

# MOHAWK VALLEY Country Editor

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**JUNE 26, 2021**

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## Fort Plain 34th 4<sup>th</sup> on the 3<sup>rd</sup>

**Saturday, July 3rd, 2021**

# Fireworks

**at 9:45 PM**

**At Wiles Park In Fort Plain**

**Saturday, July 3rd**

**- Come Early & Bring Your Lawn Chair and Flashlight -**

### Schedule Of Events at Wiles Park

- |                    |   |
|--------------------|---|
| 12:00 pm - 9:00 pm | Craft Fair Booths, Non-Profit Booths<br>Vendor's food booths & sales booths<br>Smokehouse Specialties BBQ: ribs, smoked chicken, pulled pork, brisket<br>Fort Plain Activity Council Kitchen: burgers, hotdogs, sausage, fried dough<br>Jamin' Juice Bar: smoothies & juice treats, Mason Jar, Pretzel Express,<br>Barbie's Snack Shack & Much, Much More |
| 12:00 pm - 9:00 pm | L&M Inflatables: bounce house & double slide  |
| 3:00 pm - 6:00 pm  | Chris United Band. Entertainment Tent. FREE EVENT   |
| 3:00 pm - 7:00 pm  | FRASS- LIVE bugs/butterflies and displays. FREE EVENT   |
| 4:30 pm - 6:00 pm  | Piper Chris McGurk. FREE EVENT  |
| 5:00 pm - 9:00 pm  | Scotty Nut Nut: Circus Entertainment, balloon artist, juggling<br>and spinning, stilt walking. FREE EVENT   |
| 5:00 pm - 7:00 pm  | Bug Country Remote Broadcast. Sponsored by Hilltop Tire   |
| 5:00 pm - 9:00 pm  | Balloon Artist  |
| 6:00 pm - 6:30 pm  | Veterans-Helping-Veterans Ceremony AMVETS 2000 - Piper Chris McGurk<br>Patriot Tunes - Congressman Antonio Delgado & Assemblyman Angelo<br>Santabarbara Independence Day remarks- AMVETS 2000, Brad Schrell<br>Memorial Squad 21-Gun Salute. Entertainment Tent. FREE EVENT   |
| 7:00 pm - 9:45 pm  | True Grit Outlaws Band. Entertainment Tent. FREE EVENT  |
| 9:45 pm            | Massive Fireworks by Majestic. Underwritten by<br>the Big Bang Club & the Yerdon Foundation   |
| 10:00 pm           | Bonfire   |

NO DOGS ALLOWED IN THE PARK - VILLAGE ORDINANCE #58-14 • NO SMOKING IN THE PARK - VILLAGE ORDINANCE #168-1

**Organized by the Fort Plain Community Activity Council, or visit Facebook:  
Fort Plain Community Activity Council for complete list of events**



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## Three finalists selected for the NY AEM-Leopold Conservation Award

State Ag Commissioner Richard A. Ball recently announced the three finalists who have been selected for New York's Agricultural Environmental Management (AEM)-Leopold Conservation Award. Last year, NY's longstanding AEM Award joined forces with the nationally recognized Leopold Conservation Award® program to honor one farm, and its nominating Soil & Water Conservation District, for its outstanding efforts to promote and protect the environment through the preservation of soil and water quality while helping to ensure farm viability for future generations.

Ball said, "Congratulations to our three finalists in 2021, who are shining the spotlight on the environmental Best Management Practices (BMP) that are taking place on farms across the state every day. These family farms have long been dedicated to conservation practices that protect our precious natural resources, such as our land and our water, on their own farms and in their communities. I thank them for their leadership in this area; they are an inspiration to other landowners."

Kevin McAleese, Sand County Foundation president and CEO, said, "Recipients of this award are real life examples of conservation-minded agriculture. These hard-working families are essential to our environment, food system and rural economy."

Given in honor of renowned conservationist Aldo Leopold, the Leopold Conservation Award (LCA) recognizes farmers and forestland owners who inspire others with their dedication to land, water and wildlife habitat management on working land.

The award is presented to landowners in 22 states.

The finalists for the 2021 NY AEM-Leopold Conservation Award are:

- Greenfield Farms LLC of Skaneateles in Onondaga County: The Greenfields are fourth-generation farmers growing 1,400 acres of corn, soybeans, hay, wheat and oats. Located in the Skaneateles and Owasco Lake watersheds, the farm has adopted no-till and cover crop conservation practices to reduce erosion and build soil health. The Greenfields volunteered to be part of AEM's Whole Farm Plan process in 1994. They use variable rate technology to apply just the right amount of lime and fertilizers required to grow crops.

- Honorone Farm of Canajoharie in Montgomery County: Scott and Kathie Ryan and their son Justin operate a 90-cow dairy farm where they are committed to voluntary implementation of conservation BMP systems utilizing the AEM program. The farm's use of cover crops, reduced tillage practices and buffer areas improve soil health, reduce erosion and protect water quality. Cattle are rotationally grazed on pastures with grasses specifically selected to retain soil and provide higher quality feed.

- Table Rock Farm of Castile in Wyoming County: Meghan Hauser and Maureen De Gloyer milk 1,250 dairy cows and grow 1,800 acres of corn, hay and peas. Table Rock Farm is a long-time participant in many research studies that improve soil health and encourage conservation, including a three-year cover crop study with American Farmland Trust. Since 2003, the farm has progressed through all the tiers of the AEM program. The dairy developed an innovative manure storage system that destroys methane, a greenhouse gas.

Earlier this year, NYS Soil & Water Conservation Districts were encouraged to identify and nominate the best examples of conservation success in their district. Applications were reviewed by an independent panel of ag and conservation leaders.

Sand County Foundation, a national nonprofit conservation organization, will present the \$10,000 cash award with the support of NYS Department of Ag & Markets, AFT, CCE, the Ida and Robert Gordon Family Foundation, Farm Credit East, the NYS Agribusiness Association and USDA-NRCS.

The annual award will be presented later this summer. The farm honored will also be featured in a video promoting their award-winning conservation practices.

The first recipient of the NY AEM-Leopold Conservation Award was Sang Lee Farms of Peconic in Suffolk County in 2020.

For more information, visit [leopoldconservationaward.org](http://leopoldconservationaward.org).

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**YARD SALE:** 121 Buel Rd., Canajoharie. Many household items, TV stand, sewing machine, maple desk, rocking chair, & collectables. June 25th-26th.



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## Bat awareness

Montgomery County Public Health would like to raise awareness to residents regarding recent reports of bat exposures. Bats reside throughout New York State in both rural and urban areas. Keeping bats out of your home is a good first step in protecting yourself against rabies. Bats are just one of the carriers of rabies; other vectors include raccoons, skunks and foxes.

To bat-proof your home, use polypropylene bird netting, fly screening, sheet metal, wood or various caulking compounds to close or cover openings that allow entry to the roost. Bats like to roost in attics, behind shutters, under roofing or siding, on the underside of a porch roof, between the house and chimney, in vents, on rafters, behind hollow walls and in other sheltered

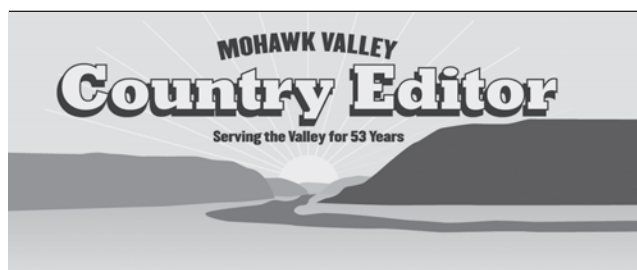
areas of homes and buildings. If you suspect bats are roosting in your house, watch for them leaving at dusk and make sure there are no more bats coming from the roost. Seal off any crevice observed, being aware that bats can enter through crevices as small as a pencil. The best time to bat-proof is late autumn through winter. Area wildlife and bat control specialists are available for hire in the surrounding area.

