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# The Family Counseling Center offers advice on dealing with seasonal changes

As spring slowly starts to make its presence known, the Family Counseling Center of Fulton County in Gloversville is offering advice on ways to lean into the change in positive ways.

Did you know that studies have shown “spring fever” actually exists?

Many of us feel a surge of energy as we shift from the cold, dark days of winter into the warmer days of spring. For those of us who have mood disorders, spring can bring manic behaviors such as the decreased need for sleep, increased goal-directed behavior, irritability and more.

Studies have shown that suicide rates actually increase in the spring and early summer months. Whilst the common perception is that changing seasons bring hope and excitement about the opportunities ahead, the idea of change can bring overwhelming anxiety, deep nostalgia of better times and melancholy for some – all of which may trigger depressive episodes.

How can you effectively lean into spring?

Carriebeth Epstein, a clinic supervisor at the Family Counseling Center, suggests the following options to help transition from winter into spring:

## 1. Get outside if you can or let nature into your home in some way.

The physical act of being in nature can actually have a positive effect on an individual's mental health. Studies have shown that being in nature (or even just seeing pictures of nature) can reduce fear, anxiety and stress – increasing positive feelings. Being out in nature can also have a physical impact on our bodies by reducing blood pressure, heart rate and stress hormones.

“Taking a walk and concentrating on the sounds, the way the air and the bark of a tree feel can automatically ground you in the moment,” said Epstein. “Even opening up your windows on a nice day and letting the fresh air come into your home can elevate your mood.”

## 2. Look for moments of silence.

Meditation, yoga and journaling provide moments for silence and reflection. Mindfulness practices help to quiet thoughts, relieve anxiety and prepare you for a more restful sleep.

Starting a practice of gratitude can also help to increase positive thoughts, better relationships and overall emotional health. “Mindfulness can be found in all sorts of situations on a daily basis,” added Epstein. “Taking a moment to reflect on how something sounds, feels, smells – forces an individual to ground themselves to the moment.”

## 3. De-clutter and deep clean your home.

Spring cleaning not only clears out the cobwebs in our homes, it can clear out the clutter that impacts our emotional health. “Clutter can trigger anxiety,”

said Epstein. “A deep clean of your home can help to prepare you for the transition of the season and create a peaceful space to feel safe and relaxed in.”

Resources:

- National Suicide Prevention Lifeline: 800.273.8255
- Substance Abuse and Mental Health Services Administration: [samhsa.gov/find-help/national-helpline](http://samhsa.gov/find-help/national-helpline)
- How does nature impact wellbeing?: [takingcharge.csh.umn.edu/how-does-nature-impact-our-wellbeing](http://takingcharge.csh.umn.edu/how-does-nature-impact-our-wellbeing)
- Seasonal spring peaks of suicide in victims with and without prior history of mood disorders: [ncbi.nlm.nih.gov/pmc/articles/PMC2837087](http://ncbi.nlm.nih.gov/pmc/articles/PMC2837087)
- The Neuroscience of Why Gratitude Makes Us Healthier: [huffpost.com/entry/having-gratitude-b\\_1073105](http://huffpost.com/entry/having-gratitude-b_1073105)

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LOCATIONS WEEKLY!



## NOW ONE WEEKLY EDITION WITH EXPANDED CIRCULATION!

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!



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- Onvo Travel Plaza • Randall Implements
- TA Travel Center • Tribe's Hill Deli • United Ag & Turf

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- Sam's Deli • Smoker's Choice • Subway in Sunoco
- T&J Fruits & Vegetables • The Emporium • True Value
- Tractor Supply • Nathan Galinsky Apartments

### 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

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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](mailto: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](mailto:tkrieger@leepub.com), fax 518-673-2381.

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## Poland aims to motivate middle school students with special lunches, awards

With some chicken riggies, pizza, meatballs and salad, accompanied by cupcakes and soda, Poland Central School District revived an effort to recognize middle school students for academic, character and other achievements with a special lunch.

Poland Principal Greg Cuthbertson said similar events were started in the past – such as getting sub sandwiches for students – but then COVID-19 put the plan on hiatus.

“We want to try it again and get back to somewhat of a normal experience and celebrate the students,” Cuthbertson said. “They should be celebrated.”

During the lunch event on March 1, Poland students in grades six through eight received awards from Cuthbertson and school counselors for making the High Honor Roll, making the Honor Roll, showing strong character that was noticed by a teacher or staff member or having artwork featured in the 2022 Herkimer County Youth Art Month virtual show.

Cuthbertson believes it's extra important to show appreciation for student achievements after everything students have gone through due to COVID-19 and restrictions on student life. “They've missed out on a lot,” he said.

The idea behind hosting an event

specifically for middle school students is to provide some extra motivation for middle school students, Cuthbertson said. Elementary students have PPP Assemblies where they receive recognition, and high school students can see a direct path to earning credits to graduate, but sometimes the reasons to strive for school success seem less clear in middle school, Cuthbertson said. Events to recognize high school students could still be added at some point in the future.

Cuthbertson also hopes that seeing students getting different lunch options will trickle down and help other middle school students to get their grades up or improve their behavior to get to participate in the future.

“Maybe it will motivate some of the kids to push themselves a little bit more,” he said.

The lunch event on March 1 was for the second marking period. The plans are to keep doing the lunches for each marking period, Cuthbertson said, and he hopes at some point to start taking students out to restaurants for it.

Part of the idea is also to support local businesses, Cuthbertson said. The recent lunch was catered by Enzo's Pizza & Ristorante in Poland. The food served by Cuthbertson and school counselors didn't last long.

“Obviously, they enjoyed it,” he said.

### High Honor Roll

The following students were recognized for making the High Honor Roll for the second marking period by having an average of 95 or above:

- Eighth graders: Jack Hoffman, Grace Grems, Noah Lamphere, Karyn Castellano and Ariel Pope

- Seventh graders: Cassariah Bronson, Connor Cowan, Riley Gagnon, Anthony Militello Jr., Lia Dutcher and Elizabeth Beck

- Sixth graders: Trinity Lyman and Dharma Martin

### Honor Roll

The following students were recognized for making the Honor Roll for the second marking period by having an average of 90 or above:

- Eighth graders: Kelsey Carcone, Ashley Waterman, Amber Muller, Trent Hobin, Angelina Vauruk and Colin Morganstern

- Seventh graders: Julia Ossont, Kade Haver and Logan Lonis

- Sixth graders: Bohdan Nebush, Emily Pope, Tyler Boyce, Julia Metzger, Emma Stanko, Cole Humphrey, Grace

Shannon, Harper Hawkridge, Joseph Goff, Avery Malta, Alyssa Bell, Kaylee Lewandrowski and Micah Wisdom

### Character Awards

The following students were recognized for showing outstanding attitude and effort during the second marking period:

- Eighth graders: Corrine Earl (recognized twice), Amelia Guarascio and Colin Haver (recognized twice)

- Seventh graders: Aurora Bailey, Elijah Gallardo and Jeremiah House

- Sixth graders: Benjamin Grimshaw (recognized twice), Mason Hart and Robert Wilson

### Art Awards

The following students were recognized for having artwork featured in the 2022 Herkimer County Youth Art Month virtual show:

- Eighth graders: Ethan Graves, Amber Muller, Landon Rommel, Corrine Earl, Grace Grems, Madeline Swanson, Ariel Pope and Colin Morganstern

- Sixth graders: Trinity Lyman and Emma Stanko

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Poland Central School District middle school students are served a catered lunch to recognize students for making the High Honor Roll, making the Honor Roll, showing strong character that was noticed by a teacher or staff member or having artwork featured in the 2022 Herkimer County Youth Art Month virtual show.

Photos courtesy of Herkimer BOCES

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## Spring Craft Fair planned at North Utica Community Center on April 9

The North Utica Community Center is hosting a Spring Craft Fair from 10 a.m. - 4 p.m. on April 9. The center is hoping this will become a bi-annual event planned for spring and autumn. The Craft Fair is free, open to the public and benefits the programs of the North Utica Community Center at 50 Riverside Dr.

The Spring Craft Fair will feature a variety of craft specialties with over 30 vendors displaying their goods. A variety of local talent including artists, potters, jewelry makers, soaps and lotions, wreaths, local author, jellies and jams, baked goods and fresh canned foods.

North Utica Community Center is a part of the

Neighborhood Center, a comprehensive human services agency in Central New York. The Senior Center is a place where generations can gather, learn and grow. All services of the Neighborhood Center are based on a philosophy of empowerment – helping people to help themselves. For more information about the Neighborhood Center and its services go to neighborhoodctr.org.



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## Network, explore and invest in Mohawk Valley rebirth

The Mohawk Valley Brownfields Developer Summit, created by a collaboration of the six Mohawk Valley counties and the Mohawk Valley Economic Development District, will take place April 12 and 13 at Fulton-Montgomery Community College in Johnstown. The summit will provide developers a dynamic in-person opportunity to network, explore and invest in Mohawk Valley Brownfield rebirth. According to Stephen Smith, executive director of the Mohawk Valley Economic Development District, "The summit will tie in the Mohawk Valley's economic leaders, the brownfield sites ready for restoration and America's brownfield developers looking to acquire sites for future economic growth."

The signing of the historic Infrastructure and Jobs Bill has infused the brownfield program with \$1.5 billion and, along with Downtown Revitalization Initiatives (DRI) and Brownfield Opportunity Area (BOA) grants awarded to Amsterdam, Gloversville, Little Falls, Rome and Dolgeville, has given the Mohawk Valley unique economic development opportunities. Federal and state investments in semiconductors and the innovation economy closely aligns with the Marcy Nanocenter, Wolfsped, Innovare Advancement Center and E29 Labs. This surge in economic activity is putting the focus on preparing sites for industrial, commercial, residential and infill development.

Keynote speakers include Senate Majority Leader Charles Schumer; NYS Assemblyman Robert Smullen; Lisa Garcia, EPA Region 2 administrator (invited); and Dr. Marion Terenzio, president of SUNY Cobleskill and co-chair of REDC (Regional Economic Development Council), will spotlight why investing in the Mohawk Valley has never looked brighter. Seasoned experts from the public and private sectors will discuss the Mohawk Valley's needs, redevelopment opportunities, available financial incentives and why businesses are investing in the valley. Sites that are prioritized for redevelopment will be showcased during the summit.

