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Appreciate the natural world just outside your back door

Understanding and supporting our natural world starts at our backdoors, says the TurfMutt Foundation. As we celebrated Earth Day (on April 22), the foundation offers tips to help everyone better enjoy the nature that is waiting in our backyards, parks, school yards and other managed green spaces, year round.

"Every day can be Earth Day," said Kris Kiser, president of the TurfMutt Foundation. "By using and caring for the green space around our homes, schools, municipal parks and other managed areas, the outdoors can be available to anyone at any time. And if we learned anything in the last few years, is the stress relief and health benefits available through connecting with nature."

Think of the ways you can move activities normally done indoors, outdoors. From playing to working, from exercising to dining, more people are finding their front and backyards are an extension of their home. Consider what you can take outside instead of settling for the artificial light and closed spaces of our indoor

GET OUT & Enjoy Nature

areas. They're wonderful in inclement weather, but the outdoors is terrific for grabbing some Vitamin D, fresh air and stress-relief.

- Utilize the best video call backdrop, naturally. No need to turn to technology when outdoors. The natural setting created by your yard's living landscape – trees, flowers, bushes and other plants – is the best video call background, bar none.

- Explore a living laboratory. Your backyard or park is an active and growing place for learning even when school isn't in session. Take online classes under the shade of a tree. Do homework at a patio or picnic table. Brush up on STEM education by planting and studying flowers, insects, wildlife and weather watching.

- Enjoy a truly "green" spa. The healing power of nature is only a few steps away. Let stress blow away in the breeze as you swing in a hammock. Clear your mind with a few breaths of fresh air. Meditate to the sounds of nature. Do yoga to the soundtrack of song-birds. Make your lawn your exercise mat.

- Create a five-star event space. The pandemic made traditional celebrations and gatherings challenging. But the outdoors came to the rescue for events. Now we all know the family yard and community park are five-star event spaces that are always easy to book for graduation parties, family reunions, birthday celebrations and holiday gatherings.

- Set the stage for backyarding. Creating a yard that supports all of the aspects of your family's outdoor lifestyle means taking stock of what you might need to care for your green space. Take an inventory of your yard, your individual needs, landscape and equipment need to care for it to make sure your space will always be there for backyard memory-making.

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Prioritize safety when grilling this spring and summer

As temperatures continue to climb, grilling season is heating up. But before barbecue buffs fire up their grills for the first time this year, it's important that they inspect them first.

It's GRILL-&-Chill SEASON

According to the U.S. Fire Administration, the cause of about 5,700 grill fires on residential properties each year is malfunctioning gas grills.

"Grilling is a timeless warm weather activity many enjoy and look forward to," said Scott DeNoon, senior farm product and underwriting manager for Virginia Farm Bureau Mutual Insurance Co. "However, an open flame and the use of gas can create numerous dangers for both the user and their property. That's why it's important to ensure you're using your grill properly and are following safe practices."

To help homeowners and renters avoid sparking grill-related fires, the Insurance Information Institute recommends they thoroughly inspect their grills before each use.

These inspections should include a check of grill hoses to ensure there are no cracks, holes or

brittleness, and that there are no gas leaks. Leaks can be checked by using a soap and water solution that will bubble at points where gas could escape.

Additionally, grills should be cleared of any debris or food buildup that may have accumulated from previous uses. Grills also should be covered once sufficiently cooled to help protect parts from weather, environmental debris and insects.

Barbecues should be operated on level surfaces, at least 10 feet away from structures and landscaping such as trees and shrubs. Vinyl siding and wooden decks are especially vulnerable to catching fire, so use extreme caution when grilling in their general vicinity.

Never move a barbecue once it's lit, and be sure to grill in a well-ventilated area to avoid carbon monoxide exposure.

When grilling with charcoal, use only starter fluids designed for grills. Limit the amount of fluid to avoid flash fires, and never use gasoline to start a grill.

Grill users should protect themselves by wearing a heavy apron and oven mitts that reach over their forearms. Never grill near others, and keep children and pets away from the grilling area.

Lastly, keep a fire extinguisher, hose or bucket of water nearby. And, should a fire occur that cannot be controlled by a fire extinguisher, call 911 and treat any injuries immediately with a first aid kit.

Additional food safety tips also are available through the USDA at [usda.gov/media/blog/2020/06/05/summer-grilling-how](https://www.usda.gov/media/blog/2020/06/05/summer-grilling-how).

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Family Counseling Center welcomes new staff members

The Family Counseling Center in Gloversville welcomed nine new staff members during the first quarter of 2022. The group joins an organization focused on building a healthy community through support, engagement and empowerment, and includes the following individuals: Jahira Bethea, MSW; Dasia Hale, MHC; Christy Koban, MHC; Stephanie Musliner, LMSW; Michael Pitagno, MHC; Emily Planz, MHC; Emily Potter, MHC; Christopher Preston, MCH; and Sarah Stark.

They join an organization that has worked in Fulton and Montgomery counties and surrounding communities for nearly 46 years. Each year, the Family Counseling Center works with over 6,500 clients across their Behavioral Health Clinic, Children and Family Services Program and Domestic Violence Program. Clients are at the heart of a collaborative care model – often working with staff across different programs in order to build a healthy life.

“We are excited to welcome our new team members to the Family Counseling Center,” said Michael Countryman, executive director of the organization. “Their work is valued by us and by the clients they serve. Each of them is helping to build a healthy community.”

Basic Pistol Safety Refresher Course

A basic pistol safety refresher course for pistol permit holders will be taking place May 22 from 8 a.m. - noon at the Canajoharie Forest Fish & Game Club at 149 Fish and Game Club Rd., Canajoharie. Topics will include firearm safety, firearm skills, cleaning and operation and live fire of 100 rounds (minimum), any caliber. For safety gear, bring hearing and eye protection and a baseball-style hat.

To register for the course, go to TLC Firearms Training (tlcfirearmstraining.com) and click on Pistol Basics & Shooting Courses. Scroll down to BP 1 – Basic Pistol. You can make a down payment when you register, and final payments are due at the class. The fee is \$60. There is no limit on the number of participants.

Rabies clinic set for May 5 in Dolgeville

Herkimer County Public Health will host a rabies clinic on May 5 from 5:30 - 7 p.m. at the Dolgeville Fire Department, 20 S. Helmer Ave., Dolgeville.

All cats, dogs and ferrets three months or older must be vaccinated even if they stay indoors. Every dog and cat need two rabies vaccinations one year apart, then one every three years. Ferrets must be vaccinated every year. Bring the pet's rabies vaccination history to receive a three-year certificate.

Dogs should be on a leash. Cats and ferrets should be in a carrier or pillowcase. No vet exams will be given. A \$5 donation per pet is suggested to defray costs.

Feel free to visit our herkimercounty.org to view a complete listing of Herkimer County rabies clinics.

To schedule an appointment and pre-register your animals, call 315.867.1176. Pre-registration will end at noon the day before for this clinic.



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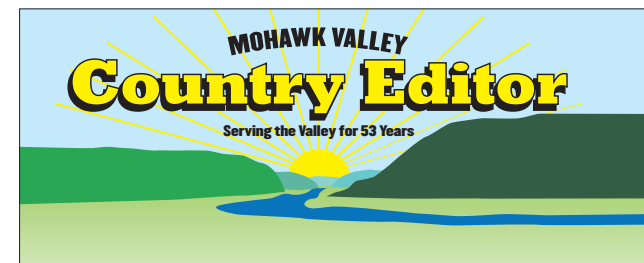
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How to get more flavor when slow cooking



Slow cooking is a popular way to prepare hearty meals. Slowly cooked stews can make for the perfect meal on chilly days. In addition to helping craft meals that stick to your ribs, slow cookers fill a home with enticing aromas all day long, and that can make everyone hungrier and more eager to try the finished product by dinnertime.

Slow cooking aromas wafting through the air heighten anticipation, and cooks can exceed expectations by employing a few strategies to increase flavor.

- **Let fat do the flavoring:** Fatty cuts of meat fare best in slow cookers, as the excess fat ensures the meat won't dry out. The thought of flavoring with fat may not appeal to everyone, and those who prefer lean cuts will likely have to shorten the cooking time and add more liquid than the recipe calls for to ensure the meat doesn't dry out before it makes it to the dinner table.

- **Brown the meat:** Slow cooking experts tout the importance of browning meat prior to placing it in the slow cooker. According to AllRecipes.com,

searing meat with a little oil in a hot skillet will help the meat develop more complex flavors. Ground meats also should always be browned before slow cooking, as this prevents the meat from clumping up and can ensure the finished product is not excessively greasy.

- **Avoid overfilling the cooker:** Foods cook differently when the cooker is too full. In such instances, the dish may end up tasting more like steamed food than simmered food. That's especially so when too much liquid has been placed in the cooker. In such instances, steam hits the lid of the cooker and creates condensation, which then drips back into the pot. That can make everything inside more soggy and less tender. The owner's manual of the slow cooker may recommend how much to fill it, but it's generally best to fill the cooker somewhere between halfway and two-thirds of its capacity.

- **Cut ingredients evenly:** Uniformity of flavor is a goal when slow cooking, as slow cooked meals tend to be served when hosting a crowd and cooks will want everyone's meal to boast the same amount of flavor. One way to ensure that is to make sure ingredients are cut evenly. Evenly cut carrots and potatoes will finish cooking at the same time, ensuring everyone's meal will benefit from the same flavor profile.

Slow cooking is simple, but veteran slow cooks know that a few simple tricks can make meals that much more flavorful.





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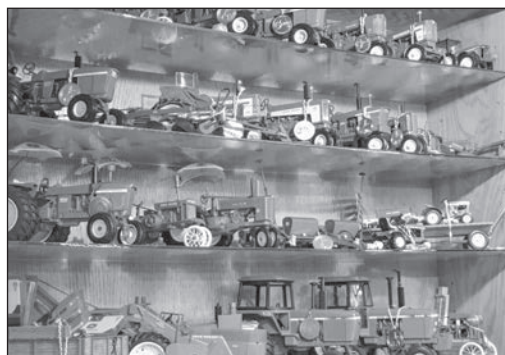


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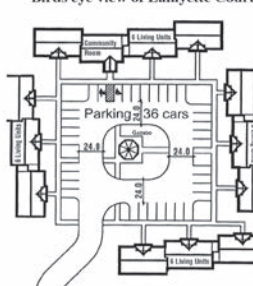


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Kyle Grennen, Rector Holy Eucharist 11 AM Sunday school 11 AM Active youth group - call for details Facebook: Grace Episcopal Church Cherry Valley</p> <p>COLD BROOK COLD BROOK UNITED METHODIST CHURCH 467 Main St. Sunday Worship 10:30 AM</p> <p>NEW LIFE CHAPEL OF THE AEA 3447 St. Rt. 8 Pastors: Rev. Gail & Rev. Mike Jay 315-826-7115 Sunday Worship 10:30am Intercessory Prayers Tuesday 7pm (please call to confirm)</p> <p>DOLGEVILLE NEW HOPE CHRISTIAN FELLOWSHIP Pastor Peter Spiak 32 Spencer St. • 315-429-3630 Sunday School 9:30 AM Sunday Worship 10:30 AM Wednesday Bible Study 7 PM</p> <p>GRACE BAPTIST CHURCH OF DOLGEVILLE Pastor Len Byerly 12 Van Buren St. Morning Worship 11-12:30 PM Lunch 12:30-2 PM Afternoon Worship 2-3 PM</p> <p>DOLGEVILLE UNITED METHODIST CHURCH Rev. Anthony Bradseth 21 N. 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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 Riggie Bible Study 9:30 AM Church Service 10:30 AM 315-894-2070</p> <p>FIRST BAPTIST CHURCH 8 Second Street Reverend John Partise Wednesday Mid Week Service 7 PM Sunday Morning 11 AM</p> <p>JESUS NEVER FAILS COMMUNITY CHURCH Reverend Hans Drews 1161 Elizabethtown Rd., Ilion, NY 13357 518-568-7983 hansandrosaline@yahoo.com Sunday Service 11 AM</p> <p>MORNING STAR UNITED METHODIST CHURCH 36 Second Street Pastor Joelle Faulks Sunday Worship 10:30 AM November 1 - May 1 4224 Acme Rd, Frankfort May 1 - November 1 36 Second Street, Ilion</p> <p>ANNUNCIATION CHURCH 109 West Street, Ilion, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 4 PM; Sunday 11 AM; Monday & Wednesday 9 AM</p>
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<p>JOHNSTOWN CHURCH OF THE NAZARENE 3316 St. Rt. 29 W, Johnstown, NY 12095 Offices: 518-762-2982 Cell: 857-523-8417 Pastor, Rev. Mark Fowler Sunday Morning Service 11 AM Sunday School for All Ages 10 AM</p> <p>LASSELLSVILLE LASSELLSVILLE UNITED METHODIST CHURCH State Hwy. 29 Pastor Robert A. Lindsay Worship: Sunday 9:30 AM Sunday School to start soon</p> <p>LITTLE FALLS FIRST BAPTIST CHURCH 555 Albany St. 315-823-3392 Morning Worship 9:45 AM Rev. Chris J. Wintermute, Lead Pastor Rev. William Whalen, Associate Pastor Nursery (infants through age 4) Meet and Greet Sunday at 8:00 AM Sunday School Classes 8:30 AM (nursery through adult) **Our Service is aired on 100.3 FM, 91.1 FM & 88.7 FM on Sundays from 11-12 with a 1 week delay. **LIVE on Facebook: "gingerleecase" account- 9:45 am on Sundays</p> <p>ST. PAUL'S UNITARIAN UNIVERSALIST CHURCH Minister Jeffrey J. Frank Mark Bunce, Organist 565 Albany St., Little Falls, NY Phone 315-823-2284 Sunday Service & Religious Education 10 AM</p> <p>FIRST ASSEMBLY OF GOD Senior Pastor Timothy Parisi 559 E. Jefferson St. Phone 823-4043 • firstaglf@gmail.com Sunday Morning All Worship 10 AM Thursday Bible Study 6:30 PM</p> <p>HOLY FAMILY PARISH OF THE ROMAN CATHOLIC COMMUNITY OF LITTLE FALLS Father Brian Slezak 763 E. Main St., Little Falls, NY Phone 315-823-3410 Saturday Vigil Mass 4 PM Sunday Mass 10:30 AM</p> <p>HOLY TRINITY LUTHERAN CHURCH 512 E. Gansevoort St. Sunday School 9:15 AM Sunday Worship 9:30 AM Wednesday Worship 11 AM & 6 PM</p> <p>EMMANUEL EPISCOPAL CHURCH 588-594 Albany St. Sunday Schedule: High Mass, Rite II 10 AM Nursery & Sunday School 9:45 AM (Sept.-May) Fellowship Coffee Hour 11:15 AM Choir Rehearsal 11:30 AM Holy Day Masses as announced Confessions by appointment</p>	<p>FIRST PRESBYTERIAN CHURCH Pastor Tamara Razzano 16 Jackson St. Phone: 315-823-3004 Email lffirstpres@gmail.com www.presbylif.org Sunday Worship 10 AM Sunday School 10 AM</p> <p>INGHAMS MILLS BAPTIST CHURCH Rev. Gary L. Busch, Pastor Sunday Worship Service 10 AM 443 Inghams Mills Rd. Little Falls, NY 13365 Pastor's Phone (315) 717-9936</p> <p>THE HOLY SPIRIT POLISH NATIONAL CATHOLIC CHURCH 618 E. Gansvoort St., Little Falls, NY 315-823-0793 Father Rafal Dadello Mass at 11 AM on Sunday www.holyspiritpncc.org</p> <p>MARSHVILLE MARSHVILLE EVANGELICAL CHURCH Route 10 South Pastor Mark Fowler Worship Sunday 9 AM</p> <p>MIDDLEVILLE MIDDLEVILLE UNITED METHODIST CHURCH 24 Fairfield St. Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 8:30 AM Thursday Bible Study 2 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>MOHAWK REFORMED CHURCH Rev. Brian Engel, Pastor 20 S. Otsego St. Phone 866-4292 Email mohawkpastor@verizon.net Follow us on Facebook Morning Worship: 10:30 AM Sept. - June • 9:30 AM July-Aug. Youth Sunday School (Pre-K - Sr. High) 9 AM Adult Sunday School (Men, Women & Couples) 9:30 AM September - June</p> <p>EMMANUEL BIBLE CHURCH Pastor Gary Wilcox 54 W. Main St. • Phone 717-3011 Worship and Word: Sunday 10:30 AM Fellowship Lunch: 12:30 PM Discipleship Hour: Sunday 1:30 PM Bible Study & Prayer: Wednesday 6 PM</p> <p>CHURCH OF THE BLESSED SACRAMENT Sr. Mary Jo Tallman, CSJ, Parish Life Director Rev. Leo Potvin, Sacramental Minister 71 E. Main St. Phone 866-1752 Sunday Mass 9:30 AM</p>	<p>CHRISTIAN BIBLE CHURCH H. Ed Reed, Pastor/Teacher 167 Ward Rd. • Phone 858-1282 www.christianbiblechurch.us Sunday School 9 AM Sunday Worship 10 AM Wednesday Bible Study & Prayer Meeting 7 PM</p> <p>THE WORD CHRISTIAN CENTER Pastor Dan Annutto 27 E. Main St. • Phone (315) 985-3596 Sunday Services at 10 AM Intercession - Tuesdays at 6 PM</p> <p>NELLISTON VALLEY ALLIANCE CHURCH 85 E. Main St., Nelliston 518-993-3458 Pastor Ken Gies Sunday School (all ages) 9:15 AM, Sunday Worship 10:30 AM, Wed. Praise & Prayer 7 PM, Fri. Youth Group 7 PM (7-12th grade)</p> <p>NEWPORT FIRST BAPTIST CHURCH OF NEWPORT 7497 Main Street Pastor's Phone 315-790-1877 Sunday Worship at 9:45 AM</p> <p>UNITED METHODIST Pastor Robbin Harris • Phone 845-8730 Morning Service 11:15 AM</p> <p>KUYAHOORA COMMUNITY CHURCH Pastor Dwayne Durand West Canada Valley High School Auditorium 5447 St. Rt. 28 Mailing Address PO Box 50 Middleville, NY 13406 Phone 315-292-1303 www.kuyahorracc.org Weekly Service Sunday 10:08 AM</p> <p>ST. JOHN THE BAPTIST CATHOLIC CHURCH St. John the Baptist Parish 7516 N. Main St. • Phone 845-8017 Saturday Vigil 4 PM Sunday Mass 8:30 AM</p> <p>OPPENHEIM OPPENHEIM UNITED METHODIST CHURCH Route 29 Rev. Jack Ford 315-429-7381 Worship 9:30 Sundays, Totally Awesome God-TAG time 6:30 PM Wednesdays beginning in Oct., Sunday School 9 AM beginning September 18th</p> <p>PAINES HOLLOW PAINES HOLLOW UNITED METHODIST Lay Servant Gregg Sponburgh Rtes. 167 & 168 • 315-866-1128 Worship 9-10AM</p>	<p>PALATINE BRIDGE TRINITY EVANGELICAL LUTHERAN CHURCH OF STONE ARABIA 5430 St. Hwy. 10, Palatine Bridge, NY Pastor A. Elisabeth Aurand Sunday In Person Worship 9 AM; email for link office@stjm-canajoharie.org 518-673-2224</p> <p>THE HOUSE OF ZION, INC. 580 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>RANDALL RANDALL CHRISTIAN COMMUNITY CHURCH NY Rte. 5S Sunday Service 10:30 AM Worship Leader Darlene Spaulding</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>RICHFIELD SPRINGS BIBLE CHURCH 19 Church St., Richfield Springs, NY 13439 Rev. David Tosi • 315-858-0564 Sunday School (all ages) 10 AM Wor- ship Service 11 AM & 7 PM Wednesday - Prayer & Praise Call for info on various Youth Ministries www.richfieldspringsbiblechurch.org</p> <p>SALISBURY CENTER FULL GOSPEL ASSEMBLY OF GOD Pastor Robert Brent 106 Plant Road Sunday Worship 11 AM with Children's Church offered during the service</p> <p>SALISBURY CENTER UNITED METHODIST CHURCH 2545 State Route 29 Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 10 AM Thursday Bible Study 6 PM</p> <p>SLOANSVILLE SCHOHARIE VALLEY GOSPEL CHURCH Pastor Pat Andreoli 133 Sprakers Rd., Sloansville, NY 518-864-5397 svgchurch@gmail.com Wednesday Prayer 6 PM; Sunday Morning Bible Study 9:45 AM; Worship Service Sunday Morning 10:30 AM</p>	<p>SPRAKERS CHRISTIAN CHURCH OF CHARLESTON FOUR CORNERS 1380 E. Lykers Rd., Sprakers 518-922-9088 Paster Brett Popp Sunday School (ages 3-adult) 9:45 AM Worship 11 AM Sunday Prayer Meeting 5:30 PM Thu. Evening of Encouragement & Community Kid's Bible Club 6:30 PM</p> <p>THE CHRISTIAN CHURCH OF RURAL GROVE 170 Rural Grove Rd., Sprakers, NY 12166 518-922-7831 Pastor Joshua Fetterhoff pastorjosh@ruralgrovechurch.org Sunday School (all ages) 9:45 AM, Morning Service 11 AM, Eve. Service 6 PM, Wed.-Family Night 7 PM, "Where Bible Teaching is Fundamental"</p> <p>REFORMED CHURCH OF SPRAKERS 112 Sprakers Hill Rd. Rev. Nancy Ryan Worship ~ 9 AM All Welcome!!!</p> <p>CURRYTOWN REFORMED CHURCH 829 St. Hwy. 162, Sprakers 518-922-8422 Rev. Donald Hoaglander Visiting Pastor Jane Hubschmitt 518-705-2201 Sunday School 9:15 AM Worship Service 10 AM</p> <p>RIVER OF JUBILEE CHURCH 5057 St. Hwy. 5 S, Sprakers, NY 12166 Pastor: Gail Adamoschek Pastor: Steve Adamoschek 518-322-1427 / 518-224-4455 Sunday Service 10 AM Children's Church Available Other Learning Opportunities Available Visit us on Facebook</p> <p>SPRINGFIELD CENTER ST. MARY'S EPISCOPAL CHURCH 7690 Rt. 80, Springfield Center 315-858-4016 Fr. Kyle Grennen, Priest-in-Charge Sunday Eucharist, 9:30 AM Coffee - Fellowship follows service Holy Days - as announced</p> <p>FIRST BAPTIST CHURCH Springfield Center, NY Rev. Terence Brant 607-264-3035 Sunday School 10 AM Morning Worship 11 AM Wed. night Bible Study 7 PM</p> <p>ST. JOHNSVILLE BETHESDA FELLOWSHIP 34 S. Division St., St. Johnsville, NY 13452 518-568-2678 Summer Schedule Sunday Worship 10 AM Wed. Worship and Prayer 6 PM</p>	<p>ST. PAUL'S LUTHERAN CHURCH 32 W. Main St., St. Johnsville, NY (next to NBT Bank) 518-568-3007 Church 518-568-2405 Parsonage Rev. David Johnson Sunday Worship 10:30 AM, Tues. Bible Bungee-Jumping 7 PM, "Bible Study" that actually makes sense! A Vibrant, Welcoming Community of Faith & Vision</p> <p>SEEKER'S FELLOWSHIP 14 Park Place, St. Johnsville, NY 13452 518-568-7700 • Pastor Mike 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>JOY FELLOWSHIP 296 Co. Hwy. 119, St. Johnsville, NY 13452 518-568-3217 • William Hayes, Pastor Joyce Loughran, Assistant Pastor Sunday School 9 AM, Morning Worship 9:30 AM Wednesday Evening Worship 6:30 PM</p> <p>ST. JOHN'SVILLE METHODIST CHURCH 7 East Main St., St. Johnsville, NY 13452 Pastor Corey Jones 518-568-7983 • 315-866-8626 Worship Sunday 3 PM</p> <p>EVERLASTING JOY BELIEVERS FELLOWSHIP 14 Park Place (in with Seekers Fellowship) St. Johnsville, NY 13452 315-858-2112 • Pastor Carolee Coye Sunday Service 10 AM</p> <p>ST. JOHN'S REFORMED CHURCH 68 W. Main St., St. Johnsville 518-568-7396 Faithfully Following Jesus Christ Sunday Worship 10:30 AM</p> <p>GRACE CHRISTIAN CHURCH Pastor Michael Torres 20 Center St., St. Johnsville, NY 13452 518-775-0366 Email gccpcastor2021@gmail.com</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>LIGHTHOUSE BAPTIST CHURCH 1524 St. Rt. 29A, PO Box 114 Stratford, NY 13470-0114 315-429-8854 • Pastor Martin Smith Sunday Morning Worship 10:30 AM; Wed. Eve. Prayer Meeting 6 PM; 2nd & 4th Sunday Dinner following Morning Service with Afternoon Service following dinner "Old-Fashioned Bible Preaching"</p> <p>TRIBES HILL SACRED HEART CATHOLIC CHURCH 111 3rd Ave., Tribes Hill 518-829-7301 Mass Saturday 4 PM</p>
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Good Housekeeping

Spring Lamb Kabobs with Salad Slaw

Ingredients:

1 lb. boneless lamb leg, from shank
1/3 cup chili sauce
2 tablespoons teriyaki sauce
1/4 head red cabbage
1 head romaine lettuce
1 bunch green onions
1 large navel orange
1/4 cup orange juice
2 tablespoons low-fat mayonnaise dressing
1 tablespoon cider vinegar
1 teaspoon prepared mustard
1/4 teaspoon cracked black pepper
1/8 teaspoon salt

Directions:

1. Trim all fat from lamb. Cut lamb into 12 chunks. In medium bowl, mix lamb, chili sauce and teriyaki sauce; set aside.
2. Thinly slice cabbage; discard any tough ribs. Cut romaine crosswise into 1/4-inch-thick slices. Cut green onions into 2-inch pieces. Cut orange in half; cut each half into 3 wedges; cut each wedge crosswise in half.
3. In large bowl, stir orange juice, mayonnaise dressing, vinegar, mustard, pepper and salt until blended. Add cabbage and lettuce; toss salad slaw well.
4. Preheat broiler if manufacturer directs. On 4 all-metal skewers, alternately thread lamb chunks, green-onion pieces and orange pieces.

5. Place kabobs on rack in broiling pan. Brush lamb with any chili sauce mixture remaining in bowl. Place pan in broiler at closest position to source of heat; broil kabobs 10 minutes or until lamb is medium-rare or until of desired doneness, turning skewers once.

6. Serve kabobs with salad slaw.

• Each serving: About 265 calories, 9g total fat (3g saturated), 74mg cholesterol, 81mg sodium, 20g total carbohydrate, 28g protein.

For thousands of triple-tested recipes, visit good-housekeeping.com/food-recipes.

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Now Here's A Tip

by JoAnn Derson

• A good non-slip bathmat is essential in the tub to prevent accidents. Grab an extra one to drape over the edge of the tub for help when entering and exiting.

• "To remove residue left over from price tags, use hairspray. Remove as much paper as possible, and then give it a good squirt. Use a plastic scraper to lightly scrape off the adhesive." - L.P. in Ohio

• "Guacamole is a precious commodity at my house, but sometimes I want a snack, not a whole bowl. I have struggled with how to save the leftovers, because once it browns, it's done. I learned a new trick, though. Simply put the leftovers in the smallest container possible and tamp down to press out all the air. Then carefully add a thin layer of water. Seal and refrigerate for up

to three days. When you're ready to dip, pour off the water and stir!" - C.D. in California

• "I have an old cedar chest from my grandmother that had lost its smell. My husband removed all the contents and sanded it with superfine grit sandpaper. It smells wonderful now." - J.K. in Iowa

• Got bread ends? Store in a bag in the freezer until you need breadcrumbs for a recipe. Pulse frozen chunks in a chopper or blender for instantly useable crumbs.

• Need a quick measure? A dollar bill (or other U.S. paper currency) is exactly 6 inches long.

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

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Strange But True

by Lucie Winborne

• Queen Elizabeth II is the only person in all of Britain allowed to legally drive without a license.

• Charles Darwin once conducted a study to discover whether more people with brown hair existed because they were more dependable and likely to settle down and get married. The results were inconclusive.

• In Australia, Speedos are called "Budgy Smugglers."

• In the 1940s during World War II, interest in continental knitting, or knitting with the yarn in one's left hand, decreased because of its origins in Germany, while English knitting, or knitting with the yarn in the right hand, gained popularity.

• Many of us will not be surprised to learn that approximately five months of a person's life is spent waiting in a car at red lights.

• Looking to retire at age 65? You might want to reconsider, as scientists have noted that employ-

ees should keep working until they turn 80, but the good news is that for optimal productivity, they should also only work 25 hours a week.

• The Imperial Wizard of the Ku Klux Klan denounced the Beatles as atheistic, and Klan members picketed the band's concerts during their 1966 U.S. tour.

• 7UP was originally called "Bib-Label Lithiated Lemon-Lime Soda" and, until 1948, contained the mood-stabilizing drug lithium citrate. One theory claims its abbreviated moniker originated from its seven ingredients - sugar, carbonated water,

essence of lemon and lime oils, citric acid, sodium citrate and lithium citrate, with "UP" referring to the lithium-induced mood lift.

• Speaking of product name changes, L'Oréal was founded as the French Harmless Hair Dye Company.

• A 1991 study revealed that female politicians who employed Hollywood makeup artists were 30% more likely to win their elections.

Thought for the Day: "A truly happy person is one who can enjoy the scenery while on a detour." - Anonymous

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Promotions within Lee Newspapers team expand reach

There have been some well-deserved and hard-earned promotions within the sales team of the Country Editor at Lee Newspapers and Lee Trade Shows.

Becky Mauk is the new sales manager for Country Editor. "Though I have only lived in the Mohawk Valley for a

few years, I have absolutely fallen in love with the area," Mauk said. "My time here at Lee Newspapers has allowed me greater involvement and connection on the local level. I am honored to take on my new position and look forward to producing a resource that is both community-minded and small business-focused."

Tina Krieger is the new head of the commercial print division

and has been with Lee Newspapers for 20 years. She's been a salesperson for Country Folks, sales manager of Mane Stream and an interim sales manager of Country Editor as well as our commercial print sales manager. "With all we offer, from commercial printing, designing, custom business supplies to ad specialty items, I am looking forward to being able to focus my attention on the Graphic Design & Print Services at Lee Newspapers, Inc."

The company's vice president and general manager, Bruce Button, is pleased with those in their new positions.

"Although a new face here at Lee Newspapers, Becky has shown the enthusiasm to do what needs to be done to make our Country Editor publication the best media in the market," Button said, adding that Mauk has demonstrated great customer service and interdepartmental skills. In addition to managing Country Editor, she will also be managing sales for the

Country Living Farm & Home Expo coming up in September at the Herkimer County Fairgrounds.

"Tina brings a wealth of knowledge of commercial print/promotional item sales from her previous employment at Amsterdam Printing," Button stated. "Congratulations to all our staff for the hard, important work they put in every day."



Tina Krieger is the new head of the Commercial Print Department at Lee Newspapers.



Meet the Country Editor Sales Team. On the left of the copier are Sales Associates Becky Veldman and Kari Montes; with Sales Manager Becky Mauk on the right.

Community Calendar

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						

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						

July 2022						
S	M	T	W	T	F	S
26	27	28	29	30	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
Holidays						
4th - Independence Day						

APRIL 28
Arc Herkimer Hiring Session 4-6 p.m. at Arc Herkimer, 350 S. Washington St., Herkimer, NY. Walk-ins welcome. For more information, visit www.archerkimer.org or contact Ashley Jones at asjones@archerkimer.org or 315.574.7963.

April 28 Multiplay - Thursdays - at 2:30 p.m. at Johnstown Public Library. Play games, hangout, enjoy a snack. Suggested for ages 12-17. Nintendo Switch, board games, and Magic cards. Contact Robert Weatherby at rweatherby@mvls.info or 518.762.8317.

APRIL 30
Spring Craft Fair, 10 a.m. - 4 p.m. at Ilion First Baptist Church, 8 Second St., Ilion. Tables: One Table \$20. Two Tables \$30. If interested, call Beth at 315.717.1024 or Maryann at 315.877.5906. If no answer leave a message.

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 3
Breakfast Group/Depression Boys, meeting 9 a.m. at Java Shop, 209 N. Main St., Herkimer. Breakfast and talk. MOVAC Ambulance Service representative will be guest speaker. Free. Breakfast is off the menu and participant's responsibility.

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 8
Mother's Day Brunch Buffet 10 a.m. - 2 p.m. at Poland Volunteer Fire Company, Inc., Poland Firehouse Station #1, Route 8, between Poland and Cold Brook. Basket & Plant Raffles. One complimentary flower for each mom.

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.

Musictime with Gary Van Slyke. Programs third Thursday of each month at 10:30 a.m. at Johnstown Public Library. Join us to listen and dance to music played by Gary Van Slyke at the library. Contact Erin Gavin at egavin@mvls.info or 518.762.8317.

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

Otsego County Master Gardener Plant Sale 9 a.m. to 3 p.m. at CCE Education Center, 123 Lake Street in Cooperstown. For more information, follow the webpage CCEschoharie-otsego.org/OMG-Plant-Sale. Gardeners may also leave a voicemail message at 607.547.2536 ext. 228.

MAY 22
Basic Pistol Safety Refresher Course 8 a.m. - noon at the Canajoharie Forest Fish & Game Club at 149 Fish and Game Club Rd., Canajoharie. To register for the course, go to TLC Firearms Training (tlcfirearmstraining.com) and click on Pistol Basics & Shooting Courses. Scroll down to BP 1 - Basic Pistol.

MAY 28-29
Memorial Day Weekend Heritage Plant Sale. Opens May 28 at 10 a.m. Closes May 29 at 4 p.m. This annual event takes place outside the Farmers' Museum's main entrance in Cooperstown. No admission fee. Proceeds benefit the museum gardens. Call 607.547.1450 or 888.547.1450.

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 Prosklne 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 Dotty 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.

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MAY

Herkimer County Office for the Aging

Meals on Wheels provides a well-balanced, hot, noon-time meal which is available Monday - Friday in most parts of Herkimer County. To be eligible, the person needs to be age 60 or older and be disabled due to a chronic or temporary condition. A temporary condition could be due to a recent hospitalization or accident. If you are interested in learning more about Meals on Wheels or signing up, please contact our office at 315-867-1204.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Swedish Meatballs Egg Noodles Mixed Vegetables Pineapple	3 Chicken and Biscuits Mashed Potatoes Red Cabbage Ice Cream	4 Pizza Burger on a Bun O'Brien Potatoes Italian Blend Vegetables Brownie	5 Macaroni & Cheese Stewed Tomatoes & Zucchini Green Beans Cinnamon Cake	6 Roast Beef Rice Pilaf Sonoma Blend Vegetables Cookie
9 Fish on a Bun • Tartar Sauce Au Gratin Potatoes Spinach Peaches	10 Cheesy Ham & Rice Casserole Squash Broccoli Strawberry Shortcake	11 Sweet & Sour Chicken Seasoned Noodles Japanese Blend Vegetables Whipped Yogurt	12 Turkey a la King Mashed Potatoes Pacific Blend Vegetables Pudding	13 Tuna Salad Cold Plate Cottage Cheese Broccoli Salad Melon
16 BBQ Pulled Pork on a Bun Baked Beans Mixed Vegetables Fruit Cocktail	17 Parmesan Crusted Chicken Mashed Potatoes Dill Carrots Cookie	18 Tuna Noodle Casserole Beets Brussels Sprouts Lemon Meringue Pie	19 Egg Salad Cold Plate Carrot Raisin Salad Coleslaw • Kaiser Roll Fresh Fruit	20 Turkey Dinner with Gravy Stuffing Corn Fruited Gelatin
23 Hamburger Cabbage Casserole Green Beans Wax Beans Pears	24 Beef Stew with Potatoes & Carrots Biscuit Ice Cream	25 Ham Salad Cold Plate Macaroni Salad 3-Bean Salad Pudding	26 Chicken Florentine Mashed Potatoes Broccoli Peaches	27 Lasagna Italian Blended Vegetables Garlic Roll Chef's Choice Dessert
30 CLOSED FOR MEMORIAL DAY	31 Pork Chops Sweet Potato Casserole Cauliflower Cookie	<p>All Meals Served with Milk and Bread Daily.</p> <p>If you are not going to be home for a meal, please call the office at 315-867-1204 at least a day in advance.</p>		

ICAN wins Herkimer BOCES 2022 Community Partnership Award

ICAN wins Herkimer BOCES 2022 Community Partnership Award

Integrated Community Alternatives Network (ICAN) recently won the Herkimer-Fulton-Hamilton-Otsego BOCES

2022 Community Partnership Award.

Herkimer BOCES Director of Special and Alternative Education Roberta Matthews presented the award to ICAN officials during the Herkimer BOCES 2022

Annual Meeting on April 7 at the William E. Busacker Complex in Herkimer.

"Our partnership benefits students, families and our community. Lives are truly changed for the better through this collaboration, and I truly believe that it saves lives," Matthews said. "This award is an opportunity to recognize and appreciate a community-based organization that has listened to the needs of our school districts and has consistently responded – not through meetings and committees, but through programs and services that meet our students and

their families right where they are right now. And for that, we are incredibly grateful, so thank you very much."

The following ICAN officials attended the Annual Meeting to accept the Community Partnership Award: ICAN CEO/Executive Director Steven Bulger, ICAN COO Kristen Rasmussen, ICAN CAO Jeremy Butler, ICAN Director of Behavioral Health Services Carrie Conte and ICAN Development Coordinator and Herkimer BOCES Board of Education

ICAN 15



ICAN officials accept the Herkimer BOCES 2022 Community Partnership Award. (L - R) Steven Bulger, Deborah Kessler, Kristen Rasmussen, Carrie Conte, Roberta Matthews and Jeremy Butler.

Photo courtesy of Herkimer BOCES



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ICAN from 14

member Deborah Kessler.

Bulger spoke to Annual Meeting attendees after receiving the award and said Matthews was essential to the partnership and the creation of the Academics Re-imagined Connecting Healing, Education and Supports program (ARCHES).

"If it wasn't for Roberta's vision for something like this we wouldn't be touching as many lives as we are now with the ARCHES program here at Herkimer BOCES," Bulger said.

Bulger also thanked Herkimer BOCES District Superintendent Sandra Sher-

wood, Herkimer BOCES Board of Education members and Herkimer BOCES component school district superintendents and board members.

"At the end of the day, it's about the kids and the families, and if we can give them a chance to be successful in school, that's going to have transformational effects for generations," Bulger said. "So our hats are off to you as the board and all of your component districts for believing in this collaboration that is now six years old, and that's crazy to say. So thank you for believing in us, and most importantly believing in the kids that make ARCHES and these services possible."

The Partnership

Students in the region who need the most help with intense emotional and behavioral management are now getting it. An assortment of additional student supports are now integrated into various Herkimer BOCES programs.

ICAN, formerly known as Kids Oneida, has expanded its school-based division, increased its ability to directly assist the Herkimer County community and established a building in Herkimer.

All of this and more has come from the partnership formed several years ago between Herkimer BOCES and ICAN and is why ICAN won the 2022 Community Partnership Award.

"From the perspective of the BOCES with the population we serve, I think it's pretty easy to reach the conclusion that the standard of living in Herkimer County is better because of ICAN's role," Herkimer BOCES Pathways Academy Principal Patrick Corrigan said. "It's very easy to see how they impact the community, and living in Herkimer County would be different, negatively, if we didn't have ICAN in the community. They are really looking out for people who otherwise would be unable to meet their needs."

The collaboration between Herkimer BOCES and ICAN started with the creation in 2016 of the ARCHES program and has blossomed from there into a multifaceted partnership that benefits students, families and the larger community.

Matthews said ICAN has made a difference by empowering students and

families to grow both academically and socially.

"They've been a consistent, supportive partner," Matthews said. "They are always willing to work with us. We call them several times a week and describe a need, and they're on it. It's just a wonderful resource for our BOCES. And we use it."

ICAN operates 21 programs across six counties and works with more than 2,000 families every day, Bulger said.

"We like to say that we're an innovative home and community-based provider of intensive family services, and those services that we provide range all the way prenatally through end of life," Bulger said. "Everything that we do as an agency is geared toward keeping families together, so we want to provide the right services at the right time to ensure that children can stay in their community, their home and their school. We'll always go above and beyond to make sure we can meet that vision."

The Need Was There

The first cooperation among ICAN and schools in the Herkimer BOCES region started when some schools were having difficulty finding teacher aides. ICAN staff stepped in and conducted teacher aide work at schools, Bulger said.

ICAN officials and educators in the region also recognized that something new was needed to fill the void that had existed since the state closed day treatment facilities in New Hartford and Verona in 2009. These facilities were for

ICAN 18

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A simple, savory treat like these Caramelized Onion, Mushroom and Bacon Pierogies may look and taste fancy, but you can whip them up in next to no time at all.

(Family Features) – Whether you're celebrating a special day or simply looking for an excuse to show her the love she deserves, giving mom the gift of time to explore her hobbies and interests is a treasure she'll surely appreciate. Providing her with those extra moments can be as easy as creating a meal that gives her back the time to enjoy her passions and hobbies.

You don't have to be an experienced chef to make a dish you'll be proud to share. Simply putting your heart into preparing a meal you can enjoy together is sure to send a strong message about how much you appreciate the time and love she pours into you. A simple, savory treat like these Caramelized Onion, Mushroom and Bacon Pierogies may look and taste fancy, but you can whip them up in next to no time at all.

Make cooking a breeze and put a smile on your

Simple 17

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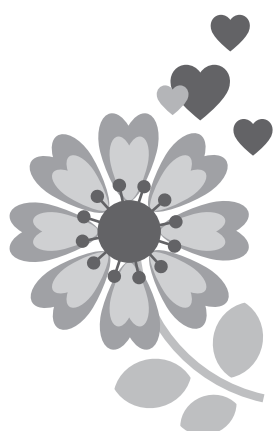
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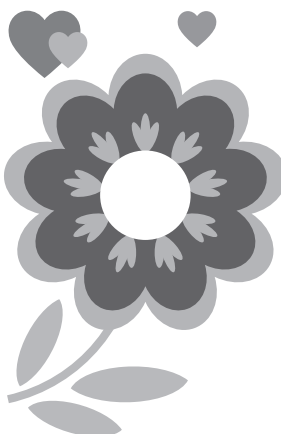
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BEST MOM

Simple from 16

mom's face with easy-to-prepare Mrs. T's Pierogis, which are pasta pockets stuffed with creamy mashed potatoes, cheesy

goodness and other big, bold flavors. You can find full or mini sized versions in the frozen food section in 13 flavors. If you want

to try your hand with other dishes, these pierogis are versatile; you can boil, bake, sauté, fry or grill them.

Visit mrstspierogies.com to find more recipe inspiration to celebrate mom.

Caramelized Onion, Mushroom & Bacon Pierogis

4 strips bacon, chopped
3 small onions, thinly sliced

1/3 cup baby bella mushrooms, thinly sliced
2 teaspoons fresh thyme

1 tablespoon balsamic vinegar

1 tablespoon sugar

1/2 teaspoon salt

2 tablespoons butter

1 box Mrs. T's Classic Cheddar Pierogis

In pan over medium-high heat, cook bacon until tips begin to crisp.

With bacon and drippings still in pan, add onions, mushrooms, thyme, balsamic vinegar, sugar and salt. Cook 2 - 3 minutes until onions begin to brown. Reduce heat to medium-low and simmer, covered with lid, 10 - 15 minutes; stir occasionally. Set aside.

In clean skillet, melt butter and sauté pierogis according to package directions. Top pierogis with caramelized onion mixture before serving.

Source: Mrs. T's Pierogis

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Chow Line:

Spring is a great time to add more fresh spinach to your diet

Q: I've got a lot of fresh spinach from my parents' garden, and I'm looking for more creative ways to eat it. Do you have any tips?

A: Spinach is in harvest right now, making this a great time to add this vitamin- and mineral-packed plant into your diet. Spinach is a healthy, dark, leafy, green vegetable that is full of protein, calcium, iron, magnesium, potassium, folate, fiber, phosphorus, thiamine and vitamins A, C and K.

Also considered a superfood, spinach, as part of a healthy, balanced diet, is important for skin, hair and bone health. Additionally, spinach can help improve blood

glucose control in people with diabetes, and it lowers the risk of cancer, improves bone health and can promote digestive regularity.

There are three types of spinach (savoy spinach, flat spinach and semi-savoy spinach), all of which can be eaten cooked or raw.

And it's fairly easy to grow – even over winter, said Tim McDermott, an educator with Ohio State University Extension. OSU Extension is the outreach arm of the Ohio State University College of Food, Agricultural, and Environmental Sciences (CFAES).

"If you want to grow spinach over winter, you can plant it in

October by first preparing the soil, broadcasting the seed and lightly covering it with soil, and watering it," he said. "Then, cover the cold-hardy vegetable with season-extension row covers. Protected under the cover, the spinach will germinate in a week or two and slowly grow over winter. Harvest can start when temperatures go over 45°."

McDermott, who runs the Growing Franklin food production blog, recently posted a video that he and fellow OSU Extension educator Jenny Lobb produced on how to make spinach into a crunchy, healthy salad that both

Chow 19

ICAN from 15

local students with intense emotional and behavioral management needs. The facilities had provided mental health, psychiatric and therapy support all in one location and did as best as they could, Bulger said. But they weren't as therapeutic or nimble as they could have been and had a number of restraints and often placed students in seclusion, he said.

The program started in September 2016 at Herkimer BOCES with one class and two students. It has now grown to four classes and 24 students – with two classes at the Herkimer BOCES WEB

Complex and two at the Pathways Academy. ARCHES currently serves students in grades 4 - 11. A fifth class is expected to be added next school year.

Bulger reflected on ARCHES' growth. "The need was there – just desperately needed," Bulger said. "And for it to evolve into what it is right now and what Herkimer BOCES has taken it to is just even beyond what we had thought that it could have been. It's just amazing to see all the services and things that are pushed in – the social-emotional needs being met by BOCES, by the schools, to really meet the kids where they're at."

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Chow from 18

kids and adults can enjoy. The video demonstrates harvesting freshly grown spinach leaves and mixing them with fresh strawberries, crumbled goat cheese, slivered almonds, balsamic vinegar and olive oil to create a sweet, healthy, light, fresh salad.

“Spinach goes well with fresh strawberries,” Lobb said. “Spinach is also very versatile. It can be added to your favorite pasta, soup or casserole, or sauteed in olive oil and seasonings. Spinach can also be added to a wrap, sandwich, or flatbread or cooked in an

omelet or even added to a smoothie to give it added healthy benefits.”

There are risks, however, for those who are taking blood thinners such as Coumadin, also known as warfarin. This is because foods that contain vitamin K, such as spinach, play a large role in blood clotting.

Chow Line is a service of Ohio State University CFAES and its outreach and research arms, OSU Extension and the Ohio Agricultural Research and Development Center. Send questions to Chow Line writer Tracy Turner, 364 W. Lane Ave., Suite B120, Columbus, OH 43201 or turner.490@osu.edu.



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What to know before planting around your property

When planning a landscape, it's tempting to pick the most colorful, vibrant plants. An eye-popping property filled with yellows, purples, pinks, and other bold colors is sure to catch anyone's eye. However, the right plant for a property is not always the most colorful.

Gardening novices can easily be overwhelmed on a trip to their local garden center, where employees may ask a host of questions that have little to do with homeowners' preferences and everything to do with the growing conditions around their properties. Those questions may seem a little intense, but they're well-intentioned. Successful gardening is more about soil conditions and access to sunlight than it is about the plants themselves. An awe-inspiring hydrangea bush will only impress if it's planted in a location where it can thrive.

The Landscape, Nursery and Urban Forestry program at UMass Amherst Extension advises homeowners to learn about the following site conditions, and ultimately share that knowledge with local garden center representatives, before they pick and plant anything around their properties.

- **Hardiness zone:** The Plant Hardiness Zone Map from the USDA is designed to help gardeners determine which plants are most likely to thrive where they live. The map can be found at usda.gov.

- **Light availability, intensity and duration,** from full sun to deep shade: Prior to planting, homeowners

can document this information in a notebook or on their smartphones. Do so for a long enough period of time that you can get an accurate idea of the conditions in which plants will have to grow, and then take that information with you to the garden center where you will buy your plants. Employees can then use this info to help you find the right fit given the light conditions.

- **Water availability,** both quantity and quality, as well as ease of access.

- **Exposure to wind and temperature extremes.**

- **Exposure to weather events, snow loads, erosion and flooding:** Garden center employees can likely recommend plants based on traditional weather patterns in a given area.

- **Soil type, drainage and compaction:** Homeowners can take note of any areas of their property where water pools or the ground feels especially soggy after rainfall. Share this information with garden center employees prior to picking plants for such areas. If soil appears compacted, aeration prior to planting may be necessary.

- **Competition from existing vegetation,** keeping in mind the roots underground that you can't see.

- **Above ground wires or obstructions:** Trees will grow up, and the presence of power lines or other obstructions may threaten the trees or prove dangerous if trees eventually grow into or hang over power lines.

Knowledge of various conditions prior to planting can save homeowners the cost of replacing plants



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To Your Good Health

by Keith Roach, M.D.

There's No Magic Bullet to Put Belly Fat in Check

Dear Dr. Roach: I am a 70-year-old woman, mostly healthy (apart from well-controlled high blood pressure). Looking at me, people assume I am skinny, but I have a well-concealed HUGE belly along with my thin arms and legs. I look like an olive stuck with toothpicks. My diet is healthy for the most part: I eat snack foods, deep-fried fast foods or sweets only rarely. I have read about how to eliminate belly fat, but there is so much contradictory info, each claiming to be the best. What are truly effective ways to help eliminate belly fat? - M.H.s

Answer: First, I would want to be sure what you have really is belly fat. While there are men (and a few women) who have that body shape due to fat, I have seen far too many cases of liver disease (where the abdominal cavity is filled with fluid due to high pressure in the liver) and ovarian cancer (where the abdomen is filled with fluid due to tumor). I

would want to be sure you had been evaluated for these (and other) concerns, especially if this is a change in your normal body shape.

If it is abdominal fat, there is no magic diet. What works for someone else (even your twin sister, if you had one) might not work for you. For this reason, one single type of diet does not fit all. It may take patience and trying several different options before finding what works for you.

General advice includes avoiding the foods you noted you eat sparingly. Eat lots of vegetables and whole grains with fiber; modest amounts of fruits; several servings of nuts and fish weekly; and no more than modest amounts of meats. Advice from an expert in weight management may be of great benefit.

Dear Dr. Roach: I have a lot of moisture in my eyes. I have to keep wiping them. My previous doctor gave me a prescription eyedrop that helped. After I moved, my new doctor didn't give me the same thing. I got "dry eye" drops, which didn't

help at all. Do you have a solution? - W.L.

Answer: It is not intuitive that watery eyes can be a symptom of dry eyes, but it is indeed often the case. Eye lubrication may come from several parts of the eye, including the conjunctiva (a tissue that lines the insides of the eyelids), which secretes a mucus that lasts a long time and keeps the eyes comfortably moist. When the mucus production is inadequate in quantity or quality, the eyes get dry. When they become dry and irritated, one of the body's responses is to increase tear production from the lacrimal gland, which is what you are wiping away. The fluid from the lacrimal gland is not as long-lasting nor comfortable.

There are many different kinds of treatments for dry eyes. Artificial teardrops (these can be used every few hours) are a great place to start and perfectly adequate for most. Since those have failed, it's time to try something new. I'd recommend going back to the eye doctor with the name of the prescription medicine you had from your previous doctor. If you don't recall what it was, call your old pharmacy.

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

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Bible Trivia

by Wilson Casey

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

2. In Exodus 4, from what tribe of Israel did all priests come? Judah, Ephraim, Levi, Manasseh

3. From Matthew 7, upon what did the wise man build his house? Bush, Sand, Rock, Sea

4. Which book first accredited Jesus as the Prince

of Peace? Isaiah, Daniel, Luke, Romans

5. What does the Epistle of Jude primarily warn against? Stranger cruelty, Gossiping, False teachers, Lusting

6. Who was the father of Moses? Chemosh, Jacob, Marduk, Amram

Answers: 1) Neither; 2) Levi; 3) Rock; 4) Isaiah 9:6; 5) False teachers; 6) Amram

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

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3'x3' Side Slider Window\$80
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Roof Coating5 Gal. \$30.00

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315-867-5750 or
439 N. Creek Rd., Little Falls, NY
Please make an appointment

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FREE CANNA plants and house plants. Fresh eggs, 4 dozen, \$10 or \$3 each dozen. Randy's Ridge 315-894-0250. Open Mid May for visitors, Ilion.

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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.crossettres.com email: louise@crossettres.com phone 315-894-8557

ILION: Second floor, newly remodeled one large bedroom spacious apartment. Fully furnished, mature adults, utilities included, NO pets, NO smoking. Near downtown. Parking for one car only. \$700 per month plus one month's security upfront & references. 315-894-1335 or leave message.

Dairy Products

For Sale

2 UTILITY Trailers, one aluminum-one black w/drop gate, 4x6; 2 Toyota RAV4 rims, \$25 each; 40 gallon fish tank complete with walnut stand, lots of extras, \$20.00; Brother's printer w/disc, new \$20.00; walnut desk, \$15.00; Hamilton Beach toaster oven, \$15. Call 315-894-1335

FOR SALE: 2 bakers racks, Excellent condition. \$50.00 each. Contact Louise: 315-894-8557 (leave message if no answer)

RAFFLE TICKETS - 250-\$60, 500-\$65, 1,000-\$80, 1,500 - \$95. Other quantities available. Set up & sales tax additional. Shipping extra. **Call Lee Newspapers Inc. 518-673-0101** or email commercialprint@leepub.com

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MOVING SALE: April 28, 29 30, 8am- 5pm. Mechanic and woodworking tools, furniture, household items, antiques, antique record albums, more. 230 Main Road, East Herkimer, NY. Questions call 315-717-2794

GARAGE SALE: Thursday, Friday, Saturday May 5th, 6th, & 7th, 9-5 (no early birds please). 378 Blaine Rd., Canajoharie. NUMEROUS ITEMS, 1st sale in YEARS!

Help Wanted

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

Horses

Pistol Lilly Ranch Tack Shop Open Mon, Tues, Wed, Fri 9am-5pm; Thurs 9am-6pm, Sat 9am-1pm. Horse Supplies & Supplements, Tack, Gifts, Home Décor, Clothing & Accessories, Shoes & Boots, Toys & Collectables, Bags. 248 Shellstone Road, Amsterdam, NY 12110 www.pistolillyranch.com 518-212-0722

Landscaping Equipment

BRAND NEW Troybuilt pony ridding lawn mower, cost new \$1,700, used only for 1hr., selling for \$1,300 firm. Serious inquiries only. 518-853-2095 call after 5 PM.

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BRAND NEW in crate Maytag dishwasher, \$450; Bathroom oak vanity with sink, 24x31H, sink 25" across, 2 drawers w/front door, \$50.00; 2 twin box springs, new, (will fit under king size bed) \$75. More details call 315-894-1335

Parts

NEW PARTS for Cub Cadet LT42. 2-deck belts, 4-mulching blades, 1 air-2 oil filters, \$100.00 firm. 518-527-8911

How to take the hectic out of your wedding day

Weddings are among the most complex events many people will ever plan. Couples often try to go the extra mile in an effort to make the day memorable for themselves and their guests. That pressure can make a wedding day feel a little frenzied. Thankfully, there are various ways to ensure the vibe of the big day is happy and not hectic.

Hire a Wedding Planner/Coordinator

Leaving the nitty gritty to a professional wedding planner takes a lot of pressure off of couples. The renowned wedding resource The Knot says wedding planners are clued into everything there is to know about a wedding and they can be tapped to take care of just about anything on couples' to-do list.

Consider a Package Deal

All-inclusive resorts are popular vacation spots because variables like entertainment, lodging, food, drinks and more is all taken care of, leaving vacationers with little to do other than show up and relax. Couples can apply that same approach on their wedding day. Host the ceremony and reception at the same site, which takes the potentially problematic issue of getting guests to and fro out of the equation. Some venues may even provide in-house vendors like photographers and florists. Such vendors' familiarity with the venue reduces the risk of surprises that can derail wedding day schedules.

Pick Your Priorities

Avoid getting bogged down on a million details by making a list of your priorities when planning. Couples can revisit this

list a couple of days before their wedding so they remember what's most important to them on the big day. This refresher can ensure couples don't get too concerned if minor issues arise during their big day, helping them remain calm and keeping a focus on all the fun to be had during the day.

It's easy for couples to feel a little overwhelmed on their wedding day. Some simple strategies can take the hectic out of couples' wedding day and ensure they keep their focus on one another and their loved ones.

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Sat., May 14th at 10:00 AM

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- 52nd Annual -

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Sat. April 30, 2022 • 9:30 AM

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for details as they come in

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Terms: Cash or Check, Photo ID

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Cell 315-404-9731

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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.**

Friday, April 29 – 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 Young 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 on this herd. Also watch for Complete Milking herd and Select Heifer Dispersal for Terry View Jerseys 50 Milking age Cows with select calves and Springing heifers. SCC 180,000 and Silver Quality Milk Award 2021! Lot of milk and really good udders and deep pedigrees you will not be disappointed in this herd. Another group of deep pedigree & fancy heifers from Zuby Jerseys. This sale is now full. Contact Sharla Woodrow for any info on Sunny-Acres & Sharmica 607-437-8498, Dan Hosking 607-972-8773. Watch future ads for more details.

Mon. May 2nd – Normal Monday Sale & Monthly Fat Cow Feeder Sale – this will be our Annual Spring beef Turnout Sale. 2 different groups of great quality Angus feeders around 600# from different farms. Several other groups consigned also. Call to advertise your group – beef prices are very strong now is the time to sell.

Sat. May 7th – Sale held on the farm. 10:30 AM – Oxford, NY. Carl Cummings Shop & Equipment Auction. Carl is relocating after Decades of living here. He's selling everything in his shops, tools, tools & more tools, compressors, welders both new & old, hand tools, elec tools, gates etc. expect surprises he is still digging. Also selling various household furnishings etc...GPS address: 4691 Co. Road #32, Oxford, NY. Note: there will be a 10% buyers premium on each item sold plus an additional 3% service fee on all Credit Cards.

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 12:00 Noon. Sale animals will be showage calves, heifers and cows mostly all show prospects. Watch for more details.

**WATCH FUTURE ADS ON UPCOMING SALES WE HAVE IN THE WORKS
IF YOU HAVE SOMETHING TO SELL
IF ITS ONE OR A WHOLE HERD LET US HELP YOU
THROUGH THE PROCESS.**

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2 Day Mohawk Valley Parochial CONSIGNMENT AUCTION

Held at Mohawk Valley Produce Auction

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Friday, May 6th & Saturday, May 7th

Friday Auction: Flowers, Bedding, Plants, Groceries, Sporting Goods
Flowers & Bedding Plants Starting Friday at 12 Noon

TOOLS & SPORTING GOODS CONSIGNMENTS WANTED
SPORTING GOODS SELLING FRIDAY AT 5 PM
Daniel Stoltzfus 518-993-2143

Sporting goods will include kayaks, tree stands, ammo, crossbows, trail cams, fishing rods and lots more coming.

**HEIFER AUCTION WILL BE HELD
FRIDAY, MAY 6TH AT 3 PM**

Call Alvin Stoltzfus 518-993-9926

Friday, May 6th at 5 PM

One semi truckload of Home Depot items. Includes drills, tools, vanities, grills, lawn furniture, cabinets - approximately 500 items.

Farm Machinery Sell Sat., May 7th

For info Call Jr Beiler at 518-568-5646

ALREADY CONSIGNED

2-258 NH rollbar rakes; 782 Harvester w/824 corn head, rebuilt;
New 1 horse drawn Blue Ribbon mower w/6'bar; Like New
I & J cultivator, 4 row; New Idea 12A manure spreader, rebuilt;
one Ehe 4222 22' PTO driven tedder; Ehe 2118 18' engine
driven tedder; new 6x10 chicken coop on wheels.

PONY SALE SATURDAY, MAY 7TH

All ponies will need Coggins test prior to being unloaded at the auction site.

Accepting Consignments by phone April 15th to May 4th.

Maximum consignments will be 30 Head of Reg Ponies plus Hackney's

Contact David Peachy 518-207-5299

CARRIAGES SELLING SATURDAY, MAY 7th

One new Amish carriage, one new spring wagon.

FURNITURE & CRAFTS CONSIGNMENTS WANTED

Expecting All types of handmade furniture, cedar chests and locally made crafts.

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LAWN & GARDEN CONSIGNMENTS WANTED

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John Fisher 518-795-7797

LUMBER & BUILDING MATERIAL CONSIGNMENTS WANTED

Jonas Stoltzfus 518-925-2478

QUILT CONSIGNMENTS WANTED

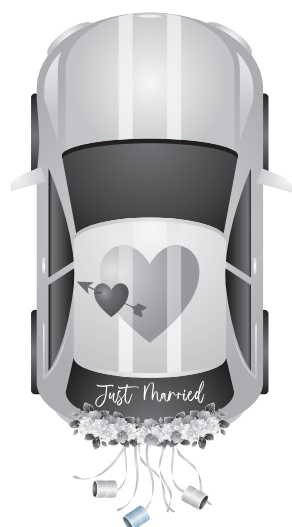
Joe Zook 518-993-5593

SMALL ANIMALS SELLING SATURDAY, MAY 7th

All caged animals must be in a see through wire or plastic cage.

SMALL ANIMAL CONSIGNMENTS WANTED

Daniel Stoltzfus 518-993-5181





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May 13th, 14th & 15th

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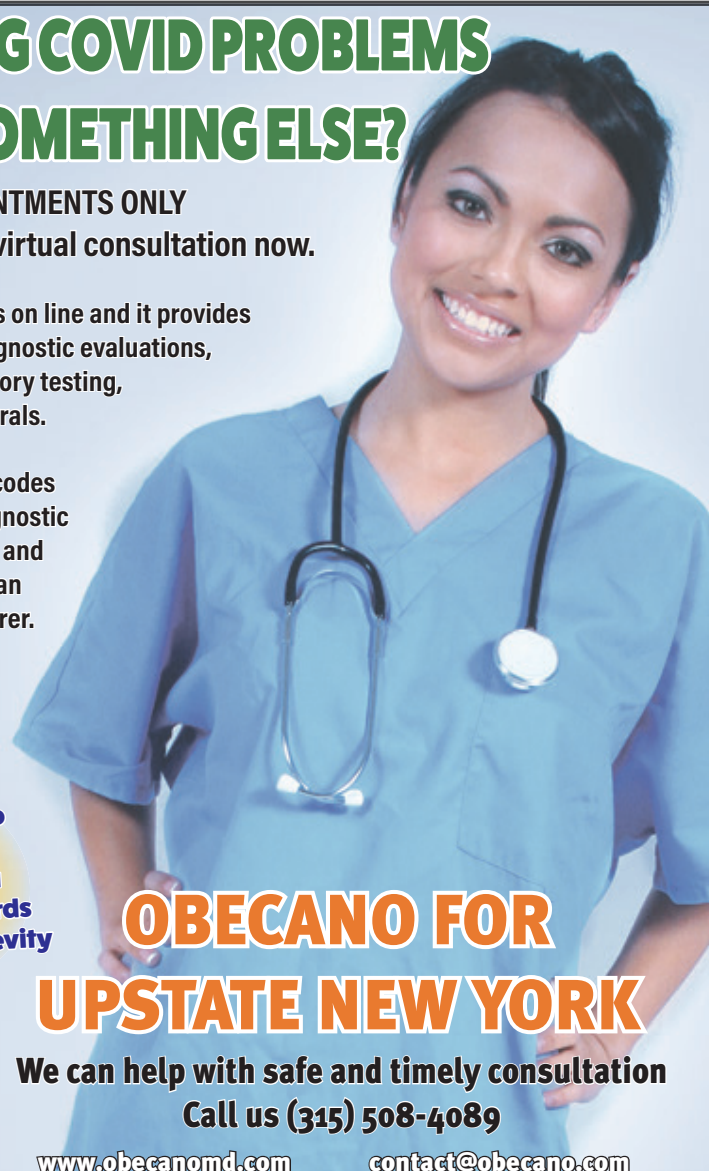
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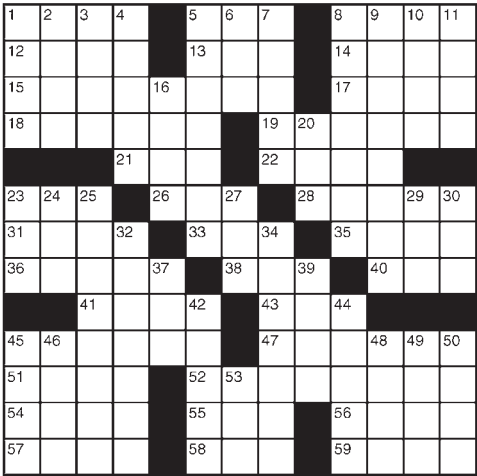


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King Crossword



ACROSS

- 1 Facts and figures
5 Bygone jet
8 Son of Seth
12 Latin love
13 Historic period
14 "Peter Pan" pooch
15 "No problem!"
17 Darkens
18 Skip
19 "Delicious" crop
21 Three, in Rome
22 Hold sway
23 Zsa Zsa's sister
26 Stitch
28 Justice Ruth — Ginsburg
31 Missing
33 Pouch
35 Shri!l barks
36 Toy (with)
38 Prattle
40 Make lace
41 Beer, slangily
43 Capote nick-name
45 Black Sea port
47 Indigenous
51 Accomplishes
52 "Yes?"
54 Garfield's pal
55 Napoleon's

