

# MOHAWK VALLEY Country Editor

Serving the Valley for 53 Years

**JUNE 12, 2021**

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But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. James 3:17



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# IT'S SUMMERTIME!

## ALL NEW 2021 NISSAN ROGUE SV AWD



ALL NEW 2021 Nissan  
Rogue AWD

**\$309**  
lease for 36 mos.

Model#22211. VIN#JN8AT3BB7MW203261 & 5N1AT3BB2MC697747. MSRP \$30,570. Total due at inception: \$3,000 down payment + \$0 security deposit + bank fee included in payment + \$309 1st payment = \$3,309. Price includes \$1,200 Nissan Lease Cash. Negotiated value of vehicle \$31,220. Lessee responsible for Insurance, Maintenance, excess wear & mileage. 10k mi/year. Plus tax, title & mv fees. Well qualified credit. Offer Expires 6/30/2021.

## 2020 SENTRAS

THE  
LAST  
3



GET EM WHILE THEY'RE HOT!



## VALUE • QUALITY • VALUE • QUALITY • VALUE

### 18 ROGUE AWD



Well Equipped,  
Perfect SUV, 29k mi.  
#UC1995

**\$18995\***

### 18 TITAN PRO 4X KING CAB



Loaded up.  
Stunning Truck!  
35k mi. #UC2009

WON'T  
LAST LONG!

**\$39995\***

### 15 FORD ESCAPE SE AWD

Loaded, Great SUV,  
Super Clean, 66k mi.  
#UC2027



**\$15795\*** MOONROOF

### 18 ALTIMA

Power everything,  
budget priced.  
53k mi. #UC1965



**\$15995\*** BEST VALUE!

### 16 MAXIMA

4 DSC  
ONLY  
32k Miles



Great Value! Drive It!  
#UC2025

**\$19995\***

### 19 SENTRA SL

ONLY  
14k Miles  
WON'T  
LAST LONG!



Moonroof  
Leather  
Alloys  
P. Seat  
Everything  
Must be seen.  
#UC1979

RARE!

### 16 HONDA HR-V LX AWD

Clean In & Out. All the  
buttons! 81k mi.  
#UC2026



**\$15995\***

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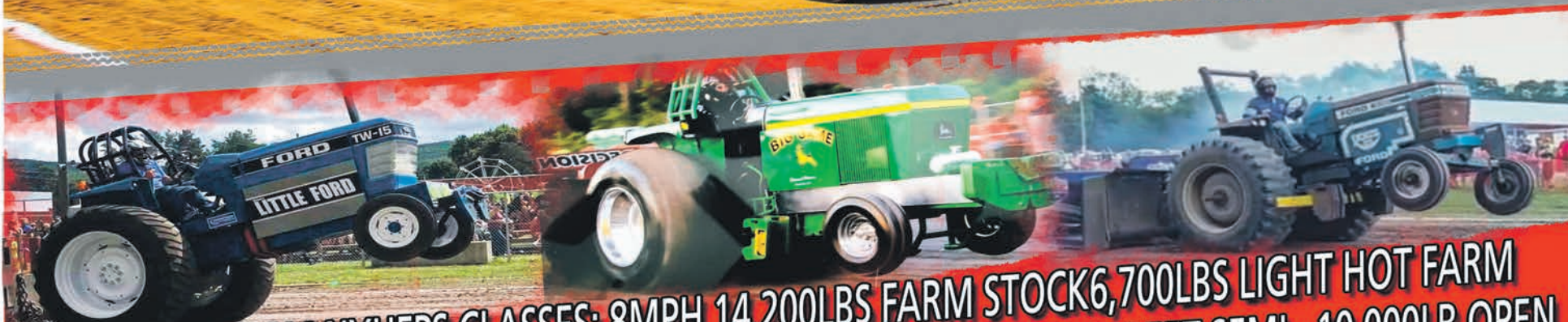


# HERKIMER COUNTY

## TRUCK & TRACTOR PULL

JUNE 26TH  
&  
JUNE 27TH

SEMI TRUCK SHOW  
&  
SHINE STARTS AT 11AM



6/26 SAT 6:30PM NYHFPS CLASSES: 8MPH 14,200LBS FARM STOCK 6,700LBS LIGHT HOT FARM  
10,500 466CI HOT FARM 9,500LBS LIMITED HOT FARM/SUPERFARM, STREET SEMI, 10,000LB OPEN  
WORKSTOCK DIESEL 4X4, GAS TRUCKS



*Whiskey Creek*

SAT NIGHT  
AFTER PULL

6/27 10AM SUN BROOKFIELD GARDEN TRACTOR PULL  
6/27 10AM ANTIQUE/OUT OF FIELD 4500LBS TRACTORS AND UP

6/27 SUN 11:30AM BBQ CHICKEN TIL SOLD OUT



**Herkimer County Fair**



135 Cemetery Street, Frankfort, NY 13340

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# Church Directory

**To Place  
or  
Update  
Church Listings  
Call 518-673-0108  
or email  
tkrieger@leepub.com**

**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](http://www.amazinggracebc.org)

**Ames - Sprout Brook  
UMC**  
613 Latimer Hill Rd.  
Ames, NY 13317  
518-673-3495  
**Pastor Jan Markle**  
Sunday Service 9:00am

**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

**Cherry Valley  
Assembly of God**  
37 Alden St., Cherry Valley,  
607-264-3306  
**Pastor David Carpenter, Jr.**  
Sundays 9:30am

**Church of Christ Uniting**  
PO Box 896  
Richfield Springs, NY 13439  
**Rev. Mark Ioset**  
315-858-1553  
Service: Sunday 9:15am  
Church School: Sunday 10:30am

**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: [churchgoodshepherd2@gmail.com](mailto:churchgoodshepherd2@gmail.com)  
Web Site: [www.churchgoodshepherd.com](http://www.churchgoodshepherd.com)

**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

**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,  
Wed. Bible Study & Prayer Meeting 6:30pm,  
Family Night Select Sundays

**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

**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](http://www.dolgevillechristianfellowship.org)

**Dolgeville United  
Methodist Church**  
21 N. Helmer Ave., Dolgeville  
**Rev. Jack Ford**  
315-429-7381  
Worship 11:00am  
Sunday School @ 9:30am beginning  
September 18th  
Bible Study - Wednesdays @ 12:30pm

**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

**Ephratah  
Reformed Church**  
140 Co. Hwy. 140, Ephratah, NY  
To live and share Jesus Christ both locally and globally.  
Everyday. Everywhere. Everyone.  
**Pastor Jeff Hindrliter**  
Sunday School for all ages  
10am September-June  
Sunday Morning Worship 11am  
Prayer & Praise Thursdays 7pm

**Everlasting Joy  
Believers Fellowship**  
14 Park Place  
(in with Seekers Fellowship)  
St. Johnsville, NY 13452  
315-858-2112  
**Pastor Carolee Coye**  
Sunday Service 10am

**Faith, Hope and Love  
Church**  
**Rev. David W. Bowley, Pastor**  
Sundays, 5 pm  
at the  
Upstate Chapel  
63 Cliff St. Canajoharie  
call 518-673-5128 or see facebook "Faith,  
Hope and Love Christian Church" and our  
website <http://faithhopeandlovechurch.com>

**First Baptist Church**  
Springfield Center, NY  
**Rev. - Gary Tyler**  
Sunday School 10:00am  
Morning Worship 11:00am  
Sunday night Worship 8:00pm  
Wed. night Bible Study 7:00pm  
Free meal & music every  
2nd Sat. of the month 4-7pm

**Fonda Fultonville  
United Methodist Church**  
11 Montgomery St., Fultonville  
**Pastor Nancy Pullen • 853-3311**  
Sunday Morning Worship 9:15-10:15,  
Sunday School 9:15-10:30, Coffee  
Fellowship Following Service  
**Our Mission-To Actively Follow Christ  
and To Inspire Others To Accompany Us.**

**Fort Plain United  
Methodist Church**  
39 Center St., Fort Plain  
**Audie Miller,**  
**Lay Supply Pastor**  
Church Office 518-993-3863  
Kitchen 518-993-3464  
ALL WELCOME, Worship Service 11am

**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

**Fultonville  
Reformed Church**  
Corner of 5S & 30  
**Pastor Jane Hubschmitt**  
Sunday School 10AM  
Family Worship 10:30AM

**Glen Reformed Church**  
State Hwy 161 in the  
Hamlet of Glen  
4 miles South of Fultonville  
[glenreformed@nycap.rr.com](mailto:glenreformed@nycap.rr.com)  
Sunday Worship at 9. Sunday School  
immediately following Children's Message

**Grace Christian Church**  
20 Center St.,  
St. Johnsville, NY 13452  
**Pastor Martin Glynn**  
518-568-2122  
Sunday School 9:30am  
Worship 11:00am

