

MOHAWK VALLEY Country Editor

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**FEBRUARY 24 -
MARCH 2, 2022**

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"A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this all will know that you are My disciples, if you have love for one another." John 13:34-35



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ONLY \$249,000
204 Market St, Amsterdam



Absolutely Gorgeous 4 BDRM, 2.5 Bath Home with 2 Car Garage, on a L shaped lot. All rooms are large, recently remodeled home provides some traditional elegance with modern style appeal. Kitchen, 4 Season room with Vaulted Ceilings, Formal Dining Room, Living Room with Fireplace and Large Foyer & 1st Floor Laundry. Finished Basement & Full Walk Up Attic.

NEW LISTING \$195,000
102 Prindle Ave., Johnstown



Listed by Virginia Mackey, NYS Licensed RE Associate Broker Cell (518) 221-4340. Nice updated 4BDRM, 1.5 Home with nice hardwood flooring and wood features throughout the home. New vinyl siding and new porch railings. Annual taxes with no exemptions \$4,533. Call for details or to make your appointment today!

Commercial & Multi-Family \$1,499,000
24 West Main St, Mayfield



Excellent Condition Metal Frame Building used as a warehouse now, with oil heat offering OVER 13,500 sq.ft. of space, plus 3 other buildings & large parking lot. We have a 2 story office building, single family home rented & a 2 family home rented. Rents currently \$3,000 total for residential homes only. A must see to appreciate. Do you need a warehouse? This is situated super close to Mayfield Lake & The Great Sacandaga Lake.

NEW LISTING \$349,900
1891 WAGNERS HOLLOW RD, FORT PLAIN



This is one Adorable & Meticulous kept 4 BDRM, 2 Full Bath Farmhouse, with a smaller 1 car garage, 2 vehicle car-port, barn and some extra out-buildings with 27+ Acres of land to come check out!

If you are looking to buy or sell, give us a call! Because Your Move Matters...

\$219,000 ~ 49 +/- Acres
Eaker Road, Ft. Plain



49 +/- Surveyed Acres situated here with an approximate steel building that is 50x67, a small outbuilding and a large covered building being used now for T-Hangers for 7 planes that is approximately 48x234. This is used currently for a registered airport with a drained 2200' grass landing strip. Possibilities are endless with this property. What do you desire?

NEW LISTING \$145,000
57 Kingsboro Ave, Gloversville



3 BDRM, 3.5 Bath Home situated on 1.10 +/- Acres with a 1 Car Garage. Many updates, Natural Gas Furnace, Central Air Unit, New Duct Work, Plumbing, Wiring/Electrical, Hot Water Tank all completed in 2017. A must-see to appreciate all the space offered in this home.

REDUCED \$305,000
192 Gidley Rd, Esperance



Fabulous 4 BDRM, 2 Full Bath Home situated on 2 +/- Acres with a super large Driveway & Oversized 2 Car Garage. Seller just redid the interior fireplace in living room. Beautiful View. Enjoy country living at its finest.

\$249,000
SACANDAGA LAKE PROPERTY
280 Vandenburg Point Rd, Mayfield

3.38 +/- Acres of Lake Front Property with a 60 Ft Permit to The Great Sacandaga Lake. This property is hidden in a little cove and offers a lot of space between neighbors. There is no current lake view, but that is something you can work on through the years. Walk about 50 yards to the Dock that you choose to place to enjoy summer fun & build your dream home upon.

Baby it is Cold Outside... But do NOT let that deter you from Calling Us to Get Your Home Listed and/or to go over the market and things you could be working on in order to list soon.
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LETTER TO THE EDITOR

What's happening down on the farm in the town of Canajoharie

For the first time, Canajoharie Town Assessor Charlene Ruszkowski is requiring a copy of the Schedule F form and an early deadline in order to renew the RP 305-R Agricultural Exemption form.

If this form is not completed and returned with the requested documentation by March 1, 2022, farmers may lose their ag-

ricultural exemption and maybe their businesses. Schedule F is usually filed in early April, but since Ruszkowski wants them the first week of March, it is an unusual hardship and frankly impossible for farmers to comply with this request.

Each farmer is required to give the assessor business information when they apply for

the RP 305-R exemption form. This information is kept on file and may be updated periodically on a timely basis. When filing each year, the farmer must agree that all the information is true under penalties of law and prosecution by signing the document. The RP 305-R NYS form the farmers in the town of Canajoharie received from the

assessor displayed no indication on the front that there was pertinent information on the back that must be completed in order to receive their exemption. I believe it is illegal to place this request on the back of a NYS legal form without the permission of NYS.

Ruszkowski has invaded the rights of the town's farmers by

making an impossible request, and using the State of New York form to retrieve the farmers personal business information. I believe the Town of Canajoharie Board must look into this situation ASAP, not spend time trying to sell tokens for some timely popular public stand of TPPS.

C. Dot Smith, Canajoharie

Strange But True

by Lucie Winborne

• Rapper Snoop Dogg tried to rent the country of Lichtenstein for a music video but was rejected.

• The Vatican has its own telescope staffed by priests and has even received awards for the pursuit of scientific research.

• Until they are large enough to sleep upright, baby owls sleep on their stomachs because their heads are too heavy.

• Actual corpses were on the set and going to be used during the filming of "Apocalypse Now." However, the man who supplied them turned out to be a grave robber and was arrested.

• Oceans around the world contain about 20 million tons of gold in the water itself, worth hundreds of trillions of dollars at current prices.

• In 1997, Mötley Crüe created a soda called "Motley Brüe" to help promote their new album "Generation Swine." For additional fun, they added enough blue dye to turn the drinker's urine green.

• Walt Disney accidentally "kidnapped" Richard Nixon by dispatching his monorail train before the Secret Service could get on.

• When added together,

the numbers on a roulette wheel add up to 666.

• M&Ms were created so military soldiers could enjoy heat-resistant and easily transportable chocolate during war.

• If your arm or hand falls asleep, try rocking your head from side to side. This will release the pressure on the nerves in your neck and wake up the limb.

• In 2003, PepsiCo offered Estonia \$25 million dollars to change the spelling of one of its lakes, Lake Peipsi, to Lake Pepsi, but was turned down.

• A man legally named

Santa Claus was elected to the city council in North Pole, Alaska.

Thought for the Day: "I cannot believe the path to victory lies in staining our

souls so black we become indistinguishable from those we fight." - Anthony Ryan

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We have combined the Herkimer and Mohawk Valley editions into one great weekly edition to serve our full circulation coverage from Amsterdam to Johnstown to Richfield Springs and everywhere in between!

We will no longer be mailing the paper, but it will be available at various community locations for everyone to enjoy. Be sure to stop by any of these locations and pick up a copy!

Amsterdam

- Amsterdam Hardware • Blue Hen • Country Feed • Dutch Mart
- Fastrac • Frank's Gun Shop • Hannaford
- Knights Inn Laundromat • Microtel • Mobil Mart • Mobil Station
- Outdoor Motorsports • Peking • Price Chopper
- Raindancer • Star's Cafe • Town & Country Deli

Broadalbin

- Café in the Village • Lin's Garden

Buel

- Buel Road Repair

Canajoharie

- Canajoharie Golf Country Club • Cornerstone Baptist Church
- Lee's Shops at Wagner Square • Peruzzi's
- One Stop & Shop • The Tire Shop

Cherry Valley

- Cherry Valley Hardware • Cherry Valley Market
- Cherry Valley Post Office • Mirabito • Tryon Inn

Dolgeville

- Big M • Chester's Sunoco • George Lumber
- Southern Girl Diner • Stewart's

East Springfield

- Kelly's Deli • Turnpike Auto Sales

Ephratah

- Brittany's Diner • Royal Mountain Inn

Esperance

- Dollar General • Hannaford • Stewart's

Fonda

- Cumberland Farms • Dollar General • Fairway Oil
- New Peking • Stewart's • Wemple & Edick's • Winner's Circle

Fort Plain

- Big E's Feed & Seed (formerly Fort Plain Agway) • Dutch Country Market • Dutchman Enterprises • 5S Diner
- Pickle Hill Produce & Bulk • 7M Supply
- Save A Lot • Sleepy Forest Bakery • Sportsman's Den
- Stewart's • True Value

Frankfort

- ADK Food & Fuel • Country Farms • Melrose Grocery

Fultonville

- Dunkin Donuts • McDonald's • Michael's Diner
- Onvo Travel Plaza • Randall Implements
- TA Travel Center • Tribe's Hill Deli • United Ag & Turf

Glen

- Country Metals • Glen Country Store • LJ Hand Farm Center

Gloversville

- Country Farms • Gulf • Hannaford
- House of Pizza • Naif's • Price Chopper • Stewart's • Sunoco

Herkimer

- Citgo • Dick's Wheel Shop • Empire Diner • Fastrac • Fat Cats
- Frank J. Basloe Library • Hannaford • Harbor Freight
- Renewed & Rescued
- Sam's Deli • Smoker's Choice • Subway in Sunoco
- T&J Fruits & Vegetables • The Emporium • True Value
- Tractor Supply

Ilion/Mohawk

- Beer Belly Bob's • Cliff's • Dollar General • 4 Seasons Tire
- Family Dollar • Fastrac • Lombardo's Pizza • Mohawk Post Office
- Smoker's Choice • Sorrento's Pizza • Village Market

Johnstown

- Clyde's Stop & Shop • Gulf • Harvey's Pet • Micro Motel
- Miss Johnstown Diner • Price Chopper • Ruby & Quiri • Super 8
- Whitey's

Little Falls

- Ace Hardware • Ann Street Restaurant & Deli
- Bonita's Sandwich Chef • Café at Stone Mill
- Circle K/Nice N Easy • Dollar General • George Lumber
- Kinney Drugs • Little Falls Antique Center • Little Falls Lumber
- Mangia Macrinas • Paca Gardens • Price Chopper
- RD's Redemption • Runway Sunoco
- Showcase Antiques • Stewart's
- That Little Place on Main • Travelodge

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Middleville

- Stewart's

Nelliston

- Q's Mart

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- Once Upon A Latte • Village Laundry & Car Wash

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- Price Chopper • Stewart's • Tractor Supply

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- Circle K Nice N Easy • Stewart's

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- Aubuchon Hardware • Cassidy's Diner • Dollar General
- Kinney Drugs • McDonald's • Mirabito
- Price Chopper • Stewart's

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- Covered Bridge Convenience • Kirby Library
- Nichols Country Store

Sharon Springs

- LOG House Minimart • Stewart's

Sloansville

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Sprakers

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- Sprakers Post Office

Stratford

- Southern Adirondacks General Store

St. Johnsville

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- Dollar General • Kinney Drugs • Monte Grab & Go
- St. Johnsville Rehab & Nursing Home • Stewart's
- Two Brothers Laundromat

West Winfield

- Mirabito

In addition to the articles and calendar of events you enjoy, we will also be including obituaries.

Send your articles and calendar of events items to Gary Elliott at cfeditor@leepub.com or call 518-673-0143.

For any other information or questions please contact Tina Krieger at 518-673-0108, tkrieger@leepub.com, fax 518-673-2381.

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Arc Herkimer receives grant for new café

Arc Herkimer has been awarded a grant from Berkshire Bank in the amount of \$1,500.

Berkshire Bank presented the grant in support of the agency's new vocational initiative, Copper Café, as part of the bank's mission to build partnerships and stay actively involved

with communities served.