Bats infected with rabies quickly show signs. Avoid contact with any bat, especially one that is outdoors during the daylight, on the ground or paralyzed. Bats rarely attack humans; however, any physical contact with a rabid bat may transmit the disease. In some situations a bat bite could go undetected, such as when a bat is found in a room with a sleeping person, or next to an unattended young child or pet. If there is

any chance that contact with a bat has occurred to a person or pet, or you are not sure if contact has occurred, capture the bat without touching it. If indoors, close windows and room and closet doors, turn on lights and wait for the bat to land. Wearing heavy gloves, cover the bat with a pail, coffee can or similar container. If the bat is not captured or tests positive for rabies, every person that had a reasonable probability of exposure should receive rabies post exposure treatment as soon as possible. Immediately call Montgomery County Public Health 518.853.3531.

For a video demonstration on "How to Safely Capture a Bat" go to the NYSDOH website at [tinyurl.com/ch86ue5j](https://tinyurl.com/ch86ue5j).

For more information about protecting yourself and your family from rabies, call Montgomery County Public Health at 518.853.3531.



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## How families can give back to their communities together

Strong communities are built by strong people who recognize the importance of giving back. Children recognize when their parents give back to their communities, and often that recognition compels youngsters to want to do the same.

Volunteering as a family is a great way for parents to instill their values in their youngsters while strengthening the communities in which those children live. Volunteering also provides a host of additional, potentially surprising benefits. For example, a 2003 study from researchers at the University of Texas found that taking part in helping one's community lowers rates of depression and anxiety. In addition, research has indicated that adolescents who volunteer may perform better at school and take a more positive approach to education.

Family-friendly volunteering opportunities abound, and the following are some ways that families can give back together.

• **Feed the hungry:** The role of charitable organizations that feed those in need was highlighted during the COVID-19 pandemic. The economic fallout of the pandemic was significant, as tens of millions of people lost their jobs and, subsequently, their ability to feed themselves and their families. Local food banks stepped in to feed those families, and organizations are always in need of volunteers to help prepare, deliver and serve food. Volunteering at a local food bank or soup kitchen is a great way for

parents to show their children that they have a lot to be thankful for while instilling in them a sense of responsibility to community members in need.

• **Create art:** Art can be as beneficial to its creators as it is for those who appreciate it. That's especially so for children in relation to their development. According to a report from Americans for the Arts, art education strengthens problem-solving and critical thinking skills. Art also encourages kids to innovate, a benefit that will pay dividends throughout their lives. Art also is fun to create, and parents can turn kids' natural inclination toward fun and creativity into a way to give back to their communities. The New Jersey-based organization Color A Smile distributes cheerful drawings to senior citizens and overseas troops, among others. Adults and children can volunteer to bring smiles to the faces of strangers, all the while reaping the many benefits of engaging in art projects.

• **Nature clean-up:** Local park and beach clean-ups help to keep the great outdoors pristine and pollution-free. Such clean-ups, which are a fun way to get outdoors, also provide a great opportunity for parents to teach children about the environment and the importance of protecting it.

Whether it's helping those in need, exploring one's inner artist or helping keep local parks and beaches clean, the opportunities for families to give back together are numerous.



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## Quilt and Artisan Show

The Stone Arabia Preservation Society announces plans for the 2021 Quilt and Artisan Show. The show will be held on Friday, July 23 from 4-9 p.m. and Saturday, July 24 from 10 a.m.-4 p.m. at the Stone

Church at 5414 State Highway 10 in Palatine Bridge.

Rabbit Goody of This-tle Hill Weavers will be the keynote speaker on Friday evening at 6 p.m. Many quilts and other textile arts will be displayed.

Food vendors for Friday dinner and Saturday lunch are available. Free 'make your own' sundaes are also available.

Saturday will feature workshops on rug hooking, basketweaving, spinning and more. Kathryn Greenwood will offer quilt appraisals. Call Green-

wood to make an appointment at 518.370.1667.

Local artisans feature wooden flags, red work embroidery, watercolor artists and wood workers.

For more information or questions call 518.774.1998 or 518.993.4983.

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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@leepub.com](mailto:cfeditor@leepub.com)**

### July 3

Fort Klock, 7214 State Route 5, St. Johnsville. Call 518.568.7779.

**Erie Canalway National Heritage Corridor** 7 a.m. to 1 p.m. Launching from the Schoharie Aqueduct Boat-launch, arriving at Riverlink Park in Amsterdam. Find out more by contacting: [www.eriecanalway.org](http://www.eriecanalway.org).

### 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).

### July 4

Join us at the Fort for our **Annual Strawberry Festival** the reading of the Declaration of Independence 12-4 p.m. Fort Klock, 7214 State Route 5, St. Johnsville. Call 518.568.7779.

### July 30

**Stone Soup Concert** 7 p.m. Fort Klock, 7214 State Route 5, St. Johnsville. Call 518.568.7779.

### July 17

**Cycle the Erie Canal PitStop at Schoharie Crossing** 8 a.m.-12 p.m. at the Visitor Center & along the site.

### July 23 and 24

**Stone Arabia Preservation Society Quilt and Artisan Show.** Friday 4-9 p.m. Saturday 10 a.m.-4 p.m. At the Stone Church, 5414 State Hwy. 10, Palatine Bridge. For more info or questions call 518.774.1998 or 518.993.4983.

### July 24

**Moses Quinby Beekeeping Conference and Public Field Day**

**Paddle the Mohawk Valley with The**

### August 7

### August 6 - 8

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

### August 3-5

**Young Pioneers Program.** This day program offers youth ages 9-13 an opportunity to experience a bit of colonial life first hand. Fort Klock, 7214 State Route 5, St. Johnsville. Call 518.568.7779.

### September 11-12

**47th Annual Fort Klock Craft Fair** 9 a.m. - 4 p.m. Saturday and Sunday 10 a.m.-3 p.m. Fort Klock, 7214 State Route 5, St. Johnsville. Call 518.568.7779.

### 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.

### December 5

**St. Nicholas Day** 12-3 p.m. Fort Klock, 7214 State Route 5, St. Johnsville. Call 518.568.7779.

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**LOOKING FOR RIDE** from Canajoharie to Amsterdam train station round trip to visit family. Willing to pay \$100.00. For more info please call 609-254-5804

**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](mailto:mosesquinby62@gmail.com)

**SHEETROCK ON SALE!** - ½" x 4'x8', 10', 12' and 14'. Also ½" x 4' x 8' moisture resistant and 5/8" x 4'x8', 10', & 12' fire code. Joint compound, tape, dry-wall screws and primer available to complete the job. - C.H. BURKDORF & SON, 35 Hough St., St. Johnsville 518-568-7016

**CLEANING LADY WANTED.** Maximum 3 hours per week, \$15/hour. Located in Johnstown. 518-448-9878

**CAREGIVER:** Female full-time; three days on, four days off; Fort Plain area VNA agency. 518-857-5215 leave message



# 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. & Wed. Eve. Service 6pm,  
Youth Group Wed. 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: [churchgoodshep26@gmail.com](mailto:churchgoodshep26@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  
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

**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  
Sunday School  
Mid-September to May 9:30am  
Worship  
September till end of May 11:00am  
June till end of August 10:00am

**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, 9:30am;  
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,  
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

**The Time for  
Truth Ministries**  
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

by Andrea Knepper,  
Extension Master  
Gardener Intern,

University of Vermont  
Have you been bitten  
by the gardening bug

## Growing a themed garden

but aren't sure where to start? Picking a theme such as a salad bar garden or salsa garden can help narrow down choices and focus your planning. How about growing a pizza garden with all your favorite ingredients and toppings?

for vegetables and herbs.