**Grace Episcopal Church**  
24 Montgomery St., Cherry Valley  
315-585-4016  
**Fr. Kyle Grennen, Rector**  
Sunday School 11:00am  
Holy Communion/sermon 11:00am  
Active Youth Group - call for detail

**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

**Holy Family Parish**  
Little Falls, NY  
315-823-3410  
Saturday 4pm  
Sunday 10:30am

**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

**Lassellsville United  
Methodist Church**  
State Hwy. 29  
**Pastor Robert A. Lindsay**  
Worship: Sunday 9:30am  
Sunday School to start soon

**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"

**Marshville  
Evangelical Church**  
Route 10 South  
**Pastor Mark Fowler**  
Worship Sunday 9am

**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  
[fiars@katerishrine.com](mailto:fiars@katerishrine.com)  
[www.katerishrine.com](http://www.katerishrine.com)

**New Beginnings  
Bible Church**  
63 Cliff St., Canajoharie, NY 13317  
**Pastor Larry Alkinburgh**  
518-848-4816  
[pastor@newbeginningsbc.org](mailto:pastor@newbeginningsbc.org)  
Sunday School 9:15 AM  
Worship Service 10:30 AM

**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

**Oppenheim United  
Methodist Church**  
Route 29  
**Rev. Jack Ford**  
315-429-7381  
Worship 9:30 Sundays,  
Totally Awesome God-TAG time 6:30pm  
Wednesdays beginning in Oct., Sunday  
School 9:00am beginning September 18th

**Our Lady of Hope  
R.C. Church**  
115 Reid St., Fort Plain, NY 13339  
Parish Office 518-993-3822  
[ourladyofhope@frontier.com](mailto:ourladyofhope@frontier.com)  
Mass Schedule: Saturday, 4pm;  
Sunday, 8:30am & 11am;  
Confessions: Sat. 3 & by appointment  
Please call parish office for Holy Day schedule

**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

**Randall Christian  
Community Church**  
NY Rte. 5S  
Sunday Service 10:30am  
**Worship Leader  
Darlene Spaulding**

**Reformed Church  
of Canajoharie**  
15-19 Front St., Canajoharie  
518-673-2816  
**Rev. Matt Draffen**  
Sunday 9am Christian Education  
9:20 Choir Practice  
10am Worship Nursery provided  
Fellowship hour follows worship

**Reformed Church  
of Fort Plain**  
165 Canal St., Fort Plain, NY 13339  
518-993-4302 • [fortplainrca@yahoo.com](mailto:fortplainrca@yahoo.com)  
**Rev. Nancy E. Ryan**  
Worship 11:00am,  
AA meetings Mon. & Tues. 7pm,  
Emergency Food Pantry 518-993-4302

**Reformed Church  
of Sprakers**  
112 Sprakers Hill Rd  
**Rev. Nancy Ryan**  
Worship ~ 9AM  
**All Welcome!!!**

**Richfield Springs  
Bible Church**  
19 Church St  
Richfield Springs, NY 13439  
**Rev. David Tosi**  
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](http://www.richfieldspringsbiblechurch.org)

**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

**Sacred Heart  
Catholic Church**  
111 3rd Ave., Tribes Hill  
518-829-7301  
Mass Saturday  
4:00pm

**Saint Cecilia Church**  
26 Broadway, Fonda  
518-853-4195  
Sunday Worship  
9:00am

**Salisbury Center  
United Methodist Church**  
2545 St Rt 29, PO Box 104  
Salisbury Center, NY 13454  
315-429-9085  
**Rev. Lynn R. Lockwood**

**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. John's Lutheran Church**  
774 St. Hwy. 163, Fort Plain, NY  
518-705-7552  
**Rev. David A. Johnson, Ph.D.**  
Sunday Worship 9:00am, Sunday School 10:00am,  
Ladies Aid W.E.L.C.A. Handicapped Accessible

**St. John's  
Reformed Church**  
68 W. Main St., St. Johnsville  
518-568-7396  
Faithfully Following Jesus Christ  
Sunday Worship 10:30am

**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](mailto:stjm-canajoharie.org)  
office@stjm-canajoharie.org

**St. Johnsville  
Methodist Church**  
7 East Main St.,  
St. Johnsville, NY 13452  
**Pastor Corey Jones**  
518-568-7983 • 315-866-8626  
Worship Sunday 3pm

**St. Joseph's  
Roman Catholic  
Church**  
31 North Helmer Ave., Dolgeville  
315-429-8338  
Sunday Mass is 8:30am

**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

**St. Paul's Lutheran Church**  
36 Lydius St., Fort Plain, NY 13339  
518-993-2040  
**Pastor Jonathan Litzner**  
405-250-8395  
Church Service 11am

**St. Paul's Lutheran Church**  
32 W. Main St.,  
St. Johnsville, NY (next to NBT Bank)  
518-568-3007 Church  
518-568-2405 Parsonage  
**Rev. David Johnson**  
Sunday Worship 10:30am,  
Tues. Bible Bungee-Jumping 7pm,  
"Bible Study" that actually makes sense!  
A Vibrant, Welcoming Community of Faith & Vision

**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.

**St. Thomas the Apostle  
Catholic Community**  
1 Church St., Cherry Valley  
607-264-3779  
Masses Sunday mornings  
at 8:30am & 11am

**Stratford United  
Methodist Church**  
Route 29A  
315-429-9085  
**Rev. Lynn R. Lockwood**  
Worship 9am

**The Christian Church  
of Rural Grove**  
170 Rural Grove Rd., Sprakers, NY 12166  
518-922-7831  
**Pastor Joshua Fetterhoff**  
[pastorjosh@ruralgrovechurch.org](mailto:pastorjosh@ruralgrovechurch.org)  
Sunday School (all ages) 9:45am,  
Morning Service 11am, Eve. Service 6pm,  
Wed.-Family Night 7pm,  
"Where Bible Teaching is Fundamental"

**The Holy Spirit Polish  
National Catholic Church**  
618 E. Gansvoort St.  
Little Falls, NY  
315-823-0793  
**Father Rafal Dadello**  
Mass at 11am on Sunday  
[www.holyspiritpncc.org](http://www.holyspiritpncc.org)

**The House of Zion, Inc.**  
580 Dillenbeck Road,  
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**The Time for  
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PO Box 351  
Amsterdam, NY 12010  
Phone 518-843-2121  
Cell 518-774-8558

**Trinity Evangelical Lutheran  
Church of Stone Arabia**  
5430 St. Hwy. 10, Palatine Bridge, NY  
**Pastor A. Elisabeth Aurand**  
Remote Sunday Worship 11am;  
email for link  
office@stjm-canajoharie.org  
518-673-2224

**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@frontiernet.net](mailto:umc673@frontiernet.net)  
Communion Last Sunday of the Month

**Valley Alliance Church**  
85 E. Main St., Nelliston  
518-993-3458  
**Pastor Ken Gies**  
Sunday School (all ages) 9:15am,  
Sunday Worship 10:30am,  
Wed. Praise & Prayer 7pm,  
Fri. Youth Group 7pm (7-12th grade)

**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



# ZOOKS

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## MOHAWK VALLEY Country Editor

Serving the Valley for 53 Years

Published weekly on Saturday by Lee Newspapers  
6113 St. Hwy. 5, Palatine Bridge, NY 13428

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518-673-0166, bmauk@leepub.com

**Kari Montes**, Sales Associate  
518-703-2826, kmontes@leepub.com

**Tom Shaver**, Sales Associate  
315-272-6586, tshaver@leepub.com

Reader ads 518-673-0111 or 800-218-5586

**Accounting/Billing** - Pauline Tripp  
518-673-0150, ptripp@leepub.com

**Commercial Printing**  
518-673-0101, commercialprint@leepub.com

Send all correspondence to:  
PO Box 121, Palatine Bridge, NY 13428  
Advertising email: tkrieger@leepub.com  
Editorial email: jkarkwren@leepub.com  
Website: <https://countryeditor.net>  
518-673-0129 Phone • 518-673-2699 Fax

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## Grace Christian Church

20 Center St., St. Johnsville, NY

**is seeking a part-time Pastor  
that preaches from the Bible  
that Jesus Christ is our Lord  
and Savior and helps the  
members grow closer to God.**

*If interested contact:*

**Deanna at 518-752-8750**

**In these difficult times, there is a place of  
refuge and peace anyone can access by calling  
these phone numbers to hear various offerings  
of spiritual inspiration assuring you of God's  
great love and power in your life.**

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3 Minute Recording 24/7**

**2. Sunday Church Service, Live at 10AM  
1(646)558-8656  
(access code 96993928161#)**

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## National migraine and headache awareness month

by Thomas Dabertin, MBA

More than 40 million people in the U.S. are living with migraine disease and headache disorders. Nearly one in four U.S. households include someone with migraine disease. I had my first migraine in my teens, and it was one of the reasons that motivated me to lead the National Headache Foundation.