The grant announcement comes on the heels of the construction of Arc Herkimer's new café, which will be a training ground for individuals with intellectual and developmental disabilities to develop restaurant and hospitality skills.

"This grant, in conjunction with a year-end appeal to donors, has allowed us to build another quality partnership between Arc Herkimer and the local community," said Lorene Bass, executive vice president - Supports & Services, Arc Herkimer. "We've been working dil-

igently on the Copper Café to take shape and are excited to develop new, unique opportunities for people supported to learn and thrive."

The agency's new venture will build job readiness skills in cooking, customer service, food safety, kitchen tech and more

to prepare individuals for employment at local eateries and other agency venues. It will also be open to the public, offering quality food and beverage options within the Arc Mall, Ilion.

The Copper Café is currently in development and will open in early spring.

Family Counseling Center recognizes Teen Dating Violence Awareness Month

The Family Counseling Center in Gloversville and its Fulton County Domestic Violence Program are recognizing February as Teen Dating Violence Awareness Month, a national effort to highlight the impact of abusive romantic relationships in the lives of teenagers.

Domestic abuse takes many forms including physical, emotional, verbal abuse and more. Nationally, one in three teen girls will be physically, emotionally or verbally abused by their dating partner and one in 10 high school students, male and female, have been purposefully hit, slapped or physically hurt by their partner. Studies show that 15.5 million children witness domestic violence annually and that by age 17 roughly one-third of children in the U.S. will have been exposed to some form of domestic abuse.

"February is a time to recognize the impact abusive relationships have in the lives of teenagers, but the work continues daily," said Amanda Anderson, interim program director of the Center's Domestic Violence

Program. "Teenagers are the most vulnerable population for domestic abuse. Our work today focuses on education, empowerment and assistance to those seeking to leave an abusive relationship."

The Family Counseling Center provides resources and services to those seeking assistance. Information may be found on their website at thefamilycounseling-center.org and calls can be made to the organization's 24/7 Domestic Violence Hotline at 518.725.5300. Additional resources are listed below.

Resources

- For those seeking help specifically for teen dating violence, call 1.866.331.9474 or text LOVEIS to 22522
 - National Domestic Violence Hotline: 800.799.7233
 - Futures Without Violence: futureswithoutviolence.org/talk-teens-teen-dating-violence
 - Love is Respect: loveisrespect.org
- More resources are available at thefamilycounseling-center.org/domestic-violence-resources.

Safe aquatic weed control for ponds

If you have a weed problem in your pond, you may want to consider stocking it with grass carp. These fish have a tremendous appetite for aquatic vegetation and can be used as a non-chemical agent to control weed growth in ponds. The fish that are available for stocking are triploid grass carp, which means they are sterile and cannot produce viable young. This non-native species of fish does not compete with native fish species that you may already have swimming around in your pond.

Because these fish are not native to New York and because they have huge appetites, a permit is required from the NYS DEC. The Herkimer County SWCD starts the

permitting process now with stocking to take place in June 2022. The permitting process conducted by DEC is free of charge. If permitted, you will be able to purchase these fish from the Herkimer County SWCD, an approved triploid grass carp supplier.

If you need more information, including a permit application for stocking grass carp, contact the Herkimer County SWCD at 315.866.2520 ext. 5 before April 30. Information is also available at herkimercounty-swcd.com.

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.

1. The Daily Lift 1(617)450-3430 - 3 Minute Recording 24/7

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

3. Spiritual uplifting ideas of various kinds with a menu 1(214)447-9675

-ATTENTION-

The Dolgeville Central School District will be conducting public informational meetings for its proposed Capital Improvements Project at the following municipal locations:

- Salisbury Town Hall - Thursday, February 10th @ 6:30 p.m. •
- Stratford Town Hall - Thursday, February 10th @ 7:30 p.m. •
- Manheim Town Hall - Monday, February 14th @ 7 p.m. •
- Dolgeville Village Hall - Tuesday, February 22nd @ 5:30-6 p.m. •

There will also be a **Public Hearing** held at the Dolgeville Central School Sam Camardello Memorial Auditorium on Tuesday, **February 15th @ 6 p.m.**

The **Public Vote** will be held at the Dolgeville Central School High School Cafeteria on Tuesday, **March 1st** from 2-8 p.m.

MOHAWK VALLEY
Country Editor
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Photo courtesy of Montgomery County SPCA

