

# MOHAWK VALLEY Country Editor

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**JUNE 4, 2022**

**FREE**

## IN THIS ISSUE:

**AUTOMOTIVE  
DINING & ENTERTAINMENT  
FARM, HOME & GARDEN  
HOME IMPROVEMENT  
REAL ESTATE**

*Peace I leave with you, My peace I give to you;  
not as the world gives do I give to you. Let not  
your heart be troubled, neither let it be afraid.  
John 14:27*



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**Mount Vision, NY - #202216753:**  
If you are looking for a get away location, Air bnb or a year round home, all ready set up for your farm animals. pasture fenced in with a spring fed pond. Seller will be using the property as a Airbnb this season so please give at least

48 hours notice. Close to Gilberts Lake state park, Baseball camps, Cooperstown Equestrian Center, Glimmerglass, Baseball Hall of Fame. **\$200,000**



**Canajoharie, NY - #202218218:**  
This scenic spot with a view of the Boiling Pot/Canajoharie Gorge awaits you at this 1.6 acre parcel in the village. Located on a Dead end road and a private hillside setting

offers RV on a concrete slab, access to high speed internet, village water and sewer, 2 sheds, garage and power. Yes, this is a perfect vacation spot to enjoy relaxing by a campfire or barbecuing outside on those warm summer nights. Or if you have your own RV, you can certainly park a class A,B or C RV. NEW LISTING **\$56,900**



**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**



**Canajoharie, NY**  
#202217530: Relax on your back deck and enjoy an amazing view of the Cherry Valley Mountains! Home built in 2005 with open kitchen and dining area, living room with a large picture window and fireplace, 3 bedrooms and 2 baths. 2-story barn 1st floor measures

40x64 w/ horse stalls and 2nd floor measures 40x32. 2nd building measures 29x33 - 2 bay pole barn. **\$360,000**



**Gloversville, NY**  
#202119304: Here is an opportunity to bring a historic downtown building back to life. This property will require a total re-hab or total demo. Being sold AS IS: **\$29,900**



**St Johnsville, NY**  
#202218032: Country home with a large yard! Large enclosed front porch, formal dining room, living room and eat-in kitchen. 3 bedrooms and 1 1/2 baths. 2-stall garage. **\$119,000**



**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**



**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**



**Hobart, NY** - Beautiful old farmhouse with lots of original charm on a nice 4 acre lot. Enjoy the spectacular mountain views from the large front porch. Many opportunities await with this property. Perfect for an owner occupied investment, bed & breakfast, Air B&B, 3 unit rental or could easily be converted back to its original

large single family with an in-law apartment above the garage. Just outside of Hobart with farmers markets and its many book stores and within 30 minutes from hiking and skiing. **\$250,000**



**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**



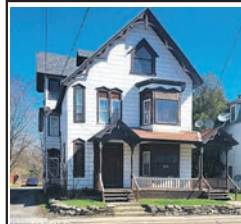
**Fort Plain, NY**  
#202120364: 2-story, 2 family home fully rented. Each unit two bedrooms. Front porches. Updated roof. Nice yard. Located walking distance to parks, shops and schools. **\$69,000**



**St. Johnsville Village, NY**  
#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**



**Gloversville, NY -**  
#202121024: Great investment opportunity with long term tenants or could be owner occupied! Located in the heart of downtown Gloversville. Walking distance to downtown amenities. **\$70,000**



**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. **\$135,000**

## Great Outdoors Month events planned at Schoharie Crossing

Schoharie Crossing State Historic Site will celebrate June as Great Outdoors Month by offering fun opportunities to enjoy the outdoor spaces at the Erie Canal site. Great Outdoors Month is a month-long celebration of responsible, healthy outdoor recreation on local, state and federal lands and waters.