Visit the Mohawk Valley Economic Development District website at [mvedd.org](http://mvedd.org) to view prioritized sites and register for this unique event and become part of this exceptional networking opportunity.



## Obituary of John R. Vesp



**John Rocco Vesp Jr.**, 79, passed away peacefully after a lengthy and courageous battle with cancer on March 7th, 2022 with his loving family by his side. Born on December 19th, 1942 in Nelliston, NY he was the son of the late John Sr. and Mary Giaquinto Vesp. He attended Fort Plain School and graduated from St. Mary's Institute in Little Falls in 1961.

A lifelong area resident, John was a barber for a short time before going to work for the Department of Transportation, Region 2, in Utica. He retired from DOT in July of 1996. Following his retirement, he worked as a consultant for several contractors. John served as president of the Fort Plain Board of Education, and also served on the BOCES Board. He was the Town of Minden Supervisor and served as a Trustee for the Village of Fort Plain. He currently held the position of Mayor of Fort Plain. He was honored to serve the Village and had many great visions for the Village. John was a lifetime member of St. James/Our Lady of Hope Church in Fort Plain. He was always willing to volunteer to help the church with countless projects. John applied for and received seven \$5,000 grants from the Horn Foundation. He was a charter member and Past Exalted Ruler of the Canajoharie-Fort Plain B.P.O.E #2621.

John was an avid golfer and reader, frequenting the Fort Plain Free Library. In warmer months, when he wasn't working in his garden or on a project, he could be found reading outside in the sun. He easily made friends and was always willing to lend a helping hand, no matter the size of the task. He was extremely creative, loved learning and regularly sought out new ventures. He will always be remembered for his kindness and generosity.

John is survived by his wife, Maria Colistra Vesp, whom he married on April 24, 1977. He was the loving father of Kristine, Alicia, Erica and Jennifer, and the proud grandfather of Jacob, Gabrielle, Greyson, Emerson, Brody, Bryce, and Savannah. John is also survived by his sister, Joan Vesp; brother-in-law, Anthony (Dannie) Colistra; his nieces and nephews, grand nieces and nephews, whom he all loved dearly. He was predeceased by his brother, William Vesp.

A Mass of Christian Burial was offered on Friday, March 11, 2022 at 11a.m. at Our Lady of Hope Roman Catholic Church. Private burial will take place in the Fort Plain Cemetery.

In lieu of flowers, contributions in his memory may be made to The Fort Plain Free Library, 19 Willett St, Fort Plain, NY 13339, The Schenectady City Mission, 425 Hamilton St, Schenectady, NY 12305 or Our Lady of Hope Church, 115 Reid St., Fort Plain, NY 13339.

Arrangements have been entrusted to the care of Lenz & Betz Funeral Home, 69 Otsego St., Canajoharie, NY 13317. Please visit the online memorial at [www.brbsfuneral.com](http://www.brbsfuneral.com)

<p><b>AMES</b>  <b>AMES - SPROUT BROOK UMC</b>  613 Latimer Hill Rd., Ames, NY 13317  518-673-3495  Pastor Jan Markle  Sunday Service 9 AM</p>	<p><b>NEW BEGINNINGS BIBLE CHURCH</b>  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><b>ST. JOSEPH'S ROMAN CATHOLIC CHURCH</b>  31 N. Helmer Ave., Dolgeville, NY  Phone 315-823-3410  Sunday Mass 9AM</p>	<p><b>ST. JOHN'S LUTHERAN CHURCH</b>  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><b>GLEN</b>  <b>GLEN REFORMED CHURCH</b>  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><b>HERKIMER REFORMED CHURCH</b>  102 Church St.  Phone 866-1523  Worship 9:30 AM  Sunday School 11 AM  Shepherd's Table: Tuesday 11-12 PM</p>
<p><b>CORNERSTONE BAPTIST CHURCH</b>  Pastor Todd Lozier  Sunday AM Service 10 AM  Sunday School/Adult Small Groups 11:15 AM  Sunday Evening 6 PM  Wednesday PM Service 7 PM Via Zoom  email us for the link  Youth Group Sunday Evenings during the  school year.  Family Night - First Sunday Evening of the  month from Oct - May  7274 State Highway 10,  Ames, NY 13317  www.cornerstoneames.com  info@cornerstoneames.com  518-673-3405</p>	<p><b>CHERRY VALLEY</b>  <b>CHERRY VALLEY ASSEMBLY OF GOD</b>  37 Alden St., Cherry Valley  607-264-3306  Pastor David Carpenter, Jr.  Sundays 9:30 AM</p>	<p><b>EAST SCHUYLER</b>  <b>CHRISTIAN ASSEMBLY OF SCHUYLER</b>  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><b>REFORMED CHURCH OF FORT PLAIN</b>  165 Canal St., Fort Plain, NY 13339  518-993-4302  fortplainrca@yahoo.com  Rev. Nancy E. Ryan  Worship 11 AM,  AA meetings Mon. &amp; Tues. 7 PM,  Emergency Food Pantry 518-993-4302</p>	<p><b>HERKIMER</b>  <b>SS PETER and PAUL ORTHODOX CHURCH</b>  Fr Vasil Dubee  &amp; 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><b>TRINITY EVANGELICAL LUTHERAN CHURCH</b>  Corner of West German &amp; Henry Streets  Phone (315) 866-6474  Sunday Worship Services  10 AM in person and virtually on Zoom,  YouTube &amp; Facebook  Bible Studies  Thursday mornings 10 AM on Facebook</p>
<p><b>AMSTERDAM</b>  <b>THE TIME FOR TRUTH MINISTRIES</b>  PO Box 351, Amsterdam, NY 12010  Phone 518-843-2121  Cell 518-774-8558</p>	<p><b>ST. THOMAS THE APOSTLE CATHOLIC COMMUNITY</b>  1 Church St., Cherry Valley  607-264-3779  Masses Sunday mornings  at 8:30 AM &amp; 11 AM</p>	<p><b>EPHRATAH</b>  <b>EPHRATAH REFORMED CHURCH</b>  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 &amp; Praise Thursdays 7 PM</p>	<p><b>VICTORIOUS LIFE CHURCH RMI FELLOWSHIP</b>  104 Main St. &amp; 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><b>TEMPLE BETH JOSEPH</b>  327 N. Prospect St.  Phone 866-4270  Friday 7 PM</p>	<p><b>THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS</b>  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><b>GRACE EPISCOPAL CHURCH</b>  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><b>FORT PLAIN UNITED METHODIST CHURCH</b>  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><b>ST. FRANCIS de SALES CHURCH</b>  Rev. Mark Cunningham, Pastor  219 N. Bellinger St.  Phone 866-4282  Saturday Vigil Mass 4 PM  Sunday Mass 8 AM</p>	<p><b>ILION</b>  <b>ILION COMMUNITY CHURCH</b>  Pastor Dean Mabry  44 Central Plaza  Sunday Worship 10 AM  Child Care/Kids Church Available  ilionchurch.com</p>
	<p><b>COLD BROOK</b>  <b>COLD BROOK UNITED METHODIST CHURCH</b>  467 Main St.  Sunday Worship 10:30 AM</p>	<p><b>ESPERANCE</b>  <b>ESPERANCE PRESBYTERIAN CHURCH</b>  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><b>OUR LADY OF HOPE R.C. CHURCH</b>  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 &amp; by appointment  Please call parish office for  Holy Day schedule</p>	<p><b>CHURCH OF SAINTS ANTHONY and JOSEPH</b>  229 S. Main St.  Phone 866-6373  Sunday Mass 10 AM  No Saturday Vigil</p>	<p><b>SAINT AUGUSTINE'S EPISCOPAL CHURCH</b>  78 2nd Street  Phone: (315) 894-3775  Sunday Services at 10 AM</p>
<p><b>CANAJOHARIE</b>  <b>CHURCH OF THE GOOD SHEPHERD</b>  26 Moyer St., Canajoharie  518-673-3440  The Rev. Virginia L. Ogden, Rector  Sunday Worship 9:30 AM  with Communion  Church Email:  churchgoodshep26@gmail.com  Website:  www.churchgoodshepherd.com</p>	<p><b>NEW LIFE CHAPEL OF THE AEA</b>  3447 St. Rt. 8  Pastors: Rev. Gail &amp; Rev. Mike Jay  315-826-7115  Sunday Worship 10:30am  Intercessory Prayers Tuesday 7pm  (please call to confirm)</p>	<p><b>FONDA</b>  <b>SAINT CECILIA CHURCH</b>  26 Broadway, Fonda  518-853-4195  Sunday Worship 9 AM</p>	<p><b>FREYSBUSH UNITED METHODIST CHURCH</b>  Freyshush Rd., Fort Plain  518-429-9936 or 518-424-8488  Worship 9 AM,  Sunday School 10 AM  ALL ARE WELCOME</p>	<p><b>REDEEMER CHURCH</b>  Pastor Michael Servello  931 Herkimer Rd., Utica, NY 13503  Phone 792-4748  Saturday 6 PM • Sunday 9 &amp; 11 AM</p>	<p><b>FIRST PRESBYTERIAN CHURCH</b>  90 Morgan St., Ilion, NY, 13357  Reverend Richard Riggle  Bible Study 9:30 AM  Church Service 10:30 AM  315-894-2070</p>
<p><b>UNITED METHODIST CHURCH OF CANAJOHARIE</b>  50 E. 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><b>DOLGEVILLE</b>  <b>NEW HOPE CHRISTIAN FELLOWSHIP</b>  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><b>NATIONAL KATERI TEKAKWITHA SHRINE AND INDIAN MUSEUM</b>  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><b>FRANKFORT</b>  <b>OUR LADY QUEEN OF APOSTLES</b>  414 Frankfort St., Frankfort, NY  Pastor: Father Paul Catena  Deacon: Micheal Carbone  Mass Schedule: Saturday 5:30 PM;  Sunday 9 AM; Tuesday &amp; Thursday 9 AM</p>	<p><b>CHURCH OF SAINTS ANTHONY and JOSEPH</b>  229 S. Main St.  Phone 866-6373  Sunday Mass 10 AM  No Saturday Vigil</p>	<p><b>SAINT AUGUSTINE'S EPISCOPAL CHURCH</b>  78 2nd Street  Phone: (315) 894-3775  Sunday Services at 10 AM</p>
<p><b>ST. JOHN'S &amp; ST. MARK'S LUTHERAN CHURCH</b>  143 Church St., Canajoharie  518-673-2224  Pastor A. Elisabeth Aurand  Remote &amp; In-Person Sunday Worship  11 AM;  email for link stjmc-canajoharie.org  office@stjm-canajoharie.org</p>	<p><b>GRACE BAPTIST CHURCH OF DOLGEVILLE</b>  Pastor Len Byerly  12 Van Buren St.  Morning Worship 11-12:30</p>				