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Main St. 518-673-2717 Jesus says - "Come Unto Me" Join us - Special Music Ministry, Beautiful Surroundings, Friendly People Sunday Service 10:30 AM Email: umc673@frontiernet.net Communion Last Sunday of the Month</p> <p>ST. JOHN'S & ST. MARK'S LUTHERAN CHURCH 143 Church St., Canajoharie 518-673-2224 Pastor A. Elisabeth Auran Remote & In-Person Sunday Worship 11 AM; email for link stjmc-canajoharie.org office@stjm-canajoharie.org</p> <p>REFORMED CHURCH OF CANAJOHARIE 15-19 Front St., Canajoharie 518-673-2816 Rev. Matt Draffen Sunday 9 AM Christian Education 9:20 Choir Practice 10 AM Worship Nursery provided Fellowship hour follows worship</p> <p>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</p>	<p>NEW BEGINNINGS BIBLE CHURCH 63 Cliff St., Canajoharie, NY 13317 Pastor Larry Alkinburgh 518-848-4816 pastor@newbeginningsbc.org Sunday School 9:15 AM Worship Service 10:30 AM</p> <p>CHERRY VALLEY CHERRY VALLEY ASSEMBLY OF GOD 37 Alden St., Cherry Valley 607-264-3306 Pastor David Carpenter, Jr. Sundays 9:30 AM</p> <p>ST. THOMAS THE APOSTLE CATHOLIC COMMUNITY 1 Church St., Cherry Valley 607-264-3779 Masses Sunday mornings at 8:30 AM & 11 AM</p> <p>GRACE EPISCOPAL CHURCH 24 Montgomery St., Cherry Valley 315-858-4016 Fr. Kyle Grennen, Rector Holy Eucharist 11 AM Sunday school 11 AM Active youth group - call for details Facebook: Grace Episcopal Church Cherry Valley</p> <p>COLD BROOK COLD BROOK UNITED METHODIST CHURCH 467 Main St. Sunday Worship 10:30 AM</p> <p>NEW LIFE CHAPEL OF THE AEA 3447 St. Rt. 8 Pastors: Rev. Gail & Rev. Mike Jay 315-826-7115 Sunday Worship 10:30am Intercessory Prayers Tuesday 7pm (please call to confirm)</p> <p>DOLGEVILLE NEW HOPE CHRISTIAN FELLOWSHIP Pastor Peter Spiak 32 Spencer St. • 315-429-3630 Sunday School 9:30 AM Sunday Worship 10:30 AM Tuesday Bible Study 7 PM</p> <p>GRACE BAPTIST CHURCH OF DOLGEVILLE Pastor Len Byerly 12 Van Buren St. Morning Worship 11-12:30 PM Lunch 12:30-2 PM Afternoon Worship 2-3 PM</p> <p>DOLGEVILLE UNITED METHODIST CHURCH Rev. Anthony Bradseth 21 N. Helmer Ave. Church Phone 315-429-7381 Sunday Church Service Oppenheim @ 9:30 AM Dolgeville @ 10:30 AM</p> <p>DOLGEVILLE CHRISTIAN FELLOWSHIP Pastor Marvin Isum 3 Elm St. Phone 315-429-8390 Sunday Worship 10:30 AM Mid-week Service Tuesday 7 PM www.dolgevillechristianfellowship.org</p> <p>UNITED LUTHERAN PRESBYTERIAN PARISH 26 E. Faville Ave. Worship 11 AM</p>	<p>ST. JOSEPH'S ROMAN CATHOLIC CHURCH 31 N. Helmer Ave., Dolgeville, NY Phone 315-823-3410 Sunday Mass 9AM</p> <p>EAST SCHUYLER CHRISTIAN ASSEMBLY OF SCHUYLER Pastor Mark Sowersby 3659 Route 5, East Schuyler Sunday Worship 10:30 AM Wednesday Night 6:30 PM Phone 315-895-0926 Christianassemblyofschuyler.com</p> <p>EPHRATAH EPHRATAH REFORMED CHURCH 140 Co. Hwy. 140, Ephratah, NY To live and share Jesus Christ both locally and globally. Everyday. Everywhere. Everyone. Pastor Jeff Hindritler Sunday School for all ages 10 AM September-June Sunday Morning Worship 11 AM Prayer & Praise Thursdays 7 PM</p> <p>ESPERANCE ESPERANCE PRESBYTERIAN CHURCH 129 Church St., Esperance NY 12066 Sunday Worship 9:30 am Rev. Bert Mayne Simple, friendly, conservative worship in a beautiful 1824 sanctuary</p> <p>FONDA SAINT CECILIA CHURCH 26 Broadway, Fonda 518-853-4195 Sunday Worship 9 AM</p> <p>NATIONAL KATERI TEKAKWITHA SHRINE AND INDIAN MUSEUM 3636 St. Hwy. 5, PO Box 627 Fonda, NY 12068-0627 518-853-3646 Weekly Masses: Sat. 4:30 PM, Sun. 10:30 AM friars@katerishrine.com www.katerishrine.com</p> <p>FORT PLAIN AMAZING GRACE BAPTIST CHURCH 131 Clark Rd., Fort Plain 518-568-7606 Pastor Frank Calabrese Sunday School 10 AM, Morning Service 11 AM, Sun. & Wed. Eve. Service 6 PM, Youth Group Wed. 6:30 PM, Sat. Visitation 10 AM www.amazinggracebc.org</p> <p>GRANDVIEW BAPTIST CHURCH 15 Washington St., Fort Plain 518-993-9929 Pastor Dan West Sunday School 10 AM Morning Service 11 AM Bible Study & Prayer Meeting, Wednesday 6:30 PM</p> <p>ST. PAUL'S LUTHERAN CHURCH 36 Lydius St., Fort Plain, NY 13339 518-993-2040 Pastor Jonathan Litzner 405-250-8395 Church Service 11 AM</p>	<p>ST. JOHN'S LUTHERAN CHURCH 774 St. Hwy. 163, Fort Plain, NY 518-705-7552 Rev. David A. Johnson, Ph.D. Sunday Worship 9 AM, Sunday School 10 AM, Ladies Aid W.E.L.C.A. Handicapped Accessible</p> <p>REFORMED CHURCH OF FORT PLAIN 165 Canal St., Fort Plain, NY 13339 518-993-4302 fortplainrca@yahoo.com Rev. Nancy E. Ryan Worship 11 AM, AA meetings Mon. & Tues. 7 PM, Emergency Food Pantry 518-993-4302</p> <p>VICTORIOUS LIFE CHURCH RMI FELLOWSHIP 104 Main St. & 431 St. Hwy. 80 Fort Plain, NY 518-993-3102 Sunday School 9 AM, Morning Worship 10:30 AM, Youth Group 5 PM, Evening Worship 7-8 PM</p> <p>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</p> <p>OUR LADY OF HOPE R.C. CHURCH 115 Reid St., Fort Plain, NY 13339 Parish Office 518-993-3822 ourladyofhope@frontier.com Mass Schedule: Saturday, 4 PM; Sunday, 9:30 AM; Confessions: Sat. 3 & by appointment Please call parish office for Holy Day schedule</p> <p>FREYSBUSH UNITED METHODIST CHURCH Freysbush Rd., Fort Plain 518-429-9936 or 518-424-8488 Worship 9 AM, Sunday School 10 AM ALL ARE WELCOME</p> <p>FRANKFORT OUR LADY QUEEN OF APOSTLES 414 Frankfort St., Frankfort, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 5:30 PM; Sunday 9 AM; Tuesday & Thursday 9 AM</p> <p>FULTONVILLE FONDA-FULTONVILLE UNITED METHODIST CHURCH Pastor Kathy Reese Sunday worship and Sunday school 10AM Outdoor service: 11 Montgomery Street, Fultonville, May-Early Sept. (byo - chair) Indoor service: Winter and inclement weather Glen Town Hall, 7 Erie Street, Fultonville Community Outreach is very important to us 518 853-3311</p> <p>FULTONVILLE REFORMED CHURCH Corner of 5S & 30 Pastor Jane Hubschmitt Sunday School 10 AM Family Worship 10:30 AM</p>	<p>GLEN GLEN REFORMED CHURCH State Hwy 161 in the Hamlet of Glen 4 miles South of Fultonville glenreformed@nycap.rr.com Sunday Worship at 9. Sunday School immediately following Children's Message</p> <p>HERKIMER SS PETER and PAUL ORTHODOX CHURCH Fr Vasil Dubee & Fr Dn Demetrius Richards 305 Main Rd., Herkimer Phone (315) 866-3272 Saturday Vespers - 5 PM (spring/summer months) 4 PM (fall/winter months) Sunday Divine Liturgy 9:30 AM Sundays</p> <p>TEMPLE BETH JOSEPH 327 N. Prospect St. Phone 866-4270 Friday 7 PM</p> <p>ST. FRANCIS de SALES CHURCH Rev. Mark Cunningham, Pastor 219 N. Bellinger St. Phone 866-4282 Saturday Vigil Mass 4 PM Sunday Mass 8 AM</p> <p>CHURCH OF SAINTS ANTHONY and JOSEPH 229 S. Main St. Phone 866-6373 Sunday Mass 10 AM No Saturday Vigil</p> <p>REDEEMER CHURCH Pastor Michael Servello 931 Herkimer Rd., Utica, NY 13503 Phone 792-4748 Saturday 6 PM • Sunday 9 & 11 AM</p> <p>OAK RIDGE FREE METHODIST CHURCH Pastor Chris Schumske 838 W. German St. Worship Service for adults & children 8:30 AM & 10:30 AM with Ridgekids for the children (0-5th grade) Phone 866-0575</p> <p>UKRAINIAN ORTHODOX CHURCH OF ST. MARY'S PROTECTRESS 326 Moore Ave. Sunday Divine Liturgy 10 AM Holy Day Liturgy 9 AM Phone 866-1336</p> <p>NEW LIFE CHURCH Pastor David Hayner 337 Protection Ave. Phone 866-1164 • www.nlc-mc.org Worship 10 AM Wednesday Worship 6:30 PM</p> <p>THE SALVATION ARMY Lieutenants Derrick and Heather Purvis 431 N. Prospect St. Phone 866-1240 Facebook.com/TheSalvationArmyHerkimer Sunday School 10 AM Morning Worship 11 AM</p> <p>FIRST UNITED METHODIST CHURCH OF HERKIMER AND LITTLE FALLS Pastor Joelle Faulks Prospect St & Park Ave. Sunday Worship and Sunday School 9 AM</p>	<p>HERKIMER REFORMED CHURCH 102 Church St. Phone 866-1523 Worship 9:30 AM Sunday School 11 AM Shepherd's Table: Tuesday 11-12 PM</p> <p>TRINITY EVANGELICAL LUTHERAN CHURCH Corner of West German & Henry Streets Phone (315) 866-6474 Sunday Worship Services 10 AM in person and virtually on Zoom, YouTube & Facebook Bible Studies Thursday mornings 10 AM on Facebook</p> <p>THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS 317 Gros Blvd., East Herkimer (315) 866-8095 Sunday Sacrament Meeting 10 AM Sunday School/Primary 11 AM - Visitors welcome - Family History Center, open by appointment</p> <p>ILION ILION COMMUNITY CHURCH Pastor Dean Mabry 44 Central Plaza Sunday Worship 10 AM Child Care/Kids Church Available ilionchurch.com</p> <p>SAINT AUGUSTINE'S EPISCOPAL CHURCH 78 2nd Street Phone: (315) 894-3775 Sunday Services at 10 AM</p> <p>FIRST PRESBYTERIAN CHURCH 90 Morgan St., Ilion, NY, 13357 Reverend Richard Riggle Bible Study 9:30 AM Church Service 10:30 AM 315-894-2070</p> <p>FIRST BAPTIST CHURCH 8 Second Street Reverend John Partise Wednesday Mid Week Service 7 PM Sunday Morning 11 AM</p> <p>JESUS NEVER FAILS COMMUNITY CHURCH Reverend Hans Drews 1161 Elizabethtown Rd., Ilion, NY 13357 518-568-7983 hansandrosaline@yahoo.com Sunday Service 11 AM</p> <p>MORNING STAR UNITED METHODIST CHURCH 36 Second Street Pastor Joelle Faulks Sunday Worship 10:30 AM November 1 - May 1 4224 Acme Rd, Frankfort May 1 - November 1 36 Second Street, Ilion</p> <p>ANNUNCIATION CHURCH 109 West Street, Ilion, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 4 PM; Sunday 11 AM; Monday & Wednesday 9 AM</p>
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<p>JOHNSTOWN CHURCH OF THE NAZARENE 3316 St. Rt. 29 W, Johnstown, NY 12095 Offices: 518-762-2982 Cell: 857-523-8417 Pastor, Rev. Mark Fowler Sunday Morning Service 11 AM Sunday School for All Ages 10 AM</p> <p>LASSELLSVILLE LASSELLSVILLE UNITED METHODIST CHURCH State Hwy. 29 Pastor Robert A. Lindsay Worship: Sunday 9:30 AM Sunday School to start soon</p> <p>LITTLE FALLS FIRST BAPTIST CHURCH 555 Albany St. 315-823-3392 Morning Worship 9:45 AM Rev. Chris J. Wintermute, Lead Pastor Rev. William Whalen, Associate Pastor Nursery (infants through age 4) Meet and Greet Sunday at 8:00 AM Sunday School Classes 8:30 AM (nursery through adult) **Our Service is aired on 100.3 FM, 91.1 FM & 88.7 FM on Sundays from 11-12 with a 1 week delay. **LIVE on Facebook: "gingerleecase" account- 9:45 am on Sundays</p> <p>ST. PAUL'S UNITARIAN UNIVERSALIST CHURCH Minister Jeffrey J. Frank Mark Bunce, Organist 565 Albany St., Little Falls, NY Phone 315-823-2284 Sunday Service & Religious Education 10 AM</p> <p>FIRST ASSEMBLY OF GOD Senior Pastor Timothy Parisi 559 E. Jefferson St. Phone 823-4043 • firstaglf@gmail.com Sunday Morning All Worship 10 AM Thursday Bible Study 6:30 PM</p> <p>HOLY FAMILY PARISH OF THE ROMAN CATHOLIC COMMUNITY OF LITTLE FALLS Father Brian Slezak 763 E. Main St., Little Falls, NY Phone 315-823-3410 Saturday Vigil Mass 4 PM Sunday Mass 10:30 AM</p> <p>HOLY TRINITY LUTHERAN CHURCH 512 E. Gansevoort St. Sunday School 9:15 AM Sunday Worship 9:30 AM Wednesday Worship 11 AM & 6 PM</p> <p>EMMANUEL EPISCOPAL CHURCH 588-594 Albany St. Sunday Schedule: High Mass, Rite II 10 AM Nursery & Sunday School 9:45 AM (Sept.-May) Fellowship Coffee Hour 11:15 AM Choir Rehearsal 11:30 AM Holy Day Masses as announced Confessions by appointment</p>	<p>FIRST PRESBYTERIAN CHURCH Pastor Tamara Razzano 16 Jackson St. Phone: 315-823-3004 Email lffirstpres@gmail.com www.presbylif.org Sunday Worship 10 AM Sunday School 10 AM</p> <p>INGHAMS MILLS BAPTIST CHURCH Rev. Gary L. Busch, Pastor Sunday Worship Service 10 AM 443 Inghams Mills Rd. Little Falls, NY 13365 Pastor's Phone (315) 717-9936</p> <p>THE HOLY SPIRIT POLISH NATIONAL CATHOLIC CHURCH 618 E. Gansvoort St., Little Falls, NY 315-823-0793 Father Rafal Dadello Mass at 11 AM on Sunday www.holyspiritpncc.org</p> <p>MARSHVILLE MARSHVILLE EVANGELICAL CHURCH Route 10 South Pastor Mark Fowler Worship Sunday 9 AM</p> <p>MIDDLEVILLE MIDDLEVILLE UNITED METHODIST CHURCH 24 Fairfield St. Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 8:30 AM</p> <p>MOHAWK DENNISON CORNERS COMMUNITY CHURCH Pastor Donald King 219 Robinson Rd. • Phone 866-5215 Sunday: Sunday School 9:45 AM Morning Worship 11 AM Evening Worship 6 PM Wednesday Prayer 7 PM</p> <p>MOHAWK REFORMED CHURCH Rev. Brian Engel, Pastor 20 S. Otsego St. Phone 866-4292 Email mohawkpastor@verizon.net Follow us on Facebook Morning Worship: 10:30 AM Sept. - June • 9:30 AM July - Aug. Youth Sunday School (Pre-K - Sr. High) 9 AM Adult Sunday School (Men, Women & Couples) 9:30 AM September - June</p> <p>EMMANUEL BIBLE CHURCH Pastor Gary Wilcox 54 W. Main St. • Phone 717-3011 Worship and Word: Sunday 10:30 AM Fellowship Lunch: 12:30 PM Discipleship Hour: Sunday 1:30 PM Bible Study & Prayer: Wednesday 6 PM</p> <p>CHURCH OF THE BLESSED SACRAMENT Sr. Mary Jo Tallman, CSJ, Parish Life Director Rev. Leo Potvin, Sacramental Minister 71 E. Main St. Phone 866-1752 Sunday Mass 9:30 AM</p>	<p>CHRISTIAN BIBLE CHURCH H. Ed Reed, Pastor/Teacher 167 Ward Rd. • Phone 858-1282 www.christianbiblechurch.us Sunday School 9 AM Sunday Worship 10 AM Wednesday Bible Study & Prayer Meeting 7 PM</p> <p>THE WORD CHRISTIAN CENTER Pastor Dan Annutto 27 E. Main St. • Phone (315) 985-3596 Sunday Services at 10 AM Intercession - Tuesdays at 6 PM</p> <p>NELLISTON VALLEY ALLIANCE CHURCH 85 E. Main St., Nelliston 518-993-3458 Pastor Ken Gies Sunday School (all ages) 9:15 AM, Sunday Worship 10:30 AM, Wed. Praise & Prayer 7 PM, Fri. Youth Group 7 PM (7-12th grade)</p> <p>NEWPORT FIRST BAPTIST CHURCH OF NEWPORT 7497 Main Street Pastor's Phone 315-790-1877 Sunday Worship at 9:45 AM</p> <p>UNITED METHODIST Pastor Robbin Harris • Phone 845-8730 Morning Service 11:15 AM</p> <p>KUYAHOORA COMMUNITY CHURCH Pastor Dwayne Durand West Canada Valley High School Auditorium 5447 St. Rt. 28 Mailing Address PO Box 50 Middleville, NY 13406 Phone 315-292-1303 www.kuyahorracc.org Weekly Service Sunday 10:08 AM</p> <p>ST. JOHN THE BAPTIST CATHOLIC CHURCH St. John the Baptist Parish 7516 N. Main St. • Phone 845-8017 Saturday Vigil 4 PM Sunday Mass 8:30 AM</p> <p>OPPENHEIM OPPENHEIM UNITED METHODIST CHURCH Route 29 Rev. Jack Ford 315-429-7381 Worship 9:30 Sundays, Totally Awesome God-TAG time 6:30 PM Wednesdays beginning in Oct., Sunday School 9 AM beginning September 18th</p> <p>PAINES HOLLOW PAINES HOLLOW UNITED METHODIST Lay Servant Gregg Sponburgh Rtes. 167 & 168 • 315-866-1128 Worship 9-10AM</p>	<p>PALATINE BRIDGE TRINITY EVANGELICAL LUTHERAN CHURCH OF STONE ARABIA 5430 St. Hwy. 10, Palatine Bridge, NY Pastor A. Elisabeth Aurand Sunday In Person Worship 9 AM; email for link office@stjm-canajoharie.org 518-673-2224</p> <p>THE HOUSE OF ZION, INC. 580 Dillenebeck Rd., Palatine Bridge 518-577-3069 Pastors Richard & Denise Allen Saturday Morning Worship Service 11:30 AM Listen to UMT on live radio 97.5FM the 1st Sunday of every month 3-4 PM</p> <p>RANDALL RANDALL CHRISTIAN COMMUNITY CHURCH NY Rte. 5S Sunday Service 10:30 AM Worship Leader Darlene Spaulding</p> <p>RICHFIELD SPRINGS CHURCH OF CHRIST UNITING PO Box 896, Richfield Springs, NY 13439 Rev. Mark Ioset • 315-858-1553 Service: Sunday 9:15 AM Church School: Sunday 10:30 AM</p> <p>RICHFIELD SPRINGS BIBLE CHURCH 19 Church St., Richfield Springs, NY 13439 Rev. David Tosi • 315-858-0564 Sunday School (all ages) 10 AM Wor- ship Service 11 AM & 7 PM Wednesday - Prayer & Praise Call for info on various Youth Ministries www.richfieldspringsbiblechurch.org</p> <p>SALISBURY CENTER FULL GOSPEL ASSEMBLY OF GOD Pastor Robert Brent 106 Plant Road Sunday Worship 11 AM with Children's Church offered during the service</p> <p>SALISBURY CENTER UNITED METHODIST CHURCH 2545 State Route 29 Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 10 AM</p> <p>SLOANSVILLE SCHOHARIE VALLEY GOSPEL CHURCH Pastor Pat Andreoli 133 Sprakers Rd., Sloansville, NY 518-864-5397 svgchurch@gmail.com Wednesday Prayer 6 PM; Sunday Morning Bible Study 9:45 AM; Worship Service Sunday Morning 10:30 AM</p> <p>SPRAKERS CHRISTIAN CHURCH OF CHARLESTON FOUR CORNERS 1380 E. Lykers Rd., Sprakers 518-922-9088 Paster Brett Popp Sunday School (ages 3-adult) 9:45 AM Worship 11 AM Sunday Prayer Meeting 5:30 PM Thu. Evening of Encouragement & Community Kid's Bible Club 6:30 PM</p>	<p>THE CHRISTIAN CHURCH OF RURAL GROVE 170 Rural Grove Rd., Sprakers, NY 12166 518-922-7831 Pastor Joshua Fetterhoff pastorjosh@ruralgrovechurch.org Sunday School (all ages) 9:45 AM, Morning Service 11 AM, Eve. Service 6 PM, Wed.-Family Night 7 PM, "Where Bible Teaching is Fundamental"</p> <p>REFORMED CHURCH OF SPRAKERS 112 Sprakers Hill Rd. Rev. Nancy Ryan Worship ~ 9 AM All Welcome!!!</p> <p>CURRYTOWN REFORMED CHURCH 829 St. Hwy. 162, Sprakers 518-922-8422 Rev. Donald Hoaglander Visiting Pastor Jane Hubschmitt 518-705-2201 Sunday School 9:15 AM Worship Service 10 AM</p> <p>RIVER OF JUBILEE CHURCH 5057 St. Hwy. 5 S, Sprakers, NY 12166 Pastor: Gail Adamoschek Pastor: Steve Adamoschek 518-322-1427 / 518-224-4455 Sunday Service 10 AM Children's Church Available Other Learning Opportunities Available Visit us on Facebook</p> <p>SPRINGFIELD CENTER ST. MARY'S EPISCOPAL CHURCH 7690 Rt. 80, Springfield Center 315-858-4016 Fr. Kyle Grennen, Priest-in-Charge Sunday Eucharist, 9:30 AM Coffee - Fellowship follows service Holy Days - as announced</p> <p>FIRST BAPTIST CHURCH Springfield Center, NY Rev. Terence Brant 607-264-3035 Sunday School 10 AM Morning Worship 11 AM Wed. night Bible Study 7 PM</p> <p>ST. JOHNSVILLE BETHESDA FELLOWSHIP 34 S. Division St., St. Johnsville, NY 13452 518-568-2678 Summer Schedule Sunday Worship 10 AM Wed. Worship and Prayer 6 PM</p> <p>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 10:30 AM, Tues. Bible Bungee-Jumping 7 PM, "Bible Study" that actually makes sense! A Vibrant, Welcoming Community of Faith & Vision</p>	<p>SEEKER'S FELLOWSHIP 14 Park Place, St. Johnsville, NY 13452 518-568-7700 • Pastor Mike Yezierski Sunday Worship 6 PM, Tues. Prayer 7 PM, Bible Study 7 PM (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.</p> <p>JOY FELLOWSHIP 296 Co. Hwy. 119, St. Johnsville, NY 13452 518-568-3217 • William Hayes, Pastor Joyce Loughran, Assistant Pastor Sunday School 9 AM, Morning Worship 9:30 AM Wednesday Evening Worship 6:30 PM</p> <p>ST. JOHN'SVILLE METHODIST CHURCH 7 East Main St., St. Johnsville, NY 13452 Pastor Corey Jones 518-568-7983 • 315-866-8626 Worship Sunday 3 PM</p> <p>EVERLASTING JOY BELIEVERS FELLOWSHIP 14 Park Place (in with Seekers Fellowship) St. Johnsville, NY 13452 315-858-2112 • Pastor Carolee Coye Sunday Service 10 AM</p> <p>ST. JOHN'S REFORMED CHURCH 68 W. Main St., St. Johnsville 518-568-7396 Faithfully Following Jesus Christ Sunday Worship 10:30 AM</p> <p>GRACE CHRISTIAN CHURCH Pastor Michael Torres 20 Center St., St. Johnsville, NY 13452 518-775-0366 Email gccpastor2021@gmail.com</p> <p>STRATFORD STRATFORD UNITED METHODIST CHURCH 1511 State Route 29A Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 9:30 AM Broadcast on 95.9 FM within 2 miles of church</p> <p>LIGHTHOUSE BAPTIST CHURCH 1524 St. Rt. 29A, PO Box 114 Stratford, NY 13470-0114 315-429-8854 • Pastor Martin Smith Sunday Morning Worship 10:30 AM; Wed. Eve. Prayer Meeting 6 PM; 2nd & 4th Sunday Dinner following Morning Service with Afternoon Service following dinner "Old-Fashioned Bible Preaching"</p> <p>TRIBES HILL SACRED HEART CATHOLIC CHURCH 111 3rd Ave., Tribes Hill 518-829-7301 Mass Saturday 4 PM</p>
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Ice Harvest is cool way to preserve local tradition