The return of Putman Porch Music on Thursdays from 6:30 - 8 p.m. will be a great way to enjoy an evening of musicians jamming Americana, roots, bluegrass and folk tunes. This series invites local musicians to come spend an evening on the historic Putman Canal Store porch to jam and enliven the vibe of the former Erie Canal stop off. Putman's Store building is located at Yankee Hill Lock on the grounds of Schoharie Crossing, 553 Queen Anne Rd. Much like a group of canawlers that happen to be stuck waiting at the lock, a few instruments and strong voices is all that is needed to pass the time.

Get outdoors and peddle your way on World Bicycle Day, June 3, at 6 p.m. from Yankee Hill Lock to Karen's Ice Cream. This staffed ride will be along the Empire State Trail, covering three miles each way. The site encourages families to participate and enjoy a delicious ice cream cone before riding back.

On National Trails Day, June 4, Schoharie Crossing is collaborating with ECOS: The Environmental Clearinghouse to offer a paddle on the Schoharie and Mohawk River starting at 9 a.m. and a guided nature walk at 1 p.m. from the Visitor Center. Bring your canoe or kayak to the Schoharie Aqueduct Boat Launch on Dufel Road, just off Route 5S for a leisurely paddle to explore the nature and history of these waterways. Overall, we'll paddle about three miles and discover some fascinating connections this spot has to places near and far. Bring a picnic lunch to enjoy after the paddle and before the nature walk, starting from 129 Schoharie St. in Fort Hunter. We'll traverse about a mile of the old canal towpath, where mules once pulled barges. Now, these paths are lined with interesting plants, wildflowers, birds and other critters we might see.

On June 18 we'll host a picnic at Empire Lock as we celebrate International Picnic Day. At 11:30 a.m., we'll take a short half-mile walk from our Visitor Center to Empire Lock to enjoy a Bring Your Own Picnic together. This is a great way to spend part of the day before Father's Day. Discover some beauty among the towpath trail and historic Erie Canal features. The site will provide a Picnic Bas-

ket Shuttle, transporting your lunch and keeping it safe.

These events are a fun way to add miles to the Canalway Challenge, a program sponsored by the Erie Canalway National Heritage Corridor. More information on this free challenge can be found at [eriecanalway.org/canalway-challenge](http://eriecanalway.org/canalway-challenge).

To wrap up the month, on June 28 at 6:30 p.m. the Friends of Schoharie Crossing host environmental educator and author Anita Sanchez for Puddles. "There's nothing shallow about a puddle! Puddles are homes, bathtubs and drinking fountains for wildlife. They also provide a key ingredient for many animal homes: mud!" This hands-on program will introduce naturalists to the animals that use puddles as a habitat. We'll meet some puddle-loving creatures, including snails, and have some close-up experience with mud.

The grounds for the site are open all year from sunrise to sunset. Visitor Center hours are Wednesday - Saturday, 10 a.m. - 4 p.m., and Sunday 1 - 4 p.m. Group reservations available for off hours.

For information about these events or what is available at Schoharie Crossing, call the Visitor Center at 518.829.7516 or email [SchoharieCrossing@parks.ny.gov](mailto:SchoharieCrossing@parks.ny.gov). Find and like us on Facebook. For more information about New York State Parks, visit [nysparks.com](http://nysparks.com).



Putman Porch Music at Yankee Hill Lock.  
Photo by Halldor Sigurdsson

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## Pros & cons to open-concept homes

Open-concept homes have become increasingly popular in recent years. An open-concept home is one in which the rooms flow into one another with limited obstruction from walls or other barriers. According to the National Association of Home Builders, 84% of new single-family homes have fully or

partially open layouts.

While they may seem like a new trend, open floor plans are anything but. Early American homes featured open, often one- or two-room units built around the central kitchen/hearth. This maximized warmth and functionality. Homes evolved as incomes grew, and soon

homes had several smaller rooms with specialized functions.

What's old has become new again. However, before diving head-first into a new home purchase or a big renovation to realize an open-concept dream, consider the pros and cons of this type of setup to determine if it's

really right for you.

### Advantages of Open Floor Plans

Open floor plans facilitate the flow of natural light throughout a space and can promote air flow, helping to reduce warm or cool pockets of air in otherwise closed-off rooms.