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# CHURCH SERVICE DIRECTORY

<p><b>JOHNSTOWN</b> <b>CHURCH OF THE NAZARENE</b> 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><b>LASSELLSVILLE</b> <b>LASSELLSVILLE</b> <b>UNITED METHODIST CHURCH</b> State Hwy. 29 Pastor Robert A. Lindsay Worship: Sunday 9:30 AM Sunday School to start soon</p> <p><b>LITTLE FALLS</b> <b>FIRST BAPTIST CHURCH</b> 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 &amp; 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><b>ST. PAUL'S UNITARIAN</b> <b>UNIVERSALIST CHURCH</b> Minister Jeffrey J. Frank Mark Bunce, Organist 565 Albany St., Little Falls, NY Phone 315-823-2284 Sunday Service &amp; Religious Education 10 AM</p> <p><b>FIRST ASSEMBLY OF GOD</b> 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><b>HOLY FAMILY PARISH OF THE</b> <b>ROMAN CATHOLIC COMMUNITY OF</b> <b>LITTLE FALLS</b> 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><b>HOLY TRINITY LUTHERAN CHURCH</b> 512 E. Gansevoort St. Sunday School 9:15 AM Sunday Worship 9:30 AM Wednesday Worship 11 AM &amp; 6 PM</p> <p><b>EMMANUEL EPISCOPAL CHURCH</b> 588-594 Albany St. Sunday Schedule: High Mass, Rite II 10 AM Nursery &amp; 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><b>FIRST PRESBYTERIAN CHURCH</b> 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><b>INGHAMS MILLS BAPTIST CHURCH</b> 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><b>THE HOLY SPIRIT POLISH</b> <b>NATIONAL CATHOLIC CHURCH</b> 618 E. Gansvoort St., Little Falls, NY 315-823-0793 Father Rafal Dadello Mass at 11 AM on Sunday www.holyspiritpncc.org</p> <p><b>MARSHVILLE</b> <b>MARSHVILLE EVANGELICAL CHURCH</b> Route 10 South Pastor Mark Fowler Worship Sunday 9 AM</p> <p><b>MIDDLEVILLE</b> <b>MIDDLEVILLE UNITED</b> <b>METHODIST CHURCH</b> 24 Fairfield St. Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 8:30 AM</p> <p><b>MOHAWK</b> <b>DENNISON CORNERS</b> <b>COMMUNITY CHURCH</b> 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><b>MOHAWK REFORMED CHURCH</b> 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 &amp; Couples) 9:30 AM September - June</p> <p><b>EMMANUEL BIBLE CHURCH</b> 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 &amp; Prayer: Wednesday 6 PM</p> <p><b>CHURCH OF THE BLESSED</b> <b>SACRAMENT</b> 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><b>CHRISTIAN BIBLE CHURCH</b> 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 &amp; Prayer Meeting 7 PM</p> <p><b>THE WORD CHRISTIAN CENTER</b> Pastor Dan Annutto 27 E. Main St. • Phone (315) 985-3596 Sunday Services at 10 AM Intercession - Tuesdays at 6 PM</p> <p><b>NELLISTON</b> <b>VALLEY ALLIANCE CHURCH</b> 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 &amp; Prayer 7 PM, Fri. Youth Group 7 PM (7-12th grade)</p> <p><b>NEWPORT</b> <b>FIRST BAPTIST CHURCH</b> <b>OF NEWPORT</b> 7497 Main Street Pastor's Phone 315-790-1877 Sunday Worship at 9:45 AM</p> <p><b>UNITED METHODIST</b> Pastor Robbin Harris • Phone 845-8730 Morning Service 11:15 AM</p> <p><b>KUYAHOORA COMMUNITY CHURCH</b> 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><b>ST. JOHN THE BAPTIST</b> <b>CATHOLIC CHURCH</b> St. John the Baptist Parish 7516 N. Main St. • Phone 845-8017 Saturday Vigil 4 PM Sunday Mass 8:30 AM</p> <p><b>OPPENHEIM</b> <b>OPPENHEIM</b> <b>UNITED METHODIST CHURCH</b> 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><b>PAINES HOLLOW</b> <b>PAINES HOLLOW</b> <b>UNITED METHODIST</b> Lay Servant Gregg Sponburgh Rtes. 167 &amp; 168 • 315-866-1128 Worship 9-10AM</p>	<p><b>PALATINE BRIDGE</b> <b>TRINITY EVANGELICAL LUTHERAN</b> <b>CHURCH OF STONE ARABIA</b> 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><b>THE HOUSE OF ZION, INC.</b> 580 Dillenbeck Rd., Palatine Bridge 518-577-3069 Pastors Richard &amp; 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><b>RANDALL</b> <b>RANDALL CHRISTIAN</b> <b>COMMUNITY CHURCH</b> NY Rte. 5S Sunday Service 10:30 AM Worship Leader Darlene Spaulding</p> <p><b>RICHFIELD SPRINGS</b> <b>CHURCH OF CHRIST UNITING</b> 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><b>RICHFIELD SPRINGS BIBLE CHURCH</b> 19 Church St., Richfield Springs, NY 13439 Rev. David Tosi • 315-858-0564 Sunday School (all ages) 10 AM Wor- ship Service 11 AM &amp; 7 PM Wednesday - Prayer &amp; Praise Call for info on various Youth Ministries www.richfieldspringsbiblechurch.org</p> <p><b>SALISBURY CENTER</b> <b>FULL GOSPEL ASSEMBLY OF GOD</b> Pastor Robert Brent 106 Plant Road Sunday Worship 11 AM with Children's Church offered during the service</p> <p><b>SALISBURY CENTER</b> <b>UNITED METHODIST CHURCH</b> 2545 State Route 29 Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 10 AM</p> <p><b>SLOANSVILLE</b> <b>SCHOHARIE VALLEY</b> <b>GOSPEL CHURCH</b> 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><b>SPRAKERS</b> <b>CHRISTIAN CHURCH OF</b> <b>CHARLESTON FOUR CORNERS</b> 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 &amp; Community Kid's Bible Club 6:30 PM</p>	<p><b>THE CHRISTIAN CHURCH</b> <b>OF RURAL GROVE</b> 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><b>REFORMED CHURCH OF SPRAKERS</b> 112 Sprakers Hill Rd. Rev. Nancy Ryan Worship ~ 9 AM All Welcome!!!</p> <p><b>CURRYTOWN REFORMED CHURCH</b> 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><b>RIVER OF JUBILEE CHURCH</b> 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><b>SPRINGFIELD CENTER</b> <b>ST. MARY'S EPISCOPAL CHURCH</b> 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><b>FIRST BAPTIST CHURCH</b> 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><b>ST. JOHNSVILLE</b> <b>BETHESDA FELLOWSHIP</b> 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><b>ST. PAUL'S LUTHERAN CHURCH</b> 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 &amp; Vision</p>	<p><b>SEEKER'S FELLOWSHIP</b> 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. &amp; 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><b>JOY FELLOWSHIP</b> 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><b>ST. JOHN'SVILLE METHODIST CHURCH</b> 7 East Main St., St. Johnsville, NY 13452 Pastor Corey Jones 518-568-7983 • 315-866-8626 Worship Sunday 3 PM</p> <p><b>EVERLASTING JOY</b> <b>BELIEVERS FELLOWSHIP</b> 14 Park Place (in with Seekers Fellowship) St. Johnsville, NY 13452 315-858-2112 • Pastor Carolee Coye Sunday Service 10 AM</p> <p><b>ST. JOHN'S REFORMED CHURCH</b> 68 W. Main St., St. Johnsville 518-568-7396 Faithfully Following Jesus Christ Sunday Worship 10:30 AM</p> <p><b>GRACE CHRISTIAN CHURCH</b> Pastor Michael Torres 20 Center St., St. Johnsville, NY 13452 518-775-0366 Email gccpastor2021@gmail.com</p> <p><b>STRATFORD</b> <b>STRATFORD UNITED</b> <b>METHODIST CHURCH</b> 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><b>LIGHTHOUSE BAPTIST CHURCH</b> 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 &amp; 4th Sunday Dinner following Morning Service with Afternoon Service following dinner "Old-Fashioned Bible Preaching"</p> <p><b>TRIBES HILL</b> <b>SACRED HEART CATHOLIC CHURCH</b> 111 3rd Ave., Tribes Hill 518-829-7301 Mass Saturday 4 PM</p>
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# Community Calendar

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						

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						

May 2022						
S	M	T	W	T	F	S
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	10	11
Holidays						
8th - Mother's Day						
21st - Armed Forces Day						
30th - Memorial Day						

**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](http://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.

**Meatloaf Dinner** 4-7 p.m. or sold out at Emmanuel Episcopal Church, 594 Albany St., Little Falls. \$12. Free delivery to Herkimer and Little Falls. To go only. Call to reserve your dinner at 315.741.4672.

**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.

**Trail Camera Workshop** 6-8 p.m. at the Capital District Sportsman Center, 13 Babcock Lake Road, Grafton, NY. Presenter is Ed Maleady III, photographer. Limited to 20 participants. For Information email CDSdonmcc@gmail.com Register at [cdsc.education/upcoming-events](http://cdsc.education/upcoming-events)

**Canajoharie Senior Citizens Club** meeting 1 p.m. in the Gallery at Arkell. Anyone 55 or older is welcome. Call Joan Cimino at 518.673.4408.

