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Keeping the Mohawk Valley Beautiful

At a joint news conference on April 4 with area elected officials, business leaders and community organizations, Keep Mohawk Valley Beautiful (KMVB) announced that it's launching the "21st Annual Clean & Green Initiative" on April 23.

KMVB is a standing committee of the Mohawk Valley Economic Development District Inc. (MVEDD), and a six-county NYS affiliate of the national Keep America Beautiful (KAB) program.

KAB works to create sustainable communities that are socially connected, environmentally healthy and economically sound and their annual clean-up effort is part of the country's largest community improvement program. Each spring, KAB affiliates, like KMVB, engage more than four million volunteers in more than 20,000 communities nationwide.

This year, KMVB is asking individuals, businesses, organizations and community groups to register cleanup or beautification events – new or existing – in the Mohawk Valley region. The goal this year is to register 300 (or more) teams.

Examples of how you or your group can join the effort include cleaning up litter along roadways, waterways and parks, starting a community garden, participating in a recycling project or hosting a beautification project.

Last year, over 250 volunteers in six counties participated in the clean-up, collecting over 700 bags of litter from parks, roadways and waterways. "Keep Mohawk Valley Beautiful showcases the significant impact volunteers across the Mohawk Valley can make by working together, environmentally, socially and financially benefiting our region," said

Stephen Smith, MVEDD executive director.

By registering your event at ohswa.org, you are eligible to receive free materials including gloves, trash bags and other assistance. In addition to free materials and resources, registrants will be highlighted for their efforts on the Authority website and KMVB social media platforms.

Supplies can be picked up at strategic locations throughout the region:

Utica – City Hall, April 23 from 8:30 - 10 a.m.

Rome – City Hall, April 23 from 8:30 - 10 a.m.

Herkimer – MVEDD office, Mohawk, each day through April 23

KMVB would like to thank its partners, Bank of Utica, M&T Bank, PJ Green, the Genesis Group, Oneida-

Herkimer Solid Waste Authority, Positively Rome, area colleges, school districts and community organizations, for supporting this important regional event.

KAB estimates that there are still 2,000 pieces of litter per mile along roadways and waterways in this country – but we can all do something to help. To register your team or volunteer your time, visit tinyurl.com/4ue4z9nh or visit ohswa.org.

You may also follow KMVB on Facebook (Keep Mohawk Valley Beautiful – KMVB) for additional information.

If you would like to report a site that needs to be cleaned or rehabilitated, email Samantha Brown, recycling coordinator, at samb@ohswa.org or contact her at 315.733.1224 ext. 2800.

To make a contribution or donate materials, call 315.733.1224 ext. 2800.

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Mohawk Valley Women's Club to host April 27 book discussion

Discussion with Fort Plain Free Library will be about Jane Goodall's new book titled 'The Book of Hope'

With so many traumatic things happening in the world today, members of the service-oriented GFWC Mohawk Valley Women's Club wanted to offer a program that would make people feel hopeful about the future. Phyllis Lapi, club co-president, said that desire factored into the club's decision to partner with the Fort Plain Free Library to make their April 27 book discussion open to the public. The free program about naturalist Jane Goodall's new book about hope will take place at the 19 Willett St. library at 11 a.m. that Wednesday. The Mohawk Valley Women's Club

is part of the General Federation of Women's Clubs (GFWC).

Lapi said one of the club's members had read and recommended the nonfiction work, "The Book of Hope: A Survival Guide for Trying Times."

"It seemed appropriate for the situation we're in," she said.

"Public participation is good for the club. We're service-oriented and do things for the community," Lapi added.

Library Director Whitney Hubbard and staff said

the library is pleased to partner with the club to offer the forum about the book, which explores Goodall's "Four Reasons for Hope": the amazing human intellect, the resilience of nature, the power of young people and the indomitable human spirit. "We're excited to work with community members and organizations in our newly opened space!"

Copies of the book can be borrowed at the library, located at the corner of River and Willett streets.

Call 518.993.4646 for information. Follow the library on Facebook for updates.

Utica Zoo joins Community Foundation in Annual Give Back to Utica Internship

Seeking candidates now

For several years the Utica Zoo has hosted a Give Back to Utica intern in partnership with the Community Foundation's donor advised program. This intern can be a high school junior or senior or a college student from Herkimer or Oneida counties.

During 10 weeks over the summer, this paid internship will join the operations team at the Utica Zoo to assist with special events and admission days as well

as support outside groups who rent the zoo for their own programs. The rate is \$13.50 for 20 hours per week. Send a resume and cover letter to include name, home address, school and if in college, area of study to HR@uticazoo.org by April 29. Selections will be made by May 5.

The Give Back to Utica Fund is a donor-advised fund of the Community Foundation that supports summer internships in our community, which pro-

vides local high school juniors and seniors with experiential learning opportunities, encouraging them to stay in the area post-graduation. Upon completing this internship at the Utica Zoo, the candidate will be expected to complete a one-page report of the work they've accomplished, what they've learned, and a thank you to the Community Foundation fundholder.

For more information and to keep up to date on all things zoo, visit www.uticazoo.org.



**Annual Pancake Breakfast with the
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Family Counseling Center offers advice on how to speak to children about war in Ukraine

We are now one month into the Russian invasion of Ukraine and the news, images, and stories have been overwhelming – for adults and children. The Family Counseling Center of Fulton County recently spoke with a few members of their Behavioral Health Clinic to learn more about how to best help children process everything they are seeing on the news.

1. Acknowledge and Monitor

Children of all ages have access to images, news, and reports across a broad spectrum of platforms these days – some of which parents may not even be aware of. Parents should know the platforms their children are using and set parent controls or limits for use with their child if necessary.

Acknowledging how anxiety can present is important too. A child may have excessive questions about the events they see on television and on social media. Are they more irritable? Avoiding things they once enjoyed such as television or the computer because they do not want to be around the news? Have there been changes in your child's appetite or sleep?

"We have had so much happen to us over the last few years that it feels as if, at times, we can become desensitized to international crises," notes Michelle Clark, Interim Clinic Director. "The parent may not be feeling anxious and therefore may not even consider filtering their discussions without realizing that their child is anxious."

"Sitting down with your child and having a tough conversation about the war isn't easy, but it will help an anxious child know that they are safe and able to

get out their worries and concerns," says Clark. Clark suggest acknowledging the danger people in Ukraine are facing and why, perhaps, they are fleeing the country while also concentrating on how your child is safe and protected at home. "Your child may be anxious because they want to help in some way. This is a great opportunity to find a creative and proactive option so that they feel as if they can contribute."

Clark adds, "It's important too to monitor our needs

as parents. Are we anxious as well? Do we have supports to prevent our anxiety from spilling over?"

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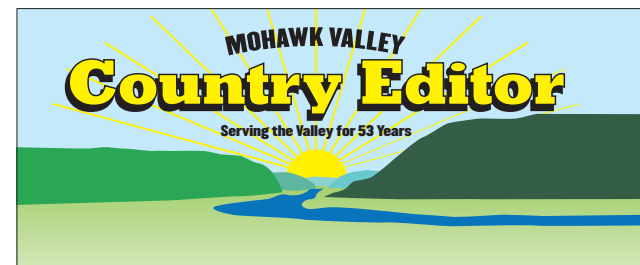


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Semi-annual Stamp, Cover, Postcard and Ephemera show set April 24

The Fort Orange Stamp Club of Albany, founded in 1926, will host its semi-annual Stamp, Cover, Postcard and Ephemera show on Sunday April 24 from 10 a.m. to 3 p.m. at the Colonie Recreation Center on Thunder Road, Colonie. The site is located off of Route 5, just one mile west of Northway exit 2. The show will feature fun for all:

- Free hourly door prizes
 - Free stamp packets for youngsters
 - Stamp, cover, postcard, postal history and ephemera exhibits
 - Free appraisal of your paper collectibles
- Did you inherit a stamp collection? Do you need to know the value of any paper ephemera that you might

have around the house, including stamps, covers, postcards, postal history, etc.? Dealers will be available to give actual market values for these items at no charge.

- 20 dealers
- Free parking and admission

For further information contact Tom Auletta at 518.877.3027 or fortorangestampclub.org

Driving habits that could help the planet

Habits can be hard to kick. Many people need a unique catalyst in order to ditch habits they've long wanted to put in their rearview mirrors.

Increased awareness of climate change and its effects could be the catalyst many people need to make positive, planet-friendly changes to their daily routines.

Driving habits are one area where individuals can

alter their daily routines in ways that benefit the planet. These eco-friendly alterations can be instituted each day by individuals who want to do their part to combat climate change.

- Avoid aggressive driving. Aggressive driving is both a safety risk and a threat to the environment. According to the Oak Ridge National Laboratory, aggressive driving can lower gas mileage in light-duty vehicles by as much as 40 percent in stop-and-go traffic and by as much as 30 percent at highway speeds.

HAPPY
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- Avoid idling. Many drivers have long relied on idling to warm up their vehicles on cold mornings. However, the South Carolina Department of Health and Environmental Control notes that modern vehicles do not need warming up in temperatures above 0 degrees Fahrenheit. It's important that drivers recognize this, as idling wastes fuel and increases the amount of vehicle

exhaust in the air. Vehicle exhaust increases air pollution and contains pollutants that have been linked to asthma, additional lung diseases and heart disease. A far more effective, and considerably less harmful, way to warm up a vehicle is to do so for 30 seconds and then drive slowly for the first few minutes.

- Purchase a fuel-efficient vehicle. Drivers looking for their next vehicle can prioritize fuel efficiency if they want their driving habits to have a smaller carbon footprint. The Department of Energy and the EPA provide information on fuel efficient vehicles, and that information can be accessed at FuelEconomy.gov. In addition, the EPA's Green Vehicle Guide notes that electric vehicles, plug-in hybrids, hydrogen fuel cell vehicles, and cleaner burning gasoline vehicles are among the more efficient and less polluting cars and trucks on the market.