Before you start thinking about plants, decide where you're going to put your garden bed. Try to find a location that receives full sun, which means the site gets at least six hours of direct sunlight per day. Keep in

the average dates of the first and last frost in your area.

Next, make a list of things you like. Don't limit yourself to thinking just about gardens and plants. Include everything from colors and activities to food and drink.

at [go.uvm.edu/gardening-resources](http://go.uvm.edu/gardening-resources). This site has many informational articles for all gardeners, including tips for growing plants and troubleshooting.

Once you've selected and purchased your plants, keep any information that

### The Cherry Valley-Springfield School District

**is accepting applications for Full-Time Bus Drivers and Part-Time Bus Monitors.**

Applications are available online at [www.cvscs.org](http://www.cvscs.org) or by calling (607) 264-9332, ext 501

EOE

### Moses Quinby Beekeeping Conference & Public Field Day

**Saturday, July 24  
10 a.m. - 4 p.m.  
Fort Klock  
(rain or shine)**

**Vendor Slots  
Still Available**

Speakers, including Dr. Tom Seeley, Cornell, internationally renowned recipient of the Humboldt Prize. Admission is free, but call to reserve a seat.

Craft and food vendors. Bee- and butterfly-attracting perennials for sale. Basket raffle.

Music (bring your own chairs).

Fun for kids. Bee dancing, build-a-bee ice cream sundaes and more.

For information, reservations and craft & food vendor applications, call (518) 599-2450 or email [mosesquinby62@gmail.com](mailto:mosesquinby62@gmail.com).



A pizza-themed garden, which includes tomatoes and other ingredients to make pizza, is a fun way to get kids interested in gardening.

Photo courtesy of Kie-ker/Pixabay

Choosing a theme can minimize frustration when visiting the garden center and being overwhelmed by all the beautiful, interesting choices

mind that the hours of direct sunlight can change over the course of the growing season.

Raised beds are a great choice for beginning gardeners. One or two 4-ft. x 4-ft. beds is a nice size to get started. Containers are another great option. A five-gallon bucket is a great size for a tomato plant. You can use smaller containers for other plants or combine some smaller plants in a large container. Grow bags are another inexpensive choice.

Know the first and last frost dates for your area to plan accordingly. You can search the National Gardening Association's website ([garden.org/apps/frost-dates](http://garden.org/apps/frost-dates)) or check the websites of garden and seed companies. Many have online search generators where you can put in your zip code to get

Do you love to make pizza with your family? Let's go through the planning process for this themed garden. The same process can be applied for other themed gardens.

Brainstorm ingredients you might need for your pizza. Think of everything from sauce to toppings to garnishes. Your list may be extensive and include tomatoes, peppers, eggplant, zucchini, spinach and basil.

Narrow down your ideas by researching space and sunlight requirements, and days to maturity to make your selections. Take your list to your local garden center for help choosing suitable varieties.

You also should check out the University of Vermont Extension Master Gardener gardening resources website

comes with the plant. Stick the plastic tag in the ground next to the plant, write the information in a notebook or make your own tag noting the variety name.

Plant your seeds or starts carefully, ensuring they have enough space. Make sure larger plants won't shade smaller plants later in the season. The little seedlings you plant now will grow tremendously over time.

Water your garden regularly and keep the weeds to a minimum. Consider using an organic fertilizer or adding compost during the growing season. Check your plant tags for any additional care your plant might need.

Soon enough, you'll have tomatoes for sauce, basil for pesto and several pizza-topping options you grew yourself!



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## Protect pets in hot weather

Warm weather brings many changes. Warm weather can make travel more enjoyable and affords people more time to comfortably enjoy the great outdoors.

It's best to keep safety in mind when soaking up the sun. That's important for all members of the family, including pets. Cats and dogs are as susceptible to heat-related illnesses as their human companions.

### Recognize heat stroke

Pets can suffer from heat stroke, according to the American Red Cross. Certain breeds of dogs are highly susceptible, particularly those with short snouts, such as pugs and bulldogs. Excessive exercise in hot weather, lack of appropriate shelter outdoors and leaving a dog in a hot car may precipitate an episode of heat stroke. It's important to get the pet out of direct heat right away and check for signs of shock, which include seizures, a body temperature of 104° F or higher, stupor, increased heart rate, or excessive panting. Placing water-soaked towels on the pet's feet, head, neck and abdomen can bring down its temperature.

### Be cautious of hot surfaces

Humans wear shoes on their feet for protection, but pets do not have that luxury. Think about how hot your feet can feel when you scurry barefoot across hot sand en route to the shoreline or to cross a deck to get to the pool. When the sun beats down on surfaces, those surface temperatures rise quickly. According to a 2010 study by Liberty Home and Pet Services, at peak

afternoon sun and an ambient temperature of 95° F in southern Florida, the temperature of cement was measured at 125° F, red brick at 135° F, blacktop at 140° F, and grass at 102° F. Individuals who think a car is safer for their dog or cat may be surprised the informal study measured 152° F on seat surfaces.

### Provide extra water

It's likely you will need to fill your pets' water bowls more frequently in warm weather than during other times of the year. Be sure to provide constant access to fresh water, even for young puppies that may be learning to house train.

### Avoid cutting fur too short

If a veterinarian suggests a hair cut may be beneficial for keeping a pet cool or comfortable, resist the urge to shave down to the skin. Having at least one inch of fur will protect the pet from sunburn.

### Outdoor hazards

Warm weather may bring out a high number of insects and wildlife. Use a flea and tick preventative product and medication to protect against diseases. Snakes, skunks, raccoons, foxes and other animals may be roaming around, and a scuffle with your pet can result in injury.

Pets need extra care during the warm weather to avoid damage and sickness from the sun, heat and more.

*Cats and dogs are as susceptible to heat-related illnesses as their human companions.*



# PICK UP SOME ESSENTIALS FOR THE 4TH OF JULY!



**SALE**  
**\$13.99**

**U.S. Flag Set,**  
Display your true patriotism with this American Flag Set.  
535813



**SALE**  
**\$69.99**

**Shade Tech One,**  
The Quik Shade 10 ft. x 10 ft.  
259006



**SALE**  
**\$5.99**

**Americana Bamboo**  
Americana Torch - red/white/blue. Full size.  
822716



**SALE**  
**\$39.99**

**Propane Tank,**  
20-lb propane tank features scalloped footing, gray  
497016

**THREE CHEERS FOR CELEBRATIONS!**



**SALE**  
**\$389.00**

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Open the door to the world of grilling.  
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Canajoharie, NY 13317  
518-673-3197

**2017 IRON 883 Harley Davidson**  
9,000 Miles, Brand New HD Tires & Battery, Brand New Vance & Hines Exhaust, Harley Power Commander, just serviced at Hulton Speed Sports

Ready to Ride • **\$7,000 OBO**  
**315-867-4928 • 518-227-3258**

**Brooks House of BBQ**

Come Support your Local VFW Post 3275 with a Brooks BBQ fundraiser  
30 River St., Fort Plain