by Troy Bishopp

MILLERS MILLS, NY – Finally, the ice is back, thick and strong, and “Frozen” fans can unite in song: “Ice has a magic that can’t be controlled, stronger than one! Stronger than ten! Stronger than a hundred men!”

Besides Super Bowl Sunday festivities, the equally important Millers Mills Annual Ice Harvest made its glorious return as the mercury hovered around 15°. The harvest has become a nationally known and widely publicized community effort ever since noted CBS television personality and newsman Charles Kuralt covered it for “60 Minutes” in the 1980s. “It brings families together and preserves a small bit of our rural American heritage,” said current Ice Harvest Co-chair Jeff Huxtable.

Millers Mills, a small hamlet located in extreme southern Herkimer County, was founded in 1790 by Andrew Miller and his six sons who ran a gristmill and sawmill on the headwaters of Little Unadilla Lake. The Millers Mills Grange, a sponsor of the



Once the blocks are sawn from the ice, they're loaded onto the sleigh to be taken to the ice house.
Photo by Troy Bishopp

event, and a community of residents, Grange and church volunteers, teamsters, fire and ambulance personnel and local highway departments welcome guests yearly (or whenever the ice is thick enough) to carry on the tradition and authenticity of a 19th century ice harvest.

Old hand tools are used to saw through the ice after an antique, gas-powered machine is used to score the ice the day



This year's blocks were about 16 inches thick and weighed about 300 pounds each.
Photo by Derek Llewellyn

beforehand into a checker-board pattern, ensuring the blocks are relatively uniform in size and easier to cut and handle. This year's 16-inch blocks weighing around 300 pounds were separated, floated and loaded onto horse-drawn sleighs and taken up to the ice house across from the Millers Mills Free Baptist Church where they are meticulously placed and packed in sawdust and snow.

Visitors were then treated to a sleigh ride from impressive two-hitch draft horse teams driven by Mike Chase of Hartwick, NY, and Alan and Stacey Maine of Richfield Springs, NY, for the return trip back to the pond. Visitors warmed up with homemade soup, chili, hot dogs, doughnuts, baked goods and hot chocolate at the Grange Hall and enjoyed a roaring fire on the ice.

The ice from the harvest is used over the summer for refrigeration emergencies, local graduation parties, family reunions, and Plain community events. For future updates, visit millersmillsny.com.

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Community Calendar

February 2022						
S	M	T	W	T	F	S
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	1	2	3	4	5
6	7	8	9	10	11	12
Holidays						
2nd - Groundhog Day						
14th - Valentine's Day						
21st - Presidents' Day						

FEBRUARY 23
Leasing Your Land for Solar Energy Development a webinar via Zoom at noon. Register at extension.psu.edu/leasing-your-land-for-solar-energy-development.

Schoharie Crossing Winter Walk at 1 p.m. For more information, call the Visitor Center at 518.829.7516 or email SchoharieCrossing@parks.ny.gov.

Winter One-Pot Comfort Foods 6-7 p.m. via Zoom free of charge. Registration is required at tinyurl.com/4b2eydk4

No Irish Need Apply 7 p.m. at Irish Cultural Center of the Mohawk Valley Museum, 623 Columbia St., Utica. Learn about the discrimination that Irish immigrants faced in mid-19th century America summed up in four words: "No Irish need apply." This event. Register through Eventbrite at www.eventbrite.com/e/no-irish-need-apply-tickets-258558684987

FEBRUARY 24
Creative Textile Fibers Group at 12:30–2:30 p.m. at Fort Plain Free Library, 19 Willett St., Fort Plain. For more information call 518.993.4646 or visit www.fortplainfreelibrary.org.