June is National Migraine and Headache Awareness Month; our time on the national stage, and I hope you will join me in finding a way to help yourself, a loved one, friend or co-worker better understand migraine disease and headache disorders.

It is important to know and share how emerging treatments, pharmaceuticals and proactive physician-guided action can reduce missed workdays and increase time with your family. Our fundraising for research and programs are paying huge dividends and offering much-needed relief.

While we are serious about migraine and headache disorders, we are also having some fun while calling attention to our key messages and calls to action.

Today and throughout the month of June, we are wearing purple T-shirts and neckties, and planting purple flamingos to "put our foot down" to address migraine disease and headache disorders.

In 1990, the National Headache Foundation secured a week dedicated to awareness on migraine disease and headache disorders, and that has now grown into a month of activities and action items for patients, physicians, policymakers and communicators to share the latest research, drug breakthroughs, treatments, support activities and ways to better understand and tackle headaches and migraine attacks.

At the NHF, we offer meaningful, proactive and cutting-edge programs:

Primary Care Initiative - training for primary care providers including physicians, nurse practitioners, physician assistants and pharmacists on the latest prevention, diagnosis and medications. These are the health professionals that are often first called upon when an individual has symptoms of migraine, and now these professionals will receive continuing medical education (CME) credits and the latest information in prevention and treatment measures.

Migraine University - mobilizing students and campus health and wellness staff to be aware of signs of migraine disease that can be exacerbated by long hours of study and stress. 50 colleges and universities are rolling out the program this fall.

WorkMigraine - online workplace wellness programs that help employees and their managers understand migraine disease and how to reduce the costly impacts such as reduced productivity and increased absenteeism. Studies show our program can reduce both the incidents of migraine as well as lost workdays caused by them.

Certificate of Added Qualification in Headache Medicine (AQH) - created in 2000 to recognize medical practitioners with an advanced level of expertise in headache medicine. Almost 250 healthcare providers have earned this valued certification.

NHF Annual Gala - our major fundraising event of the year allows us to celebrate Headache Heroes who are making a difference in the migraine and headache community. We also pay tribute to healthcare providers and researchers who have moved the field forward and contributed to our important mission. The NHF's Annual Gala has raised millions of dollars to go towards migraine and headache research, education, awareness and advocacy.

We encourage you to discuss migraine and headache issues with your primary care physician or seek out a headache expert from our provider finder page. Stay up to date on the latest news by signing up for NHF's free e-newsletter at [www.headaches.org](http://www.headaches.org).



## Gillibrand, Schumer call on USDA to deliver additional relief to New York dairy farmers

Gillibrand, Schumer call on USDA to deliver additional relief to New York dairy farmers

U.S. Senator Kirsten Gillibrand, chair of the Senate Agriculture Subcommittee on Livestock and Dairy, and Senate Majority Leader Charles E. Schumer are calling on the USDA to provide additional relief to New York dairy farmers who have taken a financial hit during the COVID-19 crisis. The Coronavirus Food Assistance Program (CFAP) was created last year to provide direct relief to farmers and help keep them afloat as agricultural markets, supply chains and labor were upended in the wake of the pandemic. However, dairy farmers across the country received less support than other producers. The USDA provided dairy farmers with the smallest allocation of CFAP payments of the USDA's four payment categories including acreage-based, sales commodities, livestock and dairy.

Dairy is the largest sector of New York's agriculture industry – the state is the fourth largest producer of milk, and the largest producer of yogurt, cottage cheese and sour cream. In recent years, dairy farmers across New York have struggled to keep up with declining prices and an unstable dairy market, and pandemic-related costs and slashed revenues have made it almost impossible for them to recover. Gillibrand and Schumer are urging the USDA to provide more direct payments and assistance to dairy farmers through new and existing programs, such as CFAP, to help reduce the strain on dairy farmers.

"Dairy farmers in New York State have been under financial strain for years due to an unstable market and unfair pricing – now the economic toll of the pandemic has made it nearly impossible for many to recover. Hardworking small- and mid-sized farmers deserve relief and CFAP payments have been a lifeline for them," said Gillibrand. "Continuing these payments would not only give dairy farmers the relief they need as they continue to face the fallout of the pandemic, but also help stem the loss of dairy farms we are seeing across the Northeast. I will continue to urge the USDA to provide more direct payments and assistance to dairy farmers through new and existing programs, because these farms play a critical role in our food supply chain, in our economy and in our communities."

"New York's dairy farmers are the lifeblood of the Upstate economy and have been squeezed by the economic effects of the COVID-19 crisis," said Schumer. "For an industry that had razor thin margins before

the pandemic, for some of our dairy farmers, receiving additional federal assistance is the difference between keeping their farms and losing their livelihoods. After many were forced to dump milk and lose out on revenue streams with school and restaurant closures, direct payments from CFAP were a lifeline for our dairy farmers and they must continue for New York's dairy industry to recover from the economic devastation of the pandemic."

In April 2020, the USDA announced the conception of CFAP, with funds provided by Congress, to assist farmers and consumers in response to the pandemic. Included in CFAP were direct payments to dairy farmers to offset pandemic-related economic losses. This assistance was critical to farmers, especially as many were forced to dump their milk after losing buyers and income. These payments were put on pause in January 2021 when the administration announced it was doing a 60-day regulatory review. However, when the review was concluded, no further payments to dairy farmers were announced.

Even before the pandemic dairy farmers across the nation were facing the challenges of volatile milk prices that have been dropping for decades, as well as increased competition from non-dairy "milk" products. This has led to a substantial loss of licensed dairy herds, with the U.S. losing almost 40,000 dairy herds since 2003.

Prior to the 2018 Farm Bill, Class I milk was calculated using the "higher of" Class III or Class IV price plus the applicable Class I differential. This was changed in the most recent Farm Bill to an averaging method of Class III and Class IV plus \$0.74. This change, compounded by government intervention in cheese markets as a result of the pandemic, has resulted in hundreds of millions of dollars in lost income for dairy farmers from May 2019 through April 2021. This has led to increased calls from the industry for USDA to hold Emergency Federal Milk Marketing Order National Hearings to resolve this issue with the Class I mover.

At the beginning of the 117th Congress, Gillibrand was named chair

of the Subcommittee on Livestock, Dairy, Poultry, Local Food Systems and Food Safety and Security. In this capacity, Gillibrand is committed to find ways to guarantee dairy farmers receive a fair price for their milk moving forward and to recoup losses caused by the new Class I pricing formula.

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## Strange But True

by Lucie Winborne

- The word hundred is derived from the word "hundrath," which actually means 120 and not 100.

- New Yorkers went through a bizarre phase of wearing chameleons as living ornaments in 1894. They were fastened to cushions, scarves and women's bodices with tiny chains and collars as little "jeweled playthings," but thankfully the trend was shut down by the SPCA, which banned their sale—though not until over 10,000 of the creatures were already running loose in the city.

- The microwave was invented after a researcher walked by a radar tube

and a chocolate bar melted in his pocket.

- Any photo you've ever seen of the Milky Way from space is either of another galaxy or an artist's rendition, since we're inside the galaxy and can't take an aerial view.

- Kangaroos hop because their leg structure doesn't permit them to walk independently.

- A 6-year-old Chinese boy named Ming Ming fell from an eight-story window, only to catch his ears in a metal grate, thereby saving his life.

- In 2019, the Wendy's fast-food chain released a tabletop board game titled "Feast of Legends." It's played in a similar fashion to Dungeons and

Dragons, with Wendy as the Queen and main character.

- Bananas are a natural source of radioactive isotopes. Just a few can often trigger radiation sensors used at U.S. ports to detect smuggled nuclear material.

- The Sistine Chapel contains a small side room nicknamed the "Room of Tears." This is where the new Pope is taken after winning the election, to relieve the emotion of that process.

Thought for the Day: "If your actions inspire others to dream more, learn more, do more and become more, you are a leader." – John Quincy Adams



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# Volunteers sought for New York Dairy of Distinction Program

It is a highly anticipated time of year – the time of year when spring weather finally arrives and productivity on our Northeast farms runs rampant. The bulk of the corn and soybean crop is planted and many farms have successfully completed first cutting hay harvest. June is well known as Dairy Month. First introduced as National Milk Month back in 1937 as a way to promote and encourage milk consumption during times of peak supply, Dairy Month still resonates with consumers and serves as an annual tradition to celebrate the wide variety of contributions from our local dairy industry.