**June 26, 2021**

**Curbside Pick Up**  
**12-3 or Until Sold Old Out!**  
**Chicken Dinner \$13 Meals ONLY**  
**Rib Dinner \$14 Meals ONLY**

### Ingredients

- 8 cups popped popcorn
- 1 1/2 cups old-fashioned rolled oats
- 1 cup dried blueberries
- 1/2 cup pomegranate seeds
- 1/2 cup whole natural almonds, toasted and coarsely chopped
- 2/3 cup honey
- 2/3 cup light brown sugar
- 2 tablespoons butter or margarine
- 6 ounces bittersweet chocolate, melted

### Directions

- Line 13x9-inch pan with foil; spray with cooking spray.
- Combine popcorn, oats, blueberries, pomegranate seeds and almonds in large bowl.
- Combine honey, brown sugar and butter in small saucepan; cook over low heat to boiling; boil 2 minutes. Pour over popcorn mixture and mix thoroughly.
- Using damp hands, press mixture firmly into prepared pan. Refrigerate until firm, about 2 hours. Cut into 12 bars.
- Dip bottoms of bars into melted chocolate. Place on wax paper lined pan; refrigerate until ready to serve. Store in tight covered container in refrigerator.



The antioxidant properties of blueberry and pomegranate mix with whole grain fibrous popcorn for a power bar that's perfect on the go.  
Picture courtesy of The Popcorn Board

## How families can comfortably share close quarters

As the COVID-19 pandemic stretched on, families had to adapt to changing situations. Quarantine proved challenging even for the most resilient people, and families sharing close quarters had to find ways to stay calm and comfortable under one roof.

During the pandemic, families have spent more time together thanks to school closures, remote working and social distancing restrictions that limited contact between people who live in different households. The home improvement re-

source BobVila.com says the average home in the U.S. is around 1,760 square feet, but when everyone is clamoring for a spot to spend most of their days, even the most expansive home can begin to feel a bit too confined. The following are some ways families can live comfortably when sharing close quarters for extended periods of time.

- **Designate personal spaces.** Bedrooms can be private respites, but they're not necessarily the best places for people to spend the majority of their time. Try to create

nooks that family members can call their own, like a man cave in the garage or a desk in a spare room for school lessons.

- **Designate times for common areas.** Make a schedule that designates spaces for specific times, particularly for those who may need uninterrupted study or work periods.

- **Establish defined routines.** Stick to a routine so that everyone at home knows what to expect and when. Parents can work around children's school schedules when they know how school days are arranged. Children can avoid interrupting meetings if they realize that meetings occur at the same time each day. Set break times for meals so everyone can take a break and spend time together each day.

- **Voice concerns and keep communication open.** Family members should be able to freely express frustrations, anger or even fear of situations without being judged, according to the wellness resource Step to Health.

Make sure everyone in the home recognizes others' feelings are valid.

- **Get out when you can.** Family

members can opt for safe interactions with friends or peers when needed. Engaging in conversation or getting a perspective from someone outside of the home can be beneficial. Even a short stroll alone outdoors can help to reduce stress. Parents of young children may want to establish a "quaranteam" with other caregivers so they can get a respite outside the home and leave the kids with trusted help.

- **Use this as an opportunity to grow.** Spending more time together can be beneficial. Use the time together to make meals as a family, talk more, engage in family game nights, and build stronger relationships.

Some patience and cooperation can help families make the most of spending so much time together at home.

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## Securing a trustworthy pet sitter

Welcoming a pet of any  
kind into a home can be  
a lesson in love as well as  
one in responsibility. Pet  
owners must take vari-  
ous steps to ensure the  
safety and well being of a  
companion animal, and  
that includes providing  
for that animal while on  
vacation.

How long pets can re-  
main at home alone de-  
pends on the pet, its age  
and its overall health. For  
example, an aquarium  
full of fish may be able to  
thrive for a week with the  
assistance of an automat-  
ic feeder. Dogs, however,  
will need daily bathroom  
breaks and feedings, said  
the Animal Humane So-  
ciety. Adult dogs may  
be able to 'hold it' for 10  
to 12 hours, but young  
puppies and elderly dogs  
likely need more frequent  
breaks outside.

Feeding and cleaning  
up pet waste is not the  
only consideration. Some  
animals require much  
more socialization than  
others.

Pet sitters can address  
pets' needs while their  
owners are away. But  
finding one that will care  
for a pet like he or she is  
a member of the family  
can take some time and  
effort. Hill's Pet Nutrition  
suggested beginning the  
process of finding a pet  
sitter by making a list of  
needs. Considerations to

include are whether the  
pet sitter should be in  
one's home or if the pet  
is to be brought to a pet  
care facility or a private  
sitter's residence. The  
pet may have particu-  
lar health care require-  
ments that also need to  
be addressed, such as a  
dog who requires insulin  
shots for diabetes.

While friends and fami-  
ly may be the first choices  
as pet sitters, there are  
benefits to using profes-  
sional pet sitters. A pro-  
fessional sitter is prop-  
erly trained in the care of  
many different animals,  
according to Pet Sitters  
International. He or she  
may have a local busi-  
ness license and be in-  
sured and bonded. Pro-  
fessional sitters are likely  
to make the pet a priority  
more than hobbyists or  
well-meaning acquaint-  
ances because caring  
for pets is how they earn  
their livings.

Personal recommenda-  
tions can be an effective  
means to finding reliable  
pet sitters. Pet owners  
can interview candidates,  
asking questions about  
experience with this type  
of pet, how he or she han-  
dles the breed and tem-  
perament, and what the  
plan might be if the pet  
gets sick or injured while  
in the pet sitter's care.

Pet sitters provide  
valuable services when

pet owners are away from home. Vetting pet sitters takes a little time, but that effort is well worth it.

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# Delicious DAIRY

## Kefir is a nutrient-dense dairy product

**D**airy offers a bevy of nutritional benefits that have been well documented throughout the years. Dairy is a great source of calcium, which bodies need to develop and maintain strong bones and teeth. Milk, cheese and yogurt are popular sources of dairy, but kefir is another dairy product you may want to explore.

Kefir is a cultured milk beverage that is formed by fermenting milk with a starter culture of key bacteria and yeasts. While North Americans may not be entirely familiar with kefir, it has been popular in Eastern Europe, the Middle East and parts of the Mediterranean for centuries. Kefir is formed by mixing a culture of yeasts and bacteria, called kefir grains, with milk. The kefir grains, which form a substance that looks something like cauliflower, will ferment the milk. As the milk ferments, it froths and thickens. The beverage will take on a sour flavor and sometimes it can be left to ferment longer and turn into an alcoholic beverage. Often kefir is mixed with other ingredients to make it sweeter and more palatable.

Kefir was traditionally made with camel, sheep, goat, or cow milk. Kefir grains would be added to the milk stored inside a skin bag that would be hung by a doorway. The bag would be shaken by anyone coming through the doorway to constantly mix the milk and kefir grains together. It could take up to 18 hours for the kefir beverage to fully mature at room temperature.

Although both kefir and yogurt are cultured milk products, they do have some differences. Kefir contains several major strains of body-friendly bacteria that are not commonly found in

yogurt. These include *Lactobacillus* Caucasus, *Leuconostoc*, *Acetobacter*, and *Streptococcus*. Some research indicates that kefir can actually colonize the intestinal tract, creating beneficial probiotics that are efficient at resisting intestinal parasites and pathogens, such as *E. coli*. Kefir also contains highly beneficial yeasts. Some have touted kefir as being one of the most potent probiotic foods available.