Open homes make socializing easier, even when people are doing different things. While someone is cooking dinner in the kitchen, they can still interact with someone else playing video games in the family room or paying bills in the home office. Entertaining also is easier, as mingling with guests is much more convenient when walls are not getting in the way.

A smaller home can feel much larger if it employs an open concept. The square footage is not divided into smaller quarters, which sometimes are rooms (such as formal dining rooms) that are only used a few times per year. This eliminates underused spaces and opens up sight lines in the layout.

The value of real estate has risen dramatically since the onset of COVID-19, and prospective buyers may prefer an open-concept plan because it can help them minimize building costs.

### Disadvantages of Open Floor Plans

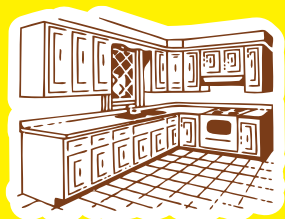
Open layouts are not for everyone. The same sense of space that occurs when walls are taken down may make rooms feel cavernous and less cozy, particularly in homes with ample square footage. In addition, privacy can be hard to come by when all rooms feed into one another.

When the kitchen is not separate from the family room space, that makes it easy for noise to compromise the area's comfort levels. There is no hiding from noise in an open floor plan, as sounds from voices, TV shows and appliances tend to echo and blend together. And if the home is a single-story layout, those noises from the main living areas also may carry to adjacent bedrooms.

Smoke and smells are another thing to consider. When something on the stove spills over, a small range hood will not be practical for clearing smoke from a large space. Though the aroma of freshly cooked food is enticing, it can make it hard for cooks to keep guests out of the kitchen.

Open-concept homes are popular, but homeowners should weigh the pluses and minuses to see if this trend is truly right for them.

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## How to determine if it's time to downsize

Individuals work hard to save enough money to purchase their homes. And the hard work doesn't end there. Once homeowners settle into a new home, they may set their sights on renovations that suit their individual needs. And even when buyers find a home that needs no such work, maintenance requires homeowners' utmost attention.

All that hard work is perhaps one reason why seniors may be a little reluctant to downsize as they advance through their golden years. In addition to the sweat equity homeowners put into their homes, all the memories they've made within their walls can make it harder to put a home on the market.

Downsizing is a difficult decision that's unique to each homeowner. Seniors who aren't quite certain if downsizing is right for them can consider three key factors to make a decision that's in their best interests.

- **Cost:** Perhaps no variable affects senior homeowners' decisions to downsize their homes as much as cost. No one wants to outlive their money, and downsizing to a smaller home can help seniors reduce

their monthly expenses by a significant margin. Even homeowners who have long since paid off their mortgages can save substantial amounts of money by downsizing to a smaller home or even an apartment or condominium. Lower property taxes, reduced insurance premiums and the need to pay for fewer repairs are just some of the ways downsizing can save seniors money.

- **Space:** Many people love the extra space that single-family homes provide. But seniors can take a walk through their homes and see how many rooms they still use on a consistent basis. If much of the home is unused, seniors can probably downsize without adversely affecting their daily lives.

- **Market:** The real estate market is another factor to consider when deciding if the time is right to downsize. A seller's market can help seniors get the biggest return on their real estate investment, potentially helping them make up for meager retirement savings. For example, home prices skyrocketed across the country during the pandemic,

making that a great time for sellers to put their homes on the market. Seniors selling to downsize may capitalize on such spikes since they won't be looking to turn around and buy larger, equally expensive homes once they sell their current place. If the market is down and seniors can withstand the work and cost a little longer, it may be best to wait until things bounce back in sellers' favor.

Downsizing requires careful consideration of a host of variables. No two situations are the same, so seniors should exercise due diligence to determine if downsizing is right for them.