Another approach to the promotion and recognition of local dairy farms was established nearly 40 years ago with the North East Dairy Farm Beautification Program's Dairy of Distinction Award. Since 1983, the Dairy of Distinction Award has been awarded to dairy farms that strive to maintain an attractive farmstead. The award is based on the premise that clean and attractive farmsteads promote a positive dairy industry image and encourages dairy product consumption. While recipients of the award predominantly hail from New York and Pennsylvania, New Jersey, Vermont and Maryland also offer this recognition to their deserving dairy producers.

Qualifications for the award, which is a metal Dairy of Distinction sign that is displayed roadside, are as follows: completion of an application, and farms must

actively ship milk and must score a 90 or above out of a possible 100 points on the evaluation. Volunteer judges typically conduct evaluations during May or June. Farms awarded the Dairy of Distinction Award are reviewed annually to ensure they are in good standing with the program's requirements. In New York there are roughly 500 Dairy of Distinction farms. An aging farming population combined with shrinking profitability margins and limited milk marketing options have significantly influenced the number of dairy farms that call New York home.

The New York Dairy of Distinction Program is a volunteer run organization that continues to oversee both the award process as well as the re-evaluation of farms. The continued effort to maintain the integrity of this program is made possible with help from volunteers that cover 10 districts across New York. We are fortunate to have the help of several Cornell Cooperative Extension personnel with ties to the dairy industry who provide much needed assistance. American Dairy Association North East (ADANE) generously provides significant financial support. The financial contributions allow us to supply winning farms with signage. District representatives plan recognition events for farms and mileage costs incurred from judging will be reimbursed to drivers. In addition to the regional Dairy of Distinction Awards awarded across the state, the organization participates in the annual Dairy Day

Celebration during the New York State Fair. During this event, awards for Person of Distinction and Business of Distinction are presented as a way to recognize those individuals and organizations that support the Dairy of Distinction's missions and values.

The New York Dairy of Distinction Program invites you to become a part of the organization by volunteering. District representatives and judges are needed in various regions across the state. Our Board of Directors will have an opening for secretary after July 1. This is the only paid position in our organization. Contact New York State Dairy of Distinction President Marylynn Collins for more information on volunteering or to apply for the secretary position. Email Marylynn at mrm7@cornell.edu.

## Paw's Corner

by Sam Mazzotta

### Donate Locally to Shelters, Rescues

**Dear Paw's Corner:** I read your recent article on animal shelters. It was spot on with advice for donors. Many rescues do not advertise locally, but online through Petfinder.com and AdoptAPet.com. Local advertising and signs usually result in animals being deposited on a rescue's property without invitation or contact.

If people want to help, please research your local area and find a rescue. Contact them and see what they need. Most rescues need specific foods, medicines, etc., and always need monetary contributions. These are the best ways to help out, through contact and conversations with the people involved. Local animal control and shelters can use help too.

One of the most important things to remember is that almost all rescues are nonprofit, charitable entities. All donations, money or otherwise, go completely to helping out

the animals. There are no "salaries" for the persons running the organization as there are with so many other "charities." Just research online the salaries paid out with contributions from the public for many common charities that many donate to each year.

Do I speak from experience? Yes. My wife and I have been doing dog rescue for 16 years, ever since she returned home from helping in New Orleans after Hurricane Katrina left so many animals needing rescue and help getting back with their families. We have helped close to 1,600 rescues find forever loving homes. – R.M., SusieQ DogResQ Inc.

**Dear R.M.:** Thank you for this insider info. It confirms that acting locally to help animals, either through donating supplies or money or your time, can have the greatest impact.

Send your questions, comments or tips to ask@pawscorner.com.

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## 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@leapub.com**

### June 12

**Avery Rifle** will be on view 11 a.m.-2 p.m. at the 1805 Frisbie House. This rifle was carried by Nat Foster and Nick Stoner. Sponsored by the Salisbury Historical Society, 109 Route 29A, Salisbury Center. Free.

**Rabies Vaccination** 9-11 a.m. at Canajoharie Fire Fighters Garage, 39 Mohawk St., Canajoharie. For dogs, cats and domestic ferrets. For more information contact Montgomery County Public Health at 518.853.3531.

### June 13

**Avery Rifle** viewing 1-3 p.m. at the 1805 Frisbie House. This is a one-time event and will not be available after this day. Sponsored by the Salisbury Historical Society, 109 Route 29A, Salisbury Center. Free of charge.

### 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 15

**American Red Cross Blood Drive**

12-6 p.m. at St. John's St. Mark's Church, 143 Church St., Canajoharie. To schedule an appointment, call 1.800.RED.CROSS or go to [www.redcrossblood.org](http://www.redcrossblood.org) and enter sponsor code: StJohnsStMarksCanajoharie or call Kathy at 518.673.5443.

### 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](http://sqspca.org).

### July 3

**34th 4th on the 3rd Celebration** at Wiles Park in Fort Plain. Anyone wishing to be involved should email [mainstreetrod@outlook.com](mailto:mainstreetrod@outlook.com). Volunteers wishing to be involved should email [mainstreetrod@outlook.com](mailto:mainstreetrod@outlook.com).

### July 23

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

### July 24

**Quilt & Artisan Show** 10 a.m. - 4 p.m., Stone Church, Stone Arabia. Workshops on basketweav-

ing, 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 info email [mosesquinby62@gmail.com](mailto:mosesquinby62@gmail.com).

### July 26-30

**Herkimer Vacation Bible School: "Jesus: Man of Mystery" Explore the "I AM" statements of Jesus** online or in-person with our multi-church collaboration! Pre-register at [www.HerkVBS.weebly.com](http://www.HerkVBS.weebly.com)

### August 6 - 8

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

### September 18

**Evening at the Tavern** 4-7 p.m. at 1747 Nellis Tavern, St. Johnsville. Reservations only 518.568.2997.

### October 15 - 17

**Sir William Johnson and the Wars for Empire Conference** presented by the Fort Plain Museum. Registration details TBA.

## Bible Trivia

by Wilson Casey

1. Is the book of Lot in the Old or New Testament or neither?

2. How many beasts rising out of the sea did Daniel have a dream about? 4, 7, 13, 20

3. From Judges 3, who was the left-handed Benjamite that killed Eglon? Geshem, Agag, Ehud, Joram

4. In 2 Kings 4, who purified a pot of deadly stew with flour? Josiah, Elisha, Jehu, Hilkiah

5. From Judges 1:6, what king had his thumbs and toes cut off? David, Adoni-Bezek, Josiah, Herod

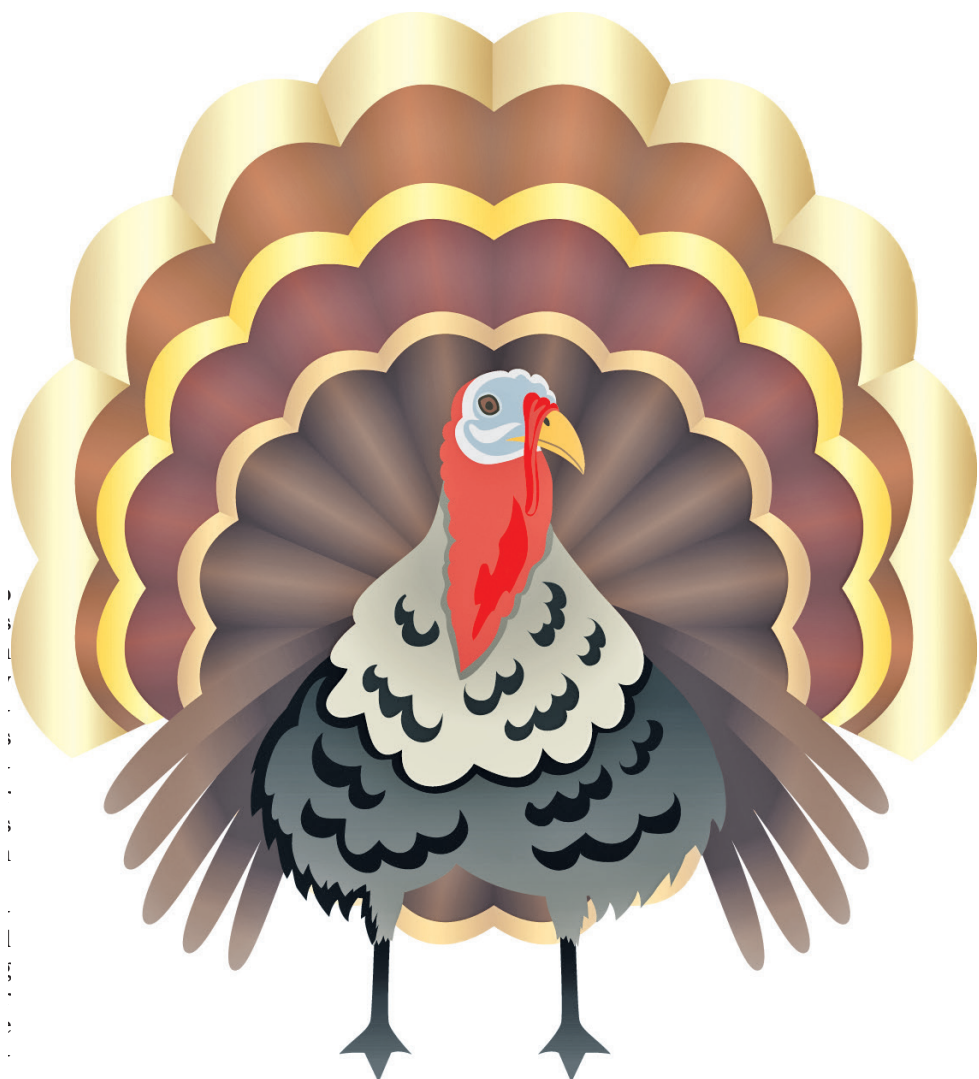
6. Whose biblical name means "messenger"? Aaron, Moses, Samuel, Malachi