According to a 2011 article in the *Journal of Dairy Science*, the healthy bacteria in kefir can improve digestive issues and also may help in treating colitis by regulating the inflammatory response of cells in the intestines. Furthermore, components in kefir may play other roles in allergic response and inflammation as they relate to immune system disorders.

Many stores now stock kefir in their dairy departments alongside milk, cheese and yogurt. Those who cannot find kefir can make their own quite easily. Kefir grains can be purchased online and then mixed with dairy products of one's choosing. Kefir also can be made from "alternative" milk sources for those who have lactose intolerance. Soy, almond and coconut milks also can be used to provide many of the probiotic benefits found in dairy kefir.

Kefir can be added to smoothies, cereals or consumed as-is. It also can be made into kefir cheese. Many people find it easy to substitute kefir for yogurt, sour cream and even buttermilk in some recipes.

A good source of vitamins, minerals, probiotics, and other compounds that can improve intestinal and overall health, kefir may be a dairy product worth considering.

## Dairy Month celebrated by fourth-generation farmer



Natalie Fredericks

"My name is Natalie Fredericks, and I am the fourth generation of my family to be a part of the ever-changing dairy industry right here in Herkimer County. From my late great-grandfather Ed, my grandfather Allen, my father Chris and now myself, I am proud to say we share a love for the dairy industry, agriculture and all that it has to offer."

Fredericks is a senior at Little Falls High School and is attending BOCES for the cosmetology program. She is active in 4-H, OHM Junior Holstein Club and New York Junior Holstein Association, holding the position of the Education Chair. She has been recognized as a finalist for the National Holstein Association USA as a Distinguished Junior Member.

On her family farm, Insight Dairy LLC, she can be found feeding calves, taking care of the fresh cows and operating various farm equipment. She enjoys showing her registered Holsteins during the summer.

She loves being able to promote the dairy industry and knows she is fortunate to be able to grow up on a farm.

If you have an event that you would like to have the Herkimer County Dairy Princess and her Court attend, contact Jessica Hula-Fredericks at 315.868.5690.



## Tribute to Local Dairy Farmers

A message of thanks from *Mohawk Valley Country Editor*.

Thanks, dairy farmers, for producing the healthy and delicious dairy products that grace America's tables!

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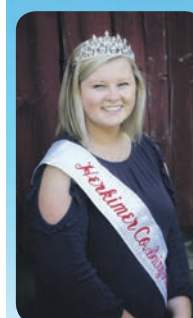
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2021-2022 Herkimer County  
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by Keith Roach, M.D.

### Dust Mite Allergy Triggers Cough

**Dear Dr. Roach:** For months, I have had a persistent cough that I have been unable to get help with. I saw an allergist about three years ago and was told I am allergic to dust mites. I was first referred to a lung doctor where X-rays showed that my cheek sinus drains were completely blocked, and then to an ear, nose and throat doctor, who also confirmed this diagnosis.

This ENT doctor recommended I have surgery to unblock the drains and clear out the sinus area. I understand that sinus drainage can cause coughing and wonder if this would still make me cough. I sometimes cough until I can cough up something, and this seems to stop my cough for a while. I was using a nasal rinse for a while until about two weeks ago when it caused my nose to bleed. The ENT doctor prescribed antibiotics and oral steroids that did not make any difference. It doesn't seem to make any difference whether I'm home or sitting in the doctor's office, I'm still coughing. What is the best way to deal with dust mite allergy? - J.S.

**Answer:** There are many causes of chronic cough, but postnasal drip is at the top of the list. Dust mites are indeed a common allergen, and symptoms may include runny nose, watery eyes, sneezing and cough from postnasal drip. Specific treatment for dust mites should include physical barriers, such as covers for pillows and mattresses, and sometimes for other soft surfaces, like furniture cushions, but this is only part of an effective strategy. Removing as many fabrics as possible (draperies, carpets, stuffed children's toys) where dust mites can live is essential. Regular cleaning is necessary, and high efficiency particulate air (HEPA) filters for vacuuming have been shown to reduce dust mites. A low-humidity environment can be very effective in discouraging dust mites, and cooler air - especially at night - can reduce irritation of nasal passages caused by dry air. Many interventions for a prolonged period are necessary to reduce dust mite infestation and the symptoms associated with them.

This is critical, because the issue of the sinuses is probably secondary to ongoing allergic exposure. Fixing your sinuses will not fix your ongoing symptoms. Without control of the allergens, you will continue to have symptoms and may even develop sinus blockages again, no matter how good a job the surgeon does on your sinuses.

## To your good health

**Dear Dr. Roach:** I am 90 years old. My husband and I donated blood as often as needed, over 100 times, but last week my doctor said I tested positive for syphilis. I about fell off my chair. I haven't slept for four nights. Have you ever heard of this? - E.

**Answer:** The screening test for syphilis, called the VDRL or RPR test, is not particularly accurate. About 1-2% of people will have a false positive result. Meaning, the test is positive but they do not have syphilis. There are many possible causes, such as infection and autoimmune disease, like lupus, but some people, particularly older people, will have a positive test for no identifiable reason.

In your case, I am sure it is a false positive, but your doctor may do a more specific test, such as an FTA-ABS, to be 100% sure. You shouldn't let it keep you awake at night.

*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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## Bible trivia

by Wilson Casey

1. Is the book of Habakkuk in the Old or New

Testament or neither?

2. From 2 Samuel, who asked, "How are the mighty fallen, and the weapons of war perished?"? Saul, Simon, David, Peter

3. Who said, "I have heard many such things; miserable comforters are ye all?" Samson, Goliath, Devil, Job

4. From the Beatitudes, who shall be called the sons of God? Hungry, Peacemakers, Merciful, Lonely

5. What Jewish lady became queen of Persia? Abigail, Sarah, Esther, Ruth

6. Who's biblical name means "God is judge"? Titus, Festus, David, Daniel

Answers: 1) Old; 2) David; 3) Job; 4) Peacemakers; 5) Esther; 6) Daniel

"Test Your Bible Knowledge," a book with 1,206 multiple-choice questions by columnist Wilson Casey, is available in stores and online.

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### Ingredients

5 cups popped popcorn  
1/2 cup honey roasted peanuts or peanuts  
1/4 cup peanut butter  
1 tablespoon butter  
1 teaspoon honey  
1 teaspoon brown sugar  
1 teaspoon hot pepper sauce (or to taste)  
1/4 teaspoon salt  
1/4 teaspoon red pepper flakes (or to taste)

### Directions

- Preheat oven to 300° Fahrenheit.
- Place popcorn in a large bowl. Scatter peanuts over top; set aside.
- Stir together peanut butter, butter, honey, brown sugar, and hot sauce in a small, microwave safe bowl. Heat in microwave about 30 seconds. Stir to blend.

## Sweet chili and peanut popcorn

• Drizzle the peanut butter sauce over the popcorn. With a large spoon, stir popcorn until evenly coated. Spread mixture onto a rimmed baking sheet and bake 15 minutes or until lightly browned. Allow popcorn to cool and serve immediately.

### Nutrition Facts

Per 1 cup:  
220 calories  
18 g total fat  
4 g saturated fat  
5 mg cholesterol  
270 mg sodium  
13 g carbohydrates  
1 g fiber  
5 g sugar  
7 g protein  
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Sweet chili and peanut popcorn.  
Photo courtesy of The Popcorn Board.