**MARCH 18-20**

**Ninth Annual Conference of the American Revolution.** Ten great speakers. Plus a bus trip visiting the Revolutionary War sites of Virginia. To register, call 1.703.785.4373. More information, visit [tinyurl.com/b3tjxc2k](http://tinyurl.com/b3tjxc2k)

**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 Mohawk Valley Center for the Arts invites you to experience the **John Fitzsimmons Exhibit** at 401 Gallery, 401 Canal Place in Little Falls. The center will be welcoming John Fitzsimmons at the Gallery from noon through 4 p.m. to meet visitors, and share his artistic journey.

**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](http://fortplainfreelibrary.org)

**March Immunization Clinic for Children and Adults** 9-11 a.m. and 1–3 p.m. at Herkimer County Public Health, 301 North Washington Street, Herkimer. By appointment only. Call 315.867.1176.

**MARCH 24**

**Is Mythology Guiding Your Genealogy** 7 p.m. at Irish Cultural Center of the Mohawk Valley - Museum, 623 Columbia St., Utica. Genealogist Lisa Dougherty returns for a third time to discuss some of the pitfalls in trying to follow family myths in your genealogy searches. Free event. Register through Eventbrite [www.eventbrite.com/e/is-mythology-guiding-your-genealogy-tickets-264893442417](http://www.eventbrite.com/e/is-mythology-guiding-your-genealogy-tickets-264893442417)

**Rabies Vaccination Clinic** 5:30 - 7 p.m. at East Herkimer Fire Department, 193 Main Road, East Herkimer. Pre-register at 315.867.1176.

**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 26**

**Spring Fever Tea** 3 p.m. at the Dolgeville United Methodist Church. Live entertainment, a selection of teas, hors d'oeuvres, and fundraising baskets. \$10/person. Reservations requested by March 24. Call Chris Casler at 315.823.0632 or by email to Sally Madison at [sally13329@yahoo.com](mailto:sally13329@yahoo.com). Fundraiser for the Dolgeville United Methodist Church.

**MARCH 27 & 28**

**Fifth Annual Tom Bergen Memorial Autism Awareness Bowling Tournament** at RD's Gorge View Lanes in Little Falls. This year's event is no-tap doubles and features five bowling squads: Saturday at 12 p.m. and 2:30 p.m., and Sunday at 10 a.m., 12:30 p.m. and 3 p.m. Tournament registration is \$15 per person. Community members can pre-register by calling 315.823.3630 or by stopping into RD's Gorge View Lanes.

**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](http://fortplainfreelibrary.org)

**March Immunization Clinic for Children and Adults** 9-11 a.m. and 1–3 p.m. at Herkimer County Public Health, 301 North Washington Street, Herkimer. By appointment only. Call 315.867.1176.

**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](http://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 2 & 3**

**46th Annual Antiques in Schoharie.** Saturday 10 a.m.-5 p.m. Sunday 11 a.m. to 4 p.m. at the Quality Inn of Schoharie. For more information, call Show Manager Ruth Anne Wilkinson at 518.231.7241.

**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](http://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](http://tinyurl.com/fx7b34bp)

**Rabies Vaccination Clinic** 5:30 - 7 p.m. at Ohio Community Rec. Center, 140 Nellis Road, Town of Ohio. Pre-register at 315.867.1176.

**Shults Agency Defensive Driving Class** at Arkell Center 9 a.m.-3 p.m. Call 518.673.4408 for sign-up and more information.

**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 9**

**Turkey Hunting Workshop** 1-4 p.m. at the Sportsman Center, 13 Babcock Lake Rd., in Grafton. Members of CDSC successful in harvesting turkey will be presenting Calls & Calling, Blinds, Decoys, Strategies will be some of the topics. Register at [cdsc.education/upcoming-events](http://cdsc.education/upcoming-events) . Obtain more information by emailing [cdsdonmcc@gmail.com](mailto:cdsdonmcc@gmail.com)

**Herkimer College Spring Open House** noon to 2 p.m. in the Robert McLaughlin College Center. For more information, contact the Admissions Office at 315.574.4028 or email [admissions@herkimer.edu](mailto:admissions@herkimer.edu)

**Spring Craft Fair** 10 a.m.-4 p.m. at North Utica Community Center, 50 Riverside Drive, Utica. For more information visit [www.neighborhoodctr.org](http://www.neighborhoodctr.org)

**APRIL 12 & 13**

**Mohawk Valley Brownfields Developer Summit** at the Fulton-Montgomery Community College in Johnstown. Visit [www.mvedd.org](http://www.mvedd.org) to register.

**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](mailto:SchoharieCrossing@parks.ny.gov).

**APRIL 23**

**Revolutionary War Bus Trip.** Less than 30 seats are available for the Revolutionary War Bus Trip to the Museum of the American Revolution & Northern NJ Revolutionary War Battlefield and Historic Sites being sponsored by the Fort Plain Museum. Registration is \$99 per person. To register visit [fortplainmuseum.org/viewevent.aspx?ID=1070](http://fortplainmuseum.org/viewevent.aspx?ID=1070) and scroll down to next events and select "get tickets" under the Revolutionary War Bus Trip.

**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](mailto: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](http://fortplainmuseum.org/events)

**APRIL 24**

Central Valley Central School District Foundation will host multiple fundraisers during its **Brooks' Chicken BBQ** noon-3 p.m. (or sold out) at Beer Belly Bob's at 70 Otsego Street in Ilion. Advance order is recommended by calling JoAnn Duga at 315.894.3116.

**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](mailto:SchoharieCrossing@parks.ny.gov).

**MAY 5**

**Rabies Vaccination Clinic** 5:30 - 7 p.m. at Dolgeville Fire Department, 20 South Helmer Ave., Dolgeville. Pre-register at 315.867.1176.

**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](http://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](http://fortplainmuseum.org/events)

**MAY 19**

**Rabies Vaccination Clinic** 5:30 - 7 p.m. at Old Forge Fire Department, 116 Fulton Street, Old Forge. Pre-register at 315.867.1176.

**MAY 21**

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

**JUNE 2**

**Rabies Vaccination Clinic** 5:30 - 7 p.m. at Norway Community Center, 3114 Military Road, Norway. Pre-register at 315.867.1176.

**JUNE 4**

**Genealogy Day at Fort Klock** 10 a.m. - 3 p.m. at 7203 State Highway 5, Saint Johnsville. Call 518.568.7779

**JUNE 7**

**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

## Poland elementary assemblies focus on building school culture

Students played band instruments, sang songs and provided a physical education exhibition as the second Poland Central School District PPP Assemblies of the 2021-22 school year aimed to support a positive school culture.

Poland Principal Greg Cuthbertson spoke to elementary students about what culture means and how they can all affect it.

"It takes a lot to build a good culture, doesn't it?" Cuthbertson said. "It takes everybody to be part of it."

The PPP Assemblies, which honor elementary students with awards that connect to the school motto of "prepared, productive and proud," took place on Feb. 17. One assembly was held for kindergarten through second grade, and another one was held for third through fifth grades. Cuthbertson and school counselors announce recipients and present certificates.

The recent PPP Assemblies took place on National Random Acts of Kindness Day, so Cuthbertson challenged students to do something kind for someone else that day.

"The reason we talk about kindness is because we want you to be kind," Cuthbertson said. "When you do random acts of kindness, it helps build our culture here."

Being nice to others and saying something if you see someone being treated rudely can create a "culture of kindness," Cuthbertson said. "You set the example for what our culture is going to be here at school."

Cuthbertson said academics are obviously important at school, but music class, band, chorus, sports, physical education classes, art classes and other learning areas are part of the building-wide culture. That's why the PPP Assemblies showcased the electives.

"We want you to be excited about that culture," Cuthbertson said.

During the assembly for kindergarten to second grade, Poland instrumental and music teacher Paul Brown led a performance by band students, Poland vocal and music teacher Margaret Kraeger led a performance by choir students and physical education teachers Jonathan Hodge and Jason Potempa arranged for students to perform various exercises.

During the assembly for third to fifth grades, Brown led another performance by band students, Kraeger led a singing and dancing performance by second graders and Hodge and Athletic Director Greg Haver arranged for students to perform various exercises.

### Individual Student Awards

Students received PPP Awards for showing strong character. Eye of the Tornado Awards were presented to students who have done something above and beyond that a staff member witnessed. Safe Walker Awards and Safe Rider Awards were given to students for good behavior walking to and from school or riding the bus. Art awards were given to students in kindergarten through fifth grade who have artwork featured in the Herkimer County Youth

Art Month virtual show.

The individual award winners are listed below.

### PPP Awards

- Julie Dutcher's kindergarten class: Neala Douglass and Harlan Taylor
- Carrie Roark's kindergarten class: Carson Ozog and Janie Nichols
- Sarah Barron's first grade class: Adisyn Kress and Hunter LaSalle
- Kathleen Hess's first grade class: Lucas O'Rourke and Emma Barnard
- Christina Kress's first grade class: James Lawson and Elijah Beck
- Patricia Linneen's first grade class: Giovanni Carcone and Kayli Tallman

• Michelle Garrett's second grade class: Esther Vauruk and Connor Cirtwell

• Rachel Hitt's second grade class: Nicholas Lawson and Abrielle McKerrrow

• Heather Judd's second grade class: Harper Bell and Madeline Jones

• Barbara Brinck's third grade class: Owen Hines and Marcella Lawson

• Maria DeIorio's third grade class: Blake Mowers and Genevieve Sebastian

• Cheryl Gorinshek's third grade class: Adriana Guarascio and Gianni Bruni

Poland 11



Poland Central School District instrumental and music teacher Paul Brown leads a performance by band students to show the value of band in school culture during a PPP Assembly.

