerk Job Opening

16 Hours per week

\$14.00 per hour

Some of the Part Time Clerk duties will include:

Assistant to the Clerk and Deputy Clerk. Respond to in-person and phone inquiries.

Distribute daily mail to department heads. Collect payments for various Village business. Must handle

cash and make change. Process Checks. Create weekly bank deposits. Must be comfortable using a

computer and software programs such as Outlook, Word, Excel, and willing to learn Water/Sewer billing

software, answer customer inquiries, maintain account changes, create various reports, and various

other tasks. Familiar with Records Keeping, Book reconciliation, and Accounts Receivable and Payable.

Prepare tax searches as requested by attorneys, as well as fulfilling FOIL requests.

MOHAWK VALLEY COUNTRY EDITOR

GTSC warns of spike in motorcycle crash fatalities as Motorcycle **Safety Awareness Month Begins**

The Governor's Traffic Safety Committee (GTSC) recently held a press event in Albany to mark the start of Motorcycle Safety Awareness Month and urged safety in the wake of an alarming spike in motorcycle crashes and fatalities. According to the Institute for Traffic Safety Management and Research (ITSMR) at the University at Albany's Rockefeller College, fatal motorcycle crashes were up more than 30% in 2020 over the previous year, and fatalities increased nearly 35% from 2019 to 2020, based on preliminary 2020 data.

ITSMR data show that there were 132 fatal crashes that killed 133 people in 2019 compared to 172 fatal crashes that killed 179 people in 2020. So far this year, there has been one fatality and more than 40 reported injuries in just the first few weeks of riding season.

"Despite fewer vehicles on the road last year, we saw a startling increase deadly in motorcycle crashes, and every life lost was someone's loved one," said GTSC Chair and DMV Commissioner Mark J.F. Schroeder. "Everyone sharing the road, whether in a car or on a motorcycle, has a responsibility to help stop these tragedies. As the weather warms up and we continue making progress battling COVID-19, there will be more traffic and more riders, so stay alert, avoid distractions, and never,

Bill Jones, Trustee

Ambrose Schaffer, Trustee

ence of drugs or alcohol." Motorcycle riders continue to be overrepresented in fatal traffic crashes. In 2020 alone, motorcycle crash fatalities represented 18% of all motor vehicle crash fatalities in the state. To promote important motorcycle safety tips for riders and motorists, GTSC is using targeted advertisements online. It is also placing important safety messages at more than 150 gas stations across the state. They will be affixed to fuel pump toppers and nozzle handles throughout the riding season. GTSC also promotes motorcycle safety tips on its website.

ever drive under the influ-

Additionally, the National Highway Traffic Safety Administration is utilizing TV and radio to promote safety as the riding season begins to support the state's ongoing public awareness efforts.

New York was the first state to mandate wearing a motorcycle helmet, and for more than 20 years, the state has had a rider-funded motorcycle safety training and awareness program known as the NYS Motorcycle Safety Program. The program uses a nationally recognized motorcycle training curriculum, developed by the Motorcycle Safety Foundation. The courses teach effective turning, braking maneuvers, tips to avoid obstacles, strategies in traffic, how to select appropriate protective apparel and vehicle maintenance. Motorcyclists can find a training course near them by visiting nysmsp.org.

Motorcycle Safety Foundation Program Manager Ben Zadrozny said, "To all motorcyclists, get trained and licensed; always wear full protective gear including a DOT-approved helmet; never ride under the influence of alcohol or other drugs; ride within your own skill limits; be a lifelong learner. To all car, truck and SUV roadway users, look for motorcycles; never tailgate a motorcycle; use your turn signals; please don't drive distracted!"

For more information about traffic safety in NYS, visit trafficsafety.ny.gov.

Annual Drinking Water Quality Report for 2020 Village of Canajoharie 75 Erie Boulevard, Canajoharie, NY 13317 • Public Water Supply ID# NY2800137

INTRODUCTION

To comply with State regulations, the Village of Canajoharie will be annually issuing a report describing the quality of your drinking water. The purpose of this report is to raise your understanding of drinking water and awareness of the need to protect our drinking water sources. This report provides an overview of last year's water quality. Included are details about where your water comes from, what it contains, and how it compares to State standards. If you have any questions about this report or concerning your drinking water, please contact: Mr. Mark Horning, Supt. of Water, 75 Erie Blvd, Canajoharie, NY 13317; Telephone (518) 673-2007. If you want to learn more, please attend any of our regularly scheduled village board meetings. The matrices are held any the dat Turoday of each month to the Village Office Duilding meetings are held on the 1st Tuesday of each month at the Village Office Building. 75 Erie Blvd., Canajoharie, NY 13317 at 6:00 PM.

WHERE DOES OUR WATER COME FROM?

In general, the sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring min-erals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activities. Contaminants that may be present in source water include: microbial contaminants; inorganic contam

inants; pesticides and herbicides; organic chemical contaminants; and radioactive contaminants. In order to ensure that tap water is safe to drink, the State and the EPA prescribe regulations which limit the amount of certain contaminants in water provided by public water systems. The State Health Departments and the FDA's regulations establish limits for contaminants in bottled water which must provide the same protection for public health

Our water source is a surface water source consisting of several upland springs. The Hill, Gray, Sand, Young, and Plank Springs comprise the "spring line" in addition to the Sprite Creek which feeds water to our reservoir. The reservoir has a storage capacity of 93 million gallons. The water is filtered at our Slow Sand Filtration plant. The plant consists of three slow sand filters. After passing through the filters the finished water is disinfected by injection of a sodium hypochlorite solution. Water is stored at the Smith Street Reservoir, East Hill Tank, and Palatine Clear well, providing us with 2.63 million gallons of water storage to meet consumer demand and provide adequate fire protection.

The NYS DOH has completed a source water assessment for this system, based on available information. Possible and actual threats to this drinking water source were evaluated. The source water assessment includes a susceptibility rating

Table of Detected Contaminants Village of Canajoharie Water Works PWS ID#NY2800137										
Contaminant	Violation Yes/No	Date of Sample	Level Detected	Unit Measure ment	MCLG	Regulatory Limit (MCL, TT or AL)	Likely source of Contamination			
Microbiological Contaminants										
	N	Daily	0.0485	NTU	N/A	TT=5.0	Soil Run-off			
Turbidity (Highest value from 7/17/20) ¹			100% < 1.0			TT=95% of samples <1.0 NTU				
Inorganic Contaminants	;									
Chloride	N	07/13/20	32.5	ppm	N/A	250	Naturally occurring or indicative of road salt contamination.			
Copper ² Range of values	N	08/30/18	.36 .0240	ppm	1.3	AL=1.3	Corrosion of household plumbing systems; erosion of natural deposits;			
Lead ³ Range of values	N	08/30/18	4 ND-18	ppb	0	AL=15	Corrosion of household plumbing systems, erosion of natural deposits			
Nickel	N	04/8/19	2.2	ppb	N/A	N/A	Discharge from steel mills/ metal factories			
Sodium ⁴	N	07/13/20	14.3	ppm	N/A	See note 4	Naturally occurring; Road salt; Water softeners; Animal waste.			
Sulfate	Ν	04/8/19	13.9	ppm	N/A	250	Naturally Occurring,			
Barium	Ν	07/13/20	0.0143	ppm	2	2	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits.			
Odor ⁴	N	07/13/20	1	Units	N/A	3	Organic or inorganic pollutants originating from municipal and industrial waste discharges; natural sources			
Disinfection Byproducts						-				
HAA5 [Haloacetic Acids]6 Range of values	N	1/13/20 4/13/20 7/13/20 10/12/20	14.8 9.4 - 13.8	ppb	N/A	60	By-product of drinking water chlorination			
TTHM [Total Trihalomethanes] ⁶ Range of values	N	1/13/20 4/13/20 7/13/20 10/12/20	19.08 11-26.5	ррь	N/A	80	By-product of drinking water chlorination			
Chlorine Residual (average) range	N	Daily	1.24 0.94 - 1.62	ppm	MRDLG	MRDL	Used in the treatment and disinfection of drinking			
шье	N/A 4 water									

Notes

1-Turbidity is a measure of the cloudiness of the water. We monitor it because it is a good indicator of the effectiveness of our filtration system. Level detected represents the highest level detected. Our average turbidity is 0.01 NTU and our lowest level detected was 0.01NTU. The regulations require that 95% of the turbidity samples collected have measurements below 1.0 NTU

- The level presented represents the 90th percentile of the 10 samples collected. The action level for copper was not exceeded at any of the 10 sites tested

3 - A system must provide information on lead in drinking water irrespective of whether the system detected lead in any of its samples. The level presented represents the 90th percentile of the 10 samples collected. The action level for lead was exceeded at 1 of the 10 sites tested

4- Water containing more than 20 mg/l of sodium should not be used for drinking by people on severely restricted sodium diets. Water containing more than 270 mg/l of sodium should not be used for drinking by people on moderately restricted sodium diets.

5-Odor as measured by this standard procedure has no health effects; although several contaminants exert odors when they are present at levels near their MCLs. Odor is an important quality factor affecting the drinkability of water.