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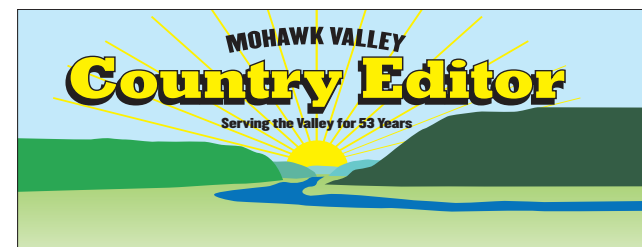
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## Bat awareness

Montgomery County Public Health would like to raise awareness regarding recent reports of bat exposures. Bats reside throughout New York State in both rural and urban areas. Keeping bats out of your home is a good first step in protecting yourself and your pets against rabies. Bats can be one of the carriers of rabies; other vectors include raccoons, skunks and foxes.

To bat-proof your home, use polypropylene bird netting, fly screening, sheet metal, wood or various caulking compounds to close or cover openings that allow entry to the roost. Bats like to roost in attics, behind shutters, under roofing or siding, the undersides of porch roofs, between the house and chimney, vents, rafters, behind hollow walls and in other sheltered areas of homes and buildings. If you suspect bats are roosting in your house, watch for them leaving at dusk and make sure there are no more bats coming from the roost. Seal off any crevice observed, being aware that bats can enter through crevices as small as a pencil. The best time to bat proof is late autumn through winter. Area bat control specialists are available for hire in the surrounding area.

Bats infected with rabies quickly show signs. Avoid contact with any bat, especially one that is outdoors during the daylight, on the ground or

paralyzed. Bats rarely attack humans; however, any physical contact with a rabid bat may transmit the disease. In some situations a bat bite could go undetected, such as when a bat is found in a room with a sleeping person or next to an unattended young child or pet. If there is any chance that contact with a bat has occurred to a person or pet, or you are not sure if contact has occurred, capture the bat without touching it. If indoors, close windows, room and closet doors, turn on lights and wait for the bat to land. Wearing heavy gloves cover the bat with a pail, coffee can or similar container. If the bat is not captured or tests positive for rabies, every person that had a reasonable probability of exposure should receive rabies post exposure treatment as soon as possible.

Immediately call Montgomery County Public Health 518.853.3531.

For a video demonstration on "How to Safely Capture a Bat" go to the NYSDOH website at [health.ny.gov/diseases/communicable/zoonoses/rabies](http://health.ny.gov/diseases/communicable/zoonoses/rabies).

The next rabies vaccination clinic is from 9 - 11 a.m. on June 11 at the Canajoharie Fire Fighters Garage, 39 Mohawk St., Canajoharie.

For more information about protecting yourself and your family from rabies, call Montgomery County Public Health at 518.853.3531.

## Celebrate James Joyce's legacy with 'Bloomsday'

Come celebrate James Joyce's legacy with "Bloomsday" at the Irish Cultural Center of the Mohawk Valley – Museum at 623 Columbia St. in Utica on June 17 at 7 p.m. The HARP Museum at Utica's Irish Cultural Center will be transformed into Dublin for one day as they host their fifth annual Bloomsday event.

There is no cost to attend but seating is limited and people interested in attending are asked to register at [tinyurl.com/42z83wet](http://tinyurl.com/42z83wet).

In James Joyce's monumental classic "Ulysses," June 16 is the date that the book's protagonist, Leopold Bloom, undertakes his one-day sojourn through the streets of Dublin. Since the first two-man Bloomsday celebration in 1954, that date (or as near as practicable) continues to be celebrated in countries as far-ranging as Hungary, Italy, Australia and the Czech Republic, with a range of cultural activities including readings and dramatizations of scenes from the novel, as well as the responsible partaking of adult

beverages. This year Utica will once again play host to its own Bloomsday event.

The event will consist of a presentation of the Dublin sites visited by Bloom, each accompanied by dramatic readings by

accomplished local actors and scholars, interspersed with traditional Irish music performed by the Craobh Dugan-O'Looney chapter of Comhaltas Ceoltoiri Eireann. Theme-appropriate refreshments will also be available.



James Joyce

## Hyde Hall and Glimmerglass State Park Block Party rescheduled

Hyde Hall and Glimmerglass State Park have announced that they are rescheduling their opening event, the Hyde Hall and Glimmerglass State Park Block Party, because of weather-related concerns that were predicted over the Memorial Day weekend. The event will take place on its June 11 rain date instead.