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## Good housekeeping

### Crunchy Carrot Coleslaw

Using bags of pre-shredded cabbage and carrots gets you out of the kitchen in minutes.

### Ingredients:

1/3 cup fresh orange juice  
1/4 cup apple cider vinegar  
2 tablespoons sugar  
2 tablespoons Dijon mustard  
1 tablespoon vegetable oil  
1 teaspoon salt  
1/4 teaspoon dried mint  
1/8 teaspoon ground red pepper (cayenne)  
1 bag (16 ounces) shredded cabbage mix for coleslaw  
1 bag (10 ounces) shredded carrots

### Directions:

In large bowl, with wire whisk, mix orange juice, vinegar, sugar, mustard, oil, salt, mint and ground red pepper until blended. Add cabbage and carrots; toss well. Serve slaw at room temperature, or cover and refrigerate until ready to serve. Makes about 10 cups or 8 accompaniment servings.

\* Each serving: About 65 calories, 1g protein, 12g carbohydrate, 2g total fat, 2g fiber, 385mg sodium.

## Natural tick repellents to protect pooches

Lyme disease is a significant concern for people across the country. According to an analysis of insurance records by the CDC, each year approximately 476,000 Americans are diagnosed and treated for Lyme disease. But Lyme disease is not the only tick-borne problem. Data from the CDC say instances of Rocky Mountain spotted fever and anaplasmosis grew by 244% and 396%, respectively, between 2009 and 2017.

Blacklegged ticks are typically the culprits in disease transmission. When this tick latches on to a host, bacteria that causes Lyme and other diseases can be transmitted if the tick remains attached for 36 to 48 hours or more. Ticks will attach themselves to any moving living target, including people. But individuals who own dogs may be at increased risk because dogs often bring ticks indoors. Dogs as well as humans can be susceptible to the same tick-borne illnesses.

Pet parents are urged to use some sort of flea and tick preventative medication for their companion animals. But it's important that pet owners recognize that many such products will defend against ticks only after they've latched onto a host. According to the Hills company, a pet food manufacturer, oral and topical tick medications work by killing ticks through doses of certain compounds that are not potent enough to harm most pets, but are effective at terminating ticks. Many flea and tick products do not repel parasites. Therefore, pet owners may want to take added measures to keep ticks off of their pets. While it is best to discuss all-natural tick repellents for dogs with a vet, these methods are generally considered safe.

• **Turmeric oil:** A 2018 study published in Ticks and Tick Borne Diseases indicated turmeric oil was effective in keeping ticks



*Pet parents are urged to use some sort of flea and tick preventative medication for their companion animals.*

from hanging onto a dog's coat. The percentage of dogs with ticks attached to the legs or belly who were sprayed with turmeric oil suspension was significantly lower than that of unsprayed dogs and dogs sprayed with an orange oil suspension.

• **Geranium oil:** Gardeners have long relied on geraniums as natural repellents against many pests. The plant has a woody, musky fragrance. A 2013 study published in the Journal of Agricultural and Food Chemistry found the oil has repellent activity against nymphs of the Lone Star tick.

• **Pyrethrins/Pyrethroids:** These are a group of botanical insecticides that work by altering the nerve function in insects, resulting in death of the parasite. Compounds are extracted from chrysanthemum flowers. Low toxicity means they can be applied directly to a pet's coat, according to the pet

health resource PetMD.

The pet guide Top Dog Tips suggests other natural oils like lavender, peppermint, citrus, rose, basil, cinnamon and lemongrass can be effective tick repellents for dogs. Dilute these oils in wa-

ter or a carrier-oil like olive oil before spraying on a pet. While many of these repellents are effective, nothing is 100% foolproof, so individuals should always check pets (and themselves) after being in tick territory.

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## KIRKPATRICK LAW OFFICE OFFICE CLOSING AS OF JUNE 30, 2021

All clients who have left original Wills with us are urged to stop at the office on Wednesday, June 23rd or 30th to pick up your Will.

After June 30th all Wills will be delivered to the Montgomery County Surrogate's Court in Fonda for safekeeping.

Thereafter, you or your attorney should contact the Court directly to obtain your Will.

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## What to know about outdoor living spaces

Home trends come and go. What was popular as recently as a decade ago may have lost some luster in the eyes of today's homebuyers. Though that's historically been the case in regard to real estate, outdoor living rooms are one relatively recent home trend that figures to have a longer shelf life, especially in the aftermath of a global pandemic during which people were encouraged to stay home as much as possible.

Real estate professionals and organizations like the National Association of Home Builders note the popularity of

outdoor living spaces among prospective homebuyers, and how that popularity has grown in recent years. Outdoor living rooms not only appeal to potential buyers; they also serve as a means for current homeowners to get more out of their properties. Homeowners mulling outdoor living space projects should consider various factors before deciding to go ahead with a project.

• **Cost:** The home renovation resource HomeAdvisor estimates that the average cost of an outdoor living space is around \$7,600. That cost can easily go up de-

pending on where homeowners live and the features they want to have in their outdoor living spaces. For example, including a built-in fire pit in an outdoor living space will cost more than purchasing a stand-alone fire pit that can be picked up and moved. But many homeowners feel a built-in fire pit makes an outdoor living space even more special.

• **Return on investment:** Return on investment is another factor for homeowners to consider as they try to decide if they should install outdoor living spaces and how to design those areas. Much conflicting data about the ROI on outdoor kitchens can be found online, but many trusted real estate organizations report that such additions do not mesmerize prospective buyers. Data from the American Institute of Architects indicates that outdoor kitchens are routinely ranked among the least desirable home features, which means homeowners should not expect sub-

stantial ROI when selling their homes. But that built-in fire pit? Estimates from the National Association of Realtors suggest fire features recover around 67% of homeowners' initial investment. In addition, 83% of homeowners surveyed by the NAR who had installed fire features said they had a greater desire to be home after completing the project.

• **Space:** An outdoor living space may only be as relaxing as the space allows. The proximity of neighbors may affect privacy levels, which can make it hard to enjoy movie night outdoors or curl up to quietly read a good book. In addition, landscaping also may need to be addressed if drainage is an issue in the backyard. That can add to the cost, and drainage concerns may limit the materials homeowners can work with.

Outdoor living spaces are popular. Homeowners must consider various factors before deciding if such spaces are for them.



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# National Black Cow Day

Submitted by Susquehanna County Dairy Ambassador Morgan Tweed

The title of this article may be a bit deceiving due to the fact that it's not actually about black cows. When I first saw the title I was excited but then I read it and I was surprised. A black cow

is another name for root beer floats and National Black Cow Day is celebrated on June 10 each year.  
Hello everyone, I'm Morgan Tweed, a Susquehanna County Dairy Ambassador.  
Frank J. Wisner gets the credit for

inventing the black cow in August of 1893. When working one night he happened to look out at Cow Mountain and saw the moon shining on the snow capped mountains. This reminded him of a scoop of vanilla ice cream. He ran back home and put a scoop of vanilla ice cream in a cup of root beer and was in awe when he tasted it. He knew it would be a hit and oh boy, he was right. Frank wanted to name his invention the "Black Cow Mountain" but the local kids shortened it to "Black Cow."  
Now that you've heard the story of

how root beer floats were invented, how about we make one? Grab some vanilla ice cream, a cup and some root beer. Put one, two or three scoops of vanilla ice cream in your cup then simply just pour root beer over it to the top of your cup. Just like that you made yourself a "Black Cow."  
Here is a friendly reminder to get your three servings of dairy each day. Since you already had your "Black Cow" you're partway there. Throughout the day add some milk, cheese or yogurt to get your three servings.