Herkimer County Local Early Intervention Coordinating Council (LEICC) Meeting on 2 p.m. by Zoom. If you would like information or have questions about Early Intervention, contact Nicole Keyser at 315.867.1176.

Eat Healthy Be Active Community Workshop 11:30 a.m. - 12:30 p.m. Go to <https://www.zoom.us/Meeting-ID:96146106008> Passcode: 567333.

FEBRUARY 25
Fish Fry at Poland Fire Company, Poland Firehouse Station #1, Route 8, between Poland and Cold Brook. Each Friday through April 15. Serving 4-7 p.m. Choices: Fish Fry or Broiled Fish Dinner, Chicken Tenders Dinner and Mozzarella Sticks. Handicap accessible. Take-out only. Gluten-free menu options.

FEBRUARY 26
Schoharie Master Gardeners annual seed swap 10 a.m.-noon at CCE office, 173 South Grand Street, Cobleskill, NY. Participants are encouraged, but not required, to bring seeds to swap and there will be plenty for people to take home. Seeds will include vegetables, herbs and flowers. There will also be gardening books to swap. Masks will be mandatory. If you have questions, you can email Jessica Holmes at jmh452@cornell.edu or call 518.234.4303 ext. 119. This event is the National Seed Swap Day 2022 from January that was rescheduled due to COVID-19 concerns.

Herkimer Originals v. Roc City Ravens 7:05 p.m. at Herkimer College 100 Reservoir Rd., Herkimer. Visit herkimeroriginals.com

March 2022						
S	M	T	W	T	F	S
27	28	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9
Holidays						
13th - Daylight Saving Begins						
17th - St. Patrick's Day						
20th - Spring Begins						

Brooks BBQ 12-3 p.m. or sold out. at Fort Plain VFW, 30 River St., Fort Plain.

FEBRUARY 28
Virtual Black History Month Event called The Revolutionary World of a Free Black Man: Jacob Francis: 1754-1836 at 7 p.m. on Zoom. Registration required at tinyurl.com/2bhxv6nd

The Revolutionary World of a Free Black Man: Jacob Francis: 1754-1836 7 p.m. Visit fortplainmuseum.org/events

MARCH 1
Children's Story Hour 11–11:45 a.m. at Fort Plain Free Library, 19 Willett St, Fort Plain. For more information call 518.993.4646 or visit fortplainfreelibrary.org

Eating Well for Cancer Prevention at 6 p.m. in the Richfield Springs Community Center at 6 Ann Street. Community event in honor of Colon Cancer Awareness Month. Those interested in more information should contact Kimberly at 518.234.4303 x 120 or email her at kmf239@cornell.edu. You can also register directly at reg.cce.cornell.edu/EatingWellForCancerPrevention_243.

Women United (Formerly 100 Women Who Care) 5-7:30 p.m. Delta Marriott Hotel, Utica. \$50 per person. Register by Feb. 20. Buy tickets at tinyurl.com/3tfh72hs

MARCH 3
Creative Textile Fibers Group at 12:30–2:30 p.m. at Fort Plain Free Library, 19 Willett St., Fort Plain. For more information call 518.993.4646 or visit www.fortplainfreelibrary.org.

MARCH 4
Lasting Impressions: Prints by George Dirolf, Dennis Revitzky and Amy Silberkleit 10 a.m. at Arkell Museum, 2 Erie Boulevard, Canajoharie. For more information contact Mary Beth Vought at 518.673.2314 or visit www.arkell-museum.org.

Fish Fry at Poland Fire Company, Poland Firehouse Station #1, Route 8, between Poland and Cold Brook. Each Friday through April 15. Serving 4-7 p.m. Choices: Fish Fry or Broiled Fish Dinner, Chicken Tenders Dinner and Mozzarella Sticks. Handicap accessible. Take-out only. Gluten-free menu options.

MARCH 5
NTSI Traffic Survival Workshop 9 a.m. - 3:30 p.m. at Arc Herkimer, 305 S. Washington Street, Herkimer, in Training Rooms A & B. Classes planned one Saturday every other month. Other planned dates are May 14, Sept. 10, and Nov. 12. \$38. For more information or to sign up, contact Kelly Bunce at 315.574.7982.

April 2022						
S	M	T	W	T	F	S
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
1	2	3	4	5	6	7
Holidays						
17th - Easter						
18th - Taxes Due						
22nd - Earth Day						

MARCH 8
Schoharie Crossing Lunchbox Lesson at 12 p.m. Women's Suffrage in Montgomery County with Historian Kelly Farquhar. Online via WebEx. For more information, call the Visitor Center at 518.829.7516 or email SchoharieCrossing@parks.ny.gov.

Children's Story Hour 11–11:45 a.m. at Fort Plain Free Library, 19 Willett St, Fort Plain. For more information call 518.993.4646 or visit fortplainfreelibrary.org

MARCH 10
Cooking with Love for the Planet, Part 2 6:30 - 7:30 p.m. Registration is required at tinyurl.com/3zdxak75

MARCH 15
Children's Story Hour 11–11:45 a.m. at Fort Plain Free Library, 19 Willett St, Fort Plain. For more information call 518.993.4646 or visit fortplainfreelibrary.org

MARCH 17
Schoharie Crossing Online Winter Lectures - Third Thursdays at 7 p.m. Canal Contracts with Canal Society of NY's Craig Williams. Online via WebEx. For more information, call the Visitor Center at 518.829.7516 or email SchoharieCrossing@parks.ny.gov.

Creative Textile Fibers Group at 12:30–2:30 p.m. at Fort Plain Free Library, 19 Willett St., Fort Plain. For more information call 518.993.4646 or visit www.fortplainfreelibrary.org.

Corn Beef and Cabbage Dinner, Ilion Masonic Temple, 118 Morgan St., Ilion. 11 a.m. to 1 p.m. and 3-6 p.m. Take outs only. \$14. Reservations preferred. Call 315.269.6493. Ham will be available for those not liking corned beef. Sponsored by Evening Star Valley Chapter OES.

MARCH 18
Fish Fry at Poland Fire Company, Poland Firehouse Station #1, Route 8, between Poland and Cold Brook. Each Friday through April 15. Serving 4-7 p.m. Choices: Fish Fry or Broiled Fish Dinner, Chicken Tenders Dinner and Mozzarella Sticks. Handicap accessible. Take-out only. Gluten-free menu options.

MARCH 19
Pints For A Cause at Eisenadler Brauhaus 2–5 p.m. at Eisenadler Brauhaus Brewery, 88 East Main Street, Nelliston. For more information contact: Habitat for Humanity, Montgomery County NY at 518.535.9401.

MARCH 22
Children's Story Hour 11–11:45 a.m. at Fort Plain Free Library, 19 Willett St, Fort Plain. For more information call 518.993.4646 or visit fortplainfreelibrary.org
March 17

Schoharie Crossing Online Winter Lectures - Third Thursdays at 7 p.m. Canal Contracts with Canal Society of NY's Craig Williams. Online via WebEx. For more information, call the Visitor Center at 518.829.7516 or email SchoharieCrossing@parks.ny.gov.

Creative Textile Fibers Group at 12:30–2:30 p.m. at Fort Plain Free Library, 19 Willett St., Fort Plain. For more information call 518.993.4646 or visit www.fortplainfreelibrary.org.

MARCH 25
Fish Fry at Poland Fire Company, Poland Firehouse Station #1, Route 8, between Poland and Cold Brook. Each Friday through April 15. Serving 4-7 p.m. Choices: Fish Fry or Broiled Fish Dinner, Chicken Tenders Dinner and Mozzarella Sticks. Handicap accessible. Take-out only. Gluten-free menu options.

MARCH 29
Children's Story Hour 11–11:45 a.m. at Fort Plain Free Library, 19 Willett St, Fort Plain. For more information call 518.993.4646 or visit fortplainfreelibrary.org

MARCH 30
National Take A Walk In A Park Day – Schoharie Crossing to MVGO/ Riverlink Park starting at 10 a.m. at Schoharie Crossing State Historic Site, 129 Schoharie Street, Fort Hunter. Celebrate National Take A Walk In The Park Day. Sign up for the Erie Canalway National Heritage Corridor's Canalway Challenge at eriecanalway.org/explore/challenge

APRIL 1
Fish Fry at Poland Fire Company, Poland Firehouse Station #1, Route 8, between Poland and Cold Brook. Each Friday through April 15. Serving 4-7 p.m. Choices: Fish Fry or Broiled Fish Dinner, Chicken Tenders Dinner and Mozzarella Sticks. Handicap accessible. Take-out only. Gluten-free menu options.

APRIL 5
American Red Cross Blood Drive 12-6 p.m. at St. Johns St. Marks Church, 143 Church Street, Canajoharie. Make an appointment at tinyurl.com/46b6ev4y.

American Red Cross Blood Drive 12:30-5:30 p.m. at American Legion Post 25, 43 West Main Street, Mohawk, NY. Sponsor Code: MohawkAL

APRIL 7
Cooking with Love for the Planet, Part 3: 6:30 - 7:30 p.m. Registration is required at tinyurl.com/fx7b34bp

APRIL 8
Fish Fry at Poland Fire Company, Poland Firehouse Station #1, Route 8, between Poland and Cold Brook. Each Friday through April 15. Serving 4-7 p.m. Choices: Fish Fry or Broiled Fish Dinner, Chicken Tenders Dinner and Mozzarella Sticks. Handicap accessible. Take-out only. Gluten-free menu options.

APRIL 15
Fish Fry at Poland Fire Company, Poland Firehouse Station #1, Route 8, between Poland and Cold Brook. Last Friday offered. Serving 4-7 p.m. Choices: Fish Fry or Broiled Fish Dinner, Chicken Tenders Dinner and Mozzarella Sticks. Handicap accessible. Take-out only. Gluten-free menu options.

APRIL 21
Schoharie Crossing Online Winter Lectures - Third Thursdays at 7 p.m. The Syracuse Weighlock with Derrick Pratt of the Erie Canal Museum. Online via WebEx. For more information, call the Visitor Center at 518.829.7516 or email SchoharieCrossing@parks.ny.gov.

APRIL 23
Canal Clean Sweep – volunteer day 9 a.m. to 12 p.m. on the site of Schoharie Crossing grounds and nearby at Lock E12 and Fort Hunter Community Park). For more information, call the Visitor Center at 518.829.7516 or email SchoharieCrossing@parks.ny.gov.

Winter Walk at Schoharie Crossing State Historic Site 1–3:15 p.m. at Schoharie Crossing State Historic Site, 129 Schoharie Street, Fort Hunter. For more information contact David Brooks at 518.829.7516.

Revolutionary War Bus Trip to the Museum of the American Revolution in Philadelphia, PA. Visit fortplainmuseum.org/events

APRIL 26
Friends of Schoharie Crossing Meeting at 6:30 p.m. At the Visitor Center, Schoharie Street. For more information, call the Visitor Center at 518.829.7516 or email SchoharieCrossing@parks.ny.gov.

MAY 7
I LOVE My Park Day at Schoharie Crossing 9 a.m. at Schoharie Crossing State Historic Site, 129 Schoharie Street, Fort Hunter. For more information contact: <https://fb.me/e/1fdKC1t0M> There will be a few beautification projects around the site to kick off the 2022 season. Be sure to register at the link provided.