Hyde Hall and Glimmerglass State Park have enjoyed the enthusiastic response from the community and working with extraordinary people while creating the event. Both organizations still opened on May 28 to greet visitors throughout the season but will wait until conditions are ideal for the Block Party.

*"I am more myself in a garden than anywhere else on earth."*

– Don Green –



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<p><b>AMES</b>  <b>AMES - SPROUT BROOK UMC</b>  613 Latimer Hill Rd., Ames, NY 13317  518-673-3495  Pastor Jan Markle  Sunday Service 9 AM</p>	<p><b>NEW BEGINNINGS BIBLE CHURCH</b>  63 Cliff St., Canajoharie, NY 13317  Pastor Larry Alkinburgh  518-848-4816  pastor@newbeginningsbc.org  Sunday School 9:15 AM  Worship Service 10:30 AM</p>	<p><b>ST. JOSEPH'S ROMAN CATHOLIC CHURCH</b>  31 N. Helmer Ave., Dolgeville, NY  Phone 315-823-3410  Sunday Mass 9AM</p>	<p><b>ST. JOHN'S LUTHERAN CHURCH</b>  774 St. Hwy. 163, Fort Plain, NY  518-705-7552  Rev. David A. Johnson, Ph.D.  Sunday Worship 9 AM,  Sunday School 10 AM,  Ladies Aid W.E.L.C.A.  Handicapped Accessible</p>	<p><b>GLEN 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>CORNERSTONE BAPTIST CHURCH</b>  Pastor Todd Lozier  Sunday AM Service 10 AM  Sunday School/Adult Small Groups 11:15 AM  Sunday Evening 6 PM  Wednesday PM Service 7 PM Via Zoom  email us for the link  Youth Group Sunday Evenings during the school year.  Family Night - First Sunday Evening of the month from Oct - May  7274 State Highway 10,  Ames, NY 13317  www.cornerstoneames.com  info@cornerstoneames.com  518-673-3405</p>	<p><b>CHERRY VALLEY CHERRY VALLEY ASSEMBLY OF GOD</b>  37 Alden St., Cherry Valley  607-264-3306  Pastor David Carpenter, Jr.  Sundays 9:30 AM</p>	<p><b>EAST SCHUYLER CHRISTIAN ASSEMBLY OF SCHUYLER</b>  Pastor Mark Sowersby  3659 Route 5, East Schuyler  Sunday Worship 10:30 AM  Wednesday Night 6:30 PM  Phone 315-895-0926  Christianassemblyofschuyler.com</p>	<p><b>REFORMED CHURCH OF FORT PLAIN</b>  165 Canal St., Fort Plain, NY 13339  518-993-4302  fortplainrca@yahoo.com  Rev. Nancy E. Ryan  Worship 11 AM,  AA meetings Mon. &amp; Tues. 7 PM,  Emergency Food Pantry 518-993-4302</p>	<p><b>HERKIMER 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>AMSTERDAM THE TIME FOR TRUTH MINISTRIES</b>  PO Box 351, Amsterdam, NY 12010  Phone 518-843-2121  Cell 518-774-8558</p>	<p><b>ST. THOMAS THE APOSTLE CATHOLIC COMMUNITY</b>  1 Church St., Cherry Valley  607-264-3779  Masses Sunday mornings  at 8:30 AM &amp; 11 AM</p>	<p><b>EPHRATAH 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 Hindritter  Sunday School for all ages  10 AM September-June  Sunday Morning Worship 11 AM  Prayer &amp; Praise Thursdays 7 PM</p>	<p><b>VICTORIOUS LIFE CHURCH RMI FELLOWSHIP</b>  104 Main St. &amp; 431 St. Hwy. 80  Fort Plain, NY  518-993-3102  Sunday School 9 AM,  Morning Worship 10:30 AM,  Youth Group 5 PM,  Evening Worship 7-8 PM</p>	<p><b>TEMPLE BETH JOSEPH</b>  327 N. Prospect St.  Phone 866-4270  Friday 7 PM</p>
<p><b>AMSTERDAM THE TIME FOR TRUTH MINISTRIES</b>  PO Box 351, Amsterdam, NY 12010  Phone 518-843-2121  Cell 518-774-8558</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>ESPERANCE 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>FORT PLAIN UNITED METHODIST CHURCH</b>  39 Center St., Fort Plain  Audie Miller,  Lay Supply Pastor  Church Office 518-993-3863  Kitchen 518-993-3464  ALL WELCOME, Worship Service 11AM</p>	<p><b>ST. FRANCIS de SALES CHURCH</b>  Rev. Mark Cunningham, Pastor  219 N. Bellinger St.  Phone 866-4282  Saturday Vigil Mass 4 PM  Sunday Mass 8 AM</p>