Answers: 1) Neither; 2) 4; 3) Ehud; 4) Elisha; 5) Adoni-Bezek; 6) Malachi

Sharpen your understanding of scripture with Wilson's Casey's latest book, "Test Your Bible Knowledge," available in bookstores and online.



## Celebrate National Turkey Lovers' Month



Turkey isn't only what's for Thanksgiving dinner – it's enjoyed by Americans year-round. This may surprise you, but June is National Turkey Lovers' Month!

An estimated 46 million turkeys are consumed at Thanksgiving. However, two-thirds of the turkey produced annually is consumed during months other than November, making June a great time to recognize turkey farmers for providing us with delicious, high quality turkey products.

Turkey can be served in a variety of ways for each meal of the day. It is

high in protein, which is important for building lean muscle mass and staying active. In fact, a three-ounce serving of boneless, skinless turkey breast contains 26 grams of protein, only one gram of fat and zero grams of saturated fat.

In celebration of your favorite bird, why not make a special feast everyone will love? Show your support for New York's turkey industry by firing up the grill and enjoying a turkey tenderloin, steak or drumstick tonight. If you don't have time to grill, stop by your local sandwich shop and enjoy turkey on the go.



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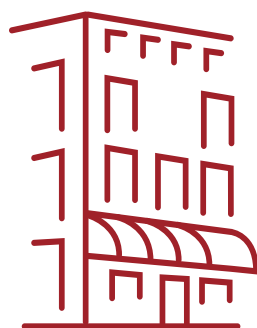
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6/24/21	Thurs.	9am-3pm	Arkell Center, Canajoharie**
7/17/21	Sat.	9am-3pm	HFM Prevention, Johnstown
7/24/21	Sat.	9am-3pm	Fort Plain Senior Center
9/16/21	Thurs.	9am-3pm	Arkell Center, Canajoharie**
9/25/21	Sat.	9am-3pm	HFM Prevention, Johnstown
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## 34th “4th on the 3rd” celebration will be happening in Fort Plain

The Fort Plain Community Council is pleased to announce the 34th “4th on the 3rd” celebration will be

happening at Wiles Park on July 3. We are feeling our way back after the COVID-19 cancellation last year, but we have many commitments already for July 3. There will be a full day of free entertainment, food vendors and fireworks.

Events will include Chris United Band in the entertainment tent, FRASS Live Bugs and Butterflies, Piper Chris McGurk, True Grit Outlaws in the entertainment tent, Scotty Nut-Nut (two shows at 5 and 7 p.m.) with juggling, acrobatics, spinning, stilts and balloon artistry, BUG Country remote sponsored by Hill Top

Tire, AMVET’s Veterans-Helping-Veterans ceremony with McGurk playing service hymns, AMVET Post 2000 Brad Schrell Memorial Squad honors with a 21-gun salute, Assemblyman Angelo Santabarbara, Congressman Antonio Delgado (not confirmed yet), massive fireworks and bonfire, George Moore Smokehouse Specialties and barbecue chicken and Fort Plain Activity Council Kitchen burgers, dogs, sausage and fried dough will be available.

Any vendors or volunteers wishing to be involved should email [mainstreetrod@outlook.com](mailto:mainstreetrod@outlook.com).



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Paw’s Corner

by Sam Mazzotta

**Remembering War Dogs**

**Dear Paw’s Corner:** During Memorial Day week, I wanted to bring your readers’ attention to the service and sacrifice of the thousands of dogs who went to war with their soldiers. Many did not come home, because they either died during operations or were left behind. Please take a few minutes this week to remember these four-footed warriors – Jim W., Chattanooga

**Dear Jim:** Request received! Thank you for calling attention to the sacrifices of military working dogs. The U.S. armed forces has had a military dog program since World War II. These canine warriors help detect mines and improvised explosive devices (IEDs), provide security on bases and much more. Between 2001 and 2013, over 2,600 “war dogs” were deployed to Afghanistan and Iraq. In that time, at least 92 are known to have died, the majority in combat.

However, in all this time, there was no military-wide tracking system of its injured war dogs. How often were they injured or killed? What were their injuries like? How did they fare after their service? Data that would be helpful in treating other injured war dogs was being lost.

In January, funding was passed for a Military Working Dogs Trauma Registry (for details, go to [www.avma.org](http://www.avma.org) and search for “working dogs, combat injuries”). Veterinarians will be able to consult the registry to learn more about war dog combat injuries and better ways to treat them. Injured war dogs will have a better chance of survival. Retired dogs will be able to get more effective treatment for their wounds.

This legislation is a huge, active step toward truly honoring the sacrifices of military working dogs and can help even more of them come home.

Send your questions, tips or comments to [ask@pawscorner.com](mailto:ask@pawscorner.com).

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## The Family Counseling Center welcomes clients back

The Family Counseling Center in Gloversville opened its doors on May 17 to in-person client sessions. The undertaking was over a year in the making and included welcoming clients to a new, state-of-the-art facility. In-person sessions were put on hold in March 2020 due to COVID-19 and state restrictions. At that time, the staff of the Family Counseling Center pivoted to telehealth services and the organization became a certified telehealth provider. Over the course of the pandemic, the Family Counseling Center saw an increase in the need for its services. Isolation and worry brought recognition of the important role mental health care plays in overall health.

"We are thrilled to welcome back our clients," said Michael Countryman, executive director of the Family Counseling Center. "During the pandemic, our services and staff remained dedicated to providing the best care possible but nothing can truly replace the impact in-person sessions have. We are welcoming our clients back to an expanded facility too. The 18,500 square foot addition provides our clients with an amazing environment in which to heal and grow."

The Family Counseling Center is also transitioning to a Just in Time program in order to best serve the medication needs of their clients. Beginning June 1, the program allows clients to call up to one week prior in order to schedule appointments that best meet their schedules. Full details on the program, including a client FAQ, are available on the Family Counseling Center's website at [familycounselingcenter.org](http://familycounselingcenter.org).

"The Behavioral Clinic staff is always working to find the best ways to empower our clients and help them navigate their care," said Michelle Clark, clinic director. "Just in Time scheduling is the next step in the process. The program allows our clients to schedule services in a way that best fits with their lives."

For more information about the Family Counseling Center, its services or how you can become a volunteer, go to [thefamilycounselingcenter.org](http://thefamilycounselingcenter.org).



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## Now Here's A Tip

by JoAnn Derson

- Add a cinnamon stick or softener sheet to your vacuum bag when you change it. As you clean, you will distribute the good smell throughout your home.
  - To ripen a green tomato, wrap it in a sheet of newspaper or place it in a paper bag. It can then be left on the counter for several days to ripen.
  - "Need to remove fruit or food coloring stains on your hands or your countertop? White vinegar will clean it off. It's good for so many things." – R.N. in Washington
  - "Instead of baking soda, I use three or four charcoal briquettes in a bowl to control odor and moisture in my refrigerator. I place the briquettes in a shallow dish, then cover the top of the bowl with a small piece of cheesecloth and secure it with a fat rubber band. The best thing is that I can still use these briquettes on the grill. In the summer, they get changed very regularly." – M.L. in Virginia
  - Great ways to remove stuck labels: nail polish remover (not for use on plastics), WD-40 oil, soaking in hot water and rubbing alcohol.
  - Have a stained coffee pot, but don't want to use a harsh chemical cleanser to scrub that stain off? For gritty cleaning power, try using a tablespoon of milk and a tablespoon of salt. The salt gives you scrubbing power, and the milk's acids help gently dissolve the stains.
- Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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# Nobody Does Dairy Better

June is Dairy Month, and we'd like to thank our dedicated dairy farmers for producing the wholesome and delicious treats we enjoy all summer and all year. We salute your hard work and commitment to quality, and we greatly appreciate your important contribution to the health of our community and our economy!