- Make fewer trips. The Fremont Green Challenge reports that more than half of all driving trips in the United States are taken for social, recreational, shopping, or family/personal errands. By combining these trips, drivers can greatly reduce their driving miles. Fewer trips conserves fuel and can reduce air pollution.

A few simple tweaks to drivers' daily habits can benefit the planet in myriad ways.

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Pastor Jeff Hindrliter Sunday School for all ages 10 AM September-June Sunday Morning Worship 11 AM Prayer & Praise Thursdays 7 PM</p> <p>ESPERANCE ESPERANCE PRESBYTERIAN CHURCH 129 Church St., Esperance NY 12066 Sunday Worship 9:30 am Rev. Bert Mayne Simple, friendly, conservative worship in a beautiful 1824 sanctuary</p> <p>FONDA SAINT CECILIA CHURCH 26 Broadway, Fonda 518-853-4195 Sunday Worship 9 AM</p> <p>NATIONAL KATERI TEKAKWITHA SHRINE AND INDIAN MUSEUM 3636 St. Hwy. 5, PO Box 627 Fonda, NY 12068-0627 518-853-3646 Weekly Masses: Sat. 4:30 PM, Sun. 10:30 AM friars@katerishrine.com www.katerishrine.com</p> <p>FORT PLAIN AMAZING GRACE BAPTIST CHURCH 131 Clark Rd., Fort Plain 518-568-7606 Pastor Frank Calabrese Sunday School 10 AM, Morning Service 11 AM, Sun. & Wed. Eve. Service 6 PM, Youth Group Wed. 6:30 PM, Sat. Visitation 10 AM www.amazinggracebc.org</p> <p>GRANDVIEW BAPTIST CHURCH 15 Washington St., Fort Plain 518-993-9929 Pastor Dan West Sunday School 10 AM Morning Service 11 AM Bible Study & Prayer Meeting, Wednesday 6:30 PM</p> <p>ST. PAUL'S LUTHERAN CHURCH 36 Lydius St., Fort Plain, NY 13339 518-993-2040 Pastor Jonathan Litzner 405-250-8395 Church Service 11 AM</p>	<p>ST. JOHN'S LUTHERAN CHURCH 774 St. Hwy. 163, Fort Plain, NY 518-705-7552 Rev. David A. Johnson, Ph.D. Sunday Worship 9 AM, Sunday School 10 AM, Ladies Aid W.E.L.C.A. Handicapped Accessible</p> <p>REFORMED CHURCH OF FORT PLAIN 165 Canal St., Fort Plain, NY 13339 518-993-4302 fortplainrca@yahoo.com Rev. Nancy E. Ryan Worship 11 AM, AA meetings Mon. & Tues. 7 PM, Emergency Food Pantry 518-993-4302</p> <p>VICTORIOUS LIFE CHURCH RMI FELLOWSHIP 104 Main St. & 431 St. Hwy. 80 Fort Plain, NY 518-993-3102 Sunday School 9 AM, Morning Worship 10:30 AM, Youth Group 5 PM, Evening Worship 7-8 PM</p> <p>FORT PLAIN UNITED METHODIST CHURCH 39 Center St., Fort Plain Audie Miller, Lay Supply Pastor Church Office 518-993-3863 Kitchen 518-993-3464 ALL WELCOME, Worship Service 11AM</p> <p>OUR LADY OF HOPE R.C. CHURCH 115 Reid St., Fort Plain, NY 13339 Parish Office 518-993-3822 ourladyofhope@frontier.com Mass Schedule: Saturday, 4 PM; Sunday, 9:30 AM; Confessions: Sat. 3 & by appointment Please call parish office for Holy Day schedule</p> <p>FREYSBUSH UNITED METHODIST CHURCH Freysbush Rd., Fort Plain 518-429-9936 or 518-424-8488 Worship 9 AM, Sunday School 10 AM ALL ARE WELCOME</p> <p>FRANKFORT OUR LADY QUEEN OF APOSTLES 414 Frankfort St., Frankfort, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 5:30 PM; Sunday 9 AM; Tuesday & Thursday 9 AM</p> <p>FULTONVILLE FONDA FULTONVILLE UNITED METHODIST CHURCH Pastor Kathy Reese Sunday worship and Sunday school 10AM Outdoor service: 11 Montgomery Street, Fultonville, May-Early Sept. (byo - chair) Indoor service: Winter and inclement weather Glen Town Hall, 7 Erie Street, Fultonville Community Outreach is very important to us 518 853-3311</p> <p>FULTONVILLE REFORMED CHURCH Corner of 5S & 30 Pastor Jane Hubschmitt Sunday School 10 AM Family Worship 10:30 AM</p>	<p>GLEN GLEN REFORMED CHURCH State Hwy 161 in the Hamlet of Glen 4 miles South of Fultonville glenreformed@nycap.rr.com Sunday Worship at 9. Sunday School immediately following Children's Message</p> <p>HERKIMER SS PETER and PAUL ORTHODOX CHURCH Fr Vasil Dubee & Fr Dn Demetrius Richards 305 Main Rd., Herkimer Phone (315) 866-3272 Saturday Vespers - 5 PM (spring/summer months) 4 PM (fall/winter months) Sunday Divine Liturgy 9:30 AM Sundays</p> <p>TEMPLE BETH JOSEPH 327 N. Prospect St. Phone 866-4270 Friday 7 PM</p> <p>ST. FRANCIS de SALES CHURCH Rev. Mark Cunningham, Pastor 219 N. Bellinger St. Phone 866-4282 Saturday Vigil Mass 4 PM Sunday Mass 8 AM</p> <p>CHURCH OF SAINTS ANTHONY and JOSEPH 229 S. Main St. Phone 866-6373 Sunday Mass 10 AM No Saturday Vigil</p> <p>REDEEMER CHURCH Pastor Michael Servello 931 Herkimer Rd., Utica, NY 13503 Phone 792-4748 Saturday 6 PM • Sunday 9 & 11 AM</p> <p>OAK RIDGE FREE METHODIST CHURCH Pastor Chris Schumske 838 W. German St. Worship Service for adults & children 8:30 AM & 10:30 AM with Ridgekids for the children (0-5th grade) Phone 866-0575</p> <p>UKRAINIAN ORTHODOX CHURCH OF ST. MARY'S PROTECTRESS 326 Moore Ave. Sunday Divine Liturgy 10 AM Holy Day Liturgy 9 AM Phone 866-1336</p> <p>NEW LIFE CHURCH Pastor David Hayner 337 Protection Ave. Phone 866-1164 • www.nlc-mc.org Worship 10 AM Wednesday Worship 6:30 PM</p> <p>THE SALVATION ARMY Lieutenants Derrick and Heather Purvis 431 N. Prospect St. Phone 866-1240 Facebook.com/TheSalvationArmyHerkimer Sunday School 10 AM Morning Worship 11 AM</p> <p>FIRST UNITED METHODIST CHURCH OF HERKIMER AND LITTLE FALLS Pastor Joelle Faulks Prospect St & Park Ave. Sunday Worship and Sunday School 9 AM</p>	<p>HERKIMER REFORMED CHURCH 102 Church St. Phone 866-1523 Worship 9:30 AM Shepherd's Table: Tuesday 11:30-12 PM</p> <p>TRINITY EVANGELICAL LUTHERAN CHURCH Corner of West German & Henry Streets Phone (315) 866-6474 Sunday Worship Services 10 AM in person and virtually on Zoom, YouTube & Facebook Bible Studies Thursday mornings 10 AM on Facebook</p> <p>THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS 317 Gros Blvd., East Herkimer (315) 866-8095 Sunday Sacrament Meeting 10 AM Sunday School/Primary 11 AM - Visitors welcome - Family History Center, open by appointment</p> <p>ILION ILION COMMUNITY CHURCH Pastor Dean Mabry 44 Central Plaza Sunday Worship 10 AM Child Care/Kids Church Available ilionchurch.com</p> <p>SAINT AUGUSTINE'S EPISCOPAL CHURCH 78 2nd Street Phone: (315) 894-3775 Sunday Services at 10 AM</p> <p>FIRST PRESBYTERIAN CHURCH 90 Morgan St., Ilion, NY, 13357 Reverend Richard Riggles Bible Study 9:30 AM Church Service 10:30 AM 315-894-2070</p> <p>FIRST BAPTIST CHURCH 8 Second Street Reverend John Partise Wednesday Mid Week Service 7 PM Sunday Morning 11 AM</p> <p>JESUS NEVER FAILS COMMUNITY CHURCH Reverend Hans Drews 1161 Elizabethtown Rd., Ilion, NY 13357 518-568-7983 hansandrosaline@yahoo.com Sunday Service 11 AM</p> <p>MORNING STAR UNITED METHODIST CHURCH 36 Second Street Pastor Joelle Faulks Sunday Worship 10:30 AM November 1 - May 1 4224 Acme Rd, Frankfort May 1 - November 1 36 Second Street, Ilion</p> <p>ANNUNCIATION CHURCH 109 West Street, Ilion, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 4 PM; Sunday 11 AM; Monday & Wednesday 9 AM</p>
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<p>JOHNSTOWN CHURCH OF THE NAZARENE 3316 St. Rt. 29 W, Johnstown, NY 12095 Offices: 518-762-2982 Cell: 857-523-8417 Pastor, Rev. Mark Fowler Sunday Morning Service 11 AM Sunday School for All Ages 10 AM</p>	<p>FIRST PRESBYTERIAN CHURCH Pastor Tamara Razzano 16 Jackson St. Phone: 315-823-3004 Email lffirstpres@gmail.com www.presbylif.org Sunday Worship 10 AM Sunday School 10 AM</p>	<p>CHRISTIAN BIBLE CHURCH H. Ed Reed, Pastor/Teacher 167 Ward Rd. • Phone 858-1282 www.christianbiblechurch.us Sunday School 9 AM Sunday Worship 10 AM Wednesday Bible Study & Prayer Meeting 7 PM</p>	<p>PALATINE BRIDGE TRINITY EVANGELICAL LUTHERAN CHURCH OF STONE ARABIA 5430 St. Hwy. 10, Palatine Bridge, NY Pastor A. Elisabeth Aurand Sunday In Person Worship 9 AM; email for link office@stjm-canajoharie.org 518-673-2224</p>	<p>SPRAKERS CHRISTIAN CHURCH OF CHARLESTON FOUR CORNERS 1380 E. Lykers Rd., Sprakers 518-922-9088 Paster Brett Popp Sunday School (ages 3-adult) 9:45 AM Worship 11 AM Sunday Prayer Meeting 5:30 PM Thu. Evening of Encouragement & Community Kid's Bible Club 6:30 PM</p>	<p>ST. PAUL'S LUTHERAN CHURCH 32 W. Main St., St. Johnsville, NY (next to NBT Bank) 518-568-3007 Church 518-568-2405 Parsonage Rev. David Johnson Sunday Worship 10:30 AM, Tues. Bible Bungee-Jumping 7 PM, "Bible Study" that actually makes sense! A Vibrant, Welcoming Community of Faith & Vision</p>
<p>LASSELLSVILLE LASSELLSVILLE UNITED METHODIST CHURCH State Hwy. 29 Pastor Robert A. Lindsay Worship: Sunday 9:30 AM Sunday School to start soon</p>	<p>INGHAMS MILLS BAPTIST CHURCH Rev. Gary L. Busch, Pastor Sunday Worship Service 10 AM 443 Inghams Mills Rd. Little Falls, NY 13365 Pastor's Phone (315) 717-9936</p>	<p>THE WORD CHRISTIAN CENTER Pastor Dan Annutto 27 E. Main St. • Phone (315) 985-3596 Sunday Services at 10 AM Intercession - Tuesdays at 6 PM</p>	<p>THE HOUSE OF ZION, INC. 580 Dillenbeck Rd., Palatine Bridge 518-577-3069 Pastors Richard & Denise Allen Saturday Morning Worship Service 11:30 AM Listen to UMT on live radio 97.5FM the 1st Sunday of every month 3-4 PM</p>	<p>THE CHRISTIAN CHURCH OF RURAL GROVE 170 Rural Grove Rd., Sprakers, NY 12166 518-922-7831 Pastor Joshua Fetterhoff pastorjosh@ruralgrovechurch.org Sunday School (all ages) 9:45 AM, Morning Service 11 AM, Eve. Service 6 PM, Wed.-Family Night 7 PM, "Where Bible Teaching is Fundamental"</p>	<p>SEEKER'S FELLOWSHIP 14 Park Place, St. Johnsville, NY 13452 518-568-7700 • Pastor Mike Yeziarski Sunday Worship 6 PM, Tues. Prayer 7 PM, Bible Study 7 PM (Wed., Thurs. & Fri.) We teach the fullness of God's Word, a life of holiness for the believer, and salvation for all who trust in Christ's sacrifice.</p>
<p>LITTLE FALLS FIRST BAPTIST CHURCH 555 Albany St. 315-823-3392 Morning Worship 9:45 AM Rev. Chris J. Wintermute, Lead Pastor Rev. William Whalen, Associate Pastor Nursery (infants through age 4) Meet and Greet Sunday at 8:00 AM Sunday School Classes 8:30 AM (nursery through adult) **Our Service is aired on 100.3 FM, 91.1 FM & 88.7 FM on Sundays from 11-12 with a 1 week delay. **LIVE on Facebook: "gingerleecase" account- 9:45 am on Sundays</p>	<p>THE HOLY SPIRIT POLISH NATIONAL CATHOLIC CHURCH 618 E. Gansvoort St., Little Falls, NY 315-823-0793 Father Rafal Dadello Mass at 11 AM on Sunday www.holyspiritpncc.org</p>	<p>NELLISTON VALLEY ALLIANCE CHURCH 85 E. Main St., Nelliston 518-993-3458 Pastor Ken Gies Sunday School (all ages) 9:15 AM, Sunday Worship 10:30 AM, Wed. Praise & Prayer 7 PM, Fri. Youth Group 7 PM (7-12th grade)</p>	<p>RANDALL RANDALL CHRISTIAN COMMUNITY CHURCH NY Rte. 5S Sunday Service 10:30 AM Worship Leader Darlene Spaulding</p>	<p>REFORMED CHURCH OF SPRAKERS 112 Sprakers Hill Rd. Rev. Nancy Ryan Worship ~ 9 AM All Welcome!!!</p>	<p>JOY FELLOWSHIP 296 Co. Hwy. 119, St. Johnsville, NY 13452 518-568-3217 • William Hayes, Pastor Joyce Loughran, Assistant Pastor Sunday School 9 AM, Morning Worship 9:30 AM Wednesday Evening Worship 6:30 PM</p>
	<p>MARSHVILLE MARSHVILLE EVANGELICAL CHURCH Route 10 South Pastor Mark Fowler Worship Sunday 9 AM</p>	<p>NEWPORT FIRST BAPTIST CHURCH OF NEWPORT 7497 Main Street Pastor's Phone 315-790-1877 Sunday Worship at 9:45 AM</p>	<p>RICHFIELD SPRINGS CHURCH OF CHRIS UNITING PO Box 896, Richfield Springs, NY 13439 Rev. Mark loiset • 315-858-1553 Service: Sunday 9:15 AM Church School: Sunday 10:30 AM</p>	<p>CURRYTOWN REFORMED CHURCH 829 St. Hwy. 162, Sprakers 518-922-8422 Rev. Donald Hoaglander Visiting Pastor Jane Hubschmitt 518-705-2201 Sunday School 9:15 AM Worship Service 10 AM</p>	<p>ST. JOHN'SVILLE METHODIST CHURCH 7 East Main St., St. Johnsville, NY 13452 Pastor Corey Jones 518-568-7983 • 315-866-8626 Worship Sunday 3 PM</p>
<p>ST. PAUL'S UNITARIAN UNIVERSALIST CHURCH Minister Jeffrey J. Frank Mark Bunce, Organist 565 Albany St., Little Falls, NY Phone 315-823-2284 Sunday Service & Religious Education 10 AM</p>	<p>MIDDLEVILLE MIDDLEVILLE UNITED METHODIST CHURCH 24 Fairfield St. Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 8:30 AM Thursday Bible Study 2 PM</p>	<p>UNITED METHODIST Pastor Robbin Harris • Phone 845-8730 Morning Service 11:15 AM</p>	<p>RICHFIELD SPRINGS BIBLE CHURCH 19 Church St., Richfield Springs, NY 13439 Rev. David Tosi • 315-858-0564 Sunday School (all ages) 10 AM Wor- ship Service 11 AM & 7 PM Wednesday - Prayer & Praise Call for info on various Youth Ministries www.richfieldspringsbiblechurch.org</p>	<p>RIVER OF JUBILEE CHURCH 5057 St. Hwy. 5 S, Sprakers, NY 12166 Pastor: Gail Adamoschek Pastor: Steve Adamoschek 518-322-1427 / 518-224-4455 Sunday Service 10 AM Children's Church Available Other Learning Opportunities Available Visit us on Facebook</p>	<p>EVERLASTING JOY BELIEVERS FELLOWSHIP 14 Park Place (in with Seekers Fellowship) St. Johnsville, NY 13452 315-858-2112 • Pastor Carolee Coye Sunday Service 10 AM</p>
<p>FIRST ASSEMBLY OF GOD Senior Pastor Timothy Parisi 559 E. Jefferson St. Phone 823-4043 • firststaglf@gmail.com Sunday Morning All Worship 10 AM Thursday Bible Study 6:30 PM</p>	<p>MOHAWK DENNISON CORNERS COMMUNITY CHURCH Pastor Donald King 219 Robinson Rd. • Phone 866-5215 Sunday: Sunday School 9:45 AM Morning Worship 11 AM Evening Worship 6 PM Wednesday Prayer 7 PM</p>	<p>KUYAHOORA COMMUNITY CHURCH Pastor Dwayne Durand West Canada Valley High School Auditorium 5447 St. Rt. 28 Mailing Address PO Box 50 Middleville, NY 13406 Phone 315-292-1303 www.kuyahorracc.org Weekly Service Sunday 10:08 AM</p>	<p>SALISBURY CENTER FULL GOSPEL ASSEMBLY OF GOD Pastor Robert Brent 106 Plant Road Sunday Worship 11 AM with Children's Church offered during the service</p>	<p>SPRINGFIELD CENTER ST. MARY'S EPISCOPAL CHURCH 7690 Rt. 80, Springfield Center 315-858-4016 Fr. Kyle Grennen, Priest-in-Charge Sunday Eucharist, 9:30 AM Coffee - Fellowship follows service Holy Days - as announced</p>	<p>ST. JOHN'S REFORMED CHURCH 68 W. Main St., St. Johnsville 518-568-7396 Faithfully Following Jesus Christ Sunday Worship 10:30 AM</p>
<p>HOLY FAMILY PARISH OF THE ROMAN CATHOLIC COMMUNITY OF LITTLE FALLS Father Brian Slezak 763 E. Main St., Little Falls, NY Phone 315-823-3410 Saturday Vigil Mass 4 PM Sunday Mass 10:30 AM</p>	<p>MOHAWK REFORMED CHURCH Rev. Brian Engel, Pastor 20 S. Otsego St. Phone 866-4292 Email mohawkpastor@verizon.net Follow us on Facebook Morning Worship: 10:30 AM Sept. - June • 9:30 AM July-Aug. Youth Sunday School (Pre-K - Sr. High) 9 AM Adult Sunday School (Men, Women & Couples) 9:30 AM September - June</p>	<p>OPPENHEIM OPPENHEIM UNITED METHODIST CHURCH Route 29 Rev. Jack Ford 315-429-7381 Worship 9:30 Sundays, Totally Awesome God-TAG time 6:30 PM Wednesdays beginning in Oct., Sunday School 9 AM beginning September 18th</p>	<p>SALISBURY CENTER UNITED METHODIST CHURCH 2545 State Route 29 Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 10 AM Thursday Bible Study 6 PM</p>	<p>FIRST BAPTIST CHURCH Springfield Center, NY Rev. Terence Brant 607-264-3035 Sunday School 10 AM Morning Worship 11 AM Wed. night Bible Study 7 PM</p>	<p>GRACE CHRISTIAN CHURCH Pastor Michael Torres 20 Center St., St. Johnsville, NY 13452 518-775-0366 Email gccpcastor2021@gmail.com</p>
<p>HOLY TRINITY LUTHERAN CHURCH 512 E. Gansevoort St. Sunday School 9:15 AM Sunday Worship 9:30 AM Wednesday Worship 11 AM & 6 PM</p>	<p>EMMANUEL BIBLE CHURCH Pastor Gary Wilcox 54 W. Main St. • Phone 717-3011 Worship and Word: Sunday 10:30 AM Fellowship Lunch: 12:30 PM Discipleship Hour: Sunday 1:30 PM Bible Study & Prayer: Wednesday 6 PM</p>	<p>PAINES HOLLOW PAINES HOLLOW UNITED METHODIST Lay Servant Gregg Sponburgh Rtes. 167 & 168 • 315-866-1128 Worship 9-10AM</p>	<p>SLOANSVILLE SCHOHARIE VALLEY GOSPEL CHURCH Pastor Pat Andreoli 133 Sprakers Rd., Sloansville, NY 518-864-5397 svgchurch@gmail.com Wednesday Prayer 6 PM; Sunday Morning Bible Study 9:45 AM; Worship Service Sunday Morning 10:30 AM</p>	<p>ST. JOHN'SVILLE BETHESDA FELLOWSHIP 34 S. Division St., St. Johnsville, NY 13452 518-568-2678 Summer Schedule Sunday Worship 10 AM Wed. Worship and Prayer 6 PM</p>	<p>STRATFORD STRATFORD UNITED METHODIST CHURCH 1511 State Route 29A Sunday Worship 9:30 AM Broadcast on 95.9 FM within 2 miles of church</p>
<p>EMMANUEL EPISCOPAL CHURCH 588-594 Albany St. Sunday Schedule: High Mass, Rite II 10 AM Nursery & Sunday School 9:45 AM (Sept.-May) Fellowship Coffee Hour 11:15 AM Choir Rehearsal 11:30 AM Holy Day Masses as announced Confessions by appointment</p>	<p>CHURCH OF THE BLESSED SACRAMENT Sr. Mary Jo Tallman, CSJ, Parish Life Director Rev. Leo Potvin, Sacramental Minister 71 E. Main St. Phone 866-1752 Sunday Mass 9:30 AM</p>				<p>LIGHTHOUSE BAPTIST CHURCH 1524 St. Rt. 29A, PO Box 114 Stratford, NY 13470-0114 315-429-8854 • Pastor Martin Smith Sunday Morning Worship 10:30 AM; Wed. Eve. Prayer Meeting 6 PM; 2nd & 4th Sunday Dinner following Morning Service with Afternoon Service following dinner "Old-Fashioned Bible Preaching"</p>

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Family from 4

2. Help kids list what they can control and what they can't

Stacey Kozak, a therapist at The Family Counseling Center's Behavioral Health Clinic suggests that parents help children create a list of what they can and cannot control as a way to cope with the anxiety. The exercise is as simple as taking a piece of paper and drawing two circles – one small and a larger one around it. In the larger circle, list the worries they have and cannot control; in the smaller circle list the worries they can control, always remembering to keep the lists age appropriate. "With smaller children you can use the comparison of – you cannot control the weather but you can control putting on the purple socks that make you feel happy," comments Kozak. Other examples include the idea that you may not be able to control the destruction of a family's home (images we see daily) but you can work to help collect items for refugees therefore experiencing a positive action of helping.

3. Create an inventory of coping skills that work best for your child

Coping skills are methods individuals develop in order to deal with stressful situations. Kozak recommends that coping skills should hold a child's interest, be developmentally appropriate, and also be transferable therefore not attached to electronics. "You want to be able to implement coping skills in any kind of environment. Video games or a few moments on a tablet cannot be used at school, so low-tech options are best."

The inventory of coping skills you develop with your child should hold their interest and create an opportunity for them to ground their emotions and reconnect to the moment. Some examples include:

- Getting out in nature to take a walk or to play
- Spending time with a pet
- Taking deep breaths and concentrating on how it

feels to fill your lungs with air and then let it out

- Listen to music
- Sit in a quiet place and list things you see
- Journaling

Recognizing that this time is hard for everyone is an important first step. We have had three years of pandemic life and are now pivoting to a humanitarian crisis that is instantly reported on via social media

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Auctioneers Note: This herd would do well as grass-fed or grain-fed operations, lots of early lactation cows and first calf heifers.



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platforms. Everyone, including our children, are all being exposed to graphic images that show the carnage of war. Taking the time to acknowledge our fear and confusion, talking to our children about their fears and worries are important first steps to helping them process this important moment in history.

HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY

Weekly Sales Every Monday – Misc. items, Poultry & produce etc. will start approx. 12:00. 1:00 we will start Dairy followed by all other livestock. **Let's keep the cattle in the market place to help the competition – sending direct gives you no competition.**

Mon. April 4th – Sold 186 head - Cull Dairy ave. \$.71 top cow \$.93, cull beef cows \$.70 - \$.95, Grassfed Organic cull dairy \$.75 - \$.94, Organic cull Dairy \$.76 - \$.95, Bulls/Steers \$.80 - \$1.08, bull calves top \$1.75, top beef calf \$2.80, heifer calves \$.35 top beef calf \$1.90, Dairy feeders \$.72 - \$1.27, feeder steers \$.95 - \$1.08, Feeder heifers \$1.11 - \$1.25, Feeder bulls \$1.20 - \$1.28, kid goats \$130 - \$240, cull sheep \$1.00 - \$1.45, Lambs 60#-79# \$2.80 - \$3.60

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. Other great consignments from: Silver-Spoon, Bemis, Tarcon, Morrill Dairy, Po-Folks Jerseys, Brubaker Farms, Kevetta Farm, Liddleholme, Woodmansee plus some more.

Mon. April 18th – Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale.

Sat. April 23rd – Sale held at our facility. Our Annual Spring Machinery Consignment Auction. Selling Tractors, Haying Equip., Forage Equip. plus much more. Small items will start at 9:30 AM.

Mon. April 25th – Normal Monday Sale & Monthly Organic Day. Special: Windy Knoll Farm Complete Dairy Dispersal. 90 Head of Holsteins – some R&W's. 50 Milking age balance heifers. DHI RHA 17926 3.7 671 3.2 570. This is a Spring herd - Cows are AI sired & Bred - 16 fresh in the last 30 days – with some milking over 100# and 30 more due in the next 30 days, this is a young exceptional tie stall dairy that goes out daily. Mostly ABS sired herd with a nice group of R&W's. 16 of the nicest bred heifers you'll find due between now and June. 21 exceptional open heifers with most ready to be bred. Don't miss this sale the Ulmers have been milking in excess of 70 years – you will appreciate the quality of this Dairy.

Friday, April 29, 2022 11:30 AM. Sale held at our Facility - Herd Reduction Sale - Genetics from Sunny Acres Swiss & Sharmica Jerseys. Consisting of 50 head of Registered Brown Swiss & Jerseys – 20 milking age, 30 heifers. Featuring family members of show winner's. Showage heifers and nice Fancy Milking age. This is your opportunity to get into this tremendous Breeding & Developing Brown Swiss for 50 years! Jersey RHA 16438 3.9 736 3.4 555; Brown Swiss RHA 17840 3.9 700 3.4 577. Low SCC. Also 20 Registered Jerseys from Zuby Jerseys. Taking select consignments from Swiss & Jersey Breeders. Sharla Woodrow 607-437-8498, Dan Hosking 607-972-8773. Watch future ads for more 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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Kolb to conduct Mohawk Valley Choral Society's Spring Concert

The Mohawk Valley Choral Society continues its 40th year of bringing exciting choral music to the Mohawk Valley by welcoming David Kolb to its podium as guest conductor for its May concert, titled “Songs of Light and Love.”

Kolb has been an active singer and choral director in the Utica area for nearly 20 years. He is the music director at the First Presbyterian Church in Rome. He has also directed the Utica College Choir as well as the chorus of the Utica Maennerchor.

He has been a soloist with the Mohawk Valley Choral Society, the Hamilton College and Community Masterworks Chorale and the Oneida Area Civic Chorale.

In “Songs of Light and Love,” Kolb will direct the chorus in a series of individual choral pieces, both a cappella and accompanied, ranging from the 16th to the 21st century.

The concert will take place at 2 p.m. on May 15 in the Church of Our Lady of Lourdes, Mary, Mother of Our Savior Parish, at 2222 Genesee St., Utica.

Tickets are \$12 in advance or \$15 at the door. Tickets may be obtained from any chorus member, at Center Stage Pianos in New Hartford, the Mohawk Valley Center for the Arts in Little Falls or at Weisser's Jewelers in Herkimer.

Tickets may also be reserved by calling 315.826.3092 or by emailing the Choral Society from its website at mvchoral.org.

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Herkimer County students learn about local government through intern program

Six high-school students in Herkimer County recently completed the Cornell Cooperative Extension 4-H Government Intern program that aims to get youth involved in the community and teach about local government.

Over the course of two months, students took part in a variety of activities including attending a Herkimer County Legislature meeting, having a one-on-one discussion with a county legislator, learning about government jobs and processes, hearing from guest

speakers, developing a group project about the need for more childcare in Herkimer County and presenting their plan during a simulated Herkimer County Legislature meeting.

“I’m really hoping that after going through this, they will be active in their adult lives in their local political process, stay informed and make educated decisions,”

Herkimer 13



Six high-school students in Herkimer County who recently completed the CCE 4-H Government Intern program pose with their participation certificates and Herkimer County Legislator Peter Mano on March 29 in the Herkimer County Legislature’s chambers. From left: Mount Markham senior Kestrel Zimpel, Central Valley/Herkimer BOCES VP-TECH senior Brianna Holtz, Poland senior Gabrielle Ross, Poland senior Nathan Draper, Mano, Poland senior Adam Nellis and Richfield Springs junior Emily Diotte. Photo courtesy of Herkimer BOCES

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Herkimer from 12

said Wendy Richardson, 4-H program educator for CCE of Herkimer County. "I hope that they continue to care about what's going on around them."

The CCE 4-H Government Intern program takes place each spring and fall and is open each session to up to four

students per school district from any school in the Herkimer County region. The spring 2022 session wrapped up on March 29 with a luncheon at the Herkimer County Office Building and the simulated Herkimer County Legislature meeting in the legislative chambers.

Three of the students in the program were Poland Central School District seniors: Nathan Draper, Adam Nellis and Gabrielle Ross. The others were Mount Markham Central School District senior Kestrel Zimpel, Richfield Springs Central School District junior Emily Diotte and Central Valley Central School District senior Brianna Holtz, who attends the Herkimer-Ful-

ton-Hamilton-Otsego BOCES Valley Pathways in Technology Early College High School (VP-TECH).

The simulated meeting

During the simulated Herkimer County Legislature meeting, Draper served as the legislature chairman, Nellis acted as the vice-chairman and Ross, Zimpel, Diotte and Holtz took on the role of legislators.

All of the students participated in a presentation of their proposed plan to turn a local building into a childcare center. The students discussed funding, renovations, staffing, the timeline, community benefits and more. They then read the resolution and took a

simulated roll call vote to approve the plan.

Students then thanked Herkimer County legislators, their teachers, parents, chaperones and others. Herkimer County Administrator James Wallace and Herkimer County Legislator Peter Mano were in attendance for the meeting.

"You kids did a good job," Mano said, after the presentation, before he and Richardson presented students with certificates.

Mano said they didn't have a program like this when he was in school.

"I wish they did," he said. "I had to learn the hard way coming up. It's a good program."

Wallace told the students that in his more than 40 years with the



From left: Poland Central School District seniors Nathan Draper and Adam Nellis serve as the chairman and vice-chairman during a simulated Herkimer County Legislature meeting, as part of the CCE 4-H Government Intern program for Herkimer County.

Herkimer 14

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Herkimer from 13

county government, they put on one of the best presentations he has seen from this program and had the best grasp of the issue he has seen.

"Great job," Wallace said.

The students

Near the end of the simulated meeting, Nellis said he had questioned whether he wanted to join the program but was glad he did.

"It proved to be extremely valuable and extremely informative," he said.

Nellis said visiting the Herkimer County Office Building during the day allowed students to see people during their workday.

"The program really gave a good view of how the government works and what it would be like if you worked for the county," he said.

Draper said he enjoyed the opportunity to learn from the county legislators.

"I think that meeting the legislators and getting their perspective and point of view about how government works was the best part of the program," he said.

Ross said she appreciated the chance to learn about the local government and about internship and job opportunities that could be available if students want to take their careers in that direction.

"I really liked that," she said.

Zimpel also found the program insightful.

"I thought it was very interesting learning about how the legislators in our community impact the taxes that we pay, and it was also interesting learning how the pandemic directly impacted our community," Zimpel said.

Diotte said she was thankful that an exception was made to allow her to participate in the program as a junior, and she liked finding out more about local government.

"This gave me the opportunity to learn about things that impact me that I wouldn't have other-

wise known impacted me," she said.

Holtz said she expects she will be able to apply aspects of what she learned during the program to both school government and academics.

"I think the most valuable part for me was I learned a lot about local government that I can bring back to my home school," she said.

The program

The CCE 4-H Government Intern program has been going in Herkimer County since the late 1990s and is one of only four such programs in the state still operating through 4-H, said Richardson, who has been with the program for 11 years.

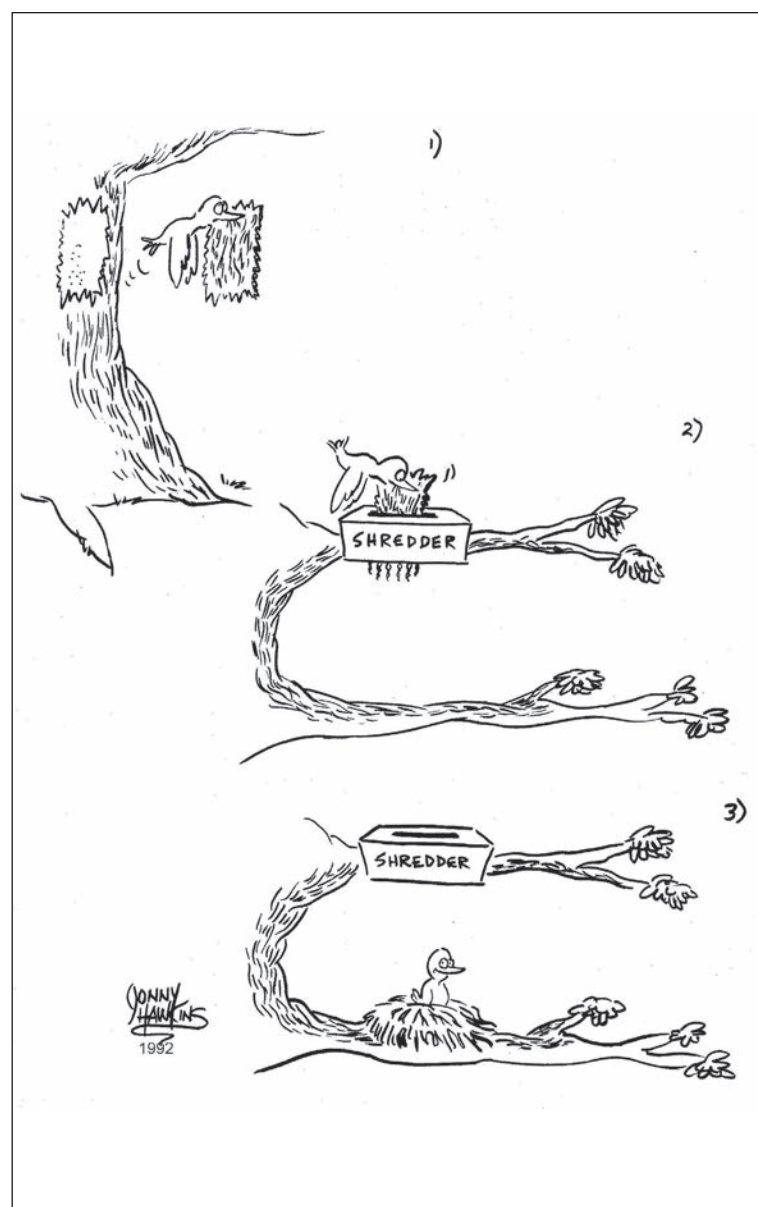
It has been nice this spring to have a more normal program, Richardson said. When COVID-19 caused schools to close to in-person instruction in March 2020, the spring program had to end for that school year. Then for the next sessions, Richardson recorded video interviews to share with school social studies teachers in place of having the program. In fall 2021, the program resumed, but students were still wearing masks and had to deal with COVID-19 quarantines.

Students meet four times during the program, have a one-on-one interview with a county legislator, attend at least one Herkimer County Legislature meeting and are introduced to potential future internship and job opportunities, Richardson said.

At the end of April, students from the fall and spring will travel to Albany to visit with local state representatives and could be recognized on the floor if state legislators are in session, Richardson said.

Students were also recognized during the Herkimer County Legislature meeting they attended. Legislators were helpful and stopped and explained the process of their meeting to students, Richardson said.

"They've been great supporters," she said.



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Herkimer HealthNet Executive Director Elyse Enea presented the check benefiting the RIDE Program outside the Herkimer County Catholic Charities office. Photo courtesy of Herkimer County HealthNet

Herkimer County HealthNet supports RIDE Program

Herkimer HealthNet Executive Director Elyse Enea presented a \$2,000 check to the RIDE Program of Herkimer County Catholic Charities in support of health care transportation in rural communities. Enea stated, "Herkimer County HealthNet is pleased to donate \$2,000 to the RIDE Program. One of the primary barriers in access to health care in rural communities is transportation. The RIDE program is a critical service for older individuals who may not have other alternatives for transportation. RIDE supports transportation for seniors to their medical appointments. The financial support provided by Herkimer County HealthNet will assist in maintaining this important service to the community."

The RIDE program of Catholic Charities of Herkimer County provides medical transportation both in and out of the county to Herkimer County residents 55

and over.

Rae Raffle-Maxson stated, "The program is essential in helping our seniors maintain and improve their overall health. We are very grateful for the support from Herkimer HealthNet for our program." The RIDE program is operated by RSVP volunteers that serve as dispatchers and drivers. Last year our volunteer drivers transported our seniors for over 60,000 miles. The donation from Herkimer HealthNet will assist the RIDE Program in reimbursing volunteer drivers so that seniors can continue to age in place. Currently, the RIDE program is in desperate need of volunteer drivers. If anyone is interested, contact Raffle-Maxson at Catholic Charities of Herkimer County at 315.894.9917.

The mission of Herkimer County HealthNet is to improve the health and well-being of individuals who live, work, play and learn in Herkimer County.



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In honor of Earth Day, make sure you're disposing of medications properly

(BPT) - Did you know that in 2019 up to 200 pharmaceuticals were detected in the surface water, ground water and drinking water in the U.S., according to the Organisation for Economic Co-operation and Development? Unfortunately, conventional wastewater treatment plants are not designed nor equipped to fully remove pharmaceuticals, which is how these substances end up in ground and surface water. To celebrate Earth Day on April 22 this year, learn what you can do to dispose of medications properly and help prevent these potent chemicals from polluting the environment.

While 61% of Americans are concerned about flushed painkillers polluting drinking water and public waterways, 1 out of 4 admit to flushing leftover prescriptions down the drain, and another 25% reported throwing unused medications in the trash, according

to a study by Stericycle. If you are concerned about the environment, you can be part of the solution by taking advantage of new ways to safely dispose of unused medications.

Here are practical do's and don'ts to follow when discarding old medications or other household drugs:

DO: Regularly clean out your medicine cabinet. Are there unused medications you no longer need? Expired over-the-counter medications or prescriptions? Make it a habit to regularly inventory your medications and remove expired, unwanted and unneeded ones for disposal.

DON'T: Hold on to prescriptions you are no longer advised to take by your doctor. The Stericycle study found that Americans keep unused prescriptions either for future use (30%), because they fear their illness reoccurring (32%) or because they don't know how to dispose of them (nearly 15%). However, keeping unused medications in your home can be unsafe and increases risks for accidental ingestion or potential substance misuse.

DO: Use one of these safe disposal methods for discarding unused medications in your home:

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Disposal System, a safe medication disposal pouch that can be used at home. It is the safest, most effective choice used to destroy and properly dispose of unused, unwanted and expired over the counter and prescription medications. Deterra permanently deactivates drugs in many forms including pills, patches, liquids, films and creams - with the simple addition of tap water. Easily available on Amazon, and in their online store, Deterra's proprietary activated carbon renders drugs inert and harmless, and its plant-based packaging and non-toxic ingredients prevent harmful chemicals from entering landfills and water supplies.

• Find a drug take-back program in your community. These collection sites or drop boxes may be located at a nearby hospital, clinic pharmacy or law enforcement agency. Sometimes you may also find pop-up drug collection events being held throughout the year. Be sure to ask what types of medications the program will accept, as some will not take liquids.

DON'T: Flush medications down the toilet, put them down the drain or throw them in the trash. While some sources may advise flushing pills or mixing meds with coffee grounds or kitty litter to make them unappealing to potential poachers, these methods do not render active chemicals inert and allow harmful ingredients to make their way into the water and soil after being discarded.

"It's up to all of us - hospitals, clinics, families and individuals to ensure that we're preventing medications from polluting our environment," said Nancy Devine, chief operating officer at Verde Environmental Technologies, Inc. "The good news is, it's not hard to do the right thing to keep hazardous substances from harming the planet."

For more information about how to dispose of household medications and prescription drugs safely, visit DeterraSystem.com.



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Spring Ethnic Food Sale
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Paw's Corner

by Sam Mazzotta

Avoid Predatory Loans from Some Pet Stores

Dear Paw's Corner: I recently read an article about a predatory lender that is targeting people buying dogs at some pet stores. These loans have insane interest rates as high as 130% to 189%! Please warn your readers to avoid taking out high-interest loans to buy a new pet. So many pets are in shelters, waiting for their forever homes. Don't buy from a puppy mill! - Janie F., Sarasota, FL

Dear Janie: Thank you for sounding the alarm! A recent CBS News report warned about a lending business called EasyPay Finance that charges huge interest rates. Find the article here: tinyurl.com/26b8mdcz/

Predatory loans and pet stores that source from puppy mills are a nasty storm of awfulness. Often, puppy mill dogs arrive at the store in poor condition, and new owners who've just paid thousands of dollars to buy a dog now have to shell out thousands more for medical care.

The message here is clear: Don't take out a high-interest loan to buy a pet. If you spend time researching the perfect dog for your family, then you should also spend time studying the financial aspects of dog ownership.

Do business with reputable breeders - you should be able to visit the breeder and see the conditions your prospective pet lives in, meet the puppies and their mother, and discuss their care. Good breeders care about their dogs' welfare. If you're going to pay thousands of dollars for a pet, choose this route.

Shelter pets are another option. If you aren't breed-specific but want a wonderful companion, contact the local shelter. Adoption fees are a few hundred dollars, but that is significantly less than what puppy mills are charging. And you'll get a healthy dog that's ready for a new family. It's a win-win.

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

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What is climate change mitigation?

Scientists have long since recognized that the planet is growing warmer. A changing climate poses significant challenges, not the least of which is what can be done to prevent the most negative consequences of global warming.

For decades, climate researchers have urged policymakers to embrace strategies designed to limit global warming to between 1.5 to 2.0 degrees Celsius during the 21st century. But the National Oceanic and Atmospheric Administration notes that realizing that goal is unlikely without dramatic action in the next couple of decades.

If limiting global warming to 1.5 degrees

Celsius over the next 80 years is increasingly unlikely, then additional strategies to confront climate change must be considered. One such strategy is climate change mitigation. According to the UN Environment Programme, climate change mitigation refers to efforts to reduce or prevent the emission of greenhouse gases. Such efforts could help in the fight against climate change.

The Global Environment Facility supports the work of developing countries as they look to address the world's most pressing environmental issues. Mitigation is a valuable tool in that fight, and the GEF provided support for 940

climate change mitigation projects in the organization's first quarter century. GEF support was directed toward projects that aimed to mitigate emissions related to the production and consumption of energy, which the organization noted is the single largest contributor to greenhouse gas emissions.

Individuals interested in climate change mitigation should know that they can play a part. Some ways for individuals to support mitigation include:

- Retrofit homes and offices to make them more energy efficient
- Invest in solar paneling for your home or business

• Support legislation that aims to safely integrate renewable energy sources like wind and solar

- Invest in electric vehicles
- Support legislation that promotes sustainable use of land, including forests

Confronting climate change and avoiding its most negative consequences will likely require a multi-pronged approach and the collective efforts of individuals and governments across the globe. Climate change mitigation is one strategy that could pay significant dividends for the world and its inhabitants in the decades to come.

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Shrimp Cocktail **\$10.50**

FEATURES:

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Salmon Oscar - pan seared salmon topped with jumbo lump crab, asparagus and bernaïse sauce served over basmati rice **\$24.25**

Marinated Buffalo Cauliflower Steak - served with red quinoa & chimichurri sauce **\$14.75**

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Ham Dinner with mashed potatoes and veggies **\$10.25**

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Community Calendar

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						

APRIL 13
“Echoes of the Irish Bards” 7 p.m. at Irish Cultural Center of the Mohawk Valley 623 Columbia Street, Utica. A program about Irish Poets and their poems. Register at tinyurl.com/2p88ckr7

APRIL 14
Ayres Memorial Animal Shelter Annual Chicken Barbecue 3:30 p.m. until sold out at Tractor Supply Co., 68 Dutchtown Plaza, Palatine Bridge. Tickets online at donorbox.org/brooks-bbq-presale

Community Dinner and Egg Hunt 3:30-6 p.m. at Creative Connections Clubhouse, 305 Main Street, Amsterdam. Call 518.212.5905.

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.

Pierogi and Golumbki sale 10 a.m.-2 p.m at St. Mary’s Ukrainian Church, 324 Moore Ave., Herkimer.

APRIL 15 & 16
Easter Bake sale 10 a.m.-3 p.m. at St. Mary’s Ukrainian Church, 324 Moore Ave., Herkimer. Featuring babkas, holiday fruit filled breads and assorted small loaves. Butter lambs will also be available.

APRIL 16
The Friends of German Flatts Town Park cancel their East Egg Hunt on Saturday, April 16, 2022 from 11AM to 1PM due to the numerous identical events that day.

Annual Pancake Breakfast with the Easter Bunny and Easter Egg Hunt 8:30-10:30 a.m. at South Minden Fire Dept., 1029 State Route 163, Fort Plain. Easter Egg hunt after breakfast at about 11 a.m.

Pierogi and Golumbki sale 10 a.m.-2 p.m at St. Mary’s Ukrainian Church, 324 Moore Ave., Herkimer.

APRIL 19
Blackmon Film Series every Tuesday evening at 7 p.m. at the historic Glove Theatre, 42 N. Main Street, Gloversville. This week’s movie is Safety Last & Reefer Madness with Harold Lloyd & Dorothy Short and Kenneth Craig. For more information visit www.theglovetheatre.com

APRIL 20
Third Wednesday Night Dinner 4-6 p.m. or sold out at Ilion First Baptist Church, 8 Second Street, Ilion. Ham, Mac & Cheese, Bean Dinner. Delivery or take-outs only. Take-orders may be ordered ahead by calling 315.894.9041. \$12. For more info contact the church office at 315.894.9041.

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.

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						

Lasagna Dinner 4-7 p.m. or sold out Emmanuel Episcopal Church, The Parish Hall, 594 Albany St., Little Falls. Eat in. To go. Walk ins. \$12. Free Delivery to Herkimer and Little Falls. Call 315.741.4672 to reserve dinner.

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 and scroll down to next events and select “get tickets” under the Revolutionary War Bus Trip.

Chicken Barbecue 3 p.m. at Dolgeville United Methodist Church. \$12 meal. \$6 for chicken. For more information, call 315.429.7381.

Otsego County Conservation Association Second Drive Through, Drop Off Recycling Event at Brewery Ommegang 12-3 p.m. To sign up for a time slot to drop off recyclables, visit ocainfo.org/earth-festival/. Volunteers are needed to help with the event and can sign up at tinyurl.com/4bf558wf

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.

Dog River Horse Club Tack Sale 9 a.m.- 2 p.m. at Jet Service Envelope Co. off exit 6 in South Barre, VT. 80 East Road Barre. Tons of horse items new and used for questions. Call Karen at 802.839.0147.

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

Chicken BBQ by Brooks noon until sold out Herkimer Elks Lodge No.1439, 124 Mary St., Herkimer. \$13 eat in or take out. Tickets available at Lodge. Call 315.866.1439.

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.

The Fort Orange Stamp Club Semi-annual Stamp, Cover Postcard and Ephemera Show 10 a.m.-3 p.m. at the Colonie Recreation Center, 3 Thunder Road, Colonie. Free admission and parking. For more information contact Tom Auletta at 518.877.3027 or visit Fortorangestampclub.org

June 2022						
S	M	T	W	T	F	S
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	8	9
Holidays						
14th - Flag Day						
19th - Father's Day						
21st - Summer Begins						

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.