6- The average is based on a Running Annual Average. The average shown represents the highest RAA for the 4 quarters in 2020. The highest average for TTHM was the 3rd guarter and HAA5 was in the 1st guarter Glossary

Non-Detects (ND) - laboratory analysis indicates that the constituent is not present.

Action Level (AL)- the concentration of a contaminant, which, if exceeded, triggers treatment, or other requirements, which a water system must follow

90th Percentile Value- The values reported for lead and copper represent the 90th percentile. A percentile is a value on a scale of 100 that indicates the percent of a distribution that is equal to or below it. The 90th percentile is equal to or greater than 90% of the lead and copper values detected at your water system Parts per million (ppm) or Milligrams per liter (mg/l) -corresponds to one part of liquid in one million parts of liquid.

Parts per billion (ppb) or Micrograms per liter - corresponds to one part of liquid in one billion parts of liquid

Maximum Contaminant Level - The "Maximum Allowed" (MCL) is the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology

Maximum Contaminant Level Goal The "Goal" (MCLG) is the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety

Maximum Residual Disinfectant Level (MRDL): The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants

Maximum Residual Disinfectant Level Goal (MRDLG): The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contamination

RAA - The RAA is calculated each quarter by taking the average of the four most recent samples collected.

Treatment Technique (TT)-A required process intended to reduce the level of a contaminant in drinking water

N/A-Not applicable

Nephelometric turbidity Unit (NTU): A measure of the clarity of water. Turbidity in excess of 5 NTU is just noticeable to the average person.

based on the risk posed by each potential source of contamination and how rapidly contaminants can move through the subsurface to the springs. The susceptibility of a water supply source to contamination is dependent upon both the presence of potential sources of contamination within the source's contributing area and the likelihood that the contamination can travel through the environment to reach the source. The susceptibility rating is an estimate of the potential for contamination of the source water, it does not mean that the water delivered to consumers is, or will become contaminated. See section "Are there contaminants in our drinking water?" for a list of the contaminants that have been detected. The source water assessments provide resource managers with additional information for protecting source waters into the future

Our water is derived from several spring sources and a reservoir. Based on the analvsis of available information for these spring sources, there are no water quality condischarges, or other discrete facilities were identified in the assessment area using GIS. It should be noted that springs in general can be highly sensitive to petroleum products and solvents. An assessment of the reservoir found no noteworthy risks to source water quality. It should be noted that reservoirs in general are highly sensitive to phosphorus and microbial contaminants. You may obtain a copy of the source ater assessment by contacting Village of Canajoharie or N.Y. State Department of Health Herkimer District Office

Please note that our water is filtered and disinfected to ensure that that the finished water delivered into your home meets New York State's drinking water standards for microbial contamination.

FACTS AND FIGURES

Our water system serves approximately 2,300 people through 868 service connections. The total amount of water produced in 2020 was 132,987,000 gallons. The daily average of water treated and pumped into the distribution system was 378,000 gallons per day. Our single highest daily use was 470,000 gallons.

ARE THERE CONTAMINANTS IN OUR DRINKING WATER?

As the State regulations require, we routinely test your drinking water for numerous contaminants. These contaminants include: inorganic compounds, nitrate, nitrite, lead and copper, turbidity, volatile organic compounds, total trihalomethanes, haloacetic acids, radiological and synthetic organic compounds in addition, we test 2 samples for coliform bacteria monthly. The table presented below depicts which compounds were detected in your drinking water. The State allows us to test for some contaminants less than once per year because the concentrations of these contaminants do not change frequently. Some of our data, though representative, are more than one years old.

It should be noted that all drinking water, including bottled drinking water, may be reasonably expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the EPA's Safe Drinking Water Hotline 800-426-4791 or the New York State Department of Health Herkimer District Office at (315) 866-6879.

WHAT DOES THIS INFORMATION MEAN?

As you can see by the table, our system had no violations. We have learned through our testing that some contaminants have been detected; however, these contaminants were detected below the level allowed by the State.

IS OUR WATER SYSTEM MEETING OTHER RULES THAT GOVERN OPERATIONS? During 2020, our system was in compliance with applicable State drinking water operating, monitoring and reporting requirements.

DO I NEED TO TAKE SPECIAL PRECAUTIONS?

Although our drinking water met or exceeded state and federal regulations, some people may be more vulnerable to disease causing microorganisms or pathogens in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice from their health care provider about their drinking water. EPA/CDC guidelines on appropriate means to lessen the risk of infection by Cryptosporidium, Giardia and other microbial pathogens are available from the Safe Drinking Water Hotline (800-426-4791) or at http://www.epa.gov/safewater.

INFORMATION ON LEAD

If present, elevated levels of lead can cause serious health problems, especially for pregnant women, infants, and young children. It is possible that lead levels at your home may be higher than at other homes in the community as a result of materials used in your homes plumbing. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. The Village of Canajoharie is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline (1-800-426-4791) or at http://www.epa.gov/safewater/lead

WHY SAVE WATER AND HOW TO AVOID WASTING IT?

You can play a role in conserving water by becoming conscious of the amount of water your household is using, and by looking for ways to use less whenever you can. It is not hard to conserve water. Conservation tips include:
Automatic dishwashers use 15 gallons for every cycle, regardless of how many

- dishes are loaded. So get a run for your money and load it to capacity. Turn off the tap when brushing your teeth.
- Check every faucet in your home for leaks. Just a slow drip can waste 15 to 20
- Oneck your toilets for leaks by putting a few drops of food coloring in the tank, watch for a few minutes to see if the color shows up in the bowl. It is not uncommon

to lose up to 100 gallons a day from one of these otherwise invisible toilet leaks. Fix it and you save more than 30,000 gallons a year. . Use your water meter to detect hidden leaks. Simply turn off all taps and water using

appliances, then check the meter after 15 minutes. If it moved, you have a leak.

CLOSING

Thank you for allowing us to continue to provide your family with quality drinking water this year. In order to maintain a safe and dependable water supply we sometimes need to make improvements that will benefit all of our customers. The costs of these improvements may be reflected in the rate structure. Rate adjustments may be necessary in order to address these improvements. We ask that all our customers help us protect our water sources, which are the heart of our community. Please call our office if you have questions at (518) 673-2007.



Calendar of events

NOTE: Calendar items must be submitted by Tuesday prior to the publication date to be included in the Calendar of Events. Entries may be emailed to cfeditor@leepub.com

June 7

May 12

DeWitts Duel: Political Rivalry at Ten Paces 6:30 p.m. Schoharie Crossing State Historic Site via Zoom. Contact David Brooks at 518.829.7516 or nysparks.com.

May 18

Fort Plain Free Library book discussion for Junger's "Tribe: On Homecoming and Belonging'" in-person event at 3 p.m. To reserve a copy of the book and to participate in the free book discussion, contact the library at 518.993.4646 or fortplainfreelibrary@gmail.com.

May 22

Fort Klock Opening Day 10 a.m. - 4 p.m. Experience colonial life in this historic fortified homestead. 7203 Route 5, St. Johnsville. For more info call 518.568.7779.

Homemade Soup and Bake Sale 11 a.m.-2 p.m. Grace Church Rectory, 7 E. Main St., Mohawk. Take outs only.

May 26

Service on the Home Front: Rationing During WWII 6:30 p.m. Schoharie Crossing State Historic Site via Zoom and live on Facebook. For more info, contact David Brooks at 518.829.7516 or visit nysparks.com. **Surviving the Winters: Housing Washington's Army During the American Revolution** 7 p.m. The Fort Plain Museum & Historical Park presents webinar by historian/author Steven Elliott. Register at tinyurl.com/svdkvnn9.

June 10

The Morris Canal with Tim Roth 6:30 p.m. Schoharie Crossing State Historic Site via Webex. For more info, contact David Brooks at 518.829.7516 or visit nysparks. com.

June 12

Craft Festival canceled. 41st year set for June 11, 2022. Sponsored by Church Of Christ Uniting in Richfield Springs.

June 19

The Susquehanna SPCA and the Clark Sports Center are teaming up with three local breweries to offer a new charity run to benefit the shelter. For more info or to donate, visit sqspca.org.

July 23

Guilt & Artisan Show 4 - 9 p.m., Stone Church, Stone Arabia. Keynote speaker Rabbit Goody of Thistle Hill Weavers at 6 pm. Local quilts and coverlets, local artisans. Food vendors, make your own sundaes, workshops, quilt raffle. For more info call 518.774.1998 or 518.993.4983.

July 24

Guilt & Artisan Show 10 a.m. - 4 p.m., Stone Church, Stone Arabia. Workshops on basketweaving, spinning and reed work, rug hooking, quilt barn squares, food vendors, quilt appraisals. Questions/info, call 518.774.1998 or 518.993.4983.

July 24

Moses Quinby Day. Beekeeping convention and public field day. Speakers. Craft/food vendors. Kids activities. Music. Fort Klock, St. Johnsville. 10 a.m. - 4 pm. For infe email mosesquinby62@gmail.com.

August 6 - 8

American Revolution Mohawk Valley Conference presented by Fort Plain Museum. Details TBA.