<p><b>CANAJOHARIE 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>COLD BROOK COLD BROOK UNITED METHODIST CHURCH</b>  467 Main St.  Sunday Worship 10:30 AM</p>	<p><b>FONDA SAINT CECILIA CHURCH</b>  26 Broadway, Fonda  518-853-4195  Sunday Worshop 9 AM</p>	<p><b>OUR LADY OF HOPE R.C. CHURCH</b>  115 Reid St., Fort Plain, NY 13339  Parish Office 518-993-3822  ourladyofhope@frontier.com  Mass Schedule: Saturday, 4 PM;  Sunday, 9:30 AM;  Confessions: Sat. 3 &amp; by appointment  Please call parish office for  Holy Day schedule</p>	<p><b>CHURCH OF SAINTS ANTHONY and JOSEPH</b>  229 S. Main St.  Phone 866-6373  Sunday Mass 10 AM  No Saturday Vigil</p>
<p><b>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>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>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>FREYSBUSH UNITED METHODIST CHURCH</b>  Freyzbush Rd., Fort Plain  518-429-9936 or 518-424-8488  Worship 9 AM,  Sunday School 10 AM  ALL ARE WELCOME</p>	<p><b>REDEEMER CHURCH</b>  Pastor Michael Servello  931 Herkimer Rd., Utica, NY 13503  Phone 792-4748  Saturday 6 PM • Sunday 9 &amp; 11 AM</p>
<p><b>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@stjmc-canajoharie.org</p>	<p><b>DOLGEVILLE 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>FORT PLAIN 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>FRANKFORT OUR LADY QUEEN OF APOSTLES</b>  414 Frankfort St., Frankfort, NY  Pastor: Father Paul Catena  Deacon: Micheal Carbone  Mass Schedule:  Saturday 4 PM (May - October);  Sunday 9 AM; Tuesday &amp; Thursday 9 AM</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>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>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>GRANDVIEW BAPTIST CHURCH</b>  15 Washington St., Fort Plain  518-993-9929  Pastor Sean Morin  Sunday School 10 AM  Morning Service 11 AM  Bible Study &amp; Prayer Meeting,  Wednesday 6:30 PM</p>	<p><b>FULTONVILLE 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>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>FAITH, HOPE AND LOVE CHURCH</b></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 CHRIS 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 Yezierski Sunday Worship 6 PM, Tues. Prayer 7 PM, Bible Study 7 PM (Wed., Thurs. &amp; Fri.) We teach the fullness of God's Word, a life of holiness for the believer, and salvation for all who trust in Christ's sacrifice.</p> <p><b>JOY FELLOWSHIP</b> 296 Co. Hwy. 119, St. Johnsville, NY 13452 518-568-3217 • William Hayes, Pastor Joyce Loughran, Assistant Pastor Sunday School 9 AM, Morning Worship 9:30 AM Wednesday Evening Worship 6:30 PM</p> <p><b>ST. JOHN'SVILLE METHODIST CHURCH</b> 7 East Main St., St. Johnsville, NY 13452 Pastor Corey Jones 518-568-7983 • 315-866-8626 Worship Sunday 3 PM</p> <p><b>EVERLASTING JOY</b> <b>BELIEVERS FELLOWSHIP</b> 14 Park Place (in with Seekers Fellowship) St. Johnsville, NY 13452 315-858-2112 • Pastor Carolee Coye Sunday Service 10 AM</p> <p><b>ST. JOHN'S REFORMED CHURCH</b> 68 W. Main St., St. Johnsville 518-568-7396 Faithfully Following Jesus Christ Sunday Worship 10:30 AM</p> <p><b>GRACE CHRISTIAN CHURCH</b> Pastor Michael Torres 20 Center St., St. Johnsville, NY 13452 518-775-0366 Email 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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## Simple tips to attract hummingbirds to your yard