## Celebrate "June Is Dairy Month"

by Susquehanna County Dairy Ambassador  
Charlotte Quick

It's June again... and that means Dairy Month. This year, with COVID-19 restrictions lifting, we have even more ways to celebrate. I'll give you just a few of my favorite ways, but you can always make up your own for fun. Now that people are getting out more, dairy farm tours are starting to open back up. This is an amazing way to see the full process of how milk goes from the dairy farm to your table, and you can meet some pretty cute cows along the way. Another way to celebrate Dairy Month, that goes hand-in-hand with farm tours, is a farm breakfast. It's another fun activity that some dairy farms do before tours, where they feed their guests a farm style breakfast—pancakes, eggs, bacon, and of course, tall glasses of cold milk. Not all farms do this, but there are a number of dairy farms that do offer this experience. An additional and easy way to celebrate "June is Dairy Month" is to throw a dairy party. Invite your friends over for some milk, yogurt, cheese and ice cream. Who could turn that down? This is also an easy way to get your 3 daily servings of dairy. Finally, if you really want to spread some smiles, celebrate by sending a thank you card to a local farmer in your community. Tell them just how much you appreciate their hard work and the nutritious dairy products they produce. Trust me, they'll love you for it. So, what are you waiting for? Get out there and celebrate "June is Dairy Month," because before you know it, it'll be onto July.

Susquehanna County Dairy Ambassador  
Charlotte Quick is making sure to thank  
the cows, too.

Photo courtesy of Evie Goff,  
Susquehanna County Dairy Princess  
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## Edible annuals to refresh your landscape

by **Andrea Knepper,**  
**Extension Master  
Gardener Intern,  
University of Vermont**

Like me, you are prob-  
ably getting ready to go  
to the local garden center  
and pick up some annual  
flowers to spruce up your  
landscaping. This year,  
consider planting some  
edible annuals instead.

The idea of incorpo-  
rating edible plants into  
landscaping has grown  
in popularity in recent  
years. Increasing the di-  
versity in your yard can  
provide habitat for pol-  
linators, add variety to  
traditional landscaping  
choices and create visual  
interest in your yard. In  
addition, it will add a new  
element to your cooking.

Buy organic if possible  
to ensure that no pesticides  
were used. Avoid spraying  
with chemicals while grow-  
ing these. Keep in mind  
that you may garner inter-  
est from local wildlife when  
incorporating edible plants  
in your garden.

Harvest flowers when  
fully bloomed but before  
they begin to wilt. Use  
sharp scissors and cut  
during early morning or  
evening hours when it is  
cooler. Blooms will stay  
fresh for a few days if re-  
frigerated.

When adding edible  
flowers to your landscape,  
consider nasturtiums,  
which come in several  
colors ranging from red  
to yellow. A trailing vari-  
ety acts as a ground cov-

er when carefully draped  
among other landscaping  
plants. Both the leaves  
and flowers are edible  
and have a peppery taste.

The seeds also are safe to  
consume. When still green,  
they can be pickled and  
used like capers. Dried, they  
can be ground and used as  
a pepper substitute.

Swiss chard planted  
with nasturtiums will  
add interest to your land-  
scape. The stems come  
in vibrant colors, adding  
bursts of color through-  
out the fall. You can direct  
sow seed or plant starts,  
if available where you  
purchase plants. Careful  
harvesting will leave the  
chards looking attractive  
throughout the season.

Both the petals and  
leaves of calendula are  
edible. Try adding the  
leaves to salads for a  
tangy or slightly bitter el-  
ement. The vibrantly col-  
ored petals can be used  
as garnish or as a col-  
oring agent like saffron.  
Petals can be dried for  
later use in tea. Calendu-  
la blossoms are available  
in eye-catching colors.  
One will surely fit your  
landscaping color palette.

Perhaps pansies al-  
ready play a part in your  
summer landscaping.  
Pansy petals make a  
beautiful addition to sal-  
ads and they are a per-  
fect choice for candying  
and decorating desserts  
because the whole flower  
can be used.

Pansies are also great

in ice cubes. The refresh-  
ing, mild wintergreen fla-  
vor will be a welcome ad-  
dition to lemonade on a  
hot summer day.

For a vertical interest  
against a wall or arbor,  
consider scarlet runner  
beans to add a color to  
the area. The lush, green  
foliage provides a back-  
drop to the vibrant flow-  
ers, which are edible and  
in shades of red and pink.  
The red flowering vari-  
eties are especially attrac-  
tive to hummingbirds.

Although considered  
an ornamental, the bean  
pods can be eaten. To eat  
fresh, harvest the pods  
before beans form as they  
can become tough. After  
beans form, they can be  
shelled for fresh eating or  
allowed to dry in the pod.

Herbs are a nice choice  
to tuck into spots that  
might be more difficult  
for other plants to grow  
in. Borage has attractive,  
star-shaped flowers that  
pollinators love. The edible  
blue flowers have a slight  
cucumber taste. Chives  
have purple blossoms that  
make a great addition to  
salads as well as dips.

When shopping for  
plants, take into account  
the same principles you  
would for choosing annu-  
al flowers: color, foliage,  
height, sun, soil require-  
ments and spacing needs.  
The experts at your local  
garden center will be able  
to advise you on what ed-  
ible annuals will do best  
at your location.



*Pansies make a colorful and delicious addition to summer salads.  
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## To Your Good Health

by Keith Roach, M.D.

### Patient History More Than Just Medical Facts

**Dear Dr. Roach:** I am 77 years old. When I go to a new doctor, there is always that past history form to fill out. I know to include current medications, including OTC and allergies, but how far back should I go?

Should I include the tonsillectomy when I was in grade school (I don't recall how old I was)? Or the surgery to remove a benign tumor from my right femur in 1955? The miscarriage in 1961? Or that the last of my five children was born over 40 years ago?

I would include the surgery because my right leg is about 3/4 inch shorter than my left. After all these years, it causes a backache after standing too long.  
-- S.B.

**Answer:** In general, doctors want all the information you can give. However, past medical history tends to become less important as people get older. I agree with you that the surgery on your femur is important: Even now, a leg-length discrepancy may still benefit from being addressed. A small (half the discrepancy or less) adjustment to the shoe of your shorter right leg may help reduce your backache.

If I were your new doctor, it would be important to me to know you had a 40-year-old son (and about the rest of your children), but that would be more to know who you are as a person. I also ask my patients to identify someone in their family who can help make decisions if you are unable to. That should be done formally, through a health care proxy designation, which is complementary to the advance directive that all adults should have.

It's a privilege for me as a primary care doctor to get to know my patients and follow them over years, sometimes many years.

**Dear Dr. Roach:** I've read about a new drug for depression that is supposed to work quickly. Is it safe?  
-- N.F.

**Answer:** Ketamine, like many biological molecules, has two forms that are mirror images of each other. Esketamine, the more active of the two, has recently been approved by the Food and Drug Administration for treatment of depression, and is the first new class of approved depression medication in years.

It is striking how quickly it works. With the intravenous drug, test subjects found their mood improving within hours, as opposed to the weeks it takes most current drugs to work. With the nasal spray form, the kind just approved by the FDA, benefit began within two hours and persisted throughout eight weeks of follow-up. It is not yet clear how long the effect will last and whether (or more likely, how often) additional doses will be necessary in long-term use. It is approved to be given only in a doctor's office, and only for people who have been resistant to other medications.

There are significant potential harms. Blood pressure goes up after the dose, and people can have sedation and disorganized thinking after treatment. For now, the drug is given only through a restricted distribution system.

I am cautiously optimistic. Depression is a serious disease with treatments that are not as effective as we would like. Any new type of treatment is a source of hope; however, I have seen potential "miracle drugs"

turn out to be only moderately useful.

*Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.*

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## Four easily forgotten road trip safety tips

Getaways come in many forms. A getaway can be restful and relaxing whether it involves a journey to a small island thousands of miles from home or a favorite campsite that's just a few hours away by car.

As the world gradually emerges from a pandemic that put travel on the back burner for billions of people across the globe, people anxious to get away from home may finally feel comfortable seeking getaways that don't involve air travel. If the open road beckons you in the months ahead, the excitement ahead can make it easy to overlook certain safety measures. The following are four easily forgotten safety measures to keep in mind as you head off for parts unknown.

1. Have your vehicle serviced before hitting the road. The pandemic significantly affected people's driving habits. Millions of people spent the pandemic working remotely, and many have continued to do so even after being vaccinated. Total driving distances fluctuated throughout the pandemic. For example, the Federal Highway Administration reported that the total distances driven in July 2020 had declined by 11 percent compared to the same month a year earlier. That decline was more drastic according to figures examining total distances driven in April 2019 and April 2020, when driving had decreased by 40% compared to a year earlier. Though driving may have increased as the pandemic wore on, it's still a good idea for drivers to have their vehicles serviced before a road trip. Request a full tune-up that includes an oil change, a battery check and

a tire rotation. These services and other maintenance tasks like fluid refills can reduce the likelihood of breakdowns and reveal any issues that might make driving less safe.