October 15 - 17

Sir William Johnson and the Wars for Empire Conference presented by the Fort Plain Museum. Registration details TBA. MAGNETIC TRUCK SIGNS. Call with your needs. Lee Newspapers Inc. 518-673-0101

M A H I N D R A 26XLMAX, new 60" mower deck, \$2,200 OBO. 4 new Bridgestone tires P-275-55-R20, \$700. 315-858-0699, 315-601-4360

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THOUGHT FOR THE WEEK: "Let's Attend Church This Sunday". You and your family are welcome at Grandview Baptist Church, corner of Lydius & Washington St., Ft. Plain, NY. Sunday School 10am. Morning Worship 11am.

LET US HELP you get rid of your unwanted stuff. Place a reader ad today. Only \$4.00 for the first 14 words. Call 518-673-0111

ADVERTISERS: Get the best responses from your advertisements by including the age, condition, price and best calling hours. Also, we always recommend insertion for at least 2 issues for maximum benefits. DEAD-LINE for placing ads is FRIDAY 5pm prior to each edition date. Call 518-673-0111

TOWN OF SALIS-BURY: Dolgeville Schools, 8.8 acres, woods, sandy soil, \$29,000. 5.2 acres woods, \$19,000. Excellent home sites. Owner financing. 518-861-6541, 518-256-6344 www.helderbergrealty.com

S E L F - I N K I N G STAMPS: Great for raffle tickets. \$25.00+ tax. Shipping extra. Call Lee Newspapers Inc. at 518-673-0101 or commercialprint@lee pub.com

MOHAWK VALLEY COUNTRY EDITOR

HELP WANTED: Modular home setup. Will train. Must have driver's license, must travel to Oppenheim, some heavy lifting, cannot be afraid of heights. Call 518-568-2271 for more information.

BUY LOCAL or BYE BYE LOCAL!

TRAILERS: Belmont & Bravo. Enclosed, gooseneck, skid steer, dump, snowmobile, much more! Come see at Mohawk Valley Ag, 35 Willett Street, Fort Plain,NY 518-993-2543

BANNERS: VINYL Single Sided - Double Sided, various sizes & options. Set up & sales tax additional. Free ship-Call ping. Lee Newspapers Inc. 518-673-0101 or commercialprint@le e pub.com

DO YOU HAVE AN ITEM TO SELL? Place your classified ad in the Mohawk Valley Country Editor. Call 518-673-0111

BUSINESS CARDS: 1,000 for only \$60.00, full color glossy. Give us your existing card or we will design one for you! Set up & sales tax additional. FREE SHIP-PING included. Call Lee Newspapers Inc. at 518-673-0101 or email c o m m e r c i a l p r i n t @leepub.com

SIDE BY SIDE Refrigerator/freezer, SS w/ice maker & water on door, \$400.00 OBO; lighted china cabinet, maple wood, \$150.00 OBO; 10 pc. china set, rose pattern, gold inlaid, \$75.00 OBO. 518-774-0951, 518-568-7526

MightyOx Wood Splitters and Chippers. 3 Models to Choose From. Come see at Mohawk Valley Ag, 35 Willett Street, Fort Plain, NY 518-993-2543