Photos courtesy of Herkimer BOCES

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## Herkimer College Generals attend NJCAA Bowling National Championship

The Herkimer College Generals from Region III attended the NJCAA Bowling National Championship 2022 at Royal Scot Bowling Center, Lansing, MI, March 3 - 5. Coach Tony Deluca has appeared in NJCAA Championships six times in his six years as coach. His teams of student athletes includes Sophie Hyde, Sianna Kenyon, Abigail Maurelli, Michael Carlson, David Cook and Chris Hardin, who competed in the Doubles and Singles events. Twenty-two teams from seven states (132 bowlers) participated. David Cook placed 12th in the men's singles with a 636 series (212 average).

The Herkimer College Generals, Fulton Montgomery Community College, Mohawk Valley Community College Hawks and Schenectady County Community College Royals traveled together.

States represented and the number of teams from each state was as follows:

Iowa: 3  
Illinois: 2  
Indiana: 1  
Kansas: 1  
Michigan: 6  
New York: 8  
Wisconsin: 1



David Cook placed 12th in the men's singles with a 636 series (212 average). Photo courtesy of Herkimer College

## To Your Good Health

by Keith Roach, M.D.

### Family History Includes Puzzling Advice About Oranges

**Dear Dr. Roach:** Sixty years ago, I married into a family that included a woman doctor in the generation before mine. My mother-in-law was always lamenting that she had never understood a little ditty that Aunt Doctor would always say: "Oranges are gold in the morning, silver at noon, and lead at night."

I finally solved the riddle. Every night I drink orange juice, I experience sleep disturbances all night. I shifted to orange juice in the morning: No more problems. Years later, I have been in two hospitals and rehab facilities that served oranges or orange juice at night. Changing to morning could have a positive effect on the comfort of many hospital patients. - G.R.

**Answer:** From my research, it appears this saying may have been intended to keep people from stealing oranges at night. However, oranges do have acid, which could predispose to heartburn, which might in turn affect sleep. The sugar load in an orange can cause short term high blood sugar, but in some people, the body's response can cause a temporary low blood sugar as well.

If eating oranges at night doesn't bother you, there is no reason not to stop, but oranges are on the long list of things which might cause sleep disturbance.

**Dear Dr. Roach:** I am an 86-year-old man in good health. My arms, from the wrist to my elbows on the top side, started turning black and blue two years ago. I've been to two doctors: One said he didn't know why; the other said it was age-related. What can I do for this so I can start wearing short sleeve shirts again? - R.K.

**Answer:** While an exam is necessary to confirm this diagnosis, the location suggests a condition called "solar purpura." The name suggests that sun damage is a cause of the condition, predisposing to bruising. One study found that bioflavonoids, found in many fruits and vegetables, may help. A topical vitamin A-derived cream, such as tretinoin, may help with the appearance. It is otherwise not dangerous.

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](mailto:ToYourGoodHealth@med.cornell.edu).

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"Billy! I didn't know you ran a food delivery service!"

### Poland from 9

- Tracy Graulich's fourth grade class: Finnian Nebush and Collin Smithson
- Elizabeth Lepper's fourth grade class: Landon Salvatore and Isabelle Falchi
- Lori Seymour's fourth grade class: Hannah Lubeck and Jakub Nightingale
- John Allen's fifth grade: Brielle Schrader and Emma Muller
- Todd Manley's fifth grade class: Bentlee Roark and Baylee Mowers

#### Eye of the Tornado Awards

Mia Beauregard, Gavin Horan, Ava Klein, Adyson Linneen, Bentlee Roark, Landon Salvatore, Celeste Burns, Adalynn Falchi and Riley Cameron

#### Safe Walker Awards

Hadley Rommel, Madeline Jones, Hunter Rommel, Lillie Hunt and Ben Barton

#### Safe Rider Awards

Luke Hulbert, Baylee Mowers, Janie Nichols, Bentlee Roark, Ella Humphrey, Sydney Dodge, Brynn Haas, Sophie Sudol and Carson Ozog

#### Art Awards

Carson Ozog, Sophie Sudol, Ella Przeliski, Seiler

Salvatore, Joshua Guyer, Hunter Rommel, Aubrey Tabor, Mackenzie Lee, Finnian Nebush, Hailey Haver and Bentlee Roark

#### Class Awards

Behavior during lunchtime, while in the hallway and when attending classes taught by other teachers is recognized with homeroom awards. The class receiving the Golden Spatula Award for lunchtime behavior gets to keep a golden spatula until the next PPP Assembly.

The winning class awards are listed below:

- Golden Spatula Award: Mrs. Graulich's class
- Art Award: Mrs. Roark's class and Mrs. Graulich's class
- Library Award: Miss Hitt's class and Mr. Manley's class
- Music Award: Mrs. Kress's class and Mrs. Lepper's class
- Physical Education Award: Miss Hitt's class and Mrs. Graulich's class
- Single File Award: Ms. Barron's class and Mrs. Brinck's class
- Social-Emotional Learning Award: Mrs. Hess's class and Mr. Allen's class

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Poland Central School District elementary students exhibit various exercises to show the value of physical education in school culture during a PPP Assembly.

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## Strange But True

by Lucie Winborne

• The shamrock, called the “seamroy” by the Celts, was considered a sacred plant that symbolized the arrival of spring. According to legend, St. Patrick used it as a visual guide when explaining the Holy Trinity. By the 17th century, it had become a symbol of emerging Irish nationalism.

• There’s a doughnut shop in Clare, MI, that’s owned entirely by cops.

• A long-haired tortoiseshell cat named Towser holds the Guinness World Record for catching mice - an estimated 28,899 in 24 years - as the pest control expert at the Glenturret whiskey distillery in Scotland.

• Between 1912 and 1948, Olympic medals were

given out for sporting-inspired masterpieces of architecture, music, painting, sculpture and literature.

• Subaru WRX owners are the most likely in the U.S. to have a prior speeding citation.

• The average energy expended during the ladies Wimbledon tennis final match adds up to 1.56kWh, which is enough power to keep an iPhone charged for a year.

• Hackers were prevented from stealing nearly \$1 billion after misspelling the word “foundation” as “fan-dation” on a payment transfer. However, they were still able to swipe roughly \$80 million before their typo tipped off the banks.

• Nineteen-year-old Shayla Wiggins, of Wyoming,

found a man’s corpse in a river while she was playing Pokemon Go.

• In 2014, South Korea produced an alternative version of their national anthem “Aegukga,” which was two keys lower in order to make it easier for kids in school, especially boys going through puberty, to sing.

• When actor Dwayne Johnson was in high school, his height of 6-foot-4 and weight of 225 pounds had some of his classmates suspecting he was an undercover cop.

Thought for the Day: “One who knows how to show and to accept kindness will be a friend better than any possession.” - Sophocles

(c) 2022 King Features Synd., Inc.

## Scholarship Foundation launches Spring Bulb Sale

A new way to support student scholarships through the Herkimer Region College & Career Scholarship Foundation is blossoming this spring.

The HRCC Scholarship Foundation’s first Spring Bulb Sale is taking place online now through May 15. Orders will begin shipping directly to your address as early as April 1.

To purchase flowers and other items through the Spring Bulb Sale, visit [herkimer-boces.org/scholarshipfoundation](http://herkimer-boces.org/scholarshipfoundation).

The Herkimer Region College & Career Scholarship Foundation is a non-profit community scholarship foundation. A group of local citizens from many professions works voluntarily to

generate scholarship funds for graduates of technical programs in the region.

To date, the Herkimer Region College & Career Scholarship Foundation has provided more than 340 scholarships – totaling over \$194,000 – to students in technical programs at Herkimer-Fulton-Hamilton-Otsego BOCES and its 10 component school districts: Central Valley, Dolgeville, Frankfort-Schuyler, Herkimer, Little Falls, Mount Markham, Owen D. Young, Poland, Richfield Springs and West Canada Valley.

For more information about the HRCC Scholarship Foundation, visit [herkimer-boces.org/scholarshipfoundation](http://herkimer-boces.org/scholarshipfoundation).



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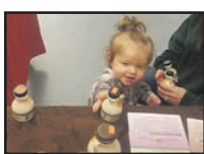
## Don't Miss Maple Weekend March 19-20 & 26-27, 2022

Maple Weekend is a chance for the public to come to the farm to learn about New York's maple sugarmaking processes and traditions and to provide a chance to taste pure maple syrup in its many forms – right from the source. This event is organized and sponsored by the New York State Maple Producers' Association. We are proudly funded by both our members and the NYS Department of Agriculture and Markets.

### Visitors to Maple Weekend can:

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- ☐ LEARN how maple syrup and other maple confections are made.
- ☐ EXPERIENCE the unique family traditions of making maple syrup in New York State.
- ☐ CELEBRATE New York's first agricultural harvest of the season in a family-friendly environment.
- ☐ MEET the producers who annually make New York the second largest maple producing state in the U.S.
- ☐ SHARE in the many ways to cook and bake with maple syrup, maple sap and other maple drinks and products.
- ☐ WITNESS sustainable agriculture at its best.

*Visit [nysmaple.com](http://nysmaple.com) for more information, events & locations*



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## Selecting an easier-to-train dog breed

Training is one of the most effective ways to keep companion animals safe and secure. When prospective pet owners begin looking for a new dog, one of the first thoughts that may come to mind is trainability and whether certain breeds are more readily trainable than others.

The pet food manufacturers at Honest Kitchen indicate that many factors can make a difference in how easily a dog will train, and breed is just one of them.



German shepherds serve many different roles because of their affinity for learning tasks.

Certain traits can suggest trainability, but how the animal was bred, raised and socialized can affect how well a dog takes to training as well.

The American Kennel Club reports that certain dogs are more willing to comply with owner requests, while others are bred to work independently and may be less likely to immediately respond to commands from their owners.

Certain traits can make some dogs a little easier to train than others. For example, dogs that are food-motivated and enjoy being around people may be more easily trained than those without such traits. Though there's no guarantee any dog will take to training, the following are some breeds that are generally considered training friendly.

- **Border collies:** Collies are bright and energetic dogs that like to herd with their agility and intelligence.

- **Australian shepherd:** Another herding dog, Aussies have a natural focus on their owners and are bred to work with those owners in challenging environments.

- **Doberman pinchers:** Dobermans are smart and attentive to their owners. They have traditionally been employed as guard dogs and require careful training and socialization to be tolerant of strangers.