2. Determine if your vehicle is the subject of a recall. Recalls are issued if a safety issue has been uncovered since a car hit the market. The National Highway Traffic Safety Administration has a list of recalls available on its website at NHTSA.gov/Recalls. Recalls are fixed free of charge, and it's best to look well in advance of a trip to ensure you have time to take the vehicle in for its update.

3. Get used to driving with accessories on the vehicle. Summer road trips are typically taken with bicycle racks attached to rear windows or the top of the vehicle. Drivers unaccustomed to having bicycles or stor-

age units attached to their vehicles should make a few trial runs so they can get acclimated. Backing up with bike racks on the back of the car can be tricky for novices, so a little practice with the bikes on the back may be helpful. Drivers who intend to tow campers also may benefit from a little pre-trip practice.

4. Pack a map. Though maps have long since fallen out of favor due to the availability of GPS, people traveling to remote areas may find their smartphone signals fading in and out as they get closer to their destinations. A map can help road trippers overcome service interruptions and arrive at their destinations on time.

Road trips may be especially popular this summer. Some simple safety measures can ensure drivers and their passengers stay safe.



*The following are four easily forgotten safety measures to keep in mind as you head off for parts unknown.*

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## Six things dog owners should know about Lyme disease

Lyme disease is one of the most common tick-transmitted diseases in the world. Lyme disease primarily affects people, but dogs also are at risk.

Lyme disease is caused by a spirochete, which is a type of bacterium, said VCA Animal Hospitals. Bacteria are contained in the bodies of black-legged ticks, which are then passed to the host animal when bitten. Transmission of Lyme disease has been reported in dogs throughout the U.S. and Europe. It is most prevalent in the upper Midwestern states, the Atlantic seaboard and the Pacific coastal states, advised PetMD.

Even though Lyme disease is widely known for its effects on humans, pet parents should learn about the ways that tick bites can affect their furry companions.

1. Lyme disease only causes symptoms in 5% to 10% of affected dogs. Many dogs have it but never show symptoms.

2. The animal health experts

at Boehringer Ingelheim say dogs with Lyme disease can experience various symptoms, including joint swelling and pain, fever, lethargy, loss of appetite and kidney problems. Dogs may not exhibit symptoms for weeks or months after being bitten.

3. Lyme disease is diagnosed based on the presence of certain symptoms. A Lyme disease antibody test can identify the presence of the disease, but only if the dog's body has produced antibodies. Testing is recommended no sooner than four weeks after a tick bite. Other tests include a polymerase chain reaction and an enzyme-linked immunosorbent assay.

4. Lyme disease is a year-round threat. Ticks do not die in the winter. Rather, they hide out and wait for the first warm day to arrive to move around. It's important to keep up with tick-control treatments no matter the month.

5. Most tick control remedies do

not actually repel ticks – they just kill the tick shortly after the tick has bitten. That's good news since there is a greater chance of bacteria being transmitted the longer the tick is attached. Only tick collars repel ticks, but there are pros and cons to such products.

6. Ticks latch on to dogs in areas where blood vessels are closest to the surface of the skin. This includes the head, the neck and the ears. However, since adult ticks are quite big, dogs will attempt to bite them off if they are seen. Ticks tend to hide in places like inside the ears, between the toes and around the neck.

Pet owners should use gloves, tweezers or a tissue to form a barrier between the tick and their skin when removing ticks. The bacterium that causes Lyme disease can pass through a wound in the skin, said VCA Hospitals. Annual vaccination also can help dogs maintain immunity.

## The dos and don'ts of fire pits

Many homeowners relish any opportunity to retreat to their back yards, where they can put up their feet and relax in the great outdoors. That retreat-like escape is made even more relaxing when sitting around a fire pit.

Fire pits can be found in millions of suburban backyards across the globe. Fire pits have become so popular that a 2016 survey of landscape architects conducted by

the American Society of Landscape Architects revealed they were the most sought after outdoor design element. Fire pits remain wildly popular a half decade after that survey. Homeowners who are only now joining the fire pit revolution can keep these dos and don'ts in mind as they plan their summer s'mores sessions.

**DO** keep the fire pit a safe distance away from the home. Fire pits should be located a safe distance from the home at all times, but especially when they're in use. Home design experts recommend keeping fire pits a minimum of 10 to 20 feet away from a house or other structure, such as a shed or a detached garage. The further away the fire is from houses and other structures, the less likely those struc-

tures are to catch on fire.

**DON'T** place the fire pit beneath trees or next to shrubs. Though fire pits should be kept safe distances away from a house and other structures, it's important that they're not placed beneath trees or next to shrubs. Shrubs and low hanging branches can easily catch embers and be lit ablaze, so make sure fire pits are not placed in locations that increase that risk.

**DO** clean out seasonal debris. It can be tempting to let seasonal debris resting inside the fire pit burn away during the season's first s'mores session. But burning debris poses a serious safety risk, as embers can easily be blown out of the fire pit and catch nearby trees or shrubs or even a home on fire. The National Fire Protection Association advises homeowners that embers blowing from a backyard fire pose the same threat to homes as if they are from a wild-fire.

**DON'T** let fire pits burn near flammable materials. Store firewood piles a safe distance away from the fire pit while it's in operation. It may be convenient to keep firewood right next to the fire pit while the fire is burning, but that increases the

risk that embers will land on firewood and start a fire outside of the pit.

**DO** check the weather report prior to starting the fire. Windy weather increases the risk of embers blowing around and potentially landing on the house, other structures around the property or trees. If the weather report is calling for gusting winds, burn a fire on another night.

**DON'T** leave a fire pit fire burning. Unattended recreational fires are illegal and incredibly dangerous. Homeowners should never leave fire pit fires burning unattended or allow fires to slowly die out overnight. Always extinguish the fire before going inside and stop adding wood to the fire roughly one hour before you plan to go inside. Water or sand can be poured on ashes to extinguish the fire. Once homeowners are confident a fire has been extinguished, ashes can be spread around to ensure there are no hot spots still burning. If there are, start the extinguishing process over again.

A night around the fire pit is a summertime tradition in many households. Safety must be as much a part of such traditions as s'mores.

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## Waterwise vegetable gardening

by Nadie VanZandt,  
Extension Master  
Gardener, University  
of Vermont

Conserving water is always a good idea, and if the dry weather of the last two summers is any indication, it should become a habit.

Fortunately, we can learn from gardeners in dry climates how to successfully grow plants during droughts. These tried-and-true sustainable practices protect and insulate plants to yield a bumper crop.

A healthy soil amended with compost is your first defense against drought.

lar watering needs to conserve water. Deep-rooted vegetables, such as asparagus and tomato, should be placed together to benefit from deep, but less frequent, watering.

Similarly, shallow-rooted plants, such as strawberries and bush beans, planted together benefit from shallow, but frequent, watering.

Even sun lovers appreciate a little shade. In an established garden you can spread a shade cloth over vulnerable plants. Some gardeners even use patio umbrellas.

Heavy mulching is another way to keep the soil

prevents debris and rodents from entering the pipe.

Dig a hole next to the plant and bury the pipe, open end down, with the holes facing the plant. For easy access, leave three to four inches of pipe above ground. Place your hose over the shade cloth to water the deep roots through the pipe. For plants with shallower roots, use soaker hoses.

Reduce watering after the plants are established and resume when flowering and fruit setting begins.

Finally, control weeds to ensure your plants do not

compete for nutrients and water. Make a ritual of removing weeds before they flower and make seeds.

Water wise practices make sense in a changing climate. With a few changes, you can still reap a bountiful harvest, protect a precious resource and save money in the process.



Targeting the base of garden plants using a watering wand attached to a hose saves water and prevents fungal diseases.

Photo courtesy of Lynn Ketchum/Oregon State University

Besides nourishing your plants, compost enables water retention. Work the compost into the soil around established plants.

A good second defense is to adopt companion planting: the practice of growing plants that physically and chemically complement each other together. This improves productivity, discourages diseases and pests and maintains a healthy soil.

The best-known example of companion planting is the clever use of corn, pole beans and winter squash by Native Americans. This trio is called the three sisters, and has many benefits.

The corn stalks support the pole beans, which fixates the nitrogen in the air to the soil. The large squash leaves shade the soil and act as mulch while their prickly edges discourage weeds and pests.

When using companion planting, consider spacing plants so their leaves barely touch when full-grown. This keeps the soil surface cool.