H A N D Y M A N WANTED: Minor carpentry, odd jobs, cash pay. 518-844-9032

	Chu	rch I	Direc	tory	To Place or Update
Amazing Grace Baptist Church 131 Clark Rd., Fort Plain 518-568-7606 Pastor Frank Calabrese Sunday School 10am, Morning Service 11am, Sun. Eve. Service 6:30pm, Wed. Service 6:30pm, Sat. Visitation 10am www.amazinggracebc.org	Dolgeville United Methodist Church 21 N. Helmer Ave., Dolgeville <i>Rev. Jack Ford</i> 315-429-7381 Worship 11:00am Sunday School @ 9:30am beginning September 18th Bible Study - Wednesdays @ 12:30pm	Grace Christian Church 20 Center St., St. Johnsville, NY 13452 <i>Pastor Martin Glynn</i> 518-568-2122 Sunday School 9:30am Worship 11:00am	Oppenheim United Methodist Church Route 29 <i>Rev. Jack Ford</i> 315-429-7381 Worship 9:30 Sundays, Totalty Awesome God-TAG time 6:30pm Wednesdays beginning in Oct., Sunday School 9:00am beginning September 18th	Salisbury Center United Methodist Church 2545 St Rt 29, PO Box 104 Salisbury Center, NY 13454 315-429-9085 Rev. Lynn R. Lockwood	Church Listings Call 518-673-0108 or email tkrieger@leepub.com
Ames - Sprout Brook UMC 613 Latimer Hill Rd. Ames, NY 13317 518-673-3495 Pastor Jan Markle Sunday Service 9:00am	Emmanuel Episcopal Church 588-594 Albany St., Little Falls, NY 315-823-1323 Sunday Mass 10am Coffee Hour following Sunday Mass Sunday School & Youth Group Tuesday 10am Mass & Bible Study Friday 10am-2pm Thrift Shop	Grace Episcopal Church 24 Montgomery St., Cherry Valley 315-585-4016 <i>Fr. Kyle Grennen, Rector</i> Sunday School 11:00am Holy Communion/sermon 11:00am Active Youth Group - call for detail	Our Lady of Hope R.C. Church 115 Reid St., Fort Plain, NY 13339 Parish Office 518-993-3822 ourladyofhope@frontier.com Mass Schedule: Saturday, 4pm; Sunday, 8:30am & 11am; Confessions: Sat. 3 & by appointment Please call parish office for Holy Day schedule	Seeker's Fellowship 14 Park Place St. Johnsville, NY 13452 518-568-7700 Pastor Mike Yezierski Sunday Worship 6pm, Tues, Prayer 7pm, Bible Study 7pm (Wed., Thurs. & Fri.) We teach the fullness of God's Word, a life of holiness for the believer, and salvation for all who trust in Christ's sacrifice.	St. Thomas the Apostle Catholic Community 1 Church St., Cherry Valley 607-264-3779 Masses Sunday mornings at 8:30am & 11am
Bethesda Fellowship 34 S. Division St. St. Johnsville, NY 13452 518-568-2678 Summer Schedule Sunday Worship 10:00am Wed. Worship and Prayer 6:00pm	Ephratah Reformed Church 140 Co. Hwy. 140, Ephratah, NY To live and share Jesus Christ both locally and globally. Everyday:Everywhere.Everyone. Pastor Jeff Hindritier Sunday School for all ages 10am September-June Sunday Morning Worship 11am Prayer & Praise Thursdays 7pm	Grandview Baptist Church 15 Washington St., Fort Plain 518-993-9929 Pastor Dan West Sunday School 10am Morning Service 11am Bible Study & Prayer Meeting, Wednesday 6:30pm	Paines Hollow United Methodist Church Intersection of 167 & 168, Paines Hollow Pastor Peg Donaghy 518-568-7604 Sunday Worship 9:30AM Fellowship Hour to Follow	St. John's Lutheran Church 774 St. Hwy. 163, Fort Plain, NY 518-705-7552 <i>Rev. David A. Johnson, Ph.D.</i> Sunday Worship 9:00am, Sunday School 10:00am, Ladies Aid W.E.L.C.A. <i>Handicapped Accessible</i>	Stratford United Methodist Church Route 29A 315-429-9085 <i>Rev. Lynn R. Lockwood</i> Worship 9am
Cherry Valley Assembly of God 37 Alden St., Cherry Valley, 607-264-3306 Pastor David Carpenter, Jr. Sundays 9:30am	Everlasting Joy Believers Fellowship 14 Park Place (in with Seekers Fellowship) St. Johnsville, NY 13452 315-858-2112 Pastor Carolee Coye Sunday Service 10am	Holy Family Parish Little Falls, NY 315-823-3410 Saturday 4pm Sunday 10:30am	Randall Christian Community Church NY Rte. 5S Sunday Service 10:30am Worship Leader Darlene Spaulding	St. John's Reformed Church 68 W. Main St., St. Johnsville 518-568-7396 Faithfully Following Jesus Christ Sunday Worship 10:30am	The Christian Church of Rural Grove 170 Rural Grove Rd., Sprakers, NY 12166 518-922-7831 Pastor Joshua Fetterhoff pastorjosh@ruralgrovechurch.org Sunday School (ali ages) 9:45am, Morning Service 11am, Eve. Service 6pm, WedFamily Night 7pm, "Where Bible Teaching is Fundamental"
Christian Church of Charleston Four Corners 1380 E. Lykers Rd., Sprakers 518-922-9088 Pastor Brett Popp Sunday School (adult & children) 9:45am, Worship 8:30am & 11am, Sunday Eve. Prayer 5:30pm, Thurs. Eve. of Encouragement 6:30pm www.christianchurchcharlestonfourcorners.org	Faith, Hope and Love Church Rev. David W. Bowley, Pastor Sundays, 5 pm athe Upstate Chapel 63 Cliff St, Canajoharie call 518-673-5126 or see al caebook "Faith, Hope and Love Christian Church" and our website http://faithhopeandlovechurch.com	Joy Fellowship 296 Co. Hwy. 119 St. Johnsville, NY 13452 518-568-3217 William Hayes Pastor Joyce Loughran Assistant Pastor Sunday School 9am, Morning Worship 9:30am Wednesday Evening Worship 6:30pm	Reformed Church of Canajoharie 15-19 Front St., Canajoharie 518-673-2816 <i>Rev. Matt Draffen</i> Sunday 9am Christian Education 9:20 Choir Practice 10am Worship Nursery provided Fellowship hour follows worship	St. John's & St. Mark's Lutheran Church 143 Church St., Canajoharie 518-673-2224 Pastor A. Elisabeth Aurand Remote Sunday Worship 11am; email for link stjm-canajoharie.org office@stjm-canajoharie.org	The Holy Spirit Polish National Catholic Church 618 E. Gansvoort St. Little Falls, NY 315-823-0793 <i>Father Rafal Dadello</i> Mass at 11am on Sunday www.holyspiritpncc.org
Church of Christ Uniting PO Box 896 Richfield Springs, NY 13439 <i>Rev. Mark Ioset</i> 315-858-1553 Service: Sunday 9:15am Church School: Sunday 10:30am	First Baptist Church Springfield Center, NY <i>Rev Gary Tyler</i> Sunday School 10:00am Morning Worship 11:00am Sunday night Worship 6:00pm Wed. night Bible Study 7:00pm Free meal & music every 2nd Sat. of the month 4-7pm	Lassellseville United Methodist Church State Hwy. 29 Pastor Robert A. Lindsay Worship: Sunday 9:30am Sunday School to start soon	Reformed Church of Fort Plain 165 Canal St., Fort Plain, NY 13339 518-993-4302 • fortplainrca@yahoo.com <i>Rev. Nancy E. Ryan</i> Worship 11:00am, AA meetings Mon. & Tues. 7pm, Emergency Food Pantry 518-993-4302	St. Johnsville Methodist Church 7 East Main St., St. Johnsville, NY 13452 Pastor Corey Jones 518-568-7983 • 315-866-8626 Worship Sunday 3pm	The House of Zion, Inc. 580 Dillenbeck Road, Palatine Bridge 518-577-3069 Pastors Richard & Denise Allen Saturday Morning Worship Service 11:30am Listen to UMT on live radio 97.5FM the 1st Sunday of every month 3pm-4pm
Church of the Good Shepherd 26 Moyer St., Canajoharie 518-673-3440 The Rev. Virginia L. Ogden, Rector Sunday Worship 9:30 with Communion Church Email: churchgoodshep26@gmail.com Web Site: www.churchgoodshepherd.com	Fonda Fultonville United Methodist Church 11 Montgomery St., Fultonville Pastor Nancy Pullen • 853-3311 Sunday Morning Worship 9:15-10:30, Coffee Fellowship Following Service Our Mission-To Actively Follow Christ and To Inspire Others To Accompany Us.	Lighthouse Baptist Church 1524 St. Rt. 29A, PO Box 114 Stratford, NY 13470-0114 315-429-8854 Pastor Martin Smith Sunday Morning Worship 10:30am; Wed. Eve. Prayer Meeting 6:00pm; 2nd & 4th Sunday Dinner following Morning Service with Afternoon Service following dinner "Old-Fashioned Bible Preaching"	Reformed Church of Sprakers112 Sprakers Hill Rd Rev. Nancy Ryan Worship ~ 9AM All Welcome!!!	St. Joseph's Roman Catholic Church 31 North Helmer Ave., Dolgeville 315-429-8338 Sunday Mass is 8:30am	The Time for Truth Ministries PO Box 351 Amsterdam, NY 12010 Phone 518-843-2121 Cell 518-774-8558
Church of the Nazarene 3316 State Route 29 W Johnstown, NY 12095 Offices: 518-762-2982 Cell: 857-523-8417 Pastor, Rev. Mark Fowler Sunday Morning Service 11:00am Sunday School for All Ages 10:00am	Fort Plain United Methodist Church 39 Center St., Fort Plain <i>Audie Miller,</i> <i>Lay Supply Pastor</i> Church Office 518-993-3863 Kitchen 518-993-3464 ALL WELCOME, Worship Service 11am	Marshville Evangelical Church Route 10 South Pastor Mark Fowler Worship Sunday 9am	Richfield Springs Bible Church 19 Church St Richfield Springs, NY 13439 <i>Rev. David Tosi</i> 315-858-0564 Sunday School (all ages) 10am Worship Service 11am & 7pm Wednesday - Prayer & Praise Call for info on various Youth Ministries www.richfieldspringsbiblechurch.org	St. Mary's Episcopal Church 7690 Rt. 80, Springfield Center 315-858-4016 Fr. Kyle Grennen, Priest-in-Charge Sunday Eucharist, 9:30am Coffee - Fellowship follows service Holy Days - as announced	Trinity Evangelical Lutheran Church of Stone Arabia 5430 St. Hwy. 10, Palatine Bridge, NY <i>Pastor A. Elisabeth Aurand</i> Remote Sunday Worship 11am; email for link office@stjm-canajoharie.org 518-673-2224
Cornerstone Baptist Church 7274 St. Hwy. 10, Ames 518-673-3405 Sunday School 10am, Adults & Children Morning Worship 11am, Youth Ministry 5:45pm, Evening Worship 6pm, Ved. Bible Study & Prayer Meeting 6:30pm, Family Night Select Sundays	Freysbush United Methodist Church Freysbush Rd., Fort Plain 518-842-1357 Rev. Cindy Leonard, Officiating Worship 9am, Sunday School 10am ALL ARE WELCOME coffee hour to follow service	National Kateri Tekakwitha Shrine and Indian Museum 3636 St. Hwy. 5, PO Box 627 Fonda, NY 12068-0627 518-853-3646 Weekly Masses: Sat. 4:30pm, Sun. 10:30am friar@katerishrine.com www.katerishrine.com	River of Jubilee Church 5057 State Highway 5 S Sprakers, NY 12166 Pastor: Gail Adamoschek Pastor: Steve Adamoschek 518-322-1427 / 518-224-4455 Sunday Service 10:00am Children's Church Available Other Learning Opportunities Available Visit us on Facebook	St. Paul's Lutheran Church 36 Lydius St., Fort Plain, NY 13339 518-993-2040 <i>Pastor Jonathan Litzner</i> 405-250-8395 Church Service 11am	United Methodist Church of Canajoharie 50 E. Main St. 518-673-2717 Jesus says. "Come Unto Me" Join us- Special Music Ministry, Beautiful Surroundings, Friendly People Sunday Service 10:30am - Email: umc673@trontlemet.net Communion Last Sunday of the Month
Currytown Reformed Church 829 St. Hwy. 162, Sprakers 518-922-8422 Rev. Donald Hoaglander Visiting Pastor Jane Hubschmitt 518-705-2201 Sunday School 9:15am Worship Service 10:00am	Fultonville Reformed Church Corner of 5S & 30 Pastor Jane Hubschmitt Sunday School 10AM Family Worship 10:30AM	New Beginnings Bible Church 63 Cliff St., Canajoharie, NY 13317 Pastor Larry Alkinburgh 518-848-4816 pastor@newbeginningsbc.org Sunday School 9:15 AM Worship Service 10:30 AM	Sacred Heart Catholic Church 111 3rd Ave., Tribes Hill 518-829-7301 Mass Saturday 4:00pm	St. Paul's Lutheran Church 32 W. Main St., St. Johnsville, NY (next to NBT Bank) 518-568-3007 Church 518-568-2405 Parsonage <i>Rev. David Johnson</i> Sunday Worship 10:30am, Tues. Bible Bungee-Jumping 7pm, "Bible Study' that actually makes sense! A Vibrant, Welcoming Community of Faith & Vision	Valley Alliance Church 85 E. Main St., Nelliston 518-993-3458 <i>Pastor Ken Gies</i> Sunday School (all ages) 9:15am, Sunday Worship 10:30am, Wed. Praise & Prayer 7pm, Fri. Youth Group 7pm (7-12th grade)
Dolgeville Christian Fellowship 3 Elm St., Dolgeville, NY 13329 315-429-9142 Dr. Marvin Isum, Pastor Worship Sunday 10:30am Midweek Fellowship Tuesday 7pm www.dolgevillechristianfellowship.org	Glen Reformed Church State Hwy 161 in the Hamlet of Glen 4 miles South of Fultonville glenreformed@nceap.rr.com Sunday Worship at 9. Sunday School immediately following Children's Message	New Hope Christian Fellowship 32 Spencer St., Dolgeville, NY 13329 Pastor Pat Andreoli 315-429-3630 NewHopeChristianFellowship.net Sunday School 9:30AM Worship Service 10:30AM	Saint Cecilia Church 26 Broadway, Fonda 518-853-4195 Sunday Worship 9:00am	St. Paul's Universalist Church 565 Albany St., Little Falls 315-823-2284 Service Sunday 10am Coffee hour following service. Our Church is a home to inquisitive, spiritual free thinkers with diverse religious beliefs. All are welcome.	Victorious Life Church RMI Fellowship 104 Main St. & 431 St. Hwy. 80 Fort Plain, NY 518-993-3102 Sunday School 9am, Morning Worship 10:30am, Youth Group 5pm, Evening Worship 7-8pm



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East Hill Elementary of Canajoharie seeks donations for kindergarten biking program



All Kids Bike® is currently working to bring the All Kids Bike Kindergarten PE Program to East Hill Elementary School in Canajoharie. Photo courtesy of Strider **Fducation** Foundation and All Kids Bike

Everv kindergartner would have the chance to learn to ride a bike in school, and kindergartners at East Hill Elementary School may soon be riding bikes in their PE classes.