MAY 12
Cooking with Love for the Planet, Part 4 6:30 - 7:30 p.m. Registration is required at tinyurl.com/yxckhz9n

MAY 16
A Noble Defense: The Hessian Repulse at Red Bank Oct. 22, 1777 at 7 p.m. Visit fortplainmuseum.org/events

MAY 21
Opening Day at Fort Klock 10 a.m. – 4 p.m. at 7203 State Highway 5, Saint Johnsville. Call 518.568.7779.

Pleasant-smelling wood oil not so pleasant for biting ticks, other pests

Cedarwood oil can be found in many consumer products – perfumes, soaps and deodorants among them. In addition to its pleasing scent, cedarwood oil also is prized for its insect-repelling and anti-fungal properties.

Ticks aren't insects, but they too are repelled by cedarwood oil, according to recently published findings by Agricultural Research Service (ARS) scientists at the National Center for Agricultural Utilization Research in Peoria, IL.

In laboratory studies, the scientists exposed the nymph stages of five, hard-bodied tick species to various doses of cedarwood oil and compared the results to DEET, a commonly used synthetic insecticide.

Found in the heartwood of Eastern red cedar and other juniper tree species, cedarwood oil is among a variety of natural products that the researchers are testing as potentially safer or more sustainable alternatives to traditional pesticides derived from petroleum.

Ticks' hunger for a blood meal is creepy enough, much less finding one latched on after a walk in tall grass or through brush where these flat-bodied arachnids lay in wait for a

passing host. Far more concerning, though, is their ability to transmit disease-causing pathogens as they feed. One notable culprit is the black-legged tick, whose bite infects nearly half a million people annually with the bacterium that causes Lyme disease. To make matters worse, some ticks, such as the lone star tick, can induce Alpha-Gal Syndrome, a condition in which the person bitten by the tick develops a severe allergy to meat from livestock and other mammals.

Interestingly, the researchers found different species of ticks exhibit different degrees of susceptibility to cedarwood oil. For instance, the black-legged tick was the most susceptible of the four tick species exposed to cedarwood oil in the experiments. The others, in order of decreasing susceptibility, were brown dog tick, American dog tick and lone star tick.

To test for repellency or toxicity to the ticks' nymph stages, scientists treated small pieces of filter paper with microgram amounts of cedarwood oil and placed the papers on short vertical rods. They then released the nymphs and recorded what happened to them upon crawling up the rods and contacting

the treated paper. Contact with the oil-treated papers repelled 80% - 94% of black-legged tick nymphs, meaning they retreated, moved more slowly or dropped off the rods.

However, the oil's repellency faded with time. More of the nymphs (94%) were repelled 30 minutes after the oil had been applied to the paper than after 60 minutes (80%).

Results such as these are important considerations in formulating the oil as a repellent product that can be applied to bare skin or clothing, for example.

In the experiments, DEET was more repellent than the cedarwood oil for all tick species except the black-legged tick nymphs. Against them, the oil worked just as well.

Full details of the work were published in the journal *Experimental and Applied Acarology* by Lina Flor-Weiler, Robert Behle, Fred Eller, Ephantus Muturi and Alejandro Rooney, all of ARS. Additional tests are necessary to determine the optimal doses to use and delivery method, they noted.

Their tests also reaffirmed the benefits of using a procedure called

supercritical fluid extraction, which relies on carbon dioxide (CO₂) to penetrate deeply into cedarwood shavings or sawdust where reserves of the oil can be removed without degrading its quality. Typically, a method called steam distillation is used. However, it is inefficient and degrades the oil during the process.

Pests 11



A nymph-stage blacklegged tick.



March Special Issues



SHOP LOCAL!

The March 5 issue will have two sections spotlighting Ilion, Frankfort and Mohawk and Johnstown and Gloversville!

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ANNUAL BUSINESS CARD DIRECTORY

The March 12 issue will have our Annual Business Card Directory. Don't miss your chance to be seen!

Deadline February 25.



OUTDOOR LIVING & LEISURE

The March 5 and March 12 issues will highlight landscaping, patios, decks, sheds, outdoor furniture, boats, RV's & recreational vehicles.

Deadline February 25 (March 5 issue)

Deadline March 4 (March 12 issue).



NYS MAPLE SYRUP WEEKENDS

The March 12 and March 19 issues will have information on locations and activities during the fun-filled weekends.

Deadline March 4 (March 12 issue).

Deadline March 19 (March 19 issue).

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Q: Can we shop in the store and still have our items shipped home?

A: YES! Our boaters and cyclists ask this one a lot.

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Good Housekeeping Mac and Cheese

Macaroni and Cheese on the Light Side

Our pasta recipe is amazingly creamy, and it sneaks vegetables into the kids' dinner without a lot of fuss.

1 package (16 ounces) cavatelli pasta
2 tablespoons margarine or butter
3 tablespoons all-purpose flour
1/4 teaspoon ground black pepper
Pinch ground nutmeg
3 1/2 cups low-fat (1%) milk
6 ounces (1 1/2 cups) reduced-fat sharp cheddar cheese, shredded
1/3 cup grated Parmesan cheese
1 package (10 ounces) frozen mixed vegetables

1. Heat large saucepot of salted water to boiling over high heat; add pasta and cook as label directs.

2. Meanwhile, in 3-quart saucepan, melt margarine over medium heat. With wire whisk, stir in flour, pepper, nutmeg and 1/2 teaspoon salt; cook 1 minute, stirring constantly. Gradually whisk in milk and, stirring constantly, cook over medium-high heat until sauce boils and thickens slightly. Boil 1 minute, stirring.

3. Remove saucepan from heat; stir in cheeses just until melted. Following manufacturer's directions, use immersion blender to blend mixture in saucepan until smooth. (Or, in blender at low speed, with center part of cover removed

to allow steam to escape, blend sauce mixture in small batches until smooth. Pour sauce into bowl after each batch.)

4. Place frozen vegetables in colander; drain pasta over vegetables. Return pasta mixture to saucepot; stir in cheese sauce. Serves 8.

• Each serving: About 340 calories, 11g total fat (4g saturated), 32mg cholesterol, 585mg sodium, 43g total carbs, 2g dietary fiber, 18g protein.

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

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Pests from 10

Starting in the early 2000s, Eller, together with Jerry King (formerly ARS) showed that CO2 supercritical fluid extraction could yield 30% more cedarwood oil than steam distillation. More recently, using CO2 also resulted in a three-fold increase in the oil's concentration of cedrol, a biologically active ingredient that plays a major role in not only repelling ticks, but also fire ants and other insects.

Pressure-treating lumber with an emulsion of the cedrol-rich oil also inhibits termites and fungi that cause wood decay, the researchers found.

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Mohawk Valley FFA has success at district level



(Back row, L - R) Myles Hayes, Madeline Sammons-Wilbur and Kayden Christensen. (Front row) EmmaJo Schmidtman and Kaylee Heroth.

Photo courtesy of Julia Hudyncia-Davis, OESJ Ag Science teacher and FFA advisor

On Feb. 5, five members of the Mohawk Valley FFA traveled and competed at the District V FFA Leadership Development Contests. Leadership Development contests are designed to develop critical thinking skills and decision-making skills and also promote effective communication. Members explore, create and demonstrate expertise in the areas of agriculture, food and natural resources.

- Jr. Extemporaneous Public Speaking: 4th – Kaylee Heroth; 6th – Myles Hayes

- Jr. People in Ag: 1st – Myles Hayes, Kayden Christensen and Madeline Sammons-Wilbur

- Jr. Creed Speaking: 1st – EmmaJo Schmidtman

- Jr. Prepared Speaking: 1st – Kaylee Heroth
Kaylee Heroth, EmmaJo Schmidtman and Myles Hayes have qualified for the Sub-States competitions in March.

Did you know?

Is your precious pooch joining you at the bathroom sink each day when you brush your teeth? If so, you may want to think about having him or her learn the proper technique to keeping teeth clean — with your help, of course. Cleaning a dog's teeth is just as essential to the pet's health as a nutritious diet, grooming and regular exercise. According to the American Kennel Club, keeping a dog's teeth clean comes down to a few basic steps.

- **Brush teeth.** Teeth brushing is the foundation of good oral health. Brush a dog's teeth at least once a week or more frequently. Use toothpaste specifically designed for dogs. Never use toothpaste made for humans.

- **Offer dental chews.** Rely on a dog's natural inclination to chew with treats that also clean the teeth. Chews are designed to minimize the buildup of plaque.

- **Use special oral sprays:** Investigate dog dental sprays that kill bacteria that can make a dog's breath smell bad and contribute to tartar and plaque.

- **Provide plenty of chew toys.** In addition to dental chews, regular chew toys also scour the teeth and improve oral health. Rotate several toys to prevent boredom.

- **Schedule professional cleanings.** Dogs need dental cleanings and examinations at least every year. Some dogs are more susceptible to periodontal disease and will require more frequent cleanings. Consult a vet.

It may take some time for dogs to get acclimated to having their mouths handled and their teeth brushed, but over time they can grow accustomed to the process. Some dogs may even enjoy it.



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Thursday, MARCH 24 • 8-3

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Poland kindergarten students celebrate 100 days of school



Poland Central School District kindergarten teacher Carrie Roark and her students pose with Zero the Hero during their celebration of the 100th day of school on Feb. 15. Photos courtesy of Herkimer BOCES



Poland Central School District kindergarten teacher Julie Dutcher and her students pose with Zero the Hero.

The 100th day of school for Poland Central School District kindergarten students marked more than just a milestone of school days, but also accomplishments in learning.

Kindergarten teachers Julie Dutcher and Carrie Roark provided a day of fun for the students for their efforts in learning to count to 100 by ones and 10s and to learn about the tens place and hundreds place.

"They work so hard all year long to get to this special day," Roark said.

The Poland kindergarten classes celebrated 100 days of school on Feb. 15 with a visit from Zero the Hero and a chance to show off their 100th day outfits during a fashion show. For the fashion show, the students decorated their shirts with 100 items of their choice – such as stars, sparkles and Legos.

Various other activities

that students participated in from one kindergarten class or another included counting 100 stickers, flipping a coin 100 times, counting 100 licks of a Blow Pop, creating 100-day snack mixes, designed

crown for the 100th day, stacking 100 cups as a team, removing cups from a stack of 100 and writing and drawing what they would buy for \$100.

There also was a lot of "singing and danc-

ing throughout the day," Dutcher said.

The visit from Zero the Hero was special for students because they have been learning to count in

Poland 15



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or at julia.hudyncia@oesj.org



Poland from 14

the tens place all year, and Zero the Hero would leave them a treat once every 10th day.

"Now, we're learning hundreds place with a celebration," Dutcher said. "Anything to make it fun and

exciting to remember harder concepts is why we do this."

Learning to count to 100 by ones and tens is a requirement for kindergarten students, and some students are at that level now, Roark said. Recognizing their efforts with

a celebratory 100th day of school supports them, she said.

"It's great just to see them grow and have success with that," Roark said. "I think it's important for them to have fun and learn at the same time."



Poland Central School District kindergarten students and their teachers Julie Dutcher and Carrie Roark dance in the school theater following their 100th day of school fashion show on Tuesday, Feb. 15.

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Tax tips to simplify your filing experience

The New York State Department of Taxation and Finance on recently encouraged taxpayers to follow some important filing tips before they submit their income tax returns.