Susquehanna County Dairy Ambassador Morgan Tweed.



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Canajoharie  
STREET FAIR

SATURDAY, SEPTEMBER 11<sup>TH</sup> 2021

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

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## Prevent pets from wandering

Wandering is a common complaint among pet parents. Cats, dogs and animals in the wild naturally wander to claim

new territory, find greater comfort and even seek out mates. However, companion animals that wander can land themselves

in hot water. Some may scuffle with feral animals, while others may be permanently lost or suffer severe injuries.

In 2012, the American Society for the Prevention

of Cruelty to Animals surveyed 1,015 households that had cared for a dog or cat within the past five years. 15% of participants had lost a dog or cat in the past five years.

Pet owners can employ various strategies to keep their pets safe at home.

### Fencing

Physical fences can provide barriers from egress, but they aren't

### Spaying and neutering

Avoid pets wandering to find a mate by having pets spayed and neutered. This will greatly reduce the urge to roam and also may cut down

### 18<sup>th</sup> Annual Ayres Memorial Animal Shelter Golf Tournament

**Saturday, July 17, 2021**

at The Canajoharie Golf & Country Club

154 Golf Club Rd., Canajoharie

**\$60 per person (CGCC member) • \$75 per person (non-member)**  
4 player scramble

Fee includes: 18 holes of golf & cart usage, Tournament fee, donation to shelter & lunch after tournament.

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Pet owners can employ various strategies to keep their pets safe at home.

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foolproof. Some pets can get under or over fences, which means additional precautions may be needed. Pet owners can try burying chicken wire under the ground at the base of the fence or install a tall or smooth-faced fence that cannot be jumped or scaled.

### Wireless pet containment system

Wireless systems use sensors on pet collars that are triggered when pets breach the perimeter barrier set on the fences. Certain systems use an audible correction on the collar, while others may employ a static correction that is startling but not harmful.

on other nuisance behaviors such as urine marking or baying. Generally, vets recommend desexing animals before they are able to breed, which also reduces overpopulation.

### Designate a safe room

Pets may attempt to escape when they hear loud noises or become confused. This may occur during a house party, when fireworks are going off or even during thunderstorms. During storms or celebrations, keep a skittish pet in a dark, quiet room with comforting bedding and toys.

These strategies can reduce instances of pets wandering away from home.

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# Protect your parks: Four ways to keep facilities clean

Parks have long been popular places to congregate. Many parks offer various amenities - from walking or biking trails National Geographic, Leave No Trace is a set of environmental ethics for interacting with the great outdoors. It follows guide- it alone instead of picking it up can lead to environmental issues, including negative effects on local water supplies. It also parks means the potential for more trash and damage. Everyone can do his or her part to keep parks clean and enjoyable.



There are four effective strategies for individuals to keep parks clean.

to dog runs to fitness areas. And while thousands of individuals and families visit parks each year, when the COVID-19 pandemic was declared in early 2020, parks provided an escape for those who were unable to gather at indoor recreational facilities.

Even though parks offered safe places to have fun outdoors when other options were limited, the pandemic affected the way the parks were managed due to budget cuts and reduced staff. This, coupled with a surge in visitors that continues today, only underscores the importance of all outdoor enthusiasts doing what they can to keep parks clean. The following are four effective strategies for individuals to follow.

**1. Leave no trace**  
According to

lines for using parks in thoughtful, sustainable ways. In addition to carry in/carry out policies for belongings and trash, Leave No Trace components involve making an effort not to disturb any plants and animals, hiking in appropriate areas, and using care when camping. More information about the Leave No Trace movement is available at [lnt.org](http://lnt.org).

**2. Manage pet waste**  
The Environmental Protection Agency estimates that, in the US, pet dogs produce more than eight billion pounds of feces each year, which equates to three-quarters of a pound per dog every day. Dog waste can contain bacteria and even cryptosporidium, a parasite that infects humans. Even though animal waste is organic, leaving

smells bad and attracts flies and vermin. It's important for park visitors to pick up after their companion animals.

**3. Reduce waste**  
It can take roughly 450 years for a plastic water bottle to biodegrade. Even if they finally break down, bottles made from polyethylene terephthalate (PET) can leave toxins in the soil and threaten fresh water. Use a reusable bottle instead of a single-use alternative when visiting the park. If plastic bottles must be used, be sure to place them in recycling containers around the park.

**4. Volunteer**  
Individuals can volunteer to pick up trash at their local parks. Various conservation groups and organizations organize trash pick-up events each year. Increased usage of

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Principal: David White

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June, 2021

Preparations are currently under way for Faith Bible Academy to begin its 49th year of operation this September. The private Christian school, located two miles north of the village of Carlisle on Carlisle Road is a ministry of Faith Bible Church. David White, principal notes that applications are currently being received. For information concerning the academy, interested persons should contact the school at (518) 234-3497.

Faith Bible Academy admits students of any race to all the rights, privileges, programs, and activities generally accorded or made available to students the academy. Faith Bible Academy does not discriminate on the basis of race in the administration of its educational policies, admissions policies, and other school administered programs.



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# 4th of July

# Coffee Break

Home Country  
by Slim Randles



There’s something about the freedom of a motorcycle ride ... the wind blowing through your hair, passing mere cars at light speed, mosquitoes splattered against your grin. I guess that was why.

But why would ol’ Dingle let Dewey Decker take his motorcycle out for a spin?

“Hey, I was right there,” Dingle said later. “I told him not to go past the neighbor’s mailbox, and I’d shown him how to run the thing. It’s not like he wasn’t supervised.”

But Dewey?

The problem is, Dewey has ... occurrences. A Dewey Occurrence (and the capital letters are on purpose here) normally consists of something so out of the ordinary happening to him that it would be virtually impossible to happen to someone else. Like the time he got his father’s pickup truck stuck in the mud. During a drought. In the only mud puddle in the county. If Dewey drove a car in the Indianapolis 500, it would be hit ... by a meteor. If Dewey took the podium to conduct the high school band on the football field at half time, the podium would disappear into quicksand. If Dewey had been a soldier in World War II, we’d all be speaking German.

So allowing Dewey to ride a motorcycle ... even as far as the neighbor’s mailbox ... comes perilously close to being a crime against humanity.

You don’t really think of accidents happening at less than five miles an hour. Not usually. But I understand Dingle’s motorcycle can be fixed, Dewey only has to wear the cast for six weeks, and the neighbor was tired of that mailbox, anyway. The nurse down at the emergency room said she calls them “donorcycles.”

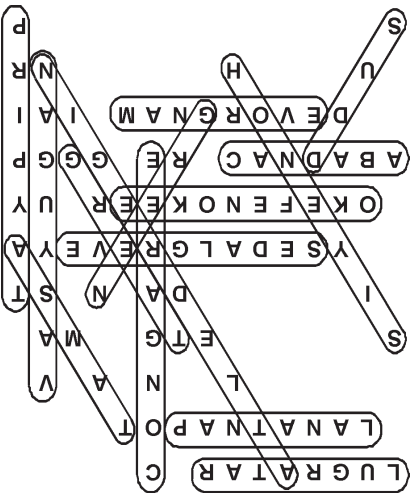
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Brought to you by The Fly Fisherman’s Bucket List by Slim Randles, from Rio Grande Books, and now available at Amazon.com.

S	A	M	Y		N	E	E		A	D	R	O	A	S
T	A	S	L		O	D	U		E	A	L	I	E	
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S						O	D	D	S		I	S	I	S

Solution time: 22 mins.

## King Crossword — Answers




SWAMPS

5	4	3	1	8	6	9	2	7
8	6	9	7	4	2	3	1	5
1	7	2	3	9	5	8	6	4
9	5	1	8	6	4	2	7	3
6	8	4	2	3	7	5	9	1
2	3	7	5	1	9	6	4	8
7	1	5	9	2	8	4	3	6
4	9	8	6	7	3	1	5	2
3	2	6	4	5	1	7	8	9

Answer

## Weekly SUDOKU

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# Coffee Break



## King Crossword

ACROSS

1 Egyptian deity

5 Piercing tool

8 Probability

12 Lion's share

13 Hot tub

14 Stench

15 Unoriginal one

16 Home to the Buccaneers

18 Pizza topping

20 Wine container

21 Off-white

23 Dict. info

24 Spoofs

28 Pharmaceutical

31 Playwright

32 Leg bone

34 Mentalist's gift

35 Rhett's last word

37 Mildew cause

39 Scratch

41 Valentine flower

42 Molds

45 Foliage

49 Marshmallow toaster

51 Carousel, for one

52 "I cannot tell —"

53 Pair

DOWN

1 Apple computer

2 Former frosh

3 "Got it"

4 Meryl of film

5 Space rock

6 New Deal agcy.

7 Gentle soul

8 Gave a speech

9 Owing nothing

10 Transaction

11 Terrier type

17 Group of seals

19 Highlander

22 Release a deadbolt

24 Cover

25 Altar constellation

26 Abba-inspired hit musical

27 Buck

29 Constitution letters

30 Family docs

33 Church section

36 Caught some z's

38 Almost

40 Ump

42 "Lion King" villain

43 Saintly ring

44 Faction

46 Travel permit

47 Dutch cheese

48 Collections

50 Regret

54 Aspiring atty.'s exam

55 Fork setting

56 Still, in verse

57 Orange veggies

## Weekly SUDOKU

by Linda Thistle

3	2		4			7		
	9				3		5	
		5		2				6
2			5			6	4	
	8				7			1
		1		6		2		
	7		3		5			4
8				4			1	
		3			6	9		

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

### DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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## MAGIC MAZE ● SWAMPS

L U G R A T A R O C L J G D A  
X L A N A T N A P O T V S P N  
K I F C A X L V S N Q A O V L  
S J H E C A X E T G T V M A T  
R I P N L J H F D A R N D S T  
B Y Y S E D A L G R E V E Y A  
X O K E F E N O K E E R V U Y  
A B A D N A C T R E S G G G P  
R P D E V O R G N A M O I A I  
M U K I G E H D B Z X W U N R  
S T R Q O N L J I G F D C A P

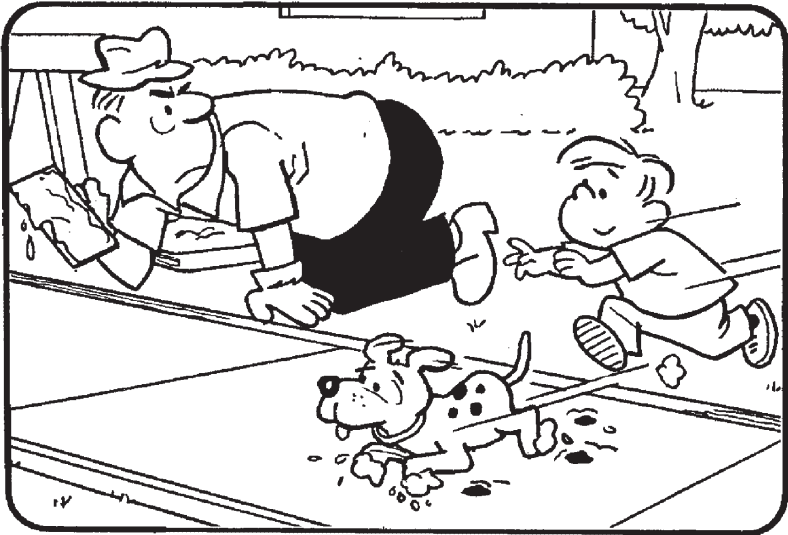
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
Unlisted clue hint: A Swamp is a Wetland With —

Asmat	Great	Niger Delta	Ratargul
Candaba	Green	Okefenokee	Sudd
Congaree	Honey Is.	Pantanal	Vasyugan
Everglades	Mangrove	Pripyat	

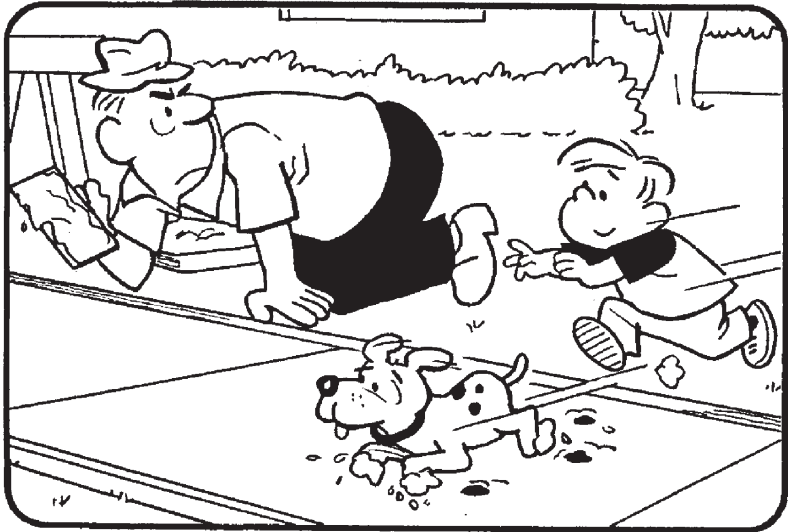
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## HOCUS-FOCUS

BY  
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Collar is different. 2. Spot is missing. 3. Tail is shorter. 4. Glove is removed. 5. Drip is missing. 6. Shift is different.

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 Ag Spray Equipment • 232  
 Agri-Business Brokerage Corp/Lunser Insurance • B2  
 Agri Door LLC • 635A  
 Agri-King Inc • D1, D2, D3  
 Agri-Plastics • 105A  
 Agri-Trac Inc • D44  
 AgroChem Inc • D23, D24  
 Agro Liquid • 335  
 Alleghany Farm Services LLC • 347  
 Allied Spring • B3  
 Alnye Trucking • 446, 447  
 Alta Equipment Co • 514, Demo Area 1  
 Alternative Carbon Energy Systems, Inc • 126  
 Alternative Power Solutions of NY, LLC • E3  
 American Cattleman & Dairyman • D30  
 American Crop Insurance • B52  
 American Seed • B51  
 A.N. Martin Systems LLC • 226  
 Animat Inc • D21, D22  
 Antique Tractors of Penn Yan • 918  
 Arcusin Corp. • A30, A31  
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 Buffalo Solar, Inc • A20  
 Bugnot NA • 239  
 Butler Sales & Service Inc • B5, B6  
 Casella Organics • 346  
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CazGear LLC • D11, D12, D13  
 Ceasar's Equipment • 241  
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 Complete Construction Concepts, LLC • 210  
 Co-operative Feed Dealers • 766A  
 Cornell Cooperative Extension of Onondaga • 332  
 Custom Traction Grooving • D4  
 Country Folks • E5, E6, E7  
 Crary Industries • 432  
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