All Kids Bike® is a national program on a mission to teach every child in America how to ride a bike. They are currently working to bring the Åll Kids Bike Kindergarten PE Program to East





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with everything they need to teach children how to ride; teacher training and certification, a structured eight-lesson curriculum, a fleet of Strider® 14x Bikes, Pedal Conversion Kits. fully-adjustable helmets and a five-year support plan.

Elementary School

The

Launched in March 2018, there are already 296 schools in 39 states with All Kids Bike Kindergarten PE Programs.

PE teacher Kevin Stuttle is excited to get kids rolling in his classroom "Receiving this soon. program would give the students in our area the opportunity to learn how to bike safely. Through gaining competence in the skill, more children in the area would be able to bike and become more physically active. In schools, it gives our students a chance to move and find meaning in a skill set that is directly applicable to their lives by sparking joy and creating competence in biking."

The Kindergarten PE Program is designed for children of all abilities and hopes to instill healthy habits at a young age. "One of the best ways to get kids active is to get them excited about bicvcles." said All Kids Bike board member Ryan McFarland. "It's a skill that is going to serve them in life.'

To learn more about the program or make a donation, visit support. allkidsbike.org/canajoharie-central-school-district.

Oreo and Peach: Two cats up for adoption at Montgomery County SPCA

Oreo is a four-year-old male cat who prefers to observe you and your actions (perhaps with a judgmental head tilt) as compared to interacting with you on a daily basis. Oreo's independent streak makes him the perfect cat for anyone looking for only one cat and someone who can give Oreo the space he's looking for. Don't misunderstand - Oreo likes to play with cat toys day and night. He just prefers if you don't join the party!

Oreo has been with the Montgomery County SPCA for a while now and while we love having him around, he would much prefer to be the king of his own castle, playing with toys day and night and silently judging

Peach is a four-year-old female cat who prefers screen time over people time. Peach loves to spend time on her scratching post, playing with catnip and on her iPad - yes, her iPad. Peach prefers to be the queen of her own domain and is looking for a home that will provide her love and attention but isn't initially looking for a great deal of interaction. Oh, and good quality Wi-Fi and an iPad of her own is a must.

Peach has been with the Montgomery County SPCA for a while now and while we've grown to love her standoff-ish personality, she's looking to upgrade her situation and get a little more screen time in your home.



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Send your comments & suggestions to the Mohawk Valley

Country Editor PO Box 121, Palatine Bridge, NY 13428 or email

tkrieger@leepub.com

VENDORS WANTED: The Moses Quinby Conference & Field Day is seeking food and craft vendors for Saturday, July 24th, from 10-4. All craft vendors welcome. Those with bee, beekeeping, honey, garden/pollination and eco-related items will be given priority. Call for information: (518)599-2450 or mosesquinby62@gmail.com

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Bible Trivia

Answers: 1) Old; 2) 1,700; 3) Hebrews; 4) 200; 5) 5; 6) Cana of Galilee

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JIM PECK FARMS

1. Is the book of Ecclesiastes in the Old or New 'Testament or neither? 2. The King James translation of the Bible contains more than how many references to gems

by Wilson Casey

and precious stones? 100, 500, 1,700, 2,200 3. Which book recounts the story of the Israelites wandering in the desert for 40 years? Titus, Hebrews, James, Romans

4. From 2 Samuel 14, how many shekels did Absalom's hair weigh after he cut it off? 2, 10, 50, 200

5. Two hundred shekels weighed around how many pounds by royal standard in biblical times? 1/2, 1, 3, 5

6. Where did Jesus attend a wedding where the wine was exhausted? Sardis, Antioch of Syria, Joppa, Cana of Galilee

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May is Mental Health Awareness Month

The Family Counseling Center in Gloversville is joining with mental health professionals across the country to recognize and promote May as Mental Health Awareness month. First observed in 1949, the goal is to raise awareness and educate the public about strategies for attaining mental health and wellness, as well as the realities of living with mental illness. In addition, Mental Health America (MHA) has release its 2021: The State of Mental Health in America report. The report findings include a recognition that in 2020, the number of people looking for help with anxiety and depression skyrocketed, a 9% increase was seen in youth struggling with mental health issues, and that loneliness and isolation were significant contributing factors to mental health concerns.

According to MHA, nearly 500,000 individuals took the organization's Anxiety Screening during 2020 and 79% of those screened showed symptoms of moderate to severe anxiety. As part of Mental Health Awareness month, MHA is offering a #Tools2Thrive toolkit available on their website at www.mhanational.org/may. A link is also available on the Family Counseling Center's website at www.thefamilycounselingcenter.org.

"2020 increased both the need for, and awareness of, mental health services and the positive impact they can have in our lives," Michael Countryman, Executive Director of the Family Counseling Center said. "At Family Counseling Center, we quickly recognized the need to adapt to virtual sessions in March 2020 and became a certified telehealth provider. While nothing quite compares with in-person dialogue, the telehealth option has seen increased engagement with our clients and fewer no-shows or cancellations. This past year, we were able to serve roughly 6,500 clients – but we continue to see the needs for our services increase daily."

The Family Counseling Center of Fulton County has been serving the community since 1976 and ensures a broad range of superior, quality, evidence-based, behavioral support and social services to the community. The Center is licensed by the NYS Office of Mental Health, providing services to children as young as five years old. For more information about the Family Counseling Center, its services, or how you can make a donation, go to www.thefamilycounselingcenter.org.





Looking for Vendors: Call Janet Stanley at 518-673-0292 for an application or email streetfaircanjo@gmail.com

Looking for Parade Floats, Bands, Trucks, Horses, Cars, Marchers: Call the Canajoharie Fire Department and leave a message 518-673-3812 Sponsorships and Donations for Fireworks and Live Music: Call Matt Stanley at 315-292-2306 or email streetfaircanjo@gmail.com

Activities are being planned for a jam packed day of Family Fun! Watch for more details www.facebook.com/Canajoharie-StreetFair

2019 seems like an eternity ago... but it wasn't all that far in the past. It was pre-COVID so this year some changes will be implemented for the safety of us all BUT... it will be a celebration and we are happy to be back! Watch for more details to follow!!!

Sponsored by Lee's Shops at Wagner Square, Lee Newspapers, Inc., The Canajoharie Volunteer Fire Department, The Canajoharie-Palatine Bridge Chamber of Commerce and the Village of Canajoharie

Fort Plain Free Library to host Spring Book and Plant Sale May 13-15

Save the date for the Fort Plain Free Library's Spring Book and Plant Sale Thursday, May 13 Friday, May 14; and Saturday, May 15.

Piggybacking on the community's village-wide garage sales that week, the library's event will be held on library grounds from 10 a.m. to 5 p.m. that Thursday and Friday, and from 9 a.m. to noon that Saturday at the landmark's 19 Willett St. location.

Proceeds of the grassroots event go to the library's operating budget and will be used for book purchases, programming, and general operations. In conjunction with this fundraiser, the library is still accepting applications for personalized, engraved paving stones at the new main entrance. Paving-stone contributions help pay for improvements to the facility.

For more information, call 518.993.4646, email fortplainfreelibrary@gmail.com or visit the 19 Willett St. library. Follow the Fort Plain Free Library on Facebook for more news and events.



Shown in this file photo are some of the many plants available for sale during a prior year's Spring Book and Plant Sale at the Fort Plain Free Library. Photo courtesy of Fort Plain Free Library



Spring garden cleanup and planning

by Bonnie Kirn Donahue, Extension Master Gardener, UVM

It's spring and that means it's time to get back into your flower and vegetable gardens.

or mulch to your soil are other ways to do this.

If you left your perennial flower heads and stems intact over the winter for bird and insect habitat, it's time to trim

mulch is best for you. Plan to spread two to three inches of mulch over the garden. After spreading, pull the mulch away from the base of each plant as too much

For vour vegetable beds, clear out any plant matter from last season. This can be added to a compost pile as long as it is not diseased or insect-infested.

Once you have cleaned out your beds, add a layer of compost or finely chopped plant material, such as dried leaves, grass or hay, to return organic matter back to the soil.

Some years spring can arrive quickly, and other times it seems to take forever. Either way, take this time to think about what you'd like to get out of your garden this year. More flowers in your vegetable beds? Healthier tomatoes? Experimenting with new herbs? Want to try growing zucchini in a

container?

Start by taking a few minutes to reflect on the lessons you learned from last season, and your desires for this season. From here, pick your top two or three priorities, and outline the steps needed to accomplish these. Perhaps you need to do more research, purchase ma-



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terials, hire a garden de-

signer or just get digging.