• **File your tax returns for free** – Free File software is available at the Tax Department website at tax.ny.gov. Taxpayers with income of \$73,000 or less in 2021 can electronically complete and submit their federal and NYS income tax returns online at no cost.

Nearly 255,000 taxpayers used this software last year, saving them a combined \$51 million in tax preparation fees. To be directed to the free filing options, simply click Free File your income tax return on the Tax Department's website. It's easy, fast and secure.

Free File can help millions of taxpayers claim valuable tax credits without the cost of hiring a tax preparer. The software will help ensure you claim all the credits you deserve, including the earned income tax credit (EITC).

To ensure you're not charged a fee, you must go to the Tax Department's website to complete your return. You'll save on preparation fees, prevent costly errors and ensure that you receive any refund you're owed in the most efficient way possible.

• **Need assistance?** – If you need filing assistance, free help is available. If your federal adjusted gross income in 2021 was \$73,000 or less, Tax Department representatives can guide you through the free tax preparation software to help you electronically prepare and file your 2021 federal and state income tax returns at no cost. To register, see Register for a virtual FSA session.

• **Receive your refund faster** – You can receive the refunds you're owed up to two weeks sooner by e-filing your return and choosing direct deposit. E-filing is safer, faster and more efficient than sending paper returns through the mail. And you'll receive your refund faster if it's directly deposited into your bank account rather than mailed as a paper check.

To use direct deposit, simply check direct deposit on your tax return, then enter your bank's nine-digit routing number and your account number. For checking accounts, this information is available on your checks; for savings accounts, contact your bank.

• **Check your refund status** – Taxpayers can also quickly view the status of their NYS tax refund anytime by using the Check your Refund application on the Tax Department website, tax.ny.gov. It's the fastest and most convenient way to know when to expect your refund. It's updated daily and provides the same information available to our phone representatives – only without the wait.

You can also find out when your refund will be issued by signing up for Tax Department email alerts. Visit the Tax Department homepage at tax.ny.gov and select Subscribe under the Connect With Us heading at the bottom of the page.

• **Get your questions answered** – Tax Department representatives are available from 8:30 a.m. - 4:30 p.m. at 518.457.5181 on weekdays. Before you call, however, consider that the most efficient way to obtain tax filing guidance and information, including answers to common questions, is to visit the Tax Department's website at tax.ny.gov. Our Filing season resource center is a good place to start.



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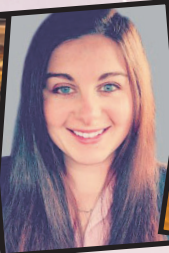
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CFLR hosts 13th Annual Stand Up for Recovery Day

Recovery advocates across New York State gathered virtually on Feb. 8 to call on the governor and legislature to address the ongoing need for additional resources to promote and support recovery from alcohol and other drug addictions.

The day began with a network session followed by a rally, with over 1,000 people streaming, during which leaders of the recovery movement, individuals and family members living in recovery, were joined by local, state and national governmental officials.

Center for Family Life and Recovery in Utica hosted

the event on a local level, sharing recovery stories posted on its CFLR Facebook page.

The Center for Family Life and Recovery is proud to be a leader in creating a world where people have the power to achieve and celebrate recovery. CFLR supports individuals and families struggling with addiction, mental health and behavioral issues by inspiring hope, providing help, promoting wellness and transforming lives. To learn more, visit whenthehelptheshop.com or call 315.733.1709.



Recovery advocates across New York State gathered virtually to call on the governor and legislature to address the ongoing need for additional resources to promote and support recovery from alcohol and other drug addictions. The Center for Family Life and Recovery in Utica also hosted the event on a local level. Photo courtesy of the Center for Family Life and Recovery



"It must be a fur tree."

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Mon. Feb. 28th – Normal Monday Sale & Monthly Organic Day.

Mon., Mar. 7th – Normal Monday Sale & Monthly Fat cow & Feeder Sale.

Mon. Mar. 14th – Normal Monday Sale & Monthly Heifer Sale.

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Sat. April 23rd – Sale held at our facility. Our Annual Spring Machinery Consignment Auction. Watch for future info.

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Number / Classification

20 Air Compressors
25 Air Tools
35 Announcements
45 Antiques
55 Appraisal Services
75 ATV
80 Auctions
82 Auto Body
110 Bedding Plants
120 Bees-Beekeeping
130 Bird Control
140 Books
155 Building Materials/Supplies
157 Building Repair
160 Buildings For Sale
161 Bulk Foods / Spices
165 Business Opportunities
170 Butchering Supplies
173 Carpentry
175 Cars, Trucks, Trailers
180 Catalogs
182 Catering
190 Chain Saws
195 Cheesemaking Supplies
205 Christmas
214 Clocks & Repair
215 Collectibles
216 Clothing
235 Computers
253 Consignment
265 Construction Equipment For Rent
275 Construction Machinery Wanted
277 Construction Services
280 Construction Supplies
312 Crafts
325 Custom Butchering
330 Custom Services
360 Deer-Butchering & Hides
370 Dogs
410 Electrical
415 Employment Wanted
440 Farm Machinery For Sale
445 Farm Machinery Wanted
447 Farm Market Items
460 Fencing
470 Financial Services
480 Fish
483 Flooring
494 For Lease
495 For Rent
500 For Sale
510 Fresh Produce, Nursery
525 Fruits & Berries
527 Furniture
529 Garage Sales
530 Garden Supplies
535 Generators
537 Gifts
575 Greenhouse Supplies
585 Guns
587 Hair Styling
589 Hardware
600 Health Care/Products
605 Heating
610 Help Wanted
653 Hotel / Motel
683 Jewelers
700 Lawn & Garden
711 Lessons
760 Lumber & Wood Products
790 Maple Syrup Supplies
805 Miscellaneous
810 Mobile Homes
811 Monuments
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813 Music
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817 Nails
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The Country Editor

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Announcements

VAN HORNESVILLE Fire Department, Chicken Barbecue, Saturday, April 23rd, 11:30AM to 4PM. Meeting Hall, Starkville, NY. Dinners \$10.00, Halves \$7.00. 315-542-4370

CHECK YOUR AD - ADVERTISERS should check their ads on the first week of insertion. Lee Newspapers shall not be liable for typographical, or errors in publication except to the extent of the cost of the first weeks insertion of the ad, and shall also not be liable for damages due to failure to publish an ad. Adjustment for errors is limited to the cost of that portion of the ad wherein the error occurred. **Report any errors to 800-836-2888 or 518-673-0111.**

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To Your Good Health

by Keith Roach, M.D.

How Much Popcorn Is Too Much?

Dear Dr. Roach: I love popcorn, but when you look close there are so many hard hulls! Are they hard on the stomach? Can you eat too much? - G.P.P.

Answer: Popcorn has a lot of fiber, include the nondigestible bran of the kernel (also called the hull). Fiber is generally healthy for you, aiding in digestion and making you feel fuller, and foods high in fiber may reduce risk of some chronic diseases.

However, too much fiber, especially if your system is not used to it, is absolutely a potential problem. It can cause bloating and gas, and in rare instances can cause an obstruction in the bowel. This is not likely with any reasonable amount of popcorn.

Doctors used to think that in people with diverticulosis, which is little out-pouchings in the wall of the colon, popcorn could cause diverticulitis (inflammation and infection). However, recent studies have shown this is unlikely.

Finally, enjoy popcorn air-popped, without oil or butter or too much salt, for the healthiest option.

Dear Dr. Roach: I was recently worked up for an autoimmune disease that now seems to be osteoarthritis. I was placed on 10 mg of prednisone for 14 days with amazing relief from my painful shoulder and arms. I am severely allergic to aspirin and do not want to take opioids. The physician has ordered prednisone 2.5-5 mg daily to control symptoms. Is it safe to take this low dose of prednisone daily for pain control? - M.O.

Answer: It sounds to me that the physician may not have communicated as effectively as I might have hoped. Osteoarthritis, although a widespread cause of joint pain, is not an autoimmune disease, and it is not treated with prednisone. Instead, it sounds very much like you may have polymyalgia rheumatica.

PMR is found in women more often than in men and rarely in people under 50, most commonly in a person's 70s. Hallmark symptoms are joint pain, especially of the shoulders and upper arms, that is much worse in the morning. PMR also is very sensitive to prednisone 10-20 mg; If it doesn't respond dramatically to those kinds of doses, it probably isn't PMR. A laboratory finding, the erythrocyte sedimentation rate, is almost always very elevated (92%-94%) in PMR. A different blood test for inflammation, C-reactive protein, is abnormal in 99% of people with the condition.

Treatment is low-dose prednisone,

usually given at 10-20 mg per day to start, as long as it is controlling symptoms. About half of people will be able to come off of medication after a year or two, but some people continue on treatment for six years or more. Unfortunately, even at these low doses, roughly half of people can develop a side effect due to the steroids, especially cataracts. People on long-term steroids should have careful monitoring of blood pressure, sugar and cholesterol levels, as well as bone density. Alternate treatments that don't rely on steroids are in development.

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.

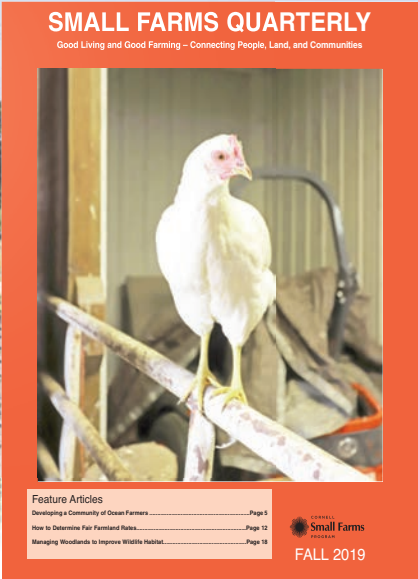
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Signs of engine trouble

Without a functioning engine, a car is just an expensive driveway ornament. Engines keep vehicles moving, much in the same way the heart provides oxygen and blood to keep the human body running strong.

Modern engines are a mixture of mechanical moveable parts and complex computerized systems. Many different parts work in unison to keep a vehicle moving. Engines can be challenging for

experienced mechanics, not to mention downright confusing for people who are unfamiliar with what's under the hood of their vehicle. But any vehicle owner can learn to recognize certain signs that an engine may be on its last legs.

Engine shaking

An engine that is shaking while running may just have bad spark plugs or loose or damaged hoses, offers Sturtevant Used Auto Parts in Wisconsin.

However, if those fixes don't work, it could be an indication of a deeper problem that requires a mechanic, such as fuel intake system issues, compromised motor mounts or timing belt problems.

Excessive smoke

An engine in trouble typically has to work harder. That results in heating up more quickly, which can lead to overheating. Smoke may be white, blue or black (each color indicates a separate problem). Any sign of excessive smoke is a reason to consult a mechanic.

Warning lights

The dashboard tends to light up when the car is started, and one by one those lights diminish as the car's computer checks that all systems are working correctly. If the "check engine" light remains on, it is notifying the driver of a problem. The issue could be a faulty sensor or something more ominous. Mechanics can hook the vehicle up to a scanning tool that runs diagnostics to "speak" to the car's computer helping to diagnose the issue, advises How Stuff Works.

Strange noises

Popping or tapping noises may suggest that gasoline is igniting prematurely in the combustion chambers of the cylinders. Grinding noises may tell you that

the starter motor needs to be changed or replaced. Transmission issues also can produce grinding sounds. Generally speaking, if the car is making sounds it does not normally make, schedule a service appointment.