- title (Abbr.)
56 Actress Turner
57 Breaks down
58 Coifs
59 Stretches (out)

- 7 Early Mongolian
8 Bridge tactic
9 Aced a test
10 "My treat"

- 32 Bridge supports
34 Short snoozes
37 Super Bowl stats
39 Unruly kid
42 Cut lumber
44 Of service
45 Scent
46 Nitwit
48 Author
49 Tarzan's commuter line?
50 LAX guesses
53 Med. plan

DOWN

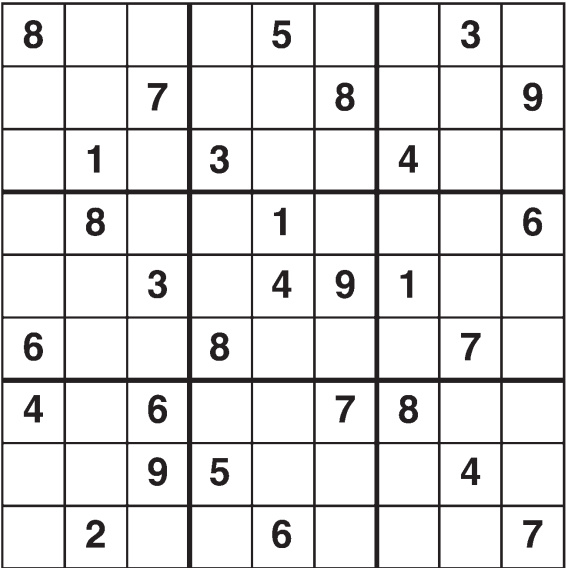
- 1 Calendar squares
2 Mine, in Montreal
3 Talk up
4 Lingo
5 Small sofas
6 Lanka lead-in

- 11 Lip
16 Partially mine
20 Tavern
23 Sprite
24 Book-spine abbr.
25 "In my view ..."

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Weekly SUDOKU

by Linda Thistle



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 ● COULDN'T READ MUSIC

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

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

- | | | | |
|----------|-----------|---------|-----------|
| Clapton | Harrison | Presley | Van Halen |
| Cobain | Hendrix | Richie | Vaughan |
| Dylan | Lennon | Slash | Vile |
| Emmanuel | McCartney | Starr | |

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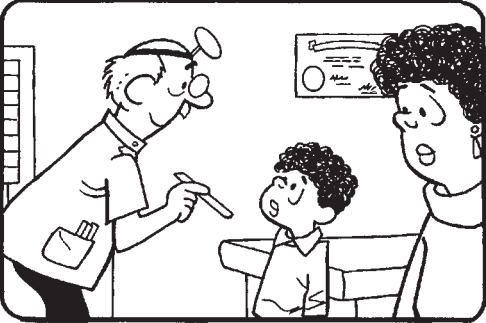
ON THE FARM TIRE SERVICE

HOCUS-FOCUS

BY HENRY BOLTINOFF



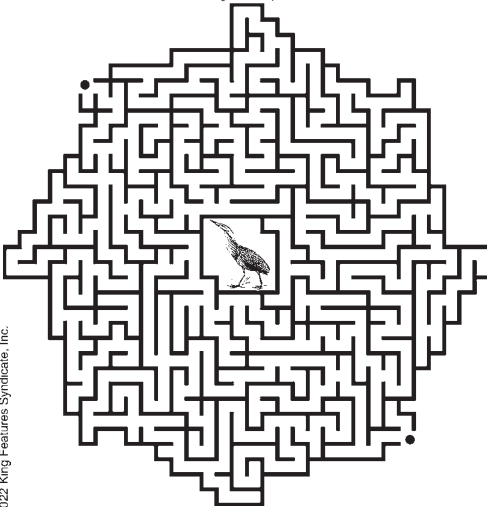
Find at least six differences in details between panels.



Differences: 1. Switch is missing. 2. Hair is different. 3. Arm is moved. 4. Shirt logo is missing. 5. Diploma is smaller. 6. Locket is missing.

Mega Maze

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"We were very happy until her first _____!"

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!

- Mock DAYPRO
Plaid ANTART
Complete ACTIN
Regret FIGER

TODAY'S WORD

Home Country

by Slim Randles

There's something so satisfying about getting out of bed when the world is still dark and quiet and resting. Making the coffee gives us time to scratch and think. Well, scratch, anyway. Most of that thinking will start after about the third cup of coffee.

But it's a quiet time. A private time. When the world is dark, and there isn't yet a hint of pink over the eastern mountains, it's very good. We can relax. No one is expecting anything from us right now. Our guilt can take some

Sharing the joy

by Joan Kark-Wren

As April focuses on gardening with kids, it makes me think about the fun my sisters and I have with houseplants and perennials. I come from a long line of gardeners, some from necessity, some for the beauty and healing qualities of gardening.

My maternal grandmother was an avid gardener and had a split rail fence with beautiful dark pink climbing roses covering it. She also had a large rock garden on the side of her house as well as houseplants in her living room. Through the years she shared plants with cousins and siblings.

While not an outdoor gardener, my mother loved houseplants (as the second oldest of seven children she did a lot of weeding in the veggie garden and never wanted one of her own)

and had many that were quite interesting to me. One I just loved she called the Baby Dropper (a.k.a. Mother of Thousands), a succulent that reproduced by growing “babies” on the edges of their leaves. We had so many of these because who can throw out a living plant? She also had hoyas, peperomias and piggyback plants, which were also great reproducers, growing small plants in the middle of the leaf.

As I became more interested in houseplants, Mom and I would scour the stores to see what new plants they had. We would grow and propagate them to share with others. What a feeling it is to take a cutting and make a whole new plant!

Some easy ways to share gardening with your children can be as simple as getting a Baby Dropper

time off, and we can listen to music or work a crossword puzzle or turn on the TV and watch the weather guy discuss millibars and troughs.

Soon enough, we'll have to be out there living for others: our bosses, our customers, our animals, our fields. But right now no one needs us except the dog, and she does well on kibbles and an ear rumble.

We can look out the window at the eastern glow and wonder what will happen in the hours until our world turns dark again. People will be born and people will die. People will win honors and people will go to jail. People will create things today that live past them and people will disappear forever. Some people will write about these things and other people will read about these things.

(*Kalanchoe daigremontiana*) and watching new sprouts appear. These can be planted and the whole process starts again. You may want to make sure you have an outlet for all these plants - it's kind of like zucchini in summer. You'll have neighbors locking their doors so you can't sneak them onto their windowsills. Spider plants (*Chlorophytum comosum*) also reproduce on their own, with plantlets coming off a long stem. Spider plants are very tolerant of inconsistent growing conditions which make them great plants for youngsters to grow.

If you find your child's interest has been sparked by propagating these plants, you may want to try rooting some cuttings. Some of the easier plants to root are German or Swedish ivy, Christmas or Thanksgiving cactus and Jade plants.

With the ivy, you can either put the cutting in water or directly into soil

(direct stick). Choose a stem that has four to five leaves on it. Cut near the base of the plant, close to the node. Remove two to three bottom leaves from the cutting.

If you choose the water method, you'll want to change the water regularly so algae and bacteria don't grow. Once you see the roots appear, you can plant in a pot, being careful not to damage the roots when planting.

For the direct stick method, push the cutting into the soil so at least one or two nodes are covered. Keeping the water moist will keep the cutting from wilting. If it does wilt, you can mist it several times a day or place a clear plastic bag over the whole pot

And then the world will go dark on us again and we'll think about what happened in our tiny portion of this huge moving amalgam and hopefully we'll sleep easily tonight. Then, when we arise tomorrow and head for the coffee pot, we can think about what happened today, and how it has made us slightly different for taking on the next tomorrow.

Come to us, Daylight. Bring us the new day. But do it gently, please, and slowly enough for one more cup.

Pick up “Home Country: Drama, Dreams and Laughter from the American Heartland” at lpdpres.com.

(make sure the bag is not resting on the cutting). This will help keep the moisture level higher

around the cutting.
For the complete story,
check out [countryculture.co](#).



The granddaughters admiring a baby dropper.
Photo by Joan Kark-Wren

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

— **King Crossword** —

1	2	8	4	6	3	9	5	7
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ADK HEMP FEST



May 7th, 2022 12pm – 8pm

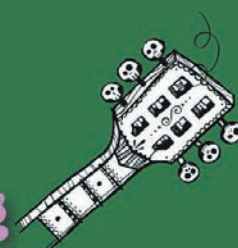
Music ~ Food ~ Vendors

**The Pines Restaurant & Event Center
301 N Kingsboro Ave, Gloversville NY**



All-Day Live Music

Outdoor Stage & Sound System Featuring



**Gratefully Yours, Hilltop, Dan Wafer, Johnathan Blake,
DJ Jurassic Jamz, John Spignesi ... and more to be announced ...
with an After-Party in the Pines Restaurant with Shades of Grey**



**Arts & Crafts Vendor Booths
Local Hemp Vendors
Industry Vendors
Food Trucks
Food Vendors
Beer & Liquor Tent**



\$10 Advanced Tickets

<http://bit.ly/ADKHempFest22>

\$15 at Gate

Must Be 21+ yrs NO EXCEPTIONS

SECURITY & ID Check at Gate

Pet-Friendly & Cooler / blanket / lawn chair friendly

No tents and no outside alcohol and no glass

No Powders, Pills, Needles or Gas — Just Come Out, Have Fun & Party with Class

Thanks to Our Platinum Level Sponsors

THE APOTHECARY
BY ESSENTIALLY SIMPLE



**Still Seeking Hemp, Craft and Food Vendors
as well as Live Acts & Music Bookings**

**Contact:
518-725-4653
manager@pinesadk.com**