Blackmon Film Series every Tuesday evening at 7 p.m. at the historic Glove Theatre, 42 N. Main Street, Gloversville. This week’s movie is Sunrise: A Song of Two & Humans with Janet Gaynor and George O’Brien. For more information visit www.theglovetheatre.com

APRIL 27
Mohawk Valley Women’s Club book discussion 11 a.m. at Fort Plain Free Library, 19 Willett St., Fort Plain. Discussion about Jane Goodall’s new book titled ‘The Book of Hope’. Call 518.993.4646 for information.

MAY 1
Opening Day at Schoharie Crossing State Historic Site, 129 Schoharie Street, Fort Hunter. For more information contact David Brooks at 518.829.7516. Performance by Cosby Gibson & Tom Staudle - “Labor Union Songs” at 2 p.m. outside the Visitor Center. Bring a lawn chair.

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.

34th Annual Towpath Trail Run Bridge St., St. Johnsville. Visit tinyurl.com/yfn2t6j3

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

MAY 13 & 14
Spring Rummage Sale 9 a.m.-6 p.m. Friday and 9 a.m.-noon Saturday at Herkimer Reformed Church, 102 Church St., Herkimer. Call 315.219.2774.

MAY 15
Mohawk Valley Choral Society’s Spring Concert 2 p.m. in the Church of Our Lady of Lourdes, Mary, Mother of Our Savior Parish, at 2222 Genesee St., Utica. David Kolb as guest conductor for concert entitled: “Songs of Light and Love.” Tickets \$12 in advance or \$15 at the door. Reserve tickets by calling 315.826.3092, or by emailing the Choral Society from its websie at mvchoral.org.

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

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.

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

JUNE 10
United Way of the Mohawk Valley’s 100 Birthday Party! 6-10 p.m. at Saranac Brewery, Utica. \$100 per person. Ticket information to be announced.

JUNE 10-12
Kids and Calves Youth Show and Clinic at Chenango County Fairgrounds, Norwich NY. Contact Zack Proskline if you have questions at kidsandcalves@gmail.com or 607.435.0051.

JUNE 11
41st Annual Friendship Craft Festival 9 a.m.-3 p.m. in Spring Park on Scenic U.S. Route 20. Sponsored by the Church Of Christ Uniting in Richfield Springs. For information visit www.rschurchofchristuniting.com and click on the “Women’s Guild” tab, e-mail friendshipcraftfestival@yahoo.com or call Carla at 315.858.1451.

Canajoharie Forest, Fish & Game Assn., Inc. Hunting Rifle Challenge at 149 Fish & Game Club Rd., Canajoharie. Adult and Youth Divisions. All youth must be accompanied by an adult. RSVP and/or for more info: Text Joe Bennett at 518.265.3604 or call Doty Springer at 518.774.9165.

JUNE 15
Rabies Vaccination Clinic 5:30 - 7 p.m. at Ilion-Frankfort VFW Pavilion, 4274 Acme Road, Frankfort. Pre-register at 315.867.1176.

JULY 4
Annual Strawberry Festival 12-4 p.m. at 7203 State Highway 5, Saint Johnsville. Includes the reading of the Declaration of Independence. Call 518.568.7779.

JULY 7
Rabies Vaccination Clinic 5:30 - 7 p.m. at Danube Town Garage, 438 Creek Road, Little Falls. Pre-register at 315.867.1176.

JULY 12
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

JULY 23
Moses Quinby Day at 7203 State Highway 5, Saint Johnsville. Call 518.568.7779.

AUGUST 25
Rabies Vaccination Clinic 5:30 - 7 p.m. at Salisbury Fire Department, 2549 State Route 29, Salisbury Center. Pre-register at 315.867.1176.

SEPTEMBER 10 & 11
Fort Klock’s 49th Annual Craft Fair 7203 State Highway 5, Saint Johnsville. Call 518.568.7779.

SEPTEMBER 15
Rabies Vaccination Clinic 5:30 - 7 p.m. at Cedarville Fire Department, 960 State Route 51, Cedarville. Pre-register at 315.867.1176.

OCTOBER 6
Rabies Vaccination Clinic 5:30 - 7 p.m. at Little Falls Town Garage, 478 Flint Ave Ext., Little Falls. Pre-register at 315.867.1176.

OCTOBER 21-23
Sir William Johnson and the Empire Wars Conference. Registration is open for 2022. If you signed-up for the 2021 Sir William Johnson Conference, do not register and email Brian at info@fortplainmuseum.org

OCTOBER 29
Rebels, Redcoats, & Zombies 5-8 p.m. at the Fort Plain Museum, 389 Canal Street. If you are interested in participating as a Rebel, Redcoat or Zombie, contact fortplainmuseum@yahoo.com Visit fortplainmuseum.org/events

NOVEMBER 12
Rabies Vaccination Clinic 10 a.m. – Noon at East Herkimer Fire Department, 193 Main Road, East Herkimer. Pre-register at 315.867.1176.

DECEMBER 3
Christmas at the Fort - Author Book Fair at Fort Plain Museum, 389 Canal Street, Fort Plain. Visit fortplainmuseum.org/events

DECEMBER 4
St. Nicholas visits Fort Klock 12-3 p.m. at 7203 State Highway 5, Saint Johnsville. Call 518.568.7779.

To promote your event, please contact us at cfeditor@leepub.com or 518.673.0143.

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Now Here's A Tip

by JoAnn Derson

• A garden manicure is what my mother calls it: When working with plants and dirt, rake your nails across a bar of soap. The soap prevents dirt particles from lodging under nails, and the soap washes away easily when you are finished. Happy Gardening! - JoAnn

• "If you have a spade with a long handle, you can transfer common measurements to the handle. Just lay a tape measure alongside the handle, and use a black marker to note common spacing, like feet and inches. Then, when you put in plants, you can check quickly whether they are spaced correctly. Very handy!" - P.E. in Arkansas

• "Garden tool storage doesn't have to be hard. Fill a wide mouth bucket with clean sand. Add a half quart or motor oil and stir. Then use the sand to clean and store your garden tools like shovels, rakes or hoes. The

sand/oil mixture helps clean the metal surfaces, and the heaviness of the container lets you stick them in the sand without fear of everything falling down, like it would if you leaned them along a wall." - E. in North Carolina

• Here's a recipe for a quickie bird feeder or bath: Flip over a nice-size flower pot, and place the pot's tray on the top. Fill with seed or water. The birds will thank you - maybe even by eating some nuisance bugs along with the seed.

• If the string on your trimmer is always breaking or jamming, try this old trick: Give the coiled string a spray with vegetable oil before you thread it. It lubricates the line, making it less likely to pull and less likely to break.

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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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

★ ★ ★ ★ ★

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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.

Announcements

Antiques

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FOR RENT: Village of Frankfort. Second floor/ two bedroom apartment. Applications available. Smoke free/no pet policy. Contact Crossett Real Estate Services: www.crossettreal.com email: louise@crossettreal.com phone 315-894-8557



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Historian to present Clinton Liberal Institute program on April 20

Until flames brought it to the ground at the turn of the last century, the coeducational preparatory school and military academy known as the Clinton Liberal Institute towered above the bustling Erie Canal village of Fort Plain. On April 20 at 6:30 p.m., local historian Eileen Chambers will present a special slide presentation with photos and artifacts from the landmark structure during the Local History Round Table at the Fort Plain Free Library.

In addition to the photo projections and the display of memorabilia,

the village and town of Minden historian will talk about the institute's history, provide information about its location and describe its ultimate fate.

The in-person program is free and open to all. Virtual participation is also possible through Zoom. Call 518.993.4646 for more information.

The Local History Round Table meets at the 19 Willett St. library, located at the corner of River and Willett streets, on the last Wednesday of each month. Follow the library on Facebook for updates.



Cadets at Fort Plain's Clinton Liberal Institute practice fencing during a training exercise. Local historian Eileen Chambers will present a special slide presentation with photos and artifacts from the preparatory school and military academy during the Local History Round Table at the Fort Plain Free Library on April 20.

Photo courtesy of Fort Plain Free Library

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Upcoming Issues:

Issue Date

Deadline

5/5

4/29

5/12

5/6

5/19

5/13

5/26

5/20

6/2

5/27

6/9

6/3

6/16

6/10

6/23

6/17



To Your Good Health

by Keith Roach, M.D.

Her Lack of Perspiration Has Reader in a Sweat

Dear Dr. Roach: I am an elderly woman who has never perspired and would like to know why. Heat makes me very sick. I love the outdoors, but can be out only a short while in the warmer weather. No one seems to have an answer for me. - P.M.

Answer: The name for the condition of no sweating at all is anhidrosis, and there are several causes. There are rare conditions people are born with. These are a possibility, since you have never perspired. However, nearly all of these rare diseases have other significant symptoms you don't mention.

Damage to sweat glands can be seen in autoimmune diseases and diseases that can destroy sweat glands. None of these is likely, as they too have additional symptoms you would have identified during your life. Likewise, you don't mention medications, which may

have lack of sweating as a side effect.

I suspect you don't have a diagnosable disease but rather that you are on the far end of the normal range for sweating - this would be called hypohidrosis. Just as there are people who get drenched with sweat in mildly warm weather, there are some who sweat very little.

Since sweating is a major way of keeping cool, you are at higher risk for heat injury, including heatstroke. Avoiding hot weather, as it sounds like you've done, is wise. Sun protection - e.g., wearing a wide-brimmed hat - is also wise, as is making sure you have enough fluids. Avoiding excess heat becomes even more important as you get older, since an older person has less ability to adapt to heat than a younger person.

Dear Dr. Roach: I have had excessive sweating for the past few years. I don't mean underarms; I mean head and face. In warmer weather, my hair

will be soaking wet in no time. My doctor thinks it's related to the anxiety syndrome I have had since I was a small child, and prescribed nortriptyline 10 mg once daily. When I looked it up, I thought it might be a little dangerous for me. I am 79 years old.

I am very healthy otherwise. I hope you can help. It's a horrible problem, and it ruins my summers. - J.H.

Answer: We use the Greek terminology to define this problem: primary focal hyperhidrosis, specifically craniofacial hyperhidrosis. "Primary" because it isn't associated with any other known problem; "focal" because it is in one area; "craniofacial" meaning "head and face"; and "hyperhidrosis" just means "too much sweat." The underlying cause is unknown, but your doctor might be right that anxiety is playing a role. However, it may run in families.

I disagree with nortriptyline in most people. Not only is it not a good treatment for anxiety, it may have excess

sweating as a side effect, but the very low dose makes that unlikely. Doses for depression are often 300 mg.

The usual first treatment is topical antiperspirants to the affected areas. If over-the-counter treatments don't work, then prescription strength (20%) aluminum chloride hexahydrate can be tried, although it can be irritating to the skin of the face in some people. Other treatments include a different topical treatment called glycopyrrolate, botulinum toxin (Botox) injection and oral medications like oxybutynin. In people in their 70s and 80s I try not to use the oral agents.

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

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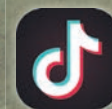
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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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MAGIC MAZE ● CITIES ALONG THE APPALACHIAN TRAIL

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: HARPER'S —, W. Va.

Andover	Gatlinburg	Kent	Rutland
Dalton	Gorham	Lincoln	Salisbury
Erwin	Hampton	Luray	Stratton
Franklin	Hanover	Monson	

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King Crossword

ACROSS

- 1 Justice Dept. agency
4 Physician's nickname
7 Grating
12 Vintage
13 Away from WSW
14 Mountain crest
15 Set afire
16 Yosemite peak featured in "Free Solo"
18 "CSI" evidence
19 Dewey
20 Billboard
22 Swiss peak
23 Bloke
27 Author Fleming
29 Abrasion
31 Planet circlers
34 Heart line
35 Coffeehouse bill collector
37 L-P link
38 Utah ski resort
39 "Yoo- —!"
41 Pottery oven
45 Quotable Yogi
47 Eastern path
48 Bygone Cadillacs
52 Copper head?
53 Tierney of "The Affair"
54 Superlative

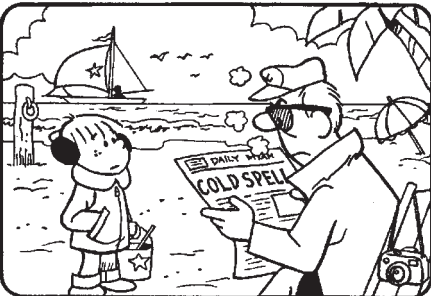
DOWN

- 1 Creates origami
2 Russian pancakes
3 Luggage attachment
4 Consider
5 Borrowed
6 Director DeMille
7 Engrossed
8 "Exodus" hero
9 Fixed
10 Sch. org
11 Hankering
17 Nile vipers (Abbr.)
21 Martial arts warrior
23 Swindler
24 Guffaw syllable
25 Suitable
26 Green shade
28 Simile part
30 Paint container
31 1959 Kingston Trio hit
32 Texas tea
33 Choose
36 Mother of Zeus
37 Gloomy
40 Sequence
42 Tuscany setting
43 Hard work
44 Seasonal songs
45 Thin nail
46 Nick and Nora's dog
48 Ambulance initials
49 Napkin's place
50 Payable
51 Mine material

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HOCUS-FOCUS

BY HENRY BOLTINOFF



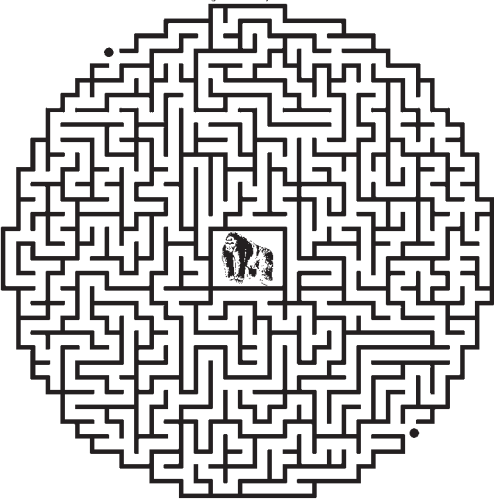
Find at least six differences in details between panels.



Differences: 1. Sail is different. 2. Pocket is missing. 3. Camera is missing. 4. Glasses are missing. 5. Umbrella is missing. 6. Headline is different.

Mega Maze

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"What would you suggest for a husband whose _____ starts in three weeks?"

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!

Slam
CHASTE
Assist
VEERS
Remains
SENOB
Sure
INCRATE

TODAY'S WORD



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Oil Changes

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Semi-Tractor & Trailer Tire Service

Semi-Tractor & Trailer Computer

Spin Balancing

Semi-Tractor & Trailer Recapping

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Home Country

by Slim Randles

The funny little car with the speakers on the roof drove slowly down Main Street once again.

“Hi folks,” came the voice of Windy Wilson. “Can you hear me okay this morning?”

Doc was in front of the drugstore and shook his head. “They can hear him okay in Temecula.”

“Our newest sponsor is good ol’ Fran down at the Curl Up ‘N Dye Beauty Salon right here in town. You know where it is. It’s where all you beautiful ladies go to get even more beautifuller. Be-

fore you know it, your hair will be any color you want it to be, and it’ll stand straight up or hang down straight or maybe jest curls up around your head and makes you look like a movie star.

“And speaking of stars, how’d you like to help a grungy ol’ cowboy camp cook be a star? Thass right, and you can do that by writing to the head dude at Clean Bridge University over in England, and tell him ol’

Windy ought to have him a honorary college degree. Why, if enough a-you do that, I’ll betcha I get a call to whup on over there and have a crumpet with the Queen. Doncha think?”

“And that there crumpet might not taste a whole lot like them rolled-up crab thingies that Del Chin has down at the Gates a-Heaven Chinese Joint here in town, but it’s prolly the best them English guys can do. They

oughta come over and spend some time learnin’ that good Chinese cookin’ stuff from Del Chin. And clean? Hey, you can eat off the plates in that place!”

A few hours later, Windy dropped the car off at the restaurant and Del Chin called him to one side and handed him an envelope with cash in it. “Windy, your commercials certainly please our advertisers, and they want to pay us. So

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here’s your half.”

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Family activities to get kids off the couch

Thanks to increasingly busy week-day schedules that have families running in different directions for work, school and extracurricular activities, weekends are an ideal time to recharge. Too often, however, family members retire to their respective rooms, devices in hand.

Kommando Tech says people spend an average of three hours and 15 minutes on their phones each day, with Americans spending 5.4 hours a day using phones.

Those statistics do not include how much additional time is likely spent on devices like tablets or laptops.

Chances are phones are being used while lounging on the couch or bed, something that has negative health consequences for many children and adults. A sedentary lifestyle can lead to weight gain, loss of muscle strength, weak bones, diminished immune system response, and poor blood circulation, according to the

health information site Medline. These fun activities can get kids and parents off the couch on weekends.

Take a Family Bike Ride

Inflate those tires and tighten your helmet chin straps. A family bike ride is an ideal activity for the family because it is something that can be enjoyed by all age groups. Choose the pace and the terrain based on the age of the youngest and/or oldest rider (flat, easy-to-navigate paths for

the very young or the elderly) and enjoy exercise in the great outdoors.

Wash the Cars

It’s a chore, but it’s one that has the potential for lots of laughs along the way – and possibly a suds fight. Washing vehicles also is a great way to cool off when the weather is warm.

Engage in Sports Training

Whether the children participate in organized sports or not, set up an obstacle course or fitness circuit in the backyard. Everyone takes turns going through the course. The family can spend time together as everyone gets beneficial exercise.

Seed-starting basics

by Deborah J. Benoit, Extension Master Gardener, UVM

Are you ready for an early season gardening adventure?

Seed displays are prevalent right now in stores from garden shops to supermarkets. Grab a pack of seeds (or two or three) to start indoors. With a few basic supplies, by the time the weather is suitable for planting outside, you’ll have some home-grown additions ready for your garden.

The seed packet provides information on when to plant seeds for an early start on the gardening season. Usually it will suggest a number of weeks before the anticipated last

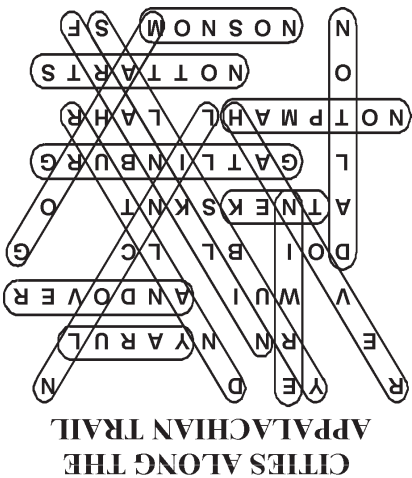
frost date in your area. That date represents the earliest average date to plant outdoors. Not sure when that is? Check out this link: <https://garden.org/apps/frost-dates>. Select a container.

Seed-starter trays with clear domed covers are available in various sizes, some with inserts for individual cells. You can even opt to recycle food or beverage containers you already have at home.

Just be sure to punch or drill holes in them to allow drainage, and add a saucer for water.

For the complete story – and much more about country living – be sure to check out countryculture.co.

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



S	P	E	E	D	R	E	A	Y	R	S
M	A	U	R	A	E	S	T	L	O	L
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A	L	T	A	H	O	O	K	I	L	N
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D	N	A	M	O	I	S	T			
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O	L	D	E	N	E	A	R	E	T	E
F	B	I	D	O	C	R	A	S	P	Y

Solution time: 26 mins.

Answers

King Crossword

Weekly Sudoku



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