A third defense against drought is to use hydro-zoning, the method of grouping plants with simi-

moist and cool. About two or three inches of organic mulch such as straw or grass clippings will do the trick. Avoid hay as it may contain weed seeds.

Most importantly, water wisely and with the right tools. Watering early in the morning allows the plants to get water before the heat of the day. Avoid overhead sprinklers because most of the water is wasted through evaporation.

Targeting the base of the plants saves water and prevents fungal diseases. A simple watering wand attached to your hose will do the job. Less frequent and deep watering will benefit deep-rooted plants, such as tomatoes, pumpkins, parsnips, artichokes and watermelon.

To make a deep-root irrigator you can use a simple PVC pipe. Cut a two-inch-diameter PVC pipe in two-foot lengths. Starting eight inches from one end, drill one-quarter-inch holes every two inches along the rest of the pipe for drainage.

Cover the pipe with a piece of open-weave shade cloth tied securely to one end of the pipe with a plastic tie. The shade cloth

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## How to manage kids' screen time

Devices are everywhere in the digital age. The Statista Research Department noted that a 2020 survey found the average American has access to more than 10 connected devices in their household. Though adults may be capable of governing their screen time, kids may not be so disciplined. Devices can be valu-

able learning tools for young students, but the American Academy of Pediatrics noted that excessive media use can put children at risk of obesity, lost sleep, addiction and violence. It's imperative that parents emphasize balance and moderation as they negotiate their children's device usage. In an effort to help parents establish and maintain that balance, the AAP has developed its Family Media Plan, which parents can use to customize guidelines on screen time in their households. A family media plan can help parents ensure their children aren't spending too much time staring at screens and it can serve as a valuable means to monitoring youngsters' online lives, potentially alerting caretakers to instances of bullying or other dangerous situations.

The following are some guidelines parents can follow as they customize their family media plans.

• **Establish screen-free times and zones.** Establishing a time of

day when devices cannot be used and areas of the home where they should not be taken can help parents govern kids' screen times. For example, by establishing children's bedrooms as screen-free zones, parents can make sure kids aren't spending all of their time staring at screens when they're behind closed bedroom doors.

• **Research apps and programs.** The AAP recommends parents research the age-appropriateness and ratings of apps and programs before installing them on devices. Speak with children's teachers to determine which apps and programs kids will need for school. Read fellow parents' ratings before installing any entertainment apps and programs on devices children will use.

• **Use tech to monitor tech.** "Family Sharing" capabilities on Apple devices allow parents to manage devices and screen usage across the household. Parents can add children to their ac-

counts and then set daily time limits on apps children will use. They also can make certain apps off limits for children to keep kids safe. Other device manufacturers offer similar tools to help parents effectively monitor and control kids' device usage.

• **Encourage new interests.** Parents can help to control screen time by encouraging new interests and introducing children to new activities that do not involve screens. Commit time each weekend to activities that do not involve screens, such as hiking, gardening and painting. Exposing children to activities that don't involve screens is a great way to get them off the couch and away from their devices. If kids don't take to a given activity, keep trying.

Devices are a big part of life in the digital age. Parents can develop family plans that allow for screen time but also emphasize activities that call for some time away from our devices.

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## Family Counseling Center receives generous donations from Johnstown Hospital Foundation

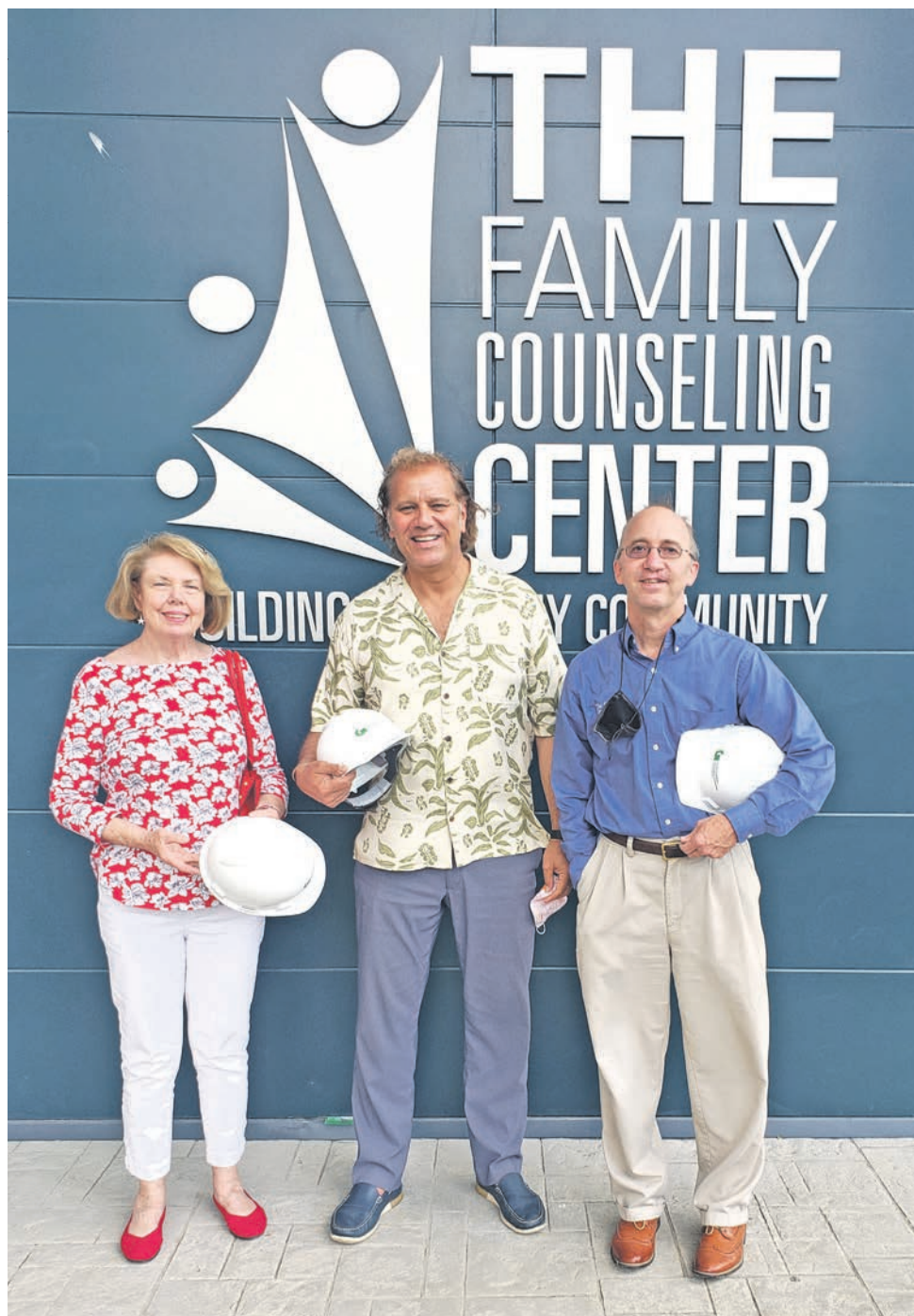
The Family Counseling Center in Gloversville has received \$75,000 in donations from the Johnstown Hospital Foundation for their Building a Healthy Community campaign over the last year. The Building a Healthy Community campaign addresses a client wait list, creates new or strengthens existing programs, allows the organization to serve those who have no ability to pay for services and contributes to the building of a centralized, state-of-the-art behavioral healthcare facility at the expanded Broadway location.

"We are delighted and thankful for the contributions from the Johnstown Hospital Foundation toward our Building a Healthy Community campaign," said Michael Countryman, executive director of the Family Counseling Center. "Their support of the work we do and the organization's expansion will have a great impact in our community."

Recently, the Family Counseling Center opened its doors to the Phase

I 18,500 square foot addition to their 11-21 Broadway St. location. Phase II construction, the renovation of the organization's existing 9,000 square foot building, is expected to be complete by late summer. The full project will triple the size of the facility, allowing for agency staff and administration to provide expanded mental health services, crisis services, addiction services and primary care services under one roof at the Broadway location.

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 New York State Office of Mental Health, providing services to children as young as 5. For more information about the Family Counseling Center or its services, go to [thefamilycounselingcenter.com](http://thefamilycounselingcenter.com).



(L - R) Representatives from the Family Counseling Center and Johnstown Hospital Foundation: Denise Walsh, Board of Directors for the Family Counseling Center; Joseph Salamack, president of Johnstown Hospital Foundation; and Michael Countryman, executive director of the Family Counseling Center. Photo courtesy of the Family Counseling Center

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Stunning view with this Village Parcel with an access point off Cliff Street & Ridge Road. Fabulous opportunity to build your dream home on and possibly another home on the property to sell down the road.

NYS Licensed Real Estate Salespeople

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