- **German shepherds:** These work-horses serve many different roles

because of their affinity for learning tasks. Like Dobermans, look for a well-socialized German shepherd to avoid anxiety and wariness with people.

- **Poodles:** Poodles are popular because they don't shed much, but also because they are an intelligent, obedient and versatile breed.

- **Golden retrievers:** Golden retrievers are not the No. 1 family dog for nothing. Golden retrievers are very intelligent and amiable. They often will do anything to please their owners. Labrador retrievers also take to training well and are very affectionate.

- **Papillon:** Smaller dogs are often dubbed "stubborn" or "independent." But papillons are incredibly smart and trainable and are naturally focused.

The pet advisement site K9 of Mine warns that some of the smartest, most easily trained dogs may not necessarily be the easiest to live with. They can get bored easily and destroy things around the house if they can't keep their minds occupied. This is a factor to consider when selecting a breed as well.



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Of Spring  
March 20

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## Meet Methuselah, the oldest living aquarium fish

by Haven Daley  
Associated Press

SAN FRANCISCO (AP) — Meet Methuselah, the fish that likes to eat fresh figs, get belly rubs and is believed to be the oldest living aquarium fish in the world.

In the Bible, Methuselah was Noah's grandfather and was said to have lived to be 969 years old. Methuselah the fish is not quite that ancient, but biologists at the California Academy of Sciences believe it is about 90 years old, with no known living peers.

Methuselah is a 4-foot-long (1.2-meter), 40-pound (18.1-kilogram) Australian lungfish that was brought to the San Francisco museum in 1938 from Australia.

A primitive species with lungs and gills, Australian lungfish are believed to be the evolutionary link between fish and amphibians.

No stranger to publicity, Methuselah's first appearance in the San Francisco Chronicle was in 1947: "These strange creatures -

with green scales looking like fresh artichoke leaves - are known to scientists as a possible 'missing link' between terrestrial and aquatic animals."

Until a few years ago, the oldest Australian lungfish was at the Shedd Aquarium in Chicago. But that fish, named Granddad, died in 2017 at the age of 95.

"By default, Methuselah is the oldest," said Allan Jan, senior biologist at the Academy and the fish's keeper.



Methuselah's caretakers believe the fish is female, although it's difficult to determine the species' sex without a risky blood draw. The Academy plans to send a tiny sample of her fin to researchers in Australia, who will try to confirm the sex and figure out the fish's exact age.

Jan says Methuselah likes getting rubbed on her back and belly and has a "mellow" personality.

"I tell my volunteers, pretend she's an underwater puppy, very mellow, gentle, but of course if she gets spooked she will have sudden bouts of energy. But for the most part she's just calm," Jan said. Methuselah has developed a taste for seasonal figs.

"She's a little picky and only likes figs when they are fresh and in season. She won't eat them when they're frozen," said Jeanette Peach, spokeswoman for the California Academy of Sciences.

The Academy has two other Australian lungfish that are younger, both believed to be in their 40s or 50s, Jan said.

The Australian lungfish is now a threatened species and can no longer be exported from Australian waters so biologists at the Academy say it's unlikely they'll get a replacement once Methuselah passes away.

"We just give her the best possible care we can provide, and hopefully she thrives," Jan said.



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## Common cat health concerns

Content to keep to themselves most of the time, cats have a reputation of being more low maintenance pets than their canine counterparts. While they are very good at self-maintenance, cats are vulnerable to various illnesses and other health issues. It is imperative for cat owners to recognize symptoms of common conditions and seek veterinary help to keep cats as healthy as they can be.

• **Panleukopenia:** Commonly called Panleuk or feline distemper, this is a virulent virus in the parovirus group. It is common among feral cats or other areas where large congregations of cats gather. PetMD says almost every cat will come in contact with this virus early in its life. Treatment for feline distemper occurs on a case by case basis, though fluid therapy to prevent dehydration and maintain blood pressure is a common course of treatment.

• **Feline lower urinary tract disease (FLUTD):** Estimates suggest as many as 3 percent of cats who visit the vet have FLUTD, which is a group of diseases with multiple causes. Symptoms include drinking more, straining to urinate, urinating in unusual

places, crying while urinating, licking around the urethra, lack of appetite and vomiting.

• **Fleas:** Cats are subjected to various parasites, including fleas. Cats that spend time both outside and indoors may be especially vulnerable to flea infestation. Hair loss, skin infections, flea

dirt on the skin, and constant scratching and licking are signs of flea infestation. If left untreated, fleas can cause anemia.

• **Feline leukemia virus (FeLV):** Feline leukemia was discovered in the 1960s and is one of the most commonly diagnosed causes of disease in domestic cats.

FeLV can severely inhibit a cat's immune system, advises the ASPCA.

• **Feline immunodeficiency virus (FIV):** Another virus that can affect cats' immune systems, FIV is slow-acting and may not show symptoms until years after initial infection. Cats may experience secondary

infections as the virus takes hold. FIV is transmitted by deep bite wounds, during gestation or during birth.

• **Deafness:** Many kittens are born without the ability to hear. It is more common in white cats with two blue eyes.

• **Tapeworms:** This internal parasite can rob a cat of nutrients as it resides in the small intestines. Tapeworms can sometimes grow to two feet in length. Weight loss and vomiting are potential symptoms. Owners may see a tapeworm coming out of their cat's anus

while the cat is sleeping or relaxed.

• **High-rise syndrome:** Unscreened windows pose a danger for curious cats. Falling from an elevated area can cause severe injuries. Contrary to popular belief, cats don't always land on their feet. The danger is so prevalent that veterinary professionals have dubbed this "high-rise syndrome."

Cats are vulnerable to various medical conditions and illnesses. Pet owners can do their research to ensure their companion animals get the care they need.



*It is imperative for cat owners to recognize symptoms of common conditions and seek veterinary help to keep cats as healthy as they can be.*

### 2 Day Mohawk Valley Parochial CONSIGNMENT AUCTION

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**Mon. Mar. 7th** – Sold 165 head - Cull Dairy ave. \$.67 top cow \$.89, Cull beef \$.70 - \$.99, Bulls/Steers \$.70 - \$1.03, Grassfed Organic cull dairy \$.62- \$.80, Bulls/Steers \$.70 - \$.94, bull calves top \$2.50, top beef calf \$3.35, heifer calves \$.35, Dairy feeder \$.40 - \$1.00, Piglets \$95.00, Hogs 298#- 443# \$.70 - \$.86, feeder bulls \$.96 - \$1.14, feeder heifers \$.98.

**Mon. March 21st** – Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale.

**Sat. March 26th** – Sale held at our facility. 10 AM Our Spring Premier All Breed Dairy Sale. We are gearing up for great consignments for this sale Registered All Breeds Dairy Cattle showage calves – heifers and great young cows. Also our great selection of fresh young cows. Watch for the consignments already coming in from: Pineland, Juniper, Sco-Li, Morrill Dairy, Kuperus Meadows, Fantasy-Found, Lone Apple Ridge, Cowbell Acres, Far-m Holsteins, Riddle Me Swiss, Sweet-Peas, Mer-Acres Holsteins, Rach-Len, Boardwalk Holsteins, Mapleline Jerseys, Roseland, MM-T Pockets, GMC, Walker Farms plus many more. This sale is full check out our next date in April for the overflow.

**NOTE:** The Otsego County 4-H Dairy Calf Sale – All Breeds will be held same day at our facility 20 head show age calves – proceeds of the sale go to support the Otsego County 4-H Dairy Program.

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

**Sat. April 16th** – Spring Production Sale 11:30 AM. Due to the overflow of our All Breed Sale we are having another one. PLEASE call now to hold your spot. 125 head of all breed Dairy Cattle – and those fancy showage calves. FEATURING: Roput Farm Dispersal consisting of 40 Registered Holsteins & 4 Registered Jerseys – cows & bred heifers. DHI RHA 21,000 4.2 3.3. BAA 111.1

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

**Mon. May 2nd** – Normal Monday Sale & Our Spring beef Turnout Sale. Call today to advertise your group feeder and beef prices are high and in demand.

**Sat. May 21st** – Sale held at Genesee County Fairgrounds. NYS Jersey Sale – The Next Generation New York State Jersey Sale. Sale is to support the State Club and will feature Elite Type animals of all ages as well as some High Genomic Individuals. Contact Rebecca Ferry 518-248-9294. Watch for more details.

**Sat. June 4th** – Little Valley, NY – Cattaraugus County Fairgrounds. WNY Summer Showcase 2022 All Breeds Sale/ Show. Sunday June 5th is the Show. Sale starts at 12 Noon. Sale animals will be showage calves, heifers and cows mostly all show prospects. Watch for more details.

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## Paw's Corner

by Sam Mazzotta

### Surrendering a Pet

**Dear Paw's Corner:** When my grandmother passed away last fall, she left behind two beautiful cats. No one else in the family wanted to take care of them, so I took them in. However, I'm financially unable to care for them long-term, and the apartment complex I live in does not allow pets. I'm on borrowed time (and money) at this point, and praying that my apartment manager doesn't find out about the cats. I contacted a shelter nearby to find out if they will accept the cats. They said there is a "surrender fee" of \$200. No way can I pay that; I'm on a fixed income. What alternatives do I have? - Sherrie R., via Email

**Dear Sherrie:** I'm sorry to hear about your predicament. You have extended your home and finances to care for two cats in need, and I salute you for it. But

you're right: the current situation is not ideal for you or the cats.

When preparing to surrender a pet, the receiving shelter will request that you try every possible option first. Many shelters will provide advice and limited assistance for pet owners going through this. One option would be for you to contact family members and friends directly (not on public social media posts) to ask if they would be able to adopt the cats.

If a surrender to the shelter is the last resort, contact your family to see if they can chip in for the surrender fees. After all, you've already taken on the cost of food, supplies and maybe medical care for them. You've taken on the risk of losing your lease, too. Speak calmly with your relatives about sharing the cost. Best of luck.

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

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## Bible Trivia

by Wilson Casey

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

2. According to church tradition dating from the second century, who wrote the book of Acts? Matthew, Mark, Luke, John

3. Which book's first verse is, "How doth the city sit solitary, that was full of people?" Judges, Ruth, Ezra, Lamentations

4. Who is the only Old Testament person mentioned as being buried in a coffin? Adam, Eve, Moses, Joseph

5. From Hebrew 7, what priest was without a mother or father? Jehoiada, Melchizedek, Eleazar, Leviticus

6. Who ended many of his letters, "Grace be with you"? James, Paul, Titus, Jude

Answers: 1) Neither; 2) Luke; 3) Lamentations; 4) Joseph; 5) Melchizedek; 6) Paul

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

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## Herkimer College to host Spring Open House

Herkimer College will host its Spring Open House on April 9 from noon - 2 p.m. in the Robert McLaughlin College Center. Prospective students and families will have the opportunity to learn firsthand why Herkimer ranks among the top two-year colleges in

the nation through faculty meet and greets, campus tours and information about academic programs, support services, athletics, financial aid, on-campus housing and campus life.

Registration is available online at admissions.herkimer.edu/register/spring

openhouse. Walk-ins are also welcome. Additionally, the Admissions Office is open late each Wednesday until 6 p.m. and once a month on Saturdays. For more information, contact the Admissions Office at 315.574.4028 or email admissions@herkimer.edu.

## PUBLIC AUCTION

**Horses - Tractor - Farm Equip. - Carriage - Misc.**  
**Wed., April 6th, 2022 at 9:30 AM**

Location: 208 Buel Rd., Canajoharie, NY 13317

**HORSES:** Consigned by Eli and Linda Fisher Ph. #518-673-2449. Dolly, smooth mouth Belgian mare broke single and double; Connie, 5 yr. old Belgian blonde mare broke to all farm equipment; Kathy, smooth mouth Belgian blonde mare broke for the lines; Flash, 8 yr. old Belgian gelding broke for the lines; Freeman, 10 yr. old gelding broke for the lines; Fred, 9 yr. old gelding broke for the lines; Dixie, 5 yr. old Belgian mare blonde, broke for jockey; Kate, 4 yr. old Belgian mare, blonde, broke for jockey; Mister, 5 yr. old Belgian gelding broke for jockey; Dottie, 3 yr. old Belgian mare, green broke.

**HORSES:** Consigned by Abner and Leah Riehl Ph. #518-573-6356. Belgian geldings Sprit and Sparks, 7 yr. old high energy, broke to all farm machinery. Belgian Geldings Silver and Sunny, 7 yr. old well broke to all farm machinery, lots of snap.

**HORSES:** Consigned by Jacob Kauffman Ph. #717-442-8395. 2 yearling fillies, Percheron cross, halter broke; 2 year old gelding Percheron cross; smooth mouth Belgian gelding; 2 smooth mouth Belgian cross mares in foal to Percheron cross stallion; 4 yr. old Belgian, Percheron cross gelding, well broke; standard bred 6 yr. old gelding, pacing bred.

**TRACTOR:** Consigned by Eli Fisher. Deutz 100-06 with 540/1000 PTO

**HAY EQUIPMENT:** I and J bar mower; NH rollbar rake w/hyd. drive; 60hp Duetz power cart; JD 446 round baler; NH 273 baler with Wisconsin engine; 28 ft. hay elevator; 2-18 ft. flat wagons; self loading round bale wagon.

**TILLAGE EQUIP:** 2 bottom White Horse plow; 12 ft. roller harrow; 12 ft. drag harrow; 8 ft. disk.

**CORN EQUIP:** 4 row JD planter with coulters; corn binder with alum. loader; 3 forage wagons; Case IH silage blower.

**MISC. EQUIP:** Fore carts; Pequea manure spreader; pit manure spreader; 10 ft. ELS manure pump. field sprayer, harnesses, collars, bridles and misc. horse supplies.

**MISC. BARN & MILKING EQUIP:** 5 Westfalia milkers; sputniks; silage carts; grain carts; alum. lazy Susan round bale feed wagon; misc. feeders; approx. 2 wagon loads of small items selling first. Approx. 60 loop stanchions, buyer must remove.

**Consigned by Daniel and Katie Stoltzfus:** Eli Fisher Ph. #518-673-2449: JD 7000 4 row planter with corn and bean attachments rebuilt in 2016; 10 ft. Brillion seeder, like new with only 200 acres planted; Pioneer 12 ft. tine weeder, 3 yrs. old; White Horse subsoiler w/12 volt hyd. trailer unit; 4 row I and J cultivator; grain bin wagon with Farm-Bilt gear; grain wagon w/ custom gear; 46 ft. grain or hay elevator; 2 horse field sprayer, Daniel Stoltzfus Ph. #518-993-5181

**Consigned by Jake and Barbie Kauffman:** NH rollbar rake: NH 5717 chopper rebuilt in 2021; fore cart; I and J mower w/9 ft. bar, 5 yrs. old; round bale side dump wagon, heavy duty; 3 beater manure spreader w/13hp Honda, good condition. Jake Kauffman Ph. #717-442-8395.

**Consigned by Henry and Sarah Zook:** 900 gal. pit manure spreader; 16 ft. alum. fill pipe; herd wheel; 12 CK stanchions; silage cart; misc. Rebuilt McCormick cultivator; 28' skeleton elevator; 16' flat wagon; 15" Craftsman drill press; one wagon load of smalls; 4 yr old Friesin Saddlebred Morgan out of Theodore, well started in carriage and lots of style; I & J 8 ft bar mower with dolly ride on; NH 67 baler w/ modified bale chamber. Henry Zook Ph. #518-993-5426.

**Consigned by Abner and Leah Riehl:** NH 640 round baler, new belts 2020; round bale wagon with side dump on Farm-Bilt gear. Gehl 10 wheel rake; fore cart; all equipment excellent condition.

**Consigned by Eli Fisher:** Diane 5 yr old blonde Belgian mare, jockey broke, 8 year old paint broke to ride and drive good all around, New Idea corn picker, gravity wagon.

**Consigned by Marvin Fisher:** 1 pair smooth mouth Belgians mares, NH 256 Rake ground drive, 1 Pequea HR 10 rotary rake spinner.

**Consigned by John Byler:** Lancaster spreader.

**AUCTIONEER'S NOTE:** This is one of the best opportunities to pick up quality equipment and horses.



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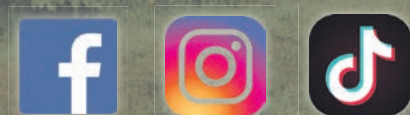


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# Country Editor

**PO Box 121, 6113 State Hwy. 5  
Palatine Bridge, NY 13428  
800-836-2888 • Fax: 518-673-2381  
classified@leepub.com**

## Number / Classification

20 Air Compressors  
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175 Cars, Trucks, Trailers  
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277 Construction Services  
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325 Custom Butchering  
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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  
812 Multi Media  
813 Music  
815 Motorcycles  
817 Nails  
820 Nurseries  
910 Plants  
950 Real Estate For Sale  
955 Real Estate Wanted  
960 RVs & Motor Homes  
975 Rentals  
980 Restaurant Supplies  
1040 Services Offered  
1075 Snowblowers  
1080 Snowmobiles  
1096 Sports  
1109 Thrift  
1140 Trailers  
1147 Trains  
1148 Travel  
1165 Trees  
1170 Truck Parts & Equipment  
1180 Trucks  
1187 Vacuum  
1190 Vegetable  
1200 Veterinary  
1205 Wanted

## Announcements

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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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Get the best responses from your advertisements by including the age, condition, price and best calling hours. Also, we always recommend insertion for at least 2 issues for maximum benefits. **DEADLINE** for placing ads is **FRIDAY at 2:00 PM- Week Prior** to Each Friday Dated Paper. **Call Peg at 1-800-836-2888 or 518-673-0111**

CANAJOHARIE FARMERS' MARKET is looking for vendors for the 2022 summer market. Market runs every Sunday from May 15- late October. \$50 for the season. Some restrictions may apply, interested vendors please call Market Manager, Chad Myers 518-618-7757 Sponsor, Janet Stanley 518-673-0292.

BARN SALE: 504 Old State Road, Poland, April 1, 2&3 9am-4pm. Furniture, baskets, jewelry, books, household items, craft supplies, pottery, plants, kiln, more. 315-601-4268

## Announcements

## Announcements

**BANNERS: VINYL** - Single Sided - Double Sided, various sizes. Set up and sales tax additional. Free shipping. **Call Lee Newspapers Inc. at 518-673-0101** [commercialprint@leepub.com](mailto:commercialprint@leepub.com)

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**WANTED TO BUY:** Antiques & Vintage (1975 & older)... Wood Cigar Boxes, Printing Blocks, Old Picture Frames, Jewelry, Old Comic, Coin & Postcard Collections; Stoneware, Crocks & Jugs; Ironstone Pitchers & Platters, Old Farm, Auto & Gas Signs; License Plates; Old Christmas & Halloween; Quilts & Hankies; Old Train Sets & Toys; Old Axes & Odd Tools; Folk Art, Nautical & Adirondack; and lots more!! **CASH PAID** for forgotten stuff in your attic, cellar & shed! **FREE** House Calls... Ask for Dave, 315-823-1177, Showcase Antiques 10-5.

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Stonewater Antiques is actively looking for vintage antique items. Whether it's just a few items or an entire house, barn or garage, we have options for you including competitive cash deals. Free general appraisals and friendly, no pressure visits. We come to you! Call or text us at 518-925-9787. Also visit us on facebook. Stonewater Antiques & Restorations.