Spring is the perfect time

the spring slow period by

doing light garden clean-

up and setting a realistic

plan in place will help you

get the most out of your

summer vegetable and

Taking advantage of

to do all these.

flower gardens.





gardens

spring-flowering bulbs,

you'll want to be extra careful. You may even de-

cide to leave the cleanup

and mulching until after

the bulbs have finished

blooming to protect them.

In

When cleaning out flowerbeds, gently remove any dried leaf debris and old mulch, taking care not to disturb spring-flowering and other emerging plants. Photo by Bonnie Kirn Donahue

Once the soil has dried out in your flower gardens, remove any sticks, dried leaf debris and old mulch, being careful not to step on any emerging plants.

Use this time to think about how you can build your garden's soil health by adding organic matter. Dried leaf debris can be chopped fine with a lawnmower, collected and worked back into the soil. Adding a layer of compost

these back. Try to cut these old stems as close as you can to the ground (within an inch or so). The new growth will begin to grow from the base, so be mindful of what you're trimming.

When the soil is dry enough, you can add your first application of mulch for the season. There are many types of mulch. Consult with the experts at your local garden center to determine which

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New York State warns New Yorkers of risk of heatstroke

The Governor's Traffic Safety Committee (GTSC), the New York State Department of Health and the Office of Children and Family Services are urging

parents and caregivers to make sure they do not leave children, vulnerable adults or pets alone in a hot car. Even a short time left in a car can be dan-



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gerous as temperatures inside, even with windows left partly open, can quickly escalate.

"With everything we juggle in a day, especially parents, it is easy to get distracted and forget about a child sleeping or sitting quietly in the backseat," said Mark J.F. Schroeder, DMV commissioner and GTSC chair. "Do not risk a life and a lifetime of sorrow and regret by leaving a child or pet inside a car. Please take a few simple steps to remind yourself to look before you lock."

New York State Health Commissioner Dr. Howard Zucker said, "As we approach the busy summer months that can bring dangerously high temperatures, it's a good idea to adjust our habits to include reminders that help keep vulnerable passengers safe. Taking the time to double-check the backseat, or to make a notification plan for absences with daycare or school, are things that all parents and caregivers can do to ensure that a tragic accident is avoided."

OCFS Commissioner Sheila J. Poole said, "As we head into the warmer months, we need to make sure our kids are protected. Sunscreen and an extra bottle of water are important. Infants and little children are especially sensitive to extreme heat and their body temperature can increase three to five times faster than an adult's, especially if they are left in a hot vehicle."

According to the National Highway Traffic Safety Administration (NHTSA), 24 children died last year after being left in hot cars. Even in cooler temperatures, a vehicle can heat up to dangerous temperatures very quickly. In just 10 minutes, the temperature inside a vehicle can rise by 20° - enough to kill a child left alone inside. An outside temperature in the mid-60s can cause a vehicle's inside temperature to rise above 110°, according to NHTSA.

NHTSA provides guidance for parents, caregivers and passersby on how

to prevent a child from suffering heatstroke.

Parents and Caregivers

Never leave a child or vulnerable adult in a vehicle unattended – even if the windows are partially open or the engine is running and the air conditioning is on.

Make it a habit to check your entire vehicle, front and back, before locking the door and walking away. Train yourself to *Park, Look, Lock,* or always ask yourself *"Where's Baby?"*

Place a personal item like a purse or briefcase in the back seat, as another reminder to look before you lock.

Write a note or place a stuffed animal in the passenger's seat to remind you that a child is in the back seat.

Ask your childcare provider to call if your child doesn't show up for care as expected.

Everyone – Including Bystanders

If you see a child or vulnerable adult alone in a locked car, get them out immediately and call 911. A person in distress due to heat should be removed from the vehicle as quickly as possible and rapidly cooled.

Always lock your car doors and trunk, yearround, so children can't get into unattended vehicles.

Store car keys out of a child's reach and teach children that a vehicle is not a play area.

A child may think a car is an enticing place to play, and they may not understand the dangers an enclosed car can present or how to open the car doors if they lock.

Pets too can suffer or die if left unattended in a vehicle. The American Veterinary Medical Association says hundreds of pets die every year from heat exhaustion after being left in parked vehicles.

If you see an animal in a car exhibiting signs of heat stress, the Humane Society advises to call your local animal care and control agency or police department immediately. You should get the vehicle's license plate number and enter the nearest store or business to request an emergency announcement be made about a pet left in a hot car. You should then go back and wait for police at the vehicle.

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Fort Plain, NY 13339

Hill Top Tire celebrates 30th anniversary during 31st year in business

by Courtney Llewellyn

Like a lot of other events and celebrations that were supposed to take place during 2020, Hill Top Tire's 30th anniversary celebration was delayed until it was safer for folks to gather. Thankfully, due to great customer service and a sterling reputation, the open house event that had been postponed still saw an enthusiastic turnout.

On hand to welcome visitors were Dave Webb. the founder of Hill Top Tire in Fort Plain, his wife Mindy, and his son Elwyn and his wife Katie, and his daughter Jennette. Dave - who has patented his own tire design! - will soon be passing along day-to-day operations to Elwyn. When asked if he was retiring, though, Dave said, "No, but I'm ready to take a step back and work for him. I feel good about the transition. And I'm ready to see the business continue.'

Despite not being able to host their customer appreciate event last year, Hill Top Tire was still busy. They added a new 60-foot by 60-foot building in 2020 because they were simply out of room in their old building, which Elwyn said is stocked full of product.

"We're not just consumer tires. We do farm, OTR, construction – and the business grew last year," Elwyn said. And it continues to grow. He noted they just ordered their fourth boom truck and now service a total of 15 counties in New York.

Hill Top Tire is Montgomery County's oldest and largest tire dealer, and they are the only certified Firestone, Michelin and Titan tire dealer in their area. They offered a free lunch and goodies for those who came to the open house. Also on hand were Laurie Britton from Bug Country and Bare Arms Gun Shop of Little Falls, which offered a virtual shooting range.

"We like seeing people," Elwyn said. He invites everyone to stop by.

er in their area. Find Hill Top Tire onfered a free line at hilltoptire.net.



Laurie Britton of Bug Country provided the tunes for the open house celebration.



(L - R) The Hill Top Tire family: Dave Webb, Jennette Nare and Mindy, Katie and Elwyn Webb. The business is in its 31st year. Photos by Courtney Llewellyn

Good Housekeeping – Gingered Pear & Dried Fruit Crisp

Dessert doesn't get much easier than this. Canned pears are mixed with chunks of dried fruit and a sprinkling of cinnamon, then topped with crumbled gingersnap cookies.

2 cans (28 to 29 oz. each) pear halves in light syrup

1 tbsp cornstarch

 $1 \ \mbox{cup}$ mixed dried fruit, cut into large pieces

1/4 tsp ground cinnamon

1 1/2 cups gingersnap cookies (about 20 cookies)

3 tbsp butter or margarine

Dining and

2 tbsp brown sugar

Fresh mint sprigs for garnish

1. Preheat oven to 400° F. Drain pears, reserving 1 cup syrup. With wire whisk, mix cornstarch into reserved pear syrup until blended. In shallow 2 1/2-quart glass or ceramic baking dish, toss pears with reserved syrup mixture, dried fruit and cinnamon until evenly mixed. Bake filling, covered, 15 minutes.

2. Meanwhile, in food processor with knife blade attached, blend gingersnap cookies, butter and sugar until finely ground and evenly mixed. With fingertips, press cookie mixture into small chunks and scatter over pear filling.

3. Bake crisp, uncovered, 10 to 12 minutes longer or until filling is hot and bubbling and cookie topping is crisp. Spoon into dessert bowls; garnish with mint sprigs. Serves 8.

• Each serving: About 270 calories, 6g total fat (1g saturated), 2g protein, 54g carbohydrate, 4g fiber, 0mg cholesterol, 185mg sodium.

For thousands of triple-tested recipes, visit goodhousekeeping.com/ food-recipes.

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Garden planning with plant hardiness zones

by Judith Tremblay, Extension Master Gardener Intern, UVM



Now that the warmer days of spring are here, it is not uncommon for cabin fever to be replaced with gardening fever. However, it is important to take a step back and consider what can successfully be grown in your vegetable garden.

A good starting point is to identify what the plant hardiness zone is for your location. The USDA has divided the country into different zones based on years of data where the extreme minimum temperatures were recorded and then averaged.

The USDA Plant Hardiness Zone Map is the standard by which you can determine which plants will



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394 East State St., Herkimer (315) 866-3751 8010 State Rt. 12, Barneveld (315) 896-3900 38 Roosevelt Dr., Whitesboro (315) 736-3217 be more likely to thrive at a given location. Just enter your ZIP code at planthardiness.ars.usda.gov to find your zone.

The lower the zone number, the colder the temperatures reached in winter. Lower zone numbers also typically mean a shorter growing season since the ground takes longer to warm up.

I live in northern Vermont, and since I am close to Lake Champlain, my zone is 4b. That's because the lake has a buffering effect, making it a bit warmer than other northern locations farther from the lake or at higher elevations.

The growing season is longer for the higher zones, so gardeners in zone 5b will have an easier time growing winter squash compared to gardeners in zone 3b. On the other hand, leafy greens will thrive in the cooler zones 4a and 3b and can be successfully sown well into summer.

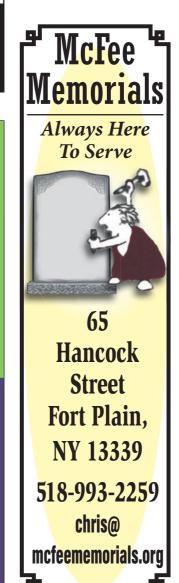
Different plants are better adapted for each location, so knowing your plant hardiness zone will allow you to select the best-suited plants and produce rewarding crops.

Happy planting!

Good Housekeeping – Weeknight BBQ Beans

These delicious stovetop "baked beans" are a perfect partner for a rotisserie chicken.

2 slices bacon, cut crosswise into half-inch pieces



1 medium onion, chopped

1 can (15 to 19 oz.) black beans, drained and rinsed

1 can (15 to 19 oz.) red kidney beans, drained and rinsed

1/4 cup bottled barbeque sauce

2 tbsp ketchup

1. In two-quart saucepan, cook bacon pieces over medium heat about six minutes or until bacon is browned. With slotted spoon, transfer bacon to paper towels to drain. Discard all but 1 tablespoon bacon fat from pan. Add onion and cook six to eight minutes or until tender and golden, stirring occasionally.

2. Return bacon to saucepan. Stir in beans, barbecue sauce, ketchup and 1/4 cup water; heat to boiling over medium-high heat. Reduce heat to medium; cover and cook five minutes longer to blend flavors, stirring often.

• Each serving: About 175 calories, 4g total fat (1g saturated), 4mg cholesterol, 485mg sodium, 30g total carbohydrate, 10g dietary fiber, 10g protein.

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Canalway Challenge kicks off along New York's canals Walk, run, cycle, roll or paddle to achieve your mileage goal

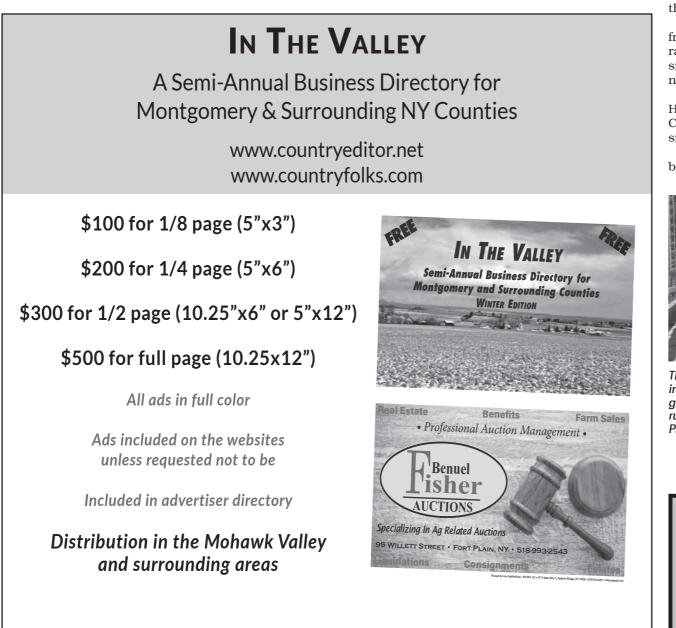
The Erie Canalway National Heritage Corridor invites New Yorkers to take part in the Canalway Challenge in 2021 and enjoy the great outdoors along NY's canals and Canalway Trails. Participants choose a mileage goal of 15, 90, 180 or 360 miles. They then walk, run or cycle on the Canalway Trail or paddle on the NYS Canal System to achieve it. People with disabilities are welcome to participate in a 1st Mile Challenge by completing one mile.

"As New York begins to open more, the Canalway Challenge is a great way for people to get outside and discover all they can do along the canals and Canalway Trail," said Bob Radliff, executive director of the Erie Canalway National Heritage Corridor. "The range of mileage options is suited to people of all ages and abilities, from those who are just taking their first steps toward fitness to more experienced athletes."

The Canalway Challenge is free and registration is open to individuals and teams. People can complete their miles in one big trip or many small ones.

The 1st Mile Challenge offers people with disabilities and their family and friends opportunities to recreate together and build more active lifestyles. There are numerous places along the canals and Canalway Trail that are accessible and several that offer adaptive bikes and kayaks.

NYS Canal Corporation Director Brian U. Stratton said, "New York's canals and adjoining trails offer unparalleled opportunities for safe, socially-distanced outdoor recreation. The Canalway Challenge



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NYS Executive Director of Tourism Ross D. Levi said, "With more New Yorkers looking for ways to safely recreate outside and experience parts of the state they haven't previously visited, the Canalway Challenge is the perfect opportunity for people of all ages and abilities to explore the state's canal system and the Erie Canalway Trail."

The Canalway Challenge is funded with support from the National Park Service, the NYS Canal Corporation and Market NY through I LOVE NY/NYS Division of Tourism as a part of the state's Regional Economic Development Council initiative.

Participants should follow all NYS Department of Health guidelines for COVID-19 safety while on the Canalway Trail and while visiting state parks, historic sites and communities.

This year's challenge runs through the end of October. Sign up at canalwaychallenge.com.



The 2021 Canalway Challenge is on. New Yorkers are invited to sign up, choose a mileage goal, and explore the great outdoors along NY's canals. The program is free and runs through October.

Photo courtesy of Erie Canalway National Heritage Corridor



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Fresh, spent grounds have various uses in gardening, housekeeping, self-care, more

by Paul Schattenberg, paschattenberg@ag.tamu. edu

While there are uses for organic waste from every level of the coffee chain, the variety of uses for fresh and spent grounds seem to be limited only by the imagination, said Texas A&M AgriLife experts.

Coffee grounds going to ground

Probably the most popular and practical use of spent coffee grounds is as a garden soil amendment and for composting.

"Used coffee grounds can add a small amount of nitrogen to your soil or compost," said Daphne Richards, Texas A&M AgriLife Extension Service horticulturist. "You can add the grounds directly onto the soil. as long as you are careful not to create a thick crust. Better yet, fold the coffee grounds a couple of inches down into the soil or add them with other organic material for your compost."

She said adding spent coffee grounds to the soil will improve its structure in both the short and long term. She also noted their usefulness in composting is especially effective because their high carbon-to-nitrogen ratio makes it unnecessary to put any additives into the mix.

"Only a small percent of the nitrogen found in coffee grounds can be used by plants immediately," she said. "Then over time, microorganisms break down the organic matter, converting the suspended nitrogen into a useable form. This creates a steady, slow nitrogen supply for your plants. It also helps retain soil moisture."

Coffee grounds contain the three major nutrients plants and grasses need to thrive —nitrogen, phosphorus and potassium, said Ben Wherley, Ph.D., Texas A&M AgriLife Research turfgrass ecologist. They also contribute minor amounts of important micronutrients such as magnesium, copper and calcium, which are not typically found in synthetic fertilizers.

Other well-grounded uses

Besides the garden, coffee grounds may be coffee grounds have a just as effective. Coffee

number of uses in the home and for self-care. Some of these uses include:

Odor neutralizer. Coffee grounds can help absorb and eliminate odors. Placing an open container of coffee grounds in the refrigerator or freezer can help neutralize odors from spoiled or smelly foods. Coffee grounds in an arable holder like a cloth bag or old sock can help deodorize a gym bag or laundry hamper. A bowl or container of used coffee grounds kept near the sink can also be used to help remove strong food odors from hands.

— Household cleaning scrub. The sturdy and abrasive qualities of coffee grounds make them useful as a scrub for hard-to-clean surfaces. They can also help remove buildup on sinks and kitchen utensils as well as remove caked-on food from cookware.

— Exfoliating scrub. Those same coarse spent coffee particles work as an exfoliant to help remove dirt and dead skin cells. Mix the grounds with water and some coconut oil and apply the mixture directly to your face and body.

— Natural dye. Wet coffee grounds produce an all-natural dye for coloring cotton, linen rayon and other materials, plus it can give them an older or vintage look. Coffee grounds can also be used as a dye for darker hair or for coloring Easter eggs.

Some artists also use the dye in water-color paintings to give them a look similar to that of an old sepia-tone photograph."

— Furniture renewal. If a piece of wood furniture, say a coffee table, has a small scratch or unsightly scuff mark on it, you can disguise it with a mixture of coffee grounds and olive oil. Take one tablespoon of coffee grounds and mix with one teaspoon of olive oil, then apply the mixture with a cloth, cotton swab or cotton ball and wipe dry.

- Cosmetic purposes. While tea bags have long been used as a home treatment for dark circles under the eyes, spent coffee grounds may be just as effective. Coffee grounds contain antioxidants and caffeine, which help prevent the appearance of aging and help shrink under-eye circles. Add water or coconut oil to spent coffee grounds and apply the mixture under the eyes. Wait 5 to 10 minutes and then rinse it off.

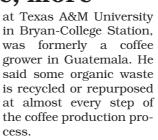
Cooking. Coffee grounds can be used as a meat tenderizer because they contain natural acids and enzymes that help soften the meat. Add a few tablespoons of used coffee grounds to your favorite dry rub and apply it two hours before cooking. The grounds will also give the meat a dark, crisp crust as it cooks. And using instant coffee grounds or brewed coffee instead of water in recipes for foods such as chocolate cakes and chili can enhance their flavor.

Wizzie Brown, AgriLife Extension entomologist, Travis County, noted that while many websites indicate coffee grounds can be used as an insect repellent, that may not be entirely accurate.

"Molly Keck, the AgriLife Extension entomologist for Bexar County, and I did some yard trials to see what effect coffee grounds may have as a fire ant repellent, but they had little or no effect. However, the grounds may contain some compounds or have a smell some insects don't like, and that may help keep them away."

Other ways coffee 'leftovers' are reused

While coffee is not grown to a large extent in the U.S., Rodrigo Chavez, coffee training and program director at the Center for Coffee Research and Education, part of the Borlaug Institute for International Agriculture



"Once the cherry is plucked from the coffee tree, the shell or "cascara" needs to be removed to expose the bean," Chavez said. "And during the drying process, there is a husk that needs to be removed from the bean. Both are organic materials frequently used in compost on the coffee farm."

He also noted the coffee cascara, once dried and processed, can be sold at a higher price than the coffee itself for a variety of uses from tea-like infusion to making flour for cooking.

Chavez said branches cut from coffee trees during pruning, along with other organic material derived from processing the coffee at the farm level, also can be shredded into compost material or turned into biochar for use as a soil amendment.

"I know some people have extracted oils from spent coffee grounds and used them in the production of biodiesel," he said. "I've also seen where spent coffee grounds are mixed in with polymers to make household items like coffee cups and plates. There are also briquettes and fireplace logs made with spent coffee grounds."

Other innovative products being made using fresh or spent coffee grounds as a component include soaps, face creams, yarn and fabrics, lamps, printing ink and furniture.



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A seasonal spring surprise

(Culinary.net) You can almost feel spring in the air, and with the warmer weather comes delicious, delectable foods. From casseroles to fresh fruits and wholesome vegetables, a change of season offers something to look forward to for nearly every foodie.

A spring dish that is sure to impress is this cheesy asparagus tart. It has melty cheese, cooked asparagus and an under layer of puff pastry baked to golden brown perfection.

Start by cooking your asparagus on the stove top in 5 cups of water for 5-8 minutes. Then soak it in an ice bath until cooled. Transfer to a mixing bowl to add vegetable oil, salt and pepper for tasty, seasoned veggies.

Now it's time to work with your puff pastry. Sprinkle some flour on a flat countertop. Roll out the thawed puff pastry to a 16-by-10-inch rectangle. Move to a lined baking sheet and prick with a fork to create a thin, flaky texture. Bake around 12 minutes and cool.

The final steps: mix the cheeses, shallots, egg yolks, nutmeg, salt and pepper. Spread this mixture across the pastry and lay asparagus over the top. Bake 5 more minutes.

For a little extra flavor, add lemon zest over the tart.

This tart is a perfect appetizer before Sunday brunch or to cut up and take outside for some al fresco dining this spring.

It's got gooey, melted cheeses, is seasoned well and has hearty asparagus on top. Plus, it's a yummy way to add vegetables to your kids' diet (and yours, too).

Find more spring recipes and dining ideas at Culinary.net.

Cheesy asparagus tart Servings: 8-10

5 cups water

1 pound asparagus ice water

2 teaspoons vegetable oil

1/4 teaspoon salt, plus additional, to taste, divided

1/4 teaspoon pepper, plus additional,

to taste, divided flour, for dusting

- 1 sheet frozen puff pastry, thawed
- 1 cup grated fontina cheese
- 1 cup grated gruyere cheese
- 1 tablespoon shallot, minced
- 2 egg volks
- 3 tablespoons milk

1/4 teaspoon nutmeg 1 lemon, zest only

Heat oven to 400 F.

In large skillet, add water and aspar-

agus. Cook 5-8 minutes until asparagus is bright green.

Drain asparagus and soak in ice water. In large bowl, mix drained asparagus, vegetable oil, salt and pepper until combined.

Flour surface area. Using rolling pin, roll out pastry to 10-by-16-inch rectangle. Transfer pastry to parchment-lined baking sheet. Prick pastry with fork. Bake about 12 minutes, or until golden brown. Cool slightly on baking sheet.

In large bowl, mix fontina cheese, gruyere cheese, shallot, egg yolks, milk, nutmeg and salt and pepper, to taste, until combined. Spread cheese over pastry, leaving 1 inch around edges. Lay asparagus over cheese mixture.

Bake 5 minutes, or until cheese has melted.

Sprinkle lemon zest over tart and serve.

Source: Culinary.net



A spring dish that is sure to impress is this cheesy asparagus tart. It has melty cheese, cooked asparagus and an under layer of puff pastry baked to golden brown perfection.



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It was sure nice, Windy thought. Just sitting out here in Mamie's yard with my dog, Ramses, and some refreshments Mamie brought out that did not include raw meat or vegetables no one could pronounce.

"Don't that there sun feel good, Mamie?"

She smiled and nodded and drank more tea. "Afore you know it, them ol' bears'll be out and wrasslin' around fer somethin' to eat. Gotta be careful in the woods, ya know. Take a rifle along. What? Oh, a thirty-ought six should be plenty, I'm thinkin'. 'Course ya hafta place yer shot right. Nothin' worse than a wounded bear." Mamie thought something less than killing the

bear should work right.

"Well, Mamie," said Windy, "there's two schoolers of thought on that one and one of 'em's wrong. Ya see, the hippy dippy folks carry a spray 'em can of pepper juice with 'em in the woods. And they wear these here little bells on their belt loops

Mamie smiled and nodded.

"The idear bein' that little bell a dingie-dongin' 'round will tell the bear, hey, thass a hooman bein' and you better watch out cuz he's smarter'n you are. But les' jest say that ol' bear's got hisself a hearin' problem and that bell don't mean nothin' to him. Wellsir, thass where that danged pepper spray comes in handy. Yep, ol' Organtic Woodsman hisself pulls out that can and jest lets her rip right in the bear's face. I'll jest bet that smarts somethin' awful, too.

But later, you know, when they're trackin' that bear down, he makes hisself easy to tell from other bears, cuz his poop smells like pepper and its got little bells in it.

"Yep. Thirty-ought six should be enough." Brought to you by Sweetgrass Mornings, by Slim Randles. See it at www.unmpress.com.

Country Chuckles by Jonny Hawkins



"You have an impressive porkfolio."

Coffee Break King Crossword ACROSS 5 7 8 6 1 Put two and 11 two together? 4 Recede 15 7 Crib cry 11 Weaving 18 frame 13 Standard 14 Author Hunter 28 29 30

15 Falco of "The

6 Fleeting

"Suits"

8 Bird (Pref.)

Cinderella

once starred in

- Sopranos"
- 16 "The
- Greatest"
- 17 Donate
- 18 Line dance
- 20 Wife of Jacob 22 Moreover
- 24 Like bell-bot-
- toms
- 28 Fragrant flower
- 32 Ouzo flavor
- 33 Sparkling Italian wine
- 34 Nile biter
- 36 Complain
- 37 Daily trio
- 39 Flying horse
- 41 Soup grain
- 43 of 1812
- 44 Victor's cry
- 46 Small boat
- 50 TV clown
- 53 Tool set
- 55 Traditional
- tales
- 56 Ms.
- Brockovich
- 57 Scratch (out)
- 58 List-ending abbr.

MAGIC MAZE \bullet — ORDER

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LJ	E	С	Н	D	F	D	L	W	R	Y	в	Ζ	Х
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RQ	o o												
Find the listed words in the diagram. They run in all directions forward backward up down and diagonally													

backward, up, down and Unlisted clue hint: Order a Product Out of Stock

Apple-pie Executive Firing Gag	Law and Market Military Money	Natural Pecking Purchase Short	Special Standing Written						
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Jamaica

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30 Flag feature

29 Cruising

7 The Duchess 27 Cozy rooms of Sussex who 28 Doorframe

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26 Isaac's eldest 50 Wager

49 Fedora fabric

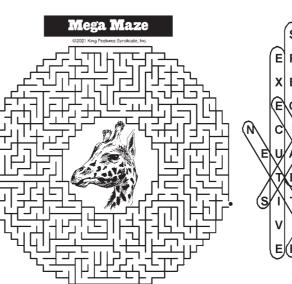
51 Man-mouse

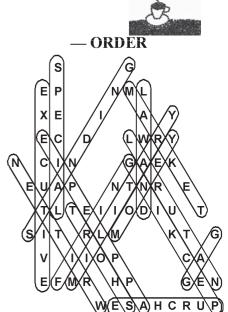
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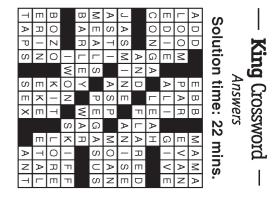
52 Energy

sine











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