(Family Features) Throughout the warmer months, many backyards play host to a variety of birds, including hummingbirds. When you see flowers and trees begin to bud and bloom and other migrating birds, like warblers, that's nature's way of letting you know it's time to ready your yard for hummingbirds.

It's enchanting watching hummingbirds – named for the humming sound of their fast-flapping wings – as their tiny size and speed make them natural wonders. Hummingbirds can fly 25 - 30 miles per hour, flapping their wings an estimated 70 times per second. They fly in every direction, even backwards, which only hummers can do, and float majestically in midair.

The birds get their brilliant color from the iridescence in the arrangement of their feathers, not color pigment. Plus, they have the fastest metabolism of any animal on Earth, burning one to two times their body weight in food daily. Hummingbirds draw nectar from its source into their mouths, lapping it up almost 12 times per second.

To increase your chances of observing these petite powerhouses at home, consider these tips from the experts at Cole's Wild Bird Products:

- Be conscious of beneficial insects. Hummingbirds rely on insects, which provide essential protein, to complement the nectar they crave. To attract insects, try placing rotting fruit near feeders and leave it until insects arrive for hummers' easy eats.

- Leave spiderwebs alone: Hummingbirds use spiderwebs as construction material to hold their nests together and pluck insects caught in the webbing.

- Offer a water mister: Hummingbirds adore bathing; a mister gives them the fine spray they prefer. Once soaked, they're off to find a preening perch.

- Provide tiny perches. Leave small, sturdy, bare branches for hummingbirds to perch on for rest, preening and hunting. Perches provide vantage points to see danger and launching pads to swiftly pounce on insects. Once hummingbirds find a favorite perch, they'll use it repeatedly.

- Hang hummingbird feeders first. Feeders are one of the most effective ways to consistently entice and encourage hummingbirds to come visit. However, not all feeders are created equal. For example, Cole's Hummer High Rise Feeder is scientifically designed with elevated perches to make hummingbirds feel safe and comfortable, which encourages their consistent return.

Although hummingbird feeders can attract bees and ants, this feeder is uniquely designed to keep pests at bay. It doesn't drip, so large bees can't get to the nectar, plus it has a built-in ant moat to keep ants away from nectar when filled with plain water. Since birds drink from the moat, never use any repellents or additives.

Hummingbirds are territorial and not likely to share feeders, so hang multiple feeders far enough apart to attract more birds. To ensure a steady stream of birds, hang feeders in the shade to avoid fermentation of sugar-based liquids, check

feeders bi-weekly to keep food fresh and clean feeders as needed with one part white vinegar to four parts water.

- Plant flowers. Trumpet honeysuckle, bee balm and sage plants are particularly attractive to hummingbirds and provide rich nectar. Hummingbirds consume 1.5 times their body weight daily, eating every 10 - 15 minutes and visiting 1,000 - 2,000 flowers per day.

- Choose the right nectar. Not all nectar is alike, and hummingbirds can taste the difference. Almost all commercial nectars contain one sugar source – sucrose – because it's cheaper to make. However, real flower nectar contains three sugar sources – sucrose, fructose and glucose – in varying amounts depending on the flower.

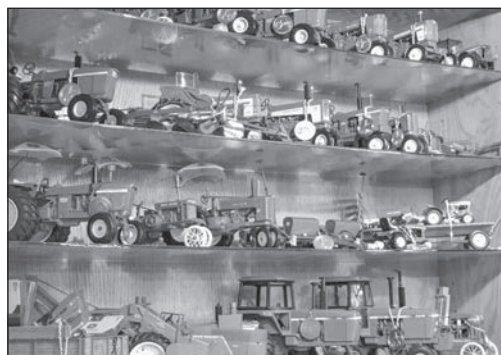
Researched and designed to attract the greatest variety of hummingbirds, Cole's Nature's Garden is a high energy, nutrient-rich nectar that combines all three types of organically sourced sugars North American hummingbirds love, with a spring water base. It closely mimics the sugar ratios they favor and provides a healthier, nutritious, all-natural alternative to table sugar.

Don't forget, hummingbirds have memories like elephants; once they discover your hummer-friendly habitat, they'll come back every year if there's a reliable food source. Learn more at [coleswildbird.com](http://coleswildbird.com).

**Source: Cole's Wild Bird Products**



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TREASURER'S OFFICE**

**MONDAY, JUNE 11<sup>TH</sup> AT 11 AM**

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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.**

**Mon. May 23rd** – Sold 221 head - Cull Dairy ave. \$.77 top cow \$.95, cull beef cows \$.80 - \$.92, Grassfed Organic Cull \$.38 - \$1.38, Organic cull \$.84 - \$.89, Bulls/Steers \$.98 - \$1.01, Grassfed Organic Bull \$1.12, bull calves top \$2.15 top beef calf \$2.70, heifer calves \$.30 top beef calf \$1.70, Dairy feeders \$.81 - \$1.08. Dairy Milking age top \$1950.

**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 11:00 Noon. Sale animals will be showage calves, heifers and cows mostly all show prospects. Watch facebook page for updates.

**Mon. June 6th** – Normal Monday Sale & Monthly Fat Cow & Feeder Sale. Special: Schoff Farm Dispersal – 160 Head of Mostly Holsteins some Jersey Cross. 80 Cows are ave. 60# 4.4/3.2 SCC 220,000 in all stages of lactation. 80 head of heifers with 30 shortbred to springing, 14 open heifers ready to breed balance younger.

**Monday, June 13th** – Normal Monday Sale & Monthly Heifer Sale. Special: MacGregor Farm Complete Milking Herd Dispersal selling 34 head of Dairy Cattle. Ave. 55# SCC 151,000 4.0f 2.9P. 8 fresh less than 60 days, 8 dry due soon. Also 3 really nice springing Holstein heifers from a heifer raiser.

**Sat. June 18th** – Sale held on the farm – Remsen, NY. 11:00 AM. Groeslon Farm Crossroads Celebration Sale. Complete Registered Holstein Dispersal. Over 100 head sell with some R&W's. 14 EX cows in the herd now – The Paddock Family has been farming since 1975 – you will not want to miss this sale a rare opportunity for you to purchase some great cattle!! Watch for future ads on this great sale.

**Mon., June 20th** – Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale.

**Mon., June 27th** – Normal Monday Sale & Monthly Organic Day

**WATCH FUTURE ADS ON UPCOMING SALES WE HAVE IN THE WORKS  
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IF ITS ONE OR A WHOLE HERD LET US HELP YOU  
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Members of the Freysbush UMC and Elks Lodge getting the take out roast beef dinners ready.

**Freysbush UMC holds fundraiser**  
A successful fundraiser was held May 19. The roast beef dinner was provided by the Canajoharie-Fort Plain Elks Lodge while members of the church made the desserts and helped in the preparation and packaging of the food.  
Weekly services are held on Sundays at 9 a.m. at the church, 620 Freysbush Rd., Fort Plain. For more information about the church call 518.429.9936. For more information about the Elks Lodge, call 518.993.2621.



Members of the Freysbush United Methodist Church package up the dinners.

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# BUSINESS FOCUS

## Dick's Wheel Shop

Fitness fads may come and go, but there's always one form of physical fitness and transportation that never goes out of style – bicycling. Dick Gloo, longtