

# MOHAWK VALLEY Country Editor

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## MAY 12-18, 2022

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**Amsterdam, NY - #202120313:** Looking for tranquility in the city of Amsterdam? This 2-family home is a hidden gem! Relax in the spacious yard with the sounds of running water flowing through the Chuctanunda Creek out back. Originally an 1880 farmhouse, it features much of the original woodwork, has newer replacement windows, insulated, vinyl siding and a two car garage. A large, private yard area, with distant neighbors, and a two-way driveway. Would make a wonderful owner-occupied dwelling or keep as a desirable investment property. Good Condition **\$129,900**

**PENDING**



**Ballston, NY - #202132553:** Are you looking for wide open spaces and a lover of old? Come preview this 1877 Circa Colonial home on approximately 71.91 acres. Property comes with barn, aging garage and private road leading to manicured fields and a large, deep pond. Walking trails throughout allows you to take in the beauty of all the surrounding wildlife. Home features a stunning grand entry way, formal and informal living room, with laundry on the main floor. Upstairs has four bedrooms and full bath. And plenty of storage with two attics. PREQUALIFIED BUYERS ONLY. BUILDERS WELCOME! **\$735,000**



**Charleston, NY**  
#202129905: Build your dream home or hunting camp here. 14.75 acre lot with 1400 ft road frontage on State Rte 30A and 920 feet road frontage on Esperance Rd. Approx 324 acres of state land just 3 or so miles north on 30A of this land. **\$46,500**



**Charleston - #202212825:** Beautifully renovated farmhouse on 29.7 serene acres. The kitchen features gorgeous custom concrete countertops and stainless steel Whirlpool appliances. First floor features a large bedroom and upstairs has 3 bedrooms with a possible 4th. (Huge room located off 3rd bedroom). There is a finished room off of the mudroom that would make a great home office with it's own separate entrance. Barn and garage are located across the street with large pond. 10 +- acres and about 15 acres are tillable, the remainder would make great pasture for cows or horses. Schedule a showing today. **\$299,000**



**Dolgeville, NY - #202211310:** This well established business is currently owned and operated with great clientel for a walk in and take over business with 2 apartments upstairs for income or live in and run business. Apartments can be opened up to a 7 room family home. Ample parking. **\$189,000**



**Fort Plain, NY**  
#202120364: 2-story, 2 family home fully rented. Each unit two bedrooms. Front porches. Updated roof. Nice yard. Located walking distance to parks, shops and schools. **\$69,000**



**Fort Plain, NY - #202216581:** Private and low utilities is what you will get with this remodeled home! Kitchen has Hickory cabinets with tile flooring, wood floors, fireplace, side porch and garage. From your front deck enjoy watching your very own babbling brook. Home is completely solar with natural gas and has spray foam insulation to keep you warm all winter long! **\$154,900**



**Gloversville, NY - #202122985:** Cozy yet, spacious home on a corner lot, close to downtown amenities. Take advantage of the fully fenced in yard, perfect for entertaining or enjoy the new front porch. This home features an eat in kitchen first floor laundry and central AC. Garage door was installed four years ago and a new electric hot water heater just installed. The roof is at the end of its life and will need to be replaced. Agent is related to seller. Call today for a showing! \*Likely not FHA friendly\* **\$95,000**

**PENDING**



**Herkimer, NY**  
#202217104: 2-story, 3 bedroom home on a nice residential street in Herkimer. Yes this home needs some TLC, but the price is right! Large front porch, dining room, eat-in kitchen and 3 bedrooms. Cash buyers only! Sold "as is" **\$29,900**



**Johnstown, NY - #202128079:** Are you looking for the perfect home for entertaining? Well here it is! This home features an open concept first floor, complete with a full bathroom. Spacious master bedroom complete with an en suite. Updates include mahogany countertops, convenient second floor laundry and custom coffered ceilings. Walking distance to Knox Field. All you have to do is add your finishing touches and this home will feel like yours! Call for your private showing today! PRE APPROVED BUYERS ONLY. Agent is related to seller. **\$275,000**



**Mount Vision, NY - #202212470:** Private old Farmhouse that was the old Stage coach Stop (Home Sweet Home Traveler's Rest) on a dirt road, property on both sides of the street. Sit on the front porch and watch the wildlife and the view, Ponds on the property one with Koi Fish the others have native fish, old apple orchard can be brought back to life, perennial landscaped yard. Large barn with loft for hay and could easily put stalls in to house horses for the weekend horses or year round gentleman's farm. The house has all original hardwood floors with built in cupboard. Attic is finished to make another bedroom. Just needs a little TLC. **\$350,000**



**Northville, NY #202215448:** Wooded building lot with 609 feet of road frontage right out side of town. Build your dream home. **\$45,000**



**Northville, NY**  
#202215450: Approved wooded building lot with 630 feet of road frontage right out side of town. Build your dream home. Can be combined with adjacent property also for sale. **\$54,000**



**Oppenheim, NY - #202215749:** Calling all hunters. 50.2 surveyed acres awaits you. Lots of mature timber. Marsh area on the south west corner of the land is a haven for all types of game, including deer. Upgrades include driveway, small clearing for a camper & 4 sheds on the property. There is a 30 ft R.O.W. on Hoffman Rd on the back of the land. \*\* Make sure you are accompanied by an agent. **\$69,900**



**Palatine, NY - #202131679:** 19 Acres of land with 5 additional barns/sheds with metal roofs, structurally sound and ready to use. Pastures have hydrants, fencing and gates. Barns have box, standing stalls and tack rooms. Work shop is insulated and heated. This property checks all the boxes for a livestock facility. Large barn stores 10,000 bales of hay. Shed row makes great storage for farm equipment and lean to structure is large enough to house hay wagons when not in use. Smallest of barns was used as an indoor arena to school driving ponies. All but the hay wagon shed have electric and water. **\$325,000**



**Palatine Bridge, NY**  
#202215762: 2-story, 4 unit apartment house in the v/o Palatine Bridge. Separate utilities, off street parking and newer asphalt roof. **\$159,000**



**Springfield, NY - #202212286:** Looking for one floor living in the country? This meticulous 3 bedroom, 2 bath home is exactly what you have been looking for. It features a newer roof and replacement windows and a brand new well pressure tank, a spacious layout, a full basement and a covered back deck to sit back and enjoy the views of the countryside. The detached garage gives even more storage space. The best feature yet is home includes access to Otsego Lake public landing beach access and boat launch. Schedule your showing today! **\$149,900**



**St. Johnsville, NY - #202216646:** Good location for a homeowner to live in with great rent for investor. **\$80,000**



**St. Johnsville Village**  
#202216616: Great investment property. Downstairs unit has been freshly painted and upgraded with repairs. Nice large back yard. Upstairs needs freshening up. HUD qualified. Nice front porch on quiet street. **\$85,000**



**St. Johnsville Village, NY**  
#202216618: HUD qualified multi unit. Good tenants. Great property to purchase and live in with great tenant! **\$75,000**



**St. Johnsville Village, NY**  
#202216571: SMALL LOT. ZONING RESTRICTIONS MAY APPLY. GREAT LOT FOR AN OWNER NEXT TO IT. **\$5,000**



## Tips for allergy season

by Dr. Matthew Wadas of the Wadas Eye Group

Spring is upon us and, for many, that means the advent of allergy season. For those who suffer from seasonal allergies, this time of the year is often as-

sociated with sinus congestion, a runny nose and itchy eyes. Along with itching, other common ocular symptoms include redness and tearing.

Remedies and treatment options are broad and abundant. Most important-

ly, do not rub your eyes as this will release more histamine from the body, worsening your symptoms. Cool compresses are an effective way to help with inflammation. Many allergy sufferers take over-the-counter or prescription oral antihistamines but still experience itchy and irritated eyes. Some effective over-the-counter antihistamine eye drops that I often recommend to my patients include Zaditor, Pataday and Alaway. These eye drops are to be used twice daily.

Additionally, over-the-counter artificial tears can help provide further relief.

Most of the time these eye drops are all that is needed, however, in some severe cases they may provide only temporary relief or none at all. If you find yourself at that point, it's time to seek an exam from an eye doctor as further treatment may be required.



Remedies and treatment for eye allergies are broad and abundant. Do not rub your eyes as this will release more histamine from the body, worsening your symptoms. Photo courtesy of Wadas Eye Group



## Mohawk Valley Choral Society sings its spring concert

The Mohawk Valley Choral Society, sometimes known as one of the best kept secrets in the Mohawk Valley, presents its spring concert, "Songs of Light and Love," on May 15 at 2 p.m. at the Our Lady of Lourdes campus of Mary, Mother of Our Savior Parish, 2222 Genesee St., Utica.

Now in its 40th year, and under the direction of David Kolb, the chorus will sing songs ranging from the 16th to 21st century. The concert will encompass a wide range of styles and moods including composers ranging from Leonard Bernstein to Moses Hogan to Thomas Morley and Thomas Tallis.

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 at mail@mvchoral.org.



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# Jesses Joyrides used car dealership opens in Nelliston

Jesses Joyrides has started a used car dealership at 6804 State Hwy. 5 in Nelliston. Jesse Tomlinson is a graduate of HFM BOCES and always had a dream of being a small business owner. He's living his dream with his fiancée Samantha and son Jesse Jr. For more information, call 518.844.1337.



Jesse of Jesses Joyrides is living his dream with his fiancée and son at his new business, a used car dealership in Nelliston.

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## Galinsky Apts. raises over \$4,000 for America Heart Association

Residents and staff at Nathan Galinsky Apartments at 105 Protection Ave. in Herkimer organized an open house and fundraiser for the America Heart Association. The event included selling paper hearts, a bake sale, 50/50 raffles and basket raffles and raised \$4,004. We started selling paper hearts in 1997, and the event has grown over the years. The residents and staff look forward in getting together with the community and coming up with ideas to make this event fun and raise awareness for the Heart Association. This year's America's Greatest Heart, Run & Walk took place May 7 in Whitesboro.



(L - R, bottom row) Joan Murphy, Bea Lawrence, Annette Main, Jane Leon, Ceil Morton, Rhonda Higgins. (Back row) Kathy VanValkenburg, service coordinator; Charlie Westfield, courtesy staff; Ed View and Sherry Wellington, district manager.  
Photo courtesy of TESCO Properties Inc.



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Country Editor**  
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## Family Counseling Center recognizes May as Mental Health Awareness Month

The Family Counseling Center is joining with mental health professionals from across the country to recognize and promote May as Mental Health Awareness month. First observed in 1949, the goal is to raise awareness and educate the public about strate-

gies for attaining mental health and wellness, as well as the realities of living with mental illness.

Since the start of the pandemic, more and more people have been talking about mental health, which has aided in the growing

recognition that mental health is an important component to overall health and well-being. While one in five people will experience mental illness during their lifetime, everyone faces challenges in life that can affect their mental health. Around half of all people in the U.S. will meet the criteria for a diagnosable mental health condition at some point in their life.

"Everyone should have the support they need to thrive," said Michael Countryman, executive director of the Family Counseling Center of Fulton County. "The Family Counseling Center has been working since 1976 to help provide the support and guidance individuals and families need to build healthy lives. Our organization's services include school-based

counselors, family peer advocates, therapy and a crisis unit – each piece works like a scaffold for overall mental health."

Mental health refers to our emotional and social well-being and impacts how we think, feel and behave. Individuals struggling with mental health conditions deal with changes in emotions, thinking and/or behavior. Screening can help catch mental health problems early. Mental Health America (MHA) provides resources and free screening on their website, [mhascreening.org](https://mhascreening.org). A screening only takes a few minutes, with information about next steps provided based upon individual results. MHA's screening is free, anonymous and confidential.

More information on Mental Health Awareness month can be found at [mhanational.org/may](https://mhanational.org/may).

*There is hope, even when your brain tells you there isn't.*  
- John Green

## May meeting of the Utica and Mohawk Valley Chapter of the National Railway Historical Society

The Utica and Mohawk Valley Chapter of the National Railway Historical Society will meet on May 13 at the Zion Lutheran Church on the corners of French and Burrstone roads in New Hartford at 7 p.m. There will be a business portion conducted by Vice President Bradford Paulson with reports on the Adirondack Railroad, the Switch

Tower on Schuyler Street in the City of Utica, the chapter picnic on Aug. 12 at Utica Union Station right next to the REA Wing, possible bus and train trips and New York Central Steam Switcher 6721, along with many other activities and projects ahead for the chapter in the coming weeks and months.

After the break,

Secretary John Koslosky will start the first half of the program for the evening with video he took from a drone following the rights away of the New York, Ontario and Western and the New York State Trolley lines Utica to Clinton trolley line now run by the buses of the Central New York Transportation System (Centro). In the second part of the program, Wayne Freed will show a DVD of some vintage train footage from 1941 where the New York Central's new streamlined Empire State Express is featured as it makes its grand appearance in that scheme. This meeting is open to anyone who is interested in railroads, the railroads of the Northeast, the railroads of Oneida County, trolleys, interurban and light rail systems and railroad history. We also invite guests attending the opportunity to join the Utica and Mohawk Valley Chapter of the National Railway Historical Society. We would also like to invite all active and retired railroad personnel to the meeting as well.

For more information, contact Bradford Paulson at 315.853.5400 or 315.275.1223 or [Bpaulson909@msn.com](mailto:Bpaulson909@msn.com).

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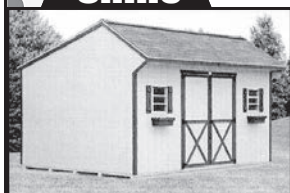
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# CHURCH SERVICE DIRECTORY

<p><b>AMES</b> <b>AMES - SPROUT BROOK UMC</b> 613 Latimer Hill Rd., Ames, NY 13317 518-673-3495 Pastor Jan Markle Sunday Service 9 AM</p> <p><b>CORNERSTONE BAPTIST CHURCH</b> Pastor Todd Lozier Sunday AM Service 10 AM Sunday School/Adult Small Groups 11:15 AM Sunday Evening 6 PM Wednesday PM Service 7 PM Via Zoom email us for the link Youth Group Sunday Evenings during the school year. Family Night - First Sunday Evening of the month from Oct - May 7274 State Highway 10, Ames, NY 13317 www.cornerstoneames.com info@cornerstoneames.com 518-673-3405</p> <p><b>AMSTERDAM</b> <b>THE TIME FOR TRUTH MINISTRIES</b> PO Box 351, Amsterdam, NY 12010 Phone 518-843-2121 Cell 518-774-8558</p> <p><b>CANAJOHARIE</b> <b>CHURCH OF THE GOOD SHEPHERD</b> 26 Moyer St., Canajoharie 518-673-3440 The Rev. Virginia L. Ogden, Rector Sunday Worship 9:30 AM with Communion Church Email: churchgoodshep26@gmail.com Website: www.churchgoodshepherd.com</p> <p><b>UNITED METHODIST CHURCH OF CANAJOHARIE</b> 50 E. Main St. 518-673-2717 Jesus says - "Come Unto Me" Join us - Special Music Ministry, Beautiful Surroundings, Friendly People Sunday Service 10:30 AM Email: umc673@frontiernet.net Communion Last Sunday of the Month</p> <p><b>ST. JOHN'S &amp; ST. MARK'S LUTHERAN CHURCH</b> 143 Church St., Canajoharie 518-673-2224 Pastor A. Elisabeth Aurand Remote &amp; In-Person Sunday Worship 11 AM; email for link stjmc-canajoharie.org office@stjm-canajoharie.org</p> <p><b>REFORMED CHURCH OF CANAJOHARIE</b> 15-19 Front St., Canajoharie 518-673-2816 Rev. Matt Draffen Sunday 9 AM Christian Education 9:20 Choir Practice 10 AM Worship Nursery provided Fellowship hour follows worship</p> <p><b>FAITH, HOPE AND LOVE CHURCH</b> Rev. David W. Bowley, Pastor Sundays, 5 PM at the Upstate Chapel 63 Cliff St, Canajoharie Call 518-673-5128 or see Facebook "Faith, Hope and Love Christian Church" and our website http://faithhopeandlovechurch.com</p>	<p><b>NEW BEGINNINGS BIBLE CHURCH</b> 63 Cliff St., Canajoharie, NY 13317 Pastor Larry Alkinburgh 518-848-4816 pastor@newbeginningsbc.org Sunday School 9:15 AM Worship Service 10:30 AM</p> <p><b>CHERRY VALLEY</b> <b>CHERRY VALLEY ASSEMBLY OF GOD</b> 37 Alden St., Cherry Valley 607-264-3306 Pastor David Carpenter, Jr. Sundays 9:30 AM</p> <p><b>ST. THOMAS THE APOSTLE CATHOLIC COMMUNITY</b> 1 Church St., Cherry Valley 607-264-3779 Masses Sunday mornings at 8:30 AM &amp; 11 AM</p> <p><b>GRACE EPISCOPAL CHURCH</b> 24 Montgomery St., Cherry Valley 315-858-4016 Fr. Kyle Grennen, Rector Holy Eucharist 11 AM Sunday school 11 AM Active youth group - call for details Facebook: Grace Episcopal Church Cherry Valley</p> <p><b>COLD BROOK</b> <b>COLD BROOK</b> <b>UNITED METHODIST CHURCH</b> 467 Main St. Sunday Worship 10:30 AM</p> <p><b>NEW LIFE CHAPEL OF THE AEA</b> 3447 St. Rt. 8 Pastors: Rev. Gail &amp; Rev. Mike Jay 315-826-7115 Sunday Worship 10:30am Intercessory Prayers Tuesday 7pm (please call to confirm)</p> <p><b>DOLGEVILLE</b> <b>NEW HOPE CHRISTIAN FELLOWSHIP</b> Pastor Peter Spiak 32 Spencer St. • 315-429-3630 Sunday School 9:30 AM Sunday Worship 10:30 AM Wednesday Bible Study 7 PM</p> <p><b>GRACE BAPTIST CHURCH OF DOLGEVILLE</b> 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><b>DOLGEVILLE UNITED METHODIST CHURCH</b> Rev. Anthony Bradseth 21 N. Helmer Ave. Church Phone 315-429-7381 Sunday Church Service Oppenheim @ 9:30 AM Dolgeville @ 10:30 AM</p> <p><b>DOLGEVILLE CHRISTIAN FELLOWSHIP</b> Pastor Marvin Isum 3 Elm St. Phone 315-429-8390 Sunday Worship 10:30 AM Mid-week Service Tuesday 7 PM www.dolgevillechristianfellowship.org</p> <p><b>UNITED LUTHERAN PRESBYTERIAN PARISH</b> 26 E. Faville Ave. Worship 11 AM</p>	<p><b>ST. JOSEPH'S ROMAN CATHOLIC CHURCH</b> 31 N. Helmer Ave., Dolgeville, NY Phone 315-823-3410 Sunday Mass 9AM</p> <p><b>EAST SCHUYLER</b> <b>CHRISTIAN ASSEMBLY OF SCHUYLER</b> Pastor Mark Sowersby 3659 Route 5, East Schuyler Sunday Worship 10:30 AM Wednesday Night 6:30 PM Phone 315-895-0926 Christianassemblyofschuyler.com</p> <p><b>EPHRATAH</b> <b>EPHRATAH REFORMED CHURCH</b> 140 Co. Hwy. 140, Ephratah, NY To live and share Jesus Christ both locally and globally. Everyday. Everywhere. Everyone. Pastor Jeff Hindrliter Sunday School for all ages 10 AM September-June Sunday Morning Worship 11 AM Prayer &amp; Praise Thursdays 7 PM</p> <p><b>ESPERANCE</b> <b>ESPERANCE PRESBYTERIAN CHURCH</b> 129 Church St., Esperance NY 12066 Sunday Worship 9:30 am Rev. Bert Mayne Simple, friendly, conservative worship in a beautiful 1824 sanctuary</p> <p><b>FONDA</b> <b>SAINT CECILIA CHURCH</b> 26 Broadway, Fonda 518-853-4195 Sunday Worship 9 AM</p> <p><b>NATIONAL KATERI TEKAKWITHA SHRINE AND INDIAN MUSEUM</b> 3636 St. Hwy. 5, PO Box 627 Fonda, NY 12068-0627 518-853-3646 Weekly Masses: Sat. 4:30 PM, Sun. 10:30 AM friars@katerishrine.com www.katerishrine.com</p> <p><b>FORT PLAIN</b> <b>AMAZING GRACE BAPTIST CHURCH</b> 131 Clark Rd., Fort Plain 518-568-7606 Pastor Frank Calabrese Sunday School 10 AM, Morning Service 11 AM, Sun. &amp; Wed. Eve. Service 6 PM, Youth Group Wed. 6:30 PM, Sat. Visitation 10 AM www.amazinggracebc.org</p> <p><b>GRANDVIEW BAPTIST CHURCH</b> 15 Washington St., Fort Plain 518-993-9929 Pastor Dan West Sunday School 10 AM Morning Service 11 AM Bible Study &amp; Prayer Meeting, Wednesday 6:30 PM</p> <p><b>ST. PAUL'S LUTHERAN CHURCH</b> 36 Lydius St., Fort Plain, NY 13339 518-993-2040 Pastor Jonathan Litzner 405-250-8395 Church Service 11 AM</p>	<p><b>ST. JOHN'S LUTHERAN CHURCH</b> 774 St. Hwy. 163, Fort Plain, NY 518-705-7552 Rev. David A. Johnson, Ph.D. Sunday Worship 9 AM, Sunday School 10 AM, Ladies Aid W.E.L.C.A. Handicapped Accessible</p> <p><b>REFORMED CHURCH OF FORT PLAIN</b> 165 Canal St., Fort Plain, NY 13339 518-993-4302 fortplainrca@yahoo.com Rev. Nancy E. Ryan Worship 11 AM, AA meetings Mon. &amp; Tues. 7 PM, Emergency Food Pantry 518-993-4302</p> <p><b>VICTORIOUS LIFE CHURCH</b> <b>RMI FELLOWSHIP</b> 104 Main St. &amp; 431 St. Hwy. 80 Fort Plain, NY 518-993-3102 Sunday School 9 AM, Morning Worship 10:30 AM, Youth Group 5 PM, Evening Worship 7-8 PM</p> <p><b>FORT PLAIN UNITED METHODIST CHURCH</b> 39 Center St., Fort Plain Audie Miller, Lay Supply Pastor Church Office 518-993-3863 Kitchen 518-993-3464 ALL WELCOME, Worship Service 11AM</p> <p><b>OUR LADY OF HOPE R.C. CHURCH</b> 115 Reid St., Fort Plain, NY 13339 Parish Office 518-993-3822 ourladyofhope@frontier.com Mass Schedule: Saturday, 4 PM; Sunday, 9:30 AM; Confessions: Sat. 3 &amp; by appointment Please call parish office for Holy Day schedule</p> <p><b>FREYSBUSH UNITED METHODIST CHURCH</b> Freysbush Rd., Fort Plain 518-429-9936 or 518-424-8488 Worship 9 AM, Sunday School 10 AM ALL ARE WELCOME</p> <p><b>FRANKFORT</b> <b>OUR LADY QUEEN OF APOSTLES</b> 414 Frankfort St., Frankfort, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 5:30 PM; Sunday 9 AM; Tuesday &amp; Thursday 9 AM</p> <p><b>FULTONVILLE</b> <b>FONDA-FULTONVILLE UNITED METHODIST CHURCH</b> 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 <b>518 853-3311</b></p> <p><b>FULTONVILLE REFORMED CHURCH</b> Corner of 5S &amp; 30 Pastor Jane Hubschmitt Sunday School 10 AM Family Worship 10:30 AM</p>	<p><b>GLEN</b> <b>GLEN REFORMED CHURCH</b> State Hwy 161 in the Hamlet of Glen 4 miles South of Fultonville glenreformed@nycap.rr.com Sunday Worship at 9. Sunday School immediately following Children's Message</p> <p><b>HERKIMER</b> <b>SS PETER and PAUL ORTHODOX CHURCH</b> Fr Vasil Dubee &amp; Fr Dn Demetrius Richards 305 Main Rd., Herkimer Phone (315) 866-3272 Saturday Vespers - 5 PM (spring/summer months) 4 PM (fall/winter months) Sunday Divine Liturgy 9:30 AM Sundays</p> <p><b>TEMPLE BETH JOSEPH</b> 327 N. Prospect St. Phone 866-4270 Friday 7 PM</p> <p><b>ST. FRANCIS de SALES CHURCH</b> Rev. Mark Cunningham, Pastor 219 N. Bellinger St. Phone 866-4282 Saturday Vigil Mass 4 PM Sunday Mass 8 AM</p> <p><b>CHURCH OF SAINTS ANTHONY and JOSEPH</b> 229 S. Main St. Phone 866-6373 Sunday Mass 10 AM No Saturday Vigil</p> <p><b>REDEEMER CHURCH</b> Pastor Michael Servello 931 Herkimer Rd., Utica, NY 13503 Phone 792-4748 Saturday 6 PM • Sunday 9 &amp; 11 AM</p> <p><b>OAK RIDGE FREE METHODIST CHURCH</b> Pastor Chris Schumske 838 W. German St. Worship Service for adults &amp; children 8:30 AM &amp; 10:30 AM with Ridgekids for the children (0-5th grade) Phone 866-0575</p> <p><b>UKRAINIAN ORTHODOX CHURCH OF ST. MARY'S PROTECTRESS</b> 326 Moore Ave. Sunday Divine Liturgy 10 AM Holy Day Liturgy 9 AM Phone 866-1336</p> <p><b>NEW LIFE CHURCH</b> Pastor David Hayner 337 Protection Ave. Phone 866-1164 • www.nlc-mc.org Worship 10 AM Wednesday Worship 6:30 PM</p> <p><b>THE SALVATION ARMY</b> 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><b>FIRST UNITED METHODIST CHURCH OF HERKIMER AND LITTLE FALLS</b> Pastor Joelle Faulks Prospect St &amp; Park Ave. Sunday Worship and Sunday School 9 AM</p>	<p><b>HERKIMER REFORMED CHURCH</b> 102 Church St. Phone 866-1523 Worship 9:30 AM Shepherd's Table: Tuesday 11:30-12 PM</p> <p><b>TRINITY EVANGELICAL LUTHERAN CHURCH</b> Corner of West German &amp; Henry Streets Phone (315) 866-6474 Sunday Worship Services 10 AM in person and virtually on Zoom, YouTube &amp; Facebook Bible Studies Thursday mornings 10 AM on Facebook</p> <p><b>THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS</b> 317 Gros Blvd., East Herkimer (315) 866-8095 Sunday Sacrament Meeting 10 AM Sunday School/Primary 11 AM - Visitors welcome - Family History Center, open by appointment</p> <p><b>ILION</b> <b>ILION COMMUNITY CHURCH</b> Pastor Dean Mabry 44 Central Plaza Sunday Worship 10 AM Child Care/Kids Church Available ilionchurch.com</p> <p><b>SAINT AUGUSTINE'S EPISCOPAL CHURCH</b> 78 2nd Street Phone: (315) 894-3775 Sunday Services at 10 AM</p> <p><b>FIRST PRESBYTERIAN CHURCH</b> 90 Morgan St., Ilion, NY, 13357 Reverend Richard Riggles Bible Study 9:30 AM Church Service 10:30 AM 315-894-2070</p> <p><b>FIRST BAPTIST CHURCH</b> 8 Second Street Reverend John Partise Wednesday Mid Week Service 7 PM Sunday Morning 11 AM</p> <p><b>JESUS NEVER FAILS COMMUNITY CHURCH</b> Reverend Hans Drews 1161 Elizabethtown Rd., Ilion, NY 13357 518-568-7983 hansandrosaline@yahoo.com Sunday Service 11 AM</p> <p><b>MORNING STAR UNITED METHODIST CHURCH</b> 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><b>ANNUNCIATION CHURCH</b> 109 West Street, Ilion, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 4 PM; Sunday 11 AM; Monday &amp; Wednesday 9 AM</p>
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# CHURCH SERVICE DIRECTORY

<p><b>JOHNSTOWN</b> <b>CHURCH OF THE NAZARENE</b> 3316 St. Rt. 29 W, Johnstown, NY 12095 Offices: 518-762-2982 Cell: 857-523-8417 Pastor, Rev. Mark Fowler Sunday Morning Service 11 AM Sunday School for All Ages 10 AM</p> <p><b>LASSELLSVILLE</b> <b>LASSELLSVILLE</b> <b>UNITED METHODIST CHURCH</b> State Hwy. 29 Pastor Robert A. Lindsay Worship: Sunday 9:30 AM Sunday School to start soon</p> <p><b>LITTLE FALLS</b> <b>FIRST BAPTIST CHURCH</b> 555 Albany St. 315-823-3392 Morning Worship 9:45 AM Rev. Chris J. Wintermute, Lead Pastor Rev. William Whalen, Associate Pastor Nursery (infants through age 4) Meet and Greet Sunday at 8:00 AM Sunday School Classes 8:30 AM (nursery through adult) **Our Service is aired on 100.3 FM, 91.1 FM &amp; 88.7 FM on Sundays from 11-12 with a 1 week delay. **LIVE on Facebook: "gingerleecase" account- 9:45 am on Sundays</p> <p><b>ST. PAUL'S UNITARIAN</b> <b>UNIVERSALIST CHURCH</b> Minister Jeffrey J. Frank Mark Bunce, Organist 565 Albany St., Little Falls, NY Phone 315-823-2284 Sunday Service &amp; Religious Education 10 AM</p> <p><b>FIRST ASSEMBLY OF GOD</b> Senior Pastor Timothy Parisi 559 E. Jefferson St. Phone 823-4043 • firstaglf@gmail.com Sunday Morning All Worship 10 AM Thursday Bible Study 6:30 PM</p> <p><b>HOLY FAMILY PARISH OF THE</b> <b>ROMAN CATHOLIC COMMUNITY OF</b> <b>LITTLE FALLS</b> Father Brian Slezak 763 E. Main St., Little Falls, NY Phone 315-823-3410 Saturday Vigil Mass 4 PM Sunday Mass 10:30 AM</p> <p><b>HOLY TRINITY LUTHERAN CHURCH</b> 512 E. Gansevoort St. Sunday School 9:15 AM Sunday Worship 9:30 AM Wednesday Worship 11 AM &amp; 6 PM</p> <p><b>EMMANUEL EPISCOPAL CHURCH</b> 588-594 Albany St. Sunday Schedule: High Mass, Rite II 10 AM Nursery &amp; Sunday School 9:45 AM (Sept.-May) Fellowship Coffee Hour 11:15 AM Choir Rehearsal 11:30 AM Holy Day Masses as announced Confessions by appointment</p>	<p><b>FIRST PRESBYTERIAN CHURCH</b> Pastor Tamara Razzano 16 Jackson St. Phone: 315-823-3004 Email lffirstpres@gmail.com www.presbylif.org Sunday Worship 10 AM Sunday School 10 AM</p> <p><b>INGHAMS MILLS BAPTIST CHURCH</b> Rev. Gary L. Busch, Pastor Sunday Worship Service 10 AM 443 Inghams Mills Rd. Little Falls, NY 13365 Pastor's Phone (315) 717-9936</p> <p><b>THE HOLY SPIRIT POLISH</b> <b>NATIONAL CATHOLIC CHURCH</b> 618 E. Gansvoort St., Little Falls, NY 315-823-0793 Father Rafal Dadello Mass at 11 AM on Sunday www.holyspiritpncc.org</p> <p><b>MARSHVILLE</b> <b>MARSHVILLE EVANGELICAL CHURCH</b> Route 10 South Pastor Mark Fowler Worship Sunday 9 AM</p> <p><b>MIDDLEVILLE</b> <b>MIDDLEVILLE UNITED</b> <b>METHODIST CHURCH</b> 24 Fairfield St. Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 8:30 AM Thursday Bible Study 2 PM</p> <p><b>MOHAWK</b> <b>DENNISON CORNERS</b> <b>COMMUNITY CHURCH</b> Pastor Donald King 219 Robinson Rd. • Phone 866-5215 Sunday: Sunday School 9:45 AM Morning Worship 11 AM Evening Worship 6 PM Wednesday Prayer 7 PM</p> <p><b>MOHAWK REFORMED CHURCH</b> Rev. Brian Engel, Pastor 20 S. Otsego St. Phone 866-4292 Email mohawkpastor@verizon.net Follow us on Facebook Morning Worship: 10:30 AM Sept. - June • 9:30 AM July-Aug. Youth Sunday School (Pre-K - Sr. High) 9 AM Adult Sunday School (Men, Women &amp; Couples) 9:30 AM September - June</p> <p><b>EMMANUEL BIBLE CHURCH</b> Pastor Gary Wilcox 54 W. Main St. • Phone 717-3011 Worship and Word: Sunday 10:30 AM Fellowship Lunch: 12:30 PM Discipleship Hour: Sunday 1:30 PM Bible Study &amp; Prayer: Wednesday 6 PM</p> <p><b>CHURCH OF THE BLESSED</b> <b>SACRAMENT</b> Sr. Mary Jo Tallman, CSJ, Parish Life Director Rev. Leo Potvin, Sacramental Minister 71 E. Main St. Phone 866-1752 Sunday Mass 9:30 AM</p>	<p><b>CHRISTIAN BIBLE CHURCH</b> H. Ed Reed, Pastor/Teacher 167 Ward Rd. • Phone 858-1282 www.christianbiblechurch.us Sunday School 9 AM Sunday Worship 10 AM Wednesday Bible Study &amp; Prayer Meeting 7 PM</p> <p><b>THE WORD CHRISTIAN CENTER</b> Pastor Dan Annutto 27 E. Main St. • Phone (315) 985-3596 Sunday Services at 10 AM Intercession - Tuesdays at 6 PM</p> <p><b>NELLISTON</b> <b>VALLEY ALLIANCE CHURCH</b> 85 E. Main St., Nelliston 518-993-3458 Pastor Ken Gies Sunday School (all ages) 9:15 AM, Sunday Worship 10:30 AM, Wed. Praise &amp; Prayer 7 PM, Fri. Youth Group 7 PM (7-12th grade)</p> <p><b>NEWPORT</b> <b>FIRST BAPTIST CHURCH</b> <b>OF NEWPORT</b> 7497 Main Street Pastor's Phone 315-790-1877 Sunday Worship at 9:45 AM</p> <p><b>UNITED METHODIST</b> Pastor Robbin Harris • Phone 845-8730 Morning Service 11:15 AM</p> <p><b>KUYAHOORA COMMUNITY CHURCH</b> Pastor Dwayne Durand West Canada Valley High School Auditorium 5447 St. Rt. 28 Mailing Address PO Box 50 Middleville, NY 13406 Phone 315-292-1303 www.kuyahorracc.org Weekly Service Sunday 10:08 AM</p> <p><b>ST. JOHN THE BAPTIST</b> <b>CATHOLIC CHURCH</b> St. John the Baptist Parish 7516 N. Main St. • Phone 845-8017 Saturday Vigil 4 PM Sunday Mass 8:30 AM</p> <p><b>OPPENHEIM</b> <b>OPPENHEIM</b> <b>UNITED METHODIST CHURCH</b> Route 29 Rev. Jack Ford 315-429-7381 Worship 9:30 Sundays, Totally Awesome God-TAG time 6:30 PM Wednesdays beginning in Oct., Sunday School 9 AM beginning September 18th</p> <p><b>PAINES HOLLOW</b> <b>PAINES HOLLOW</b> <b>UNITED METHODIST</b> Lay Servant Gregg Sponburgh Rtes. 167 &amp; 168 • 315-866-1128 Worship 9-10AM</p>	<p><b>PALATINE BRIDGE</b> <b>TRINITY EVANGELICAL LUTHERAN</b> <b>CHURCH OF STONE ARABIA</b> 5430 St. Hwy. 10, Palatine Bridge, NY Pastor A. Elisabeth Aurand Sunday In Person Worship 9 AM; email for link office@stjm-canajoharie.org 518-673-2224</p> <p><b>THE HOUSE OF ZION, INC.</b> 580 Dillenbeck Rd., Palatine Bridge 518-577-3069 Pastors Richard &amp; Denise Allen Saturday Morning Worship Service 11:30 AM Listen to UMT on live radio 97.5FM the 1st Sunday of every month 3-4 PM</p> <p><b>RANDALL</b> <b>RANDALL CHRISTIAN</b> <b>COMMUNITY CHURCH</b> NY Rte. 5S Sunday Service 10:30 AM Worship Leader Darlene Spaulding</p> <p><b>RICHFIELD SPRINGS</b> <b>CHURCH OF CHRISIT UNITING</b> 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><b>RICHFIELD SPRINGS BIBLE CHURCH</b> 19 Church St., Richfield Springs, NY 13439 Rev. David Tosi • 315-858-0564 Sunday School (all ages) 10 AM Wor- ship Service 11 AM &amp; 7 PM Wednesday - Prayer &amp; Praise Call for info on various Youth Ministries www.richfieldspringsbiblechurch.org</p> <p><b>SALISBURY CENTER</b> <b>FULL GOSPEL ASSEMBLY OF GOD</b> Pastor Robert Brent 106 Plant Road Sunday Worship 11 AM with Children's Church offered during the service</p> <p><b>SALISBURY CENTER</b> <b>UNITED METHODIST CHURCH</b> 2545 State Route 29 Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 10 AM Thursday Bible Study 6 PM</p> <p><b>SLOANSVILLE</b> <b>SCHOHARIE VALLEY</b> <b>GOSPEL CHURCH</b> Pastor Pat Andreoli 133 Sprakers Rd., Sloansville, NY 518-864-5397 svgchurch@gmail.com Wednesday Prayer 6 PM; Sunday Morning Bible Study 9:45 AM; Worship Service Sunday Morning 10:30 AM</p>	<p><b>SPRAKERS</b> <b>CHRISTIAN CHURCH OF</b> <b>CHARLESTON FOUR CORNERS</b> 1380 E. Lykers Rd., Sprakers 518-922-9088 Paster Brett Popp Sunday School (ages 3-adult) 9:45 AM Worship 11 AM Sunday Prayer Meeting 5:30 PM Thu. Evening of Encouragement &amp; Community Kid's Bible Club 6:30 PM</p> <p><b>THE CHRISTIAN CHURCH</b> <b>OF RURAL GROVE</b> 170 Rural Grove Rd., Sprakers, NY 12166 518-922-7831 Pastor Joshua Fetterhoff pastorjosh@ruralgrovechurch.org Sunday School (all ages) 9:45 AM, Morning Service 11 AM, Eve. Service 6 PM, Wed.-Family Night 7 PM, "Where Bible Teaching is Fundamental"</p> <p><b>REFORMED CHURCH OF SPRAKERS</b> 112 Sprakers Hill Rd. Rev. Nancy Ryan Worship ~ 9 AM All Welcome!!!</p> <p><b>CURRYTOWN REFORMED CHURCH</b> 829 St. Hwy. 162, Sprakers 518-922-8422 Rev. Donald Hoaglander Visiting Pastor Jane Hubschmitt 518-705-2201 Sunday School 9:15 AM Worship Service 10 AM</p> <p><b>RIVER OF JUBILEE CHURCH</b> 5057 St. Hwy. 5 S, Sprakers, NY 12166 Pastor: Gail Adamoschek Pastor: Steve Adamoschek 518-322-1427 / 518-224-4455 Sunday Service 10 AM Children's Church Available Other Learning Opportunities Available Visit us on Facebook</p> <p><b>SPRINGFIELD CENTER</b> <b>ST. MARY'S EPISCOPAL CHURCH</b> 7690 Rt. 80, Springfield Center 315-858-4016 Fr. Kyle Grennen, Priest-in-Charge Sunday Eucharist, 9:30 AM Coffee - Fellowship follows service Holy Days - as announced</p> <p><b>FIRST BAPTIST CHURCH</b> Springfield Center, NY Rev. Terence Brant 607-264-3035 Sunday School 10 AM Morning Worship 11 AM Wed. night Bible Study 7 PM</p> <p><b>ST. JOHNSVILLE</b> <b>BETHESDA FELLOWSHIP</b> 34 S. Division St., St. Johnsville, NY 13452 518-568-2678 Summer Schedule Sunday Worship 10 AM Wed. Worship and Prayer 6 PM</p>	<p><b>ST. PAUL'S LUTHERAN CHURCH</b> 32 W. Main St., St. Johnsville, NY (next to NBT Bank) 518-568-3007 Church 518-568-2405 Parsonage Rev. David Johnson Sunday Worship 10:30 AM, Tues. Bible Bungee-Jumping 7 PM, "Bible Study" that actually makes sense! A Vibrant, Welcoming Community of Faith &amp; Vision</p> <p><b>SEEKER'S FELLOWSHIP</b> 14 Park Place, St. Johnsville, NY 13452 518-568-7700 • Pastor Mike Yeziarski Sunday Worship 6 PM, Tues. Prayer 7 PM, Bible Study 7 PM (Wed., Thurs. &amp; Fri.) We teach the fullness of God's Word, a life of holiness for the believer, and salvation for all who trust in Christ's sacrifice.</p> <p><b>JOY FELLOWSHIP</b> 296 Co. Hwy. 119, St. Johnsville, NY 13452 518-568-3217 • William Hayes, Pastor Joyce Loughran, Assistant Pastor Sunday School 9 AM, Morning Worship 9:30 AM Wednesday Evening Worship 6:30 PM</p> <p><b>ST. JOHN'SVILLE METHODIST CHURCH</b> 7 East Main St., St. Johnsville, NY 13452 Pastor Corey Jones 518-568-7983 • 315-866-8626 Worship Sunday 3 PM</p> <p><b>EVERLASTING JOY</b> <b>BELIEVERS FELLOWSHIP</b> 14 Park Place (in with Seekers Fellowship) St. Johnsville, NY 13452 315-858-2112 • Pastor Carolee Coye Sunday Service 10 AM</p> <p><b>ST. JOHN'S REFORMED CHURCH</b> 68 W. Main St., St. Johnsville 518-568-7396 Faithfully Following Jesus Christ Sunday Worship 10:30 AM</p> <p><b>GRACE CHRISTIAN CHURCH</b> Pastor Michael Torres 20 Center St., St. Johnsville, NY 13452 518-775-0366 Email gccpcastor2021@gmail.com</p> <p><b>STRATFORD</b> <b>STRATFORD UNITED</b> <b>METHODIST CHURCH</b> 1511 State Route 29A Sunday Worship 9:30 AM Broadcast on 95.9 FM within 2 miles of church</p> <p><b>LIGHTHOUSE BAPTIST CHURCH</b> 1524 St. Rt. 29A, PO Box 114 Stratford, NY 13470-0114 315-429-8854 • Pastor Martin Smith Sunday Morning Worship 10:30 AM; Wed. Eve. Prayer Meeting 6 PM; 2nd &amp; 4th Sunday Dinner following Morning Service with Afternoon Service following dinner "Old-Fashioned Bible Preaching"</p> <p><b>TRIBES HILL</b> <b>SACRED HEART CATHOLIC CHURCH</b> 111 3rd Ave., Tribes Hill 518-829-7301 Mass Saturday 4 PM</p>
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# Community Calendar

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						

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

**MAY 12, 13 & 14**  
**Rummage Sale** Thursday, May 12 and Friday, May 13 from 10 a.m. to 5 p.m. and Saturday, May 14 from 9 a.m. to noon at the Salisbury Town Hall, Rt. 29A, Salisbury Center. Shoppers are requested to bring their own bag to pack purchase. Set up will be Tuesday, May 10 and Wednesday, May 11 from 9 a.m. to noon. Sponsored by the Salisbury Historical Society.

**MAY 13**  
**Utica and Mohawk Valley Chapter of the National Railway Historical Society meeting** 7 p.m. at Zion Lutheran Church in the Town of New Hartford. For more information, contact Bradford Paulson at 315.853.5400 or 315.275.1223 or [Bpaulson909@msn.com](mailto:Bpaulson909@msn.com)

**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.

**Spring Rummage Sale.** Friday 9 a.m.-4 p.m. Saturday 9 a.m.-noon at the Dolgeville United Methodist Church. For more information, call 315.429.3786.

**MAY 14**  
**Women In War Symposium** 9 a.m. - 4 p.m. at Saratoga Town Hall, 12 Spring Street, Schuylerville. Reservations will be taken in advance only at [tinyurl.com/3bsxzja9](https://tinyurl.com/3bsxzja9). Visit [tinyurl.com/u9xvm4mn](https://tinyurl.com/u9xvm4mn) for complete registration and event details.

**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](https://mvchoral.org).

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

**MAY 18**  
**Fort Plain Free Library's first-ever Local History Trivia Night** 6:30 p.m. at 19 Willett Street. Call 518.993.4646 for information.

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						

**Senior Citizens Pinochle Card Party** 12:30 – 4 p.m. Donation \$2. Prizes and refreshments. Looking to sub, call Terry 518.673.5635.

**Third Wednesday Night Dinners** 4 - 6 p.m. or sold out at Ilion First Baptist Church, 8 Second Street, Ilion. Delivery or take-outs only. Take-orders may be ordered ahead by calling 315.894.9041. \$12 per dinner. For more information, contact the church office at 315.894.9041.

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

**Immunization Clinic** 5:30-7 p.m. at the Old Forge Fire Department. Bring all insurance cards. Children under the age of 18 must be accompanied by parent/legal guardian. For more information call 315.867.1176. Children's Vaccines: All Pre-K and school required vaccines. Adult Vaccines: call 315.867.1176 for availability.

**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](mailto:egavin@mvls.info) or 518.762.8317.

**MAY 19, 20 & 21**  
**Rummage Sale, Plant and Bake Sale.** Thursday and Friday 9 a.m. - 5 p.m. Saturday 9 a.m.-3 p.m. Cold Brook United Methodist Church, 467 Main St., Cold Brook. Questions, call 315.794.1877.

**Lasagna Dinner** 4-7 p.m. or sold out at Emmanuel Episcopal Church, The Parish Hall, 594 Albany St., Little Falls. \$12. Eat in, take out, walk ins. Free delivery to Herkimer and Little Falls. Call 315.741.4672 to reserve your dinner.

**MAY 20**  
**Canajoharie Senior Citizens Club meeting** 1 p.m. at Arkell Hall, Canajoharie. 55+ are welcome. Sign up by calling 518.673.4408.

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

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						

**Electric Vehicle Car Show** 11 a.m. -3 p.m. at Husky Park in Hartwick, NY. Questions, email Martha Clarvoe at [martha.clarvoe@gmail.com](mailto:martha.clarvoe@gmail.com) with the subject line, "EV Car Show". The registration site for your EV vehicle is at [doas.us/hartwick-ev-car-show](https://doas.us/hartwick-ev-car-show).

**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 [CCE-schoharie-otsego.org/OMG-Plant-Sale](https://CCE-schoharie-otsego.org/OMG-Plant-Sale). Gardeners may also leave a voicemail message at 607.547.2536 ext. 228.

**HALOs Annual Flea Market** 10 a.m. - 4 p.m. at Ilion/Frankfort VFW. Food, raffles and more. All proceeds support HALO. Contact Natalie Massita at 315.520.3112 or [nmsmokeyjoe@aol.com](mailto:nmsmokeyjoe@aol.com).

**Upper Unadilla Valley Association's (UUVA) Plant and Garden Fair** 10 a.m. - 12:30 p.m. at the Town of Winfield Park in the village. Bridge construction will close the park's entry. Follow detour routes into the park. Duck Derby tickets available for \$3 per duck or two ducks for \$5. Call 315.855.4368 for more information.

**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](https://tlcfirearmstraining.com)) and click on Pistol Basics & Shooting Courses. Scroll down to BP 1 – Basic Pistol.

**MAY 25**  
**Senior Citizens Pinochle Card Party** 12:30 – 4 p.m. Donation \$2. Prizes and refreshments. Looking to sub, call Terry 518.673.5635.

**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

**Crum Creek Church Open House,** 10:00-3:00. Church and local history books and scrapbooks, plus the Signature Quilt from 1914, will be on display. 110 County Highway 108, St. Johnsville, Ny. Sponsored by the Crum Creek Church Preservation Society, Inc.

**JUNE 5**  
**24th Annual Rhubarb Festival** 11 a.m. - 4 p.m. at 1747 Nellis Tavern historic site, 7355 NYS Route 5, St. Johnsville. Fundraiser by Palatine Settlement Society. Pie baking contest at noon with guest judges; lunch and rhubarb goodies available; raffle; free tours. Free concert for all ages by Liaisons Plaisantes: 1-3 p.m. More info: Contact Mary at 315.866.2619.

**Crum Creek Church 13th Annual Reunion Service and CCCPS Annual Meeting,** 1:00 pm. 110 County Highway 108, St. Johnsville, NY. Sponsored by the Crum Creek Church Preservation Society, Inc.

**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.

**"Container Gardens: Grow your own Herbs!"** 1:15 p.m. at Arkell Hall, Canajoharie. Sponsored by SNAP-ed NY. Call 518.673.4408 for reservations.

**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](mailto: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](https://www.rschurchofchristuniting.com) and click on the "Women's Guild" tab, e-mail [friendshipcraftfestival@yahoo.com](mailto: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.

**JUNE 23**  
**Gavins Irish Country** - lunch and a show at Arkell Hall, Canajoharie. Members \$50. Non-member \$55. Call 518.673.5588 for details.

**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.

**AUGUST 26**  
**Herkimer County Chamber of Commerce Chamber Golf Tournament.** Registration 8: 30 a.m. Tee off 10 a.m. Visit [herkimercountychamber.com/golf-tournament](https://herkimercountychamber.com/golf-tournament) call 315.866.7820 or email [info@herkimercountychamber.com](mailto:info@herkimercountychamber.com) for more information.

**SEPTEMBER 9 & 10**  
**2022 Central New York Farm Progress Show** 9 a.m. - 4 p.m. at Len-Lo Farm, Robinson Road, Mohawk. Visit [cnyfarmprogressshow.net](https://cnyfarmprogressshow.net). For more information, contact [grace@preskyins.com](mailto:grace@preskyins.com) or call 315.336.0375.

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

To promote your event, please contact us at [cfeditor@leepub.com](mailto:cfeditor@leepub.com) or 518.673.0143.





If you have information about this possible stolen dog, contact the owner at 607.258.4112. The family is very upset and worried.

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Suspected stolen dog

A black and white Frenchie named Luna is suspected of being stolen from her own yard on the corner of 51 and 23 in Morris on May 1. She is a registered service dog for a disabled man. She was in the family yard with the man she provides service to when she disappeared. She is believed to have been stolen because she is a trained dog who has never left her yard before. Additionally, when she disappeared, her family, neighbors and the dog control office did a 10-mile radius search for her.

If anyone has information, contact the owner at 607.258.4112. The family is very upset and worried.



A black and white Frenchie named Luna is suspected of being stolen from her own yard on the corner of 51 and 23 in Morris on May 1.

Acclaimed author honors student's writing with an autographed book

In Fort Plain, a Harry Hoag Elementary School student's own writing has been recognized by the author of a nationally acclaimed book about 9/11.

"Our fifth grade Guided Reading class read the book 'Ground Zero' by Alan Gratz," said Paula Colvin. "The students learned a lot about 9/11. Kinley Trumbull then wrote her own story about 9/11. When she gave me her story to read, I was so impressed with what she had written, that I wrote to Alan Gratz and asked if I could send it to him.



Kinley Trumbull with the autographed copy of "Ground Zero" from author Alan Gratz. Photo courtesy of fortplain.org

"In return, Alan Gratz wrote back to Kinley and sent her an autographed copy of 'Ground Zero' and some autographed bookmarks. She was so excited when I presented her with the package from him," Colvin said. "I am very proud of Kinley!"

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	All Meals Served with Milk and Bread Daily.  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.		



# Assemblyman Tague announces bill to bring whole milk back to schools

by Michael Wren

SHARON SPRINGS, NY – For over a decade, schools across the nation have not been able to serve 2% and whole milk in their cafeterias due to a federal mandate. This law was imposed due to the belief that less fat in milk would help to curb childhood obesity; however, new studies suggest the opposite. A 2017 study on full fat milk consumption showed that those who drank whole milk were less likely to be obese. This study pointed to the same findings as a 2013 study of almost 2,000 Swedish men that showed a low consumption of dairy fat was associated with a higher risk of obesity while a high consumption of milk fat was associated with lower rates of obesity.

Since the implementation of the federal law banning 2% and whole milk in public schools, milk consumption has decreased and milk waste has increased.

On May 2 at Ridgedale Farms, New York Assemblyman Chris Tague announced a bill to bring 2% and whole milk produced in New York State back into schools. This announcement was met with enthusiasm from farmers and educators alike. Speakers in support of the bill included NYS Senator George Borrello, Anita Murphy (Capital Region

BOCES district superintendent), Ray Dykeman (Dykeman and Sons Farm), Todd Heyn (manager and training specialist at the County Farm Bureau) and Tonya Van Slyke (Northeast Dairy Producers Association executive director). Also in support of the bill is 97milk.com, founded in 2019, which aims to educate consumers on the true facts of milk by community involvement. Nelson

Troutman, a dairy farmer from Lebanon County, came up with the idea to paint promotional messages about milk on bale boards in his fields. Follow this, a grassroots community made up of 25 dairy farmers and agribusiness professionals came together to create 97milk.com to share real milk facts.

"We should give children the choice," said Borrello about what milk is offered

in schools. He also spoke of the importance of whole milk for both the school-children getting proper nutrition and for the farmers across the Empire State having a stable outlet for their products. "We want to support farmers because they feed us," stated Borrello.

Nutritionist Toni Amadore pointed out that whole milk contains nutrients vital for children to grow and thrive, noting, "Three of the most under-consumed nutrients are found in whole milk" (those being calcium, vitamin D and potassium). Amadore also pointed out that the fat in milk is good and part of an overall healthy diet.

Ray Dykeman of Dykeman and Sons Farm said, "Milk is nature's perfect beverage." He noted that vitamins and nutrients found naturally in milk are beyond compare to many other drinks offered in schools. Dykeman also brought to light the importance of agriculture and especially milk production in New York.

Pennsylvania has just passed similar legislation that will bring whole and 2% milk back into the public education system. Tague ended the conference urging people to contact their local representative in support of this bill and to "put whole milk back in our schools."



On May 2 at Ridgedale Farms, New York Assemblyman Chris Tague announced a bill to bring 2% and whole milk produced in New York State back into schools. This announcement was met with enthusiasm from farmers and educators alike. Photo by Michael Wren

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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

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

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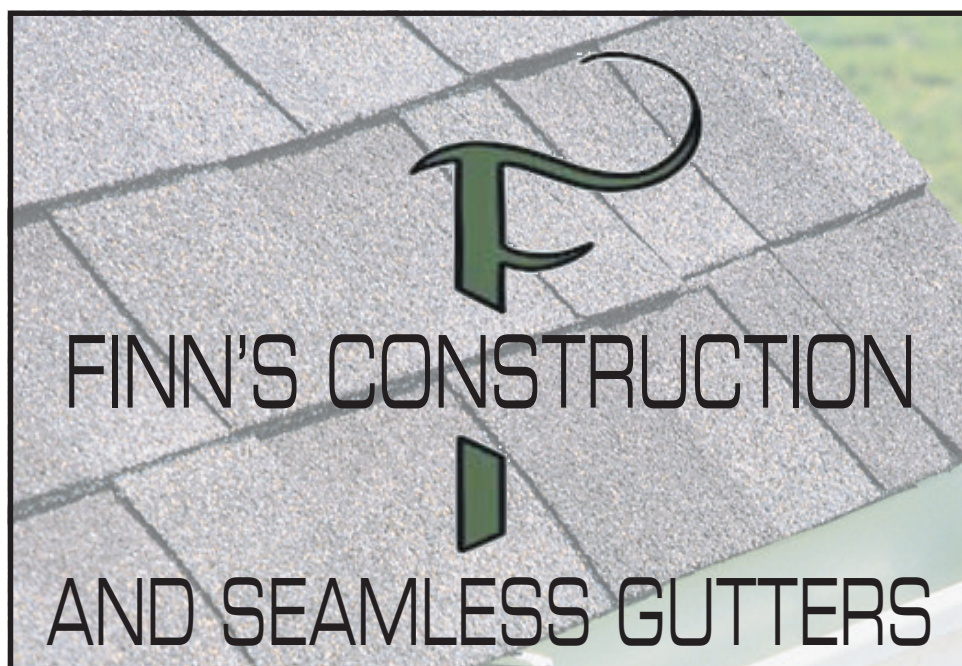
## Yummertime

**Methodist Church serves lunch  
at Mohawk Homestead**



*Ladies from the Morning Star United Methodist Church served scalloped potatoes and salad lunch to the staff at The Mohawk Homestead to say thank you for the care they give to their residents, going above and beyond the job to ensure the well being of each one.*

*Photo courtesy of The Mohawk Homestead*



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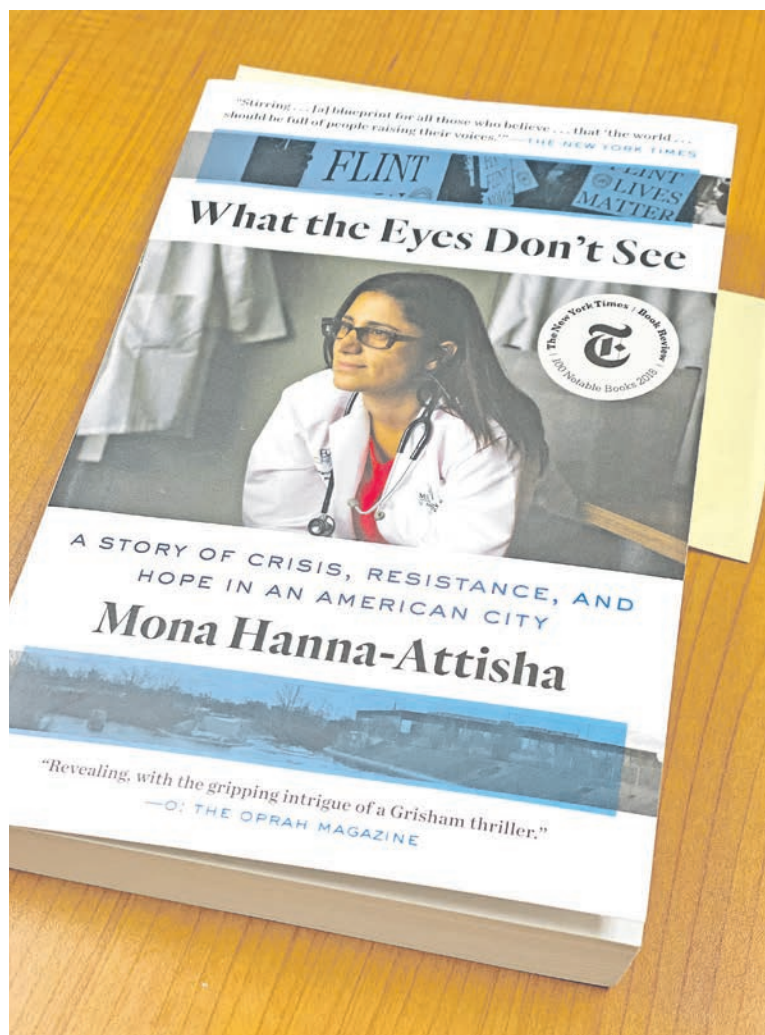
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## Herkimer College hosts book discussion about 'What the Eyes Don't See'



The April book club event was a roundtable discussion on the book "What the Eyes Don't See" by Mona Hanna-Attisha. Photo courtesy of Herkimer College

Health equity in marginalized communities was the focus of a special book club event on April 25 at Herkimer College. Students, faculty and staff participated in a round-table discussion on the book "What the Eyes Don't See – A Story of Crisis, Resistance and Hope in an American City" by Mona Hanna-Attisha. The event, held in person and available virtually, was a celebration of National Library Week, observed April 3 - 9, and School Library Month.

Hanna-Attisha is a pediatrician, professor and public health advocate whose research exposed the Flint, MI, water crisis. Her book is a chronicle of the crisis, which began unfolding in the socio-economically challenged city in 2014.

"This was an event that brought together staff, students and faculty for an informal, educational and inspirational talk on health equity," Herkimer College's Associate Professor of Biology Jennifer Herzog explained. "Thanks to the support of the HCC Foundation, the Herkimer College Library and the Herkimer College DEI committee, we hope to organize future events to engage our entire campus community in dialogue."

The discussion delved into real-life experiences and observations of inequities found in minority communities, such as food deserts, lack of access to healthcare as well as the lack of minority representation in the healthcare system and historical mistrust of systems – referencing the Tuskegee Experiment – as well as access to clean water and other barriers to physical health.

A Conversation on Health Equity was

sponsored by the Herkimer County College Foundation, the Herkimer College Library and the Herkimer College Diversity, Equity and Inclusion Committee.

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## Herkimer College appoints Kershaw as technology support technician

Herkimer County Community College has appointed Jarod P. Kershaw of Salisbury Center as a technology support technician. In this position, Kershaw will be responsible for computer setup and configuration, audio/video equipment setup and configuration, hardware and software troubleshooting, user training, product research and vendor support.

Kershaw was most recently employed at Salem County

Vocational Technical School in Woodstown, NJ, as an educational support specialist. Kershaw has over six years of experience as a technician managing and processing end user support requests and maintaining equipment, workstations and management of network user accounts. He holds an associate degree in accounting from Salem Community College as well as a certificate in CompTIA Network Training.



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## Sight and Sound Theatre production of 'David' announced

A two-day bus trip to see the production of "David" at the Sight and Sound Theatre in Lancaster, PA, will take place July 15 and 16, departing from Clinton and Dolgeville. David is a legendary figure in the Old Testament of the Bible who rises from shepherd to king after slaying the giant Goliath.

The trip includes dinner at Hershey Farm Restaurant and a Friday evening show of "David," overnight accommodations at the Hampton Inn and a stop at Kitchen Kettle Village, featuring over 40 local shops, on Saturday.

The trip is being sponsored by the Dolgeville United Methodist Church and is open to the public. For more information, call Chris Casler at 315.823.0632.

## Paw's Corner

by Sam Mazzotta

**Are Irresponsible Owners the  
Bane of Dog Parks?**

**Dear Paw's Corner:** When I first adopted my Collie mix "Sara," I went to the dog park near my apartment every morning. I thought it would be a great place for a year-old puppy to socialize with other dogs and humans. A year later, I no longer take her to the dog park if there are any other dogs there - which means taking pre-dawn walks or bypassing the park entirely.

I quickly learned that while many dog owners are responsible people who train and socialize their dogs, others don't train them at all, or train them inadequately. On Sara's first day, a huge dog ran up, snarling and barking at both of us. The dog's owner just sat on a bench, waving and yelling, "He's friendly," while Sara cowered behind my legs. A few days later, that same dog got in a vicious fight with two other dogs.

Because we continued to have nega-

tive experiences with other dogs - and their owners, making it impossible to train and socialize Sara, I've stopped going there. I don't think dog parks are a great idea anymore, even though I live in an urban area and green spaces are important for dogs. What's your take? - Hannah J. in Boston

**Dear Hannah:** I'm really sorry that happened to Sara and you, and you're doing the right thing by taking her at uncrowded times. Overcrowded parks, resource-guarding and aggressively playful dogs can make it a negative experience.

Dog parks are a community resource, and it's important for dog owners to work together to make the park work. Find out if there's a volunteer committee for your particular park. If not, and you want to keep using the dog park, consider forming a group to address behavior and other issues.

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

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## Celebrating Memorial Day and Our Military

Join us in remembering our fallen and saluting our military this May with a special section honoring Memorial Day and Military Appreciation Month. It's your guide to Memorial Day ceremonies and remembrances, local military discounts, flag etiquette and more ways to show patriotic pride and appreciation for those who protect and serve our nation.

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Pub Date: Week of May 23rd  
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## Fort Plain Free Library to host Spring Book and Plant Sale May 20 & 21

Save the date for the Fort Plain Free Library's Spring Book and Plant Sale, May 20 from 10 a.m. - 5 p.m. and May 21 from 9 a.m. - noon. The sale of books, magazines, DVDs, VHS tapes and more will take place on the grounds of the library, located at the corner of River and Willett streets.

Plants of all kinds are gladly accepted,

with drop-offs starting May 17. Donations of clean, dry and gently used books are gladly accepted through May 18.

Proceeds of the fundraiser go to the library's operating budget and will be used for book purchases, programming and general operations. In conjunction with this fundraiser, the library is still accepting applications for personalized,

engraved paving stones at the new main entrance. Paving stone contributions help pay for improvements to the facility.

To donate books or plants, or for more information about the fundrais-

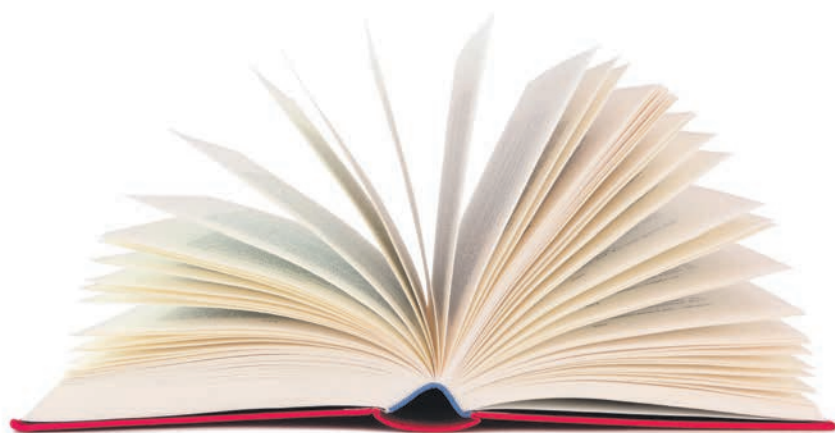
ers, call 518.993.4646, email fortplain-free-library@gmail.com or visit the 19 Willett St. library. Follow the Fort Plain Free Library on Facebook for more news and events.



Shown are some of the many books available for sale during last year's Spring Book and Plant Sale at the Fort Plain Free Library. Photos courtesy of Fort Plain Free Library



Shown are some of the many plants available for sale during last year's Spring Book and Plant Sale at the Fort Plain Free Library.



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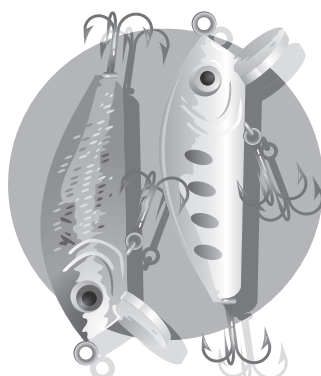


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# Herkimer County Historical Society hosting the Erie Canal Odyssey



A multi-image panel of watercraft using the Erie Canal at Little Falls .  
All photos by Frank Forte

Herkimer County Historical Society announces that they are hosting photographer Frank Forte's "The Erie Canal Odyssey," a pictorial trip along the Erie Canal, for a limited time.

Forte is a well-known commercial photographer based in Utica. His work has been exhibited in Munson-Williams-Proctor Arts Institute Arts Festival, the Edith Barrett Fine Arts Gallery at Utica College, the Gannett Art Gallery at SUNY Polytech

Institute and the Erie Canal Museum in Syracuse. He was also the show photographer for the Syracuse Nationals. His automotive and vehicle photographs have been featured in many nationwide publications.

His beautiful photographs are available for viewing in the Suiter Museum from 10 a.m. - 4 p.m. Monday - Friday and Saturdays by appointment only. For appointments or if you have questions, call 315.866.6413.



An Erie Canal Odyssey - Episode 1 consists of 10 large, multi-image panels that depict communities, structures, boats, people, and activities along a 190 mile stretch of the Champlain, Erie and Cayuga/Seneca canals of New York State Canal System.

## Strange But True

by Lucie Winborne

- "White noise" is named such because, just as the color white is a mixture of many different shades at different ratios, it's a combination of all sound frequencies at once.
- Some of the first soccer balls were made of clothing filled with rubble.
- A young Bangladeshi woman with two uteruses gave birth to twins less than a month after having a son.
- "Jazz on bones" or "Ribs" were bootleg vinyl recordings made from old X-rays with holes burned in the middle from cigarettes, used in the '50s and '60s to smuggle banned music into the Soviet Union.

- A vending machine offering live crabs debuted in 2010 in Nanjing, China, with sales of around 200 per day and a promised refund of three live crabs for any dead one dispensed.
- While enough was known about Halley's Comet in 1910 to predict its arrival, rumors about its dangers were so extensive that some people bought comet umbrellas and anti-comet pills in an attempt to protect themselves from it.
- Between 2006 and 2007, Poland's prime minister and president were identical twin brothers, making them the first siblings in history to hold those titles simultaneously.

- Ever wonder why sneezes frequently occur in threes? The first loosens the irritant. The second propels it to the front of your nose, and the third expels it. Problem solved!
  - Cats, dogs and even insects can all experience insomnia.
  - Stephen King, who has made a career out of scaring his readers, is scared of the number 13: While reading, he won't pause on a page with that number or a page whose number adds up to 13.
- Thought for the Day: "Sometimes the steepest, most challenging and most rewarding paths in life are not meant to be walked, but crawled." -- Toni Sorenson
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## Bible Trivia

by Wilson Casey

1. Is the book of Huldah in the Old or New Testament or neither?
2. After being banished, which king had his hair grow as long as eagles' feathers? Solomon, Herod, Asa, Nebuchadnezzar
3. Along with all in the household, who was spared during the fall of Jericho? Deborah, Miriam, Abigail, Rahab
4. The River Nile was turned to blood on which of the 10 plagues of Egypt? 1st, 2nd, 5th, 10th
5. Who made the

6. From 2 Kings 2:11, what took Elijah into heaven? Arrow, Flood, Whirlwind, Boat
- Answers: 1) Neither; 2) Nebuchadnezzar; 3) Rahab; 4) 1st; 5) Aaron; 6) Whirlwind
- Sharpen your understanding of scripture with Wilson's Casey's book, "Test Your Bible Knowledge," available in bookstores and online.
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**by JoAnn Derson**

- Earth Day got me thinking about how many plastic bottled beverages my family goes through. I have found six glass reusable bottles that can be run through the dishwasher, and I store them in the refrigerator in a cardboard six-pack holder. I still want the convenience of grabbing a bottle of water from the fridge, but I feel better knowing that I'm not contributing to a plastic problem." - JoAnn
- Using ice-cold sour cream instead of ice-cold water in your pie crust recipe will give you a flakier crust.
- "If you love to burn candles as much as I do, consider storing them in the refrigerator for a day or so before burning them. I swear, it makes them burn evenly. Someone told me this once, and I tried it and have been doing it ever since. No more crooked candles." - J.L. in Tennessee
- When traveling for more than a few days, stick your plants into the bathtub with a little bit of water.

## Now Here's A Tip

They'll soak it up, and you won't have to have someone come over and water your plants. This will only work for a week at most, though." - J.M. in Louisiana

- Kitchen remodels can be expensive, but when your kitchen isn't usable, that's even more of an expense. Instead of opting for takeout food, set up an alternate kitchen to save money. A microwave, toaster oven, coffee pot and a small dorm-style fridge can take care of a lot of your needs in the short term.
- Planning on putting in some new plants or sprucing up your garden this spring? Check with your town's yard-waste recycling center about free mulch or compost. Many facilities offer these to their residents.

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.  
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## Canalway Challenge kicks off along New York's canals

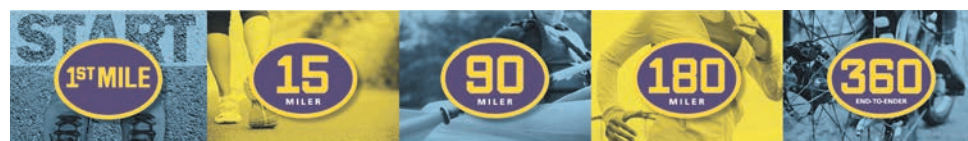
Erie Canalway National Heritage Corridor invites New Yorkers to take part in the Canalway Challenge in 2022 to trace history and track miles on the New York State Canal System and Canalway Trail. The free program invites participants to choose a personal mileage goal and then walk, run, cycle or paddle to achieve it and receive recognition.

formed New York State and the nation. It's also a great way to stay healthy, active and motivated to achieve a fitness goal," said Bob Radliff, executive director of the Erie Canalway National Heritage Corridor.

The Canalway Challenge offers trip planning ideas, event suggestions and information about sites to visit while completing miles. A dedicated

canal and railways while encouraging exploration and recreation, and we look forward to welcoming all New Yorkers, from first-timers to seasoned adventurers, to take part in this year's Canalway Challenge."

Registration is open to individuals and teams. This year's challenge runs through the end of October. Sign up at [canalway-challenge.com](http://canalway-challenge.com).



The Canalway Challenge is on! New Yorkers are invited to sign up, choose a mileage goal and explore the canals that transformed America. Photos courtesy of Erie Canalway National Heritage Corridor



Paddlers on the Erie Canal.

The Canalway Challenge is open to people of all fitness levels and offers a range of mileage options, including one mile for people with mobility challenges, 15 miles, 90 miles, 180 miles and 360 miles. People can complete the challenge in one big trip or many small ones.

"The Canalway Challenge is a fun way for people to enjoy the incredible history and beauty along the waterway that trans-

formed New York State and the nation. It's also a great way to stay healthy, active and motivated to achieve a fitness goal," said Bob Radliff, executive director of the Erie Canalway National Heritage Corridor.

Facebook group provides a forum for participants to share their experiences. Canal Corporation Director Brian U. Stratton said, "We are once again thrilled to support the Canalway Challenge – a fun and unique way for people of all ages and experience levels to explore New York State's canals and adjoining trails. This annual program is an excellent opportunity to showcase the multi-use



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### Green Beans With Mixed Mushrooms

This simple side borrows the casserole's basic flavors, but gives them grabbed-from-the-garden goodness with field-picked beans, thin-sliced onions and earthy criminis and shiitakes.

- 2 tablespoons olive oil
- 4 sprigs fresh thyme
- 2 large (10 to 12 ounces each) onions, thinly sliced
- 1 clove garlic, crushed with press
- 8 ounces cremini mushrooms, thinly sliced
- 4 ounces shiitake mushrooms, stems discarded, thinly sliced
- Salt
- Pepper
- 3 pounds green beans, trimmed
- 1. Heat covered 7- to 8-quart saucepot of water to boiling on high.
- 2. Meanwhile, in 12-inch skillet, heat oil on medium-high. Add thyme and onions; cook 10 to 12 minutes

or until browned and very tender, stirring occasionally. Stir in garlic and cook 1 minute. Add mushrooms and cook 5 minutes or until tender, stirring occasionally. Stir in 1/2 teaspoon salt and 1/2 teaspoon freshly ground black pepper. Remove and discard thyme.

3. Add green beans and 2 teaspoons salt to boiling water. Cook, uncovered, 8 to 9 minutes or until tender, stirring occasionally. Drain and rinse with cold water.

4. When ready to serve, return green beans to saucepot and add mushroom mixture, stirring to combine. Cook on medium until beans are heated through, stirring occasionally. Serves 12.

Tip: If making ahead, transfer mushroom mixture to medium bowl. Cover; refrigerate up to overnight. Transfer beans to resealable plastic bag; refrigerate up to overnight.

\* Each serving: About 455 calories, 11g total fat (3g saturated), 62mg cholesterol, 665mg sodium, 62g carbohydrate, 26g protein.

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## To Your Good Health

by Keith Roach, M.D.  
**Cause of Chronic Cough  
Has Doctors Stumped**

**Dear Dr. Roach:** I picked up a cough while traveling in Europe more

than two years ago. No other symptoms have ever presented. Since that time, I have received every test imaginable, including spirometry, multiple

breathing tests, CT scans, X-rays and most recently a bronchoscopy. Nothing was discovered through any of these tests. Other than the cough, I am very healthy. The cough is driving me crazy, however. I have been prescribed every type of medication, and nothing helps. My doctors are at a standstill and have nothing further to offer. I don't know where to go from here, but I know I can't live my life with this cough. I avoid a lot of personal interaction because it is so disruptive to constantly be coughing. I would greatly appreciate your help with this, and any advice regarding what

steps need to be taken next. - P.M.

**Answer:** Chronic cough (lasting more than several months) is most frequently a result of acid reflux, asthma or postnasal drip, although there are many more causes, including infection, which would be a concern given that you have a clear idea of when it started.

Despite an extensive evaluation for cough, it is not that uncommon that people are left with no explanation but with a persistent cough. There are other, less-common treatments at this point, some of which your doctors might not have tried.

The first is the medication gabapentin (Neurontin). This is used for a condition called laryngeal neuropathy, and I have had a few spectacular cases where the cough disappears entirely. People have written saying that their doctor prescribed the medication for them after reading it in the column and they also had relief, even after decades of persistent coughing, so I think this condition may be more common than I have ever thought.

A second has been a cough suppressant. I am very cautious about using opiate drugs, and it is certainly not appropriate for some people, but cautious use of tramadol in selected patients has been successful in reducing, but not eliminating, cough.

Just yesterday in the clinic, one of the residents I supervise had a patient with chronic cough who had dramatic improvement through the use of speech therapy. Looking it up today, I find trials showing significant improvement, if modest, with this approach, as well

as several ongoing trials. Given the potential side effects of gabapentin and tramadol, I think I will be making more referrals to my speech and language pathology colleagues, and suggest you speak with your doctors about some of these options.

**Dear Dr. Roach:** I am a postmenopausal woman with osteoporosis. My physician has just prescribed Calcitonin Salmon nasal spray. Is this treatment very effective rebuilding bone mass, and how long does a patient use the drug? Also, are there any serious dangers using this drug? - M.L.

**Answer:** Calcitonin, usually derived from salmon, is not typically used long term for osteoporosis. Other drugs, such as those in the alendronate (Fosamax) class, are more effective. The Food and Drug Administration advisory panel has recommended its use be limited to less than six months due to concerns about possible increased cancer risks. It also can cause allergic-type reactions, including swelling of the lips and tongue. I seldom see it prescribed anymore outside of short-term use for pain relief in vertebral fractures due to osteoporosis.

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

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**Mon. May 16th** - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale.

**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.

**Mon. May 23rd** - Normal Monday Sale & Monthly Organic Day.

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**Mon. 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.

**Mon. June 6th** - Normal Monday Sale & Monthly Fat Cow & Feeder Sale.

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Weekly SUDOKU

by Linda Thistle

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

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 ● ATHLETES TURNED ACTOR

OGDAXUYROLJVGDA  
XVSPBRADSHAWNKI  
FCAFERRIGNOXVSQ  
KOLNJHECDOAXHVT  
RCNPDNQAHSLTJRH  
FOODBLMRYPA XVAT  
CRRRPMOEOMMRKBI  
GERDEBZNAIXWRBU  
TRIQOHANRSEAGAL  
NLSJIHTENADROJK  
GFDCCAYJXWVTSRP

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

Bradshaw	Jabbar	Namath	Simpson
Chan	Jenner	Norris	The Rock
Connery	Jordan	Seagal	Van Damme
Ferrigno	Karras	Shaq	

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King Crossword

ACROSS

1 Knock

4 "The Thin Man" dog

8 Tabloid writing

12 Post-op area

13 Pace

14 Alike (Fr.)

15 Sushi fish

17 "Hi, sailor!"

18 "Burnt" cray-on color

19 Melody

21 Ordinal suffix

22 Game fish

26 Looks intently

29 Chaps

30 Man-mouse link

31 Has bills

32 — de deux

33 Mythical birds

34 Capote nick-name

35 Stable diet?

36 Hill of "Moneyball"

37 Raw bar mol-lusk

39 Impose

40 Ms. Thurman

41 Tristan's love

45 Tibia's place

48 Saltwater fish

50 Mata —

51 Hotel chain

52 Hot tub

53 Rhyming trib-utes

DOWN

1 Eyeglass frames

2 Antioxidant berry

3 Brownish pur-ple

4 Reps

5 Jazzy Vaughan

6 Dead heat

7 Country stores?

8 June birth-

9 "This tastes awful!"

10 Asian lan-guage

11 Layer

16 Leg joints

20 Author Fleming

23 Earth orbiter

24 Killer whale

25 "One-L. lama" poet

26 Attend

27 Wrong

28 Jupiter coun-terpart

29 Spring month

32 Sunshade

33 Copter blade

35 Skirt edge

36 Singer

38 North African capital

39 Steinway product

42 Privation

43 Hoodwink

44 Coup d' —

45 HBO rival

46 Possessed

47 Hot temper

49 Comic Philips

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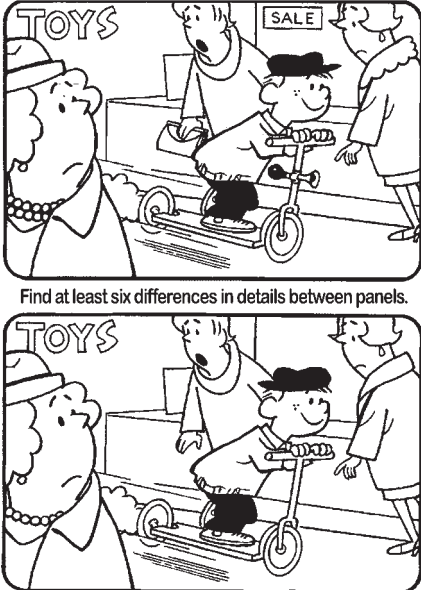
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HOCUS-FOCUS

BY HENRY BOLTINOFF

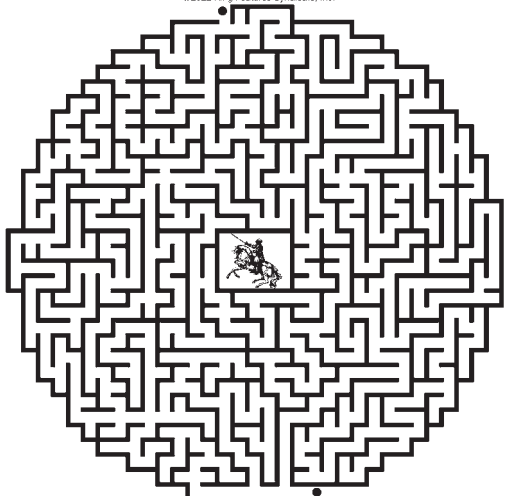


Find at least six differences in details between panels.

Differences: 1. Beads are missing. 2. Purse is missing. 3. Sign is missing. 4. Cap is reversed. 5. Horn is missing. 6. Collar is different.

Mega Maze

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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!

Father

STRIPE

Fight

TABLET

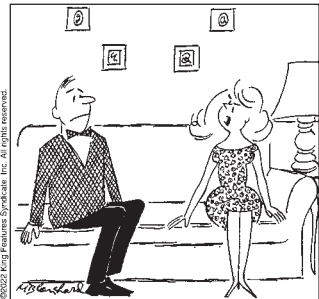
Just

GIRTH

Cover

PAYCON

TODAY'S WORD





**by Slim Randles**

**by Deborah J. Benoit, UVM Extension Master Gardener**

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