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## Building Materials/Supplies

**INSULATION:** All Types. New/ Existing Buildings. Free Estimates. Fully Insured. Call Upstate Spray Foam Insulation 315-822-5238. [www.upstatesprayfoam.com](http://www.upstatesprayfoam.com)

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**#2 Building Material**  
Plywood 1/2" \$28, 5/8" \$32, 3/4" \$35  
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Shingles .....\$22.00 Bundle  
Exterior Doors ..Starting at \$170  
3'x3' Side Slider Window .....\$80  
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## Hay - Straw For Sale

1st & 2nd SMALL SQUARE Bales Hay. Fort Plain, NY 315-542-4370

## Help Wanted

**WANTED:** Handyman versed in plumbing, electrical and carpentry. Also home health aid. Little Falls area. Call Joe 315-601-8172

**PART-TIME HANDYMAN:** Experienced in painting, flooring, etc. \$25.00-\$30.00 per hour based on experience. Must be responsible & hold commitment. Call 315-563-1980

## Hogs

**FEEDER PIGS & LARGE SOWS** For Sale (good for sausage and lard). Call Farmer Dan 315-823-1633

## Magnets

**MAGNETIC TRUCK SIGNS.** Call with your needs. Lee Newspapers Inc. 518-673-0101



**BUSINESS CARD MAGNETS** only \$55.00 for 250. Set up & sales tax additional. Free Shipping. Please allow 7-10 business days for delivery. Call Lee Newspapers Inc. at 518-673-0101 or [commercialprint@leepub.com](mailto:commercialprint@leepub.com)

## Miscellaneous

**Corrugated Signs,** Shopping Bags/Totes, Gift Certificates, Invitations, Labels, Magnets, Business Cards, Rack Cards, Banners, Postcards, Business Forms, Non-Carbon Reproduction Forms (NCR), Signs, Pull-Up Banner Stands, Feather Banner Stands, Door Hangers, Envelopes, Posters, Calendars, Self-Inking Stamps, Flyers/Brochures. **Call with your needs.** Set up & sales tax additional. **Lee Newspapers Inc. 518-673-0101** or [commercialprint@leepub.com](mailto:commercialprint@leepub.com)

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CRAFTERS, FOOD TRUCKS, MUSICIANS WANTED for the CANAJOHARIE FARMERS' MARKET 2022 season. Market runs every Sunday beginning May 15 through late October. Call for information. Janet Stanley 518-673-0292



HOUSE/ LAND By Owners,  
23.7 acres "Turnkey" blue-  
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fied. 315-429-9425 Save  
\$10,000. \$219,000.

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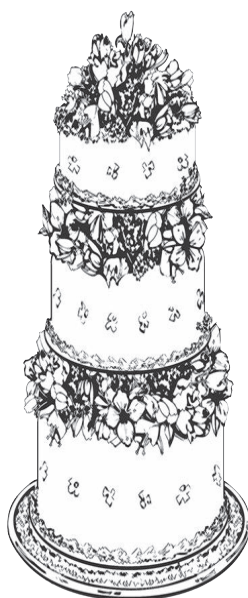
Updated kitchens  
& baths.  
All electric property.  
Surveyed.  
All appliances.  
Ample parking.  
Visual tour.  
**Both Units Rented**  
**\$125,000**

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Concrete Paving _____	Utility / Underground _____
Oil & Stone Paving _____	Construction Demolition _____
Corporate _____	Landscaping _____
Maintenance/groundskeeping _____	Land Clearing _____
Bridge Construction _____	Logging _____

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☐ Dozers \_\_\_\_\_

☐ Track / Wheel Loaders \_\_\_\_\_

☐ Trucks \_\_\_\_\_

☐ Backhoes, TLB's \_\_\_\_\_

☐ Other Heavy Equipment \_\_\_\_\_



## How to make aging pets more comfortable

- **Visit the vet more often.** Senior pets may need to see the vet more frequently than they used to. Pets typically visit the vet every year. Senior pets may require two visits per year. Speak with a veterinarian about how often your aging pet should come in for checkups. Checkups can help identify illnesses earlier and ensure any aches and pains are addressed im-

- **Ensure ample protection against the**

Aging pets need extra patience and care. Pet owners can improve comfort and accessibility for their senior pets.



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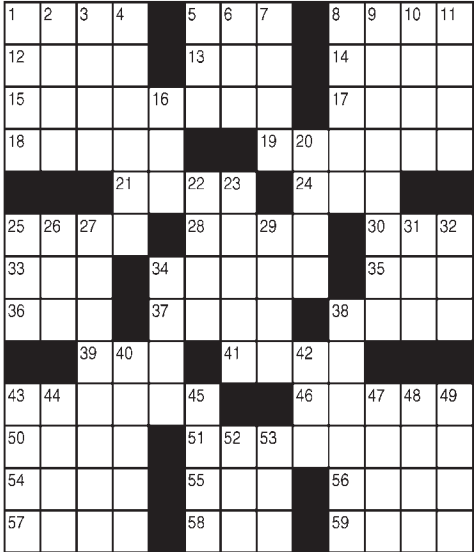
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Sewing Needs!*

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**518-673-3197**

The logo for Mental Health Therapy is located at the top of the page. It features a stylized silhouette of a human head in profile, facing left. Inside the head, there is a brain with a lightning bolt striking it. To the right of the head, the words "Mental Health Therapy" are written in a large, bold, serif font. Below the main title, there is a line of text that reads "Currently accepting new clients". Further down, the location is given as "Location: 189 Cemetery Rd., Fly Creek, NY 13337". Below the location, the names of the therapists are listed: "Katavia DeLong, LMHC and Karrie Crippen-Hotaling". The phone numbers "518-573-7468 and 804-435-9380" are listed next. A decorative horizontal line with a repeating pattern separates the phone numbers from the text "In-person, video and telephone appointments available".

King Crossword

- ACROSS
- 1 Taj Mahal city
  - 5 Chatter
  - 8 Pugilist's weapon
  - 12 Regrets
  - 13 Half of bi-
  - 14 Bygone Peruvian
  - 15 Diamond parts
  - 17 Miles away
  - 18 Thai or Korean
  - 19 Oscar con-
  - 21 Leaves
  - 24 Medit. nation
  - 25 Buckeye State
  - 28 Take five
  - 30 Yoga pad
  - 33 Mafia boss
  - 34 Emulate Lincoln
  - 35 Bedazzle
  - 36 Dict. info
  - 37 Nick and Nora's pet
  - 38 Arm bone
  - 39 Fireplace resi-
  - 41 Luminary
  - 43 Charlton Heston film
  - 46 Seraglio
  - 50 Aware of
  - 51 Endless time or space
  - 54 Burning heap
  - 55 Automobile



- 56 Sci-fi fleet
  - 57 Declares
  - 58 Lock opener
  - 59 Faxed
- DOWN
- 1 Met solo
  - 2 Weaponry
  - 3 Mortgage again, for short
  - 4 Italian cheese
  - 5 Actor Brynner
  - 6 Moreover
  - 7 Galileo's birth-place
  - 8 Decrees
  - 9 Casual
  - 10 Cicatrix
  - 11 Old salts
  - 16 Rock's Brian
  - 20 Refer to
  - 22 Messes up
  - 23 Plane assign-
  - 25 Peculiar
  - 26 Garden tool
  - 27 Foot soldiers
  - 29 Sports figure?
  - 31 Bristle
  - 32 Chai, e.g.
  - 34 Diamond
  - 38 Seventh
  - 40 planet
  - 42 Sashimi fish
  - 43 Conks on the head
  - 44 "May It Be" singer
  - 45 "Casablanca" cafe owner
  - 47 Teeming
  - 48 Harrow rival
  - 49 Island in a computer game
  - 52 Scot's refusal
  - 53 Saute

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MAGIC MAZE ● “GEORGIA ON MY MIND”

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

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

- Back to you  
Clear  
Dreams  
Eyes
- Moonlight  
No peace  
Other arms  
Peaceful
- Pines  
Ray Charles  
Reach out  
Road
- Smile  
Tenderly  
Woah

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Weekly SUDOKU

by Linda Thistle

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

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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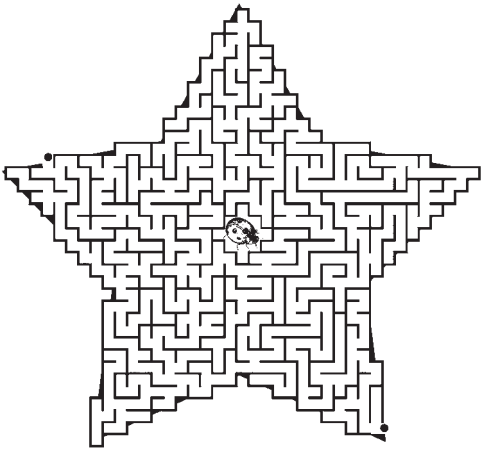
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ON THE FARM TIRE SERVICE

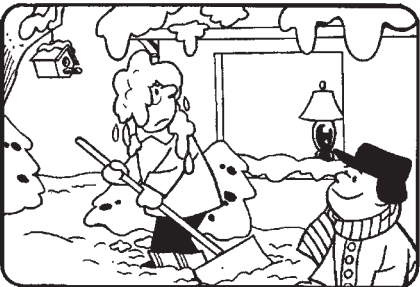
Mega Maze

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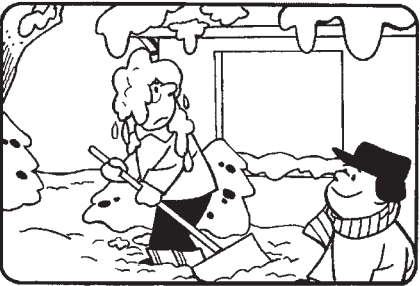


HOCUS-FOCUS

BY HENRY BOLTINOFF

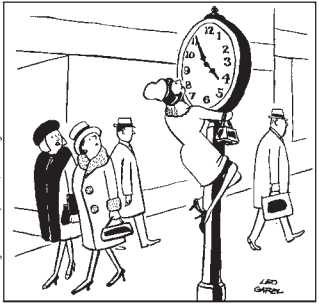


Find at least six differences in details between panels.



Differences: 1. Birdhouse is missing; 2. Handie is shorter; 3. Jacket is shorter; 4. Lamp is missing; 5. Scarf is shorter; 6. Buttons are missing.

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"She'd rather die than wear

\_\_\_\_\_."

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!

- Thin  
PASSER
- Orange  
ACTORR
- Divine  
SCARED
- Blind  
LARGE

TODAY'S WORD

\_\_\_\_\_

**by Slim Randles**

*"Sarah knows where all the good ones are. Hey, you want*

*"All you rilly need is a pencil or somethin' else to write with."*

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