Poor fuel efficiency

Engine trouble may cause the car or truck to consume gas faster than normal, according to the car information site Carsoid. The engine or one of its components may be faulty. Problems could arise in the spark plugs, oxygen sensor or fuel injector.

Metal flakes

If you change your own oil, check to see if the oil has metal flakes, or ask the technician if he or she sees flakes when you bring it in for service. Flakes indicate the engine is creating too much friction and slowly chipping away at the components.

Trouble starting

Failure to turn over is a clear indicator of engine troubles. It could be the battery, but if the battery is new, look for other causes.

Engine trouble does not generally come out of nowhere. Certain signs can warn drivers their vehicles need servicing.



Any vehicle owner can learn to recognize certain signs that an engine may be on its last legs.

How-to keep pets occupied while you're at work

If one had to find a silver lining during the global pandemic that kept people close to home for an extended period of time, the chance to spend more time with pets is worthy of consideration. Cats, dogs, birds, and other animals reaped the rewards of having humans nearby for much of the day.

As the world continues to open up and people are returning to their offices and schools, pets who have grown accustomed to having company all day long may be in for a shock. Concerned pet owners can take various steps to help keep their pets occupied and content while their human companions are away from home.

Get a buddy

When two pets get together, the opportunity for play increases exponentially. Animals can keep themselves company and hopefully out of trouble. A single pet may experience separation anxiety when his owner goes away to work or school, and that may result in damaging behavior like chewing, scratching or even soiling in inappropriate places.

Provide puzzling toys

Keeping pets' brains active can reduce instances of boredom. PetMD suggests food puzzle toys that can be stuffed with treats and involve brain power to unlock the food rewards.

Expend energy

Prior to leaving for work or school, pet parents can help pets expend some energy so they're more inclined to sleep during the day. The Animal Behavior College suggests an extra 20 minutes of walking

each day may be enough to tire out most breeds. Working dogs, such as shepherds, pointers and setters, may need 40 or more minutes to burn off energy. Cat owners can play with their cats indoors, but generally cats will lounge around during the day anyway.

Provide white noise

Pets may have grown accustomed to the sounds of an active house, so white noise can fill the void owners' absences create. Turn on the television or radio. Pet fountains, fans and other devices can create noises to keep pets content.

Introduce new toys

Keep a cache of new toys and rotate them on a regular basis. Pets may become so interested in the bevy of new toys that they fail to even realize their owners are gone for much of the day.

Make rest enticing

Invest in a new and cozy pet bed (or cage bedding) that's too comfortable for pets to ignore.

Pets who grew accustomed to constant companionship during the pandemic may need to readjust to a quiet home. Owners can try various strategies to help pets during this adjustment period.



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Home Country

by Slim Randles

I don't mind Boots. He just curls up quietly against my belly and stays put. But sleeping with Desdemona can be a bit unnerving. She snores. Sometimes she gets little bad dreams and scratches me, too. But hey, I get to come in out of the cold and sleep with Aunt Ada's cats on her sofa, and a guy can tolerate a certain amount of cat snoring for that. I was glad when I

heard Aunt Ada pattering in the kitchen because I knew it was time to get up. After she let me out, she fed me, and let me tell you ... that kibble was just as good this morning as it was yesterday. And then she petted me, called me her dear Billy, and let me out to do my rounds. Don't let anyone tell you being the official town dog is easy. Nossiree. First, there are the

kids. Me and Martin, the crossing guard, have to see them safely across the street and to school each morning. Must be band day, because I see a lot of instrument cases. Martin gets smiles from the children. I get smiles AND ear rumples, so what do you think of that! Once those kids are safely across, the time is pretty much my own until the final bell rings in the afternoon. That would be after I get snacks at the back door of the Mule Barn and after my nap curled up

against the brick wall of the drugstore downtown. You ever notice how those bricks hold the sunshine in them? Better than that white wall on the newspaper office. This is a good day to stop by the Rest of Your Life retirement home and check on Pop Walker and Mabel Adams. Oh, I make

the rounds and check on everybody, of course, but I have to admit those two are my favorites. If today is band day at school, tomorrow will be sale day at the sale barn at the edge of town. That's when the men bring their dogs in from the ranches to look at cows. They yell and

talk funny. Not the dogs, of course. Getting your sniffing up to date is always a good thing. Love, Billy
Brought to you by the horses and other animals from their forever home at Masleña Rescue. Help feed one or two at www.masleñarf.org.

Inspiring young writers

by Joan Kark-Wren

Occasionally my seven-year-old granddaughter comes in to work with me. One day she asked if she could set up her own desk so she could do some work too. We used an empty desk and got her set up with some office supplies, printed out a sign that said "Kenza's Desk" and put up a few decorations. She immediately started writing an article about a lost dog. She was excited about writing and thought of all the other things she could write about. In anticipation of getting goats this spring, an assignment was left on her desk asking her to write an article on taking care of baby goats. She started

writing it, but had to leave so took it home with her to finish. She proudly handed it to me the next night. Kenza has a love of reading and writing and a great imagination. She and her grandfather are writing a book about our dog Molly and all the adventures she has. They enjoy writing it and when we're watching Kenza the two of them plot and plan what adventures Molly will have next. Do you have a budding writer? Send in something they've written and we'll do our best to get it in the paper. Email the story (pictures are great as well) to jkark-wren@leepub.com.

How to raise baby goats

by Kenza B

1. In order to take care of a baby goat, you have to get one.
2. Supply goat needs where you keep your goat.
Things for your goat:
Hay and other farming things.
That's its food!
Give it a name.
Love your goat and make sure it's safe.
Give your goat a safe place to live.
3. Figure out if your goat is a boy or girl.
4. Goat names

Boy	Girl
Bob	Miliseidey
Steve	Jennifer
Ferdinand	Jacklin
Orlando	Daisy
Randy	Barbara
Ed	Lilly
Eddy	Millisa
Carlos	Stefinie
Andy	Beatrice
Dave	Isabella
Billy Goat	



Kenza takes a quick look over her work.

SCRAMBLERS

Today's Word

1. Inward 2. meager 3. Careless 4. Outside

ACTING

CIVIL-RIGHTS LEADERS

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Mega Maze

Solution

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King Crossword

Answers

Solution time: 21 mins.

Answers

Weekly SUDOKU

Answer

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

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ON THE FARM TIRE SERVICE

Weekly SUDOKU

by Linda Thistle

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

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 • CIVIL-RIGHTS LEADERS

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: ROSA —

Anthony	Du Bois	MLK	Tubman
Bond	Evers	Paine	Tutu
Chavez	Friedan	Paul	Wilkins
Douglass	Gandhi	Stanton	

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King Crossword

ACROSS

1 Fine, to NASA
4 "Misery" star James
8 Garbage barge
12 — -mo (replay speed)
13 Taj Mahal city
14 Ocean motion
15 Sunbather's goal
16 Insect organ
17 Oklahoma city
18 Patsy Cline song
21 Shoe width
22 Little rascal
23 Brilliance
26 6 on a phone
27 Gaiety
30 "Dream on!"
31 Ginormous
32 Flintstones' pet
33 Abolish
34 Curse
35 Summoned with a beeper
36 Frenzied
37 Jewel
38 Words of empathy
45 Made into lumber
46 Drescher or Tarkenton
47 TV schedule abbr.
48 Currier's

DOWN

1 Wine region
2 Norwegian saint
3 Hawaiian coast
4 Pill variety
5 Marble type
6 Woody's son
7 Taking a siesta

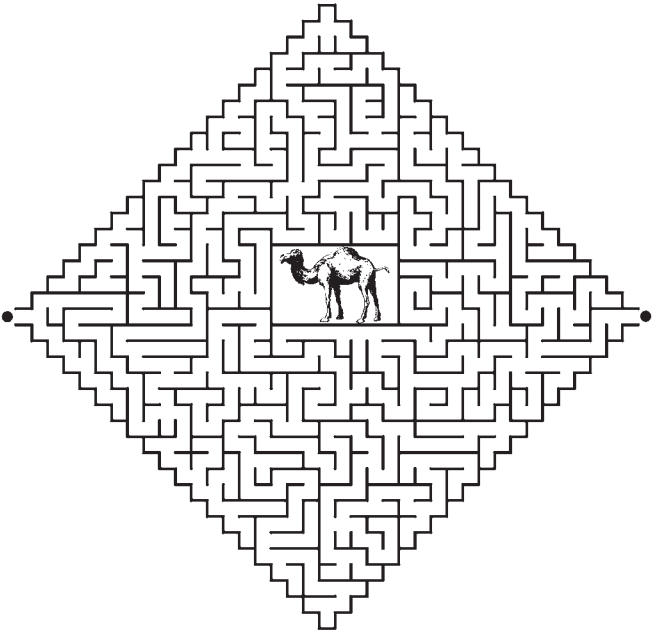
8 Precipitous
9 Title akin to POTUS
10 "Garfield" dog
11 Marries
19 Piece of lettuce
20 "As I see it," via text
23 Hearing thing
24 Hit CBS series
25 Cover
26 Blend
27 Pear-shaped fruit
28 French article
29 Affirmative

action?
31 Adipose tissue
32 Slightly wet
34 Chum
35 Anise-flavored liqueur
36 High-IQ group
37 Sentry
38 Egyptian deity
39 Top choice, for short
40 Pitcher
41 Crunchy cookie
42 \$ dispensers
43 "Yeah, right"
44 Not even one

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Mega Maze

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Some of my fondest memories of my grandfather involved a not-so-silent war he was involved in for years. It was Grandpa and the birds versus the scavenging squirrels. My grandpa loved passively birdwatching, seeing who would flit up to the bird feeder throughout the year, noting all the different colors and sizes. The squirrels were constantly being thwarted, and then overcoming increasingly difficult obstacles.

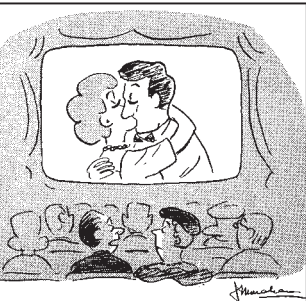
For the complete story, be sure to check out countryculture.co.

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Within	DRAWIN					
Sparse	AMERGE					
Touch	SCARES					
Beyond	TEDIOUS					

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*Claim is based on speeds published on company websites as of 11/08/2021 for the following 52"- 54" zero-turn models: Gravely Pro-Turn ZX, Scag Patriot, Exmark Radius S Series, Toro Titan HD 2000 Series, Hustler Fastrak SDX, John Deere ZTrak. © Kubota Tractor Corporation, 2022. \$0 Down, 0.99% A.P.R. financing for up to 36 months plus deferred payment, no payments until 4/1/2022 on purchases of select new Kubota Z400 Series equipment from participating dealers' in-stock inventory. Promotional rate available to qualified purchasers through Kubota Credit Corporation, U.S.A.; subject to credit approval. Example: 36 monthly payments of \$28.20 per \$1,000 financed. Some exceptions apply. Offers expire 02/28/22. Terms subject to change. This material is for descriptive purposes only. Kubota disclaims all representations and warranties, express or implied, or any liability from the use of this material. For complete warranty, disclaimer, safety, incentive offer and product information, consult your Dealer or KubotaUSA.com.



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Model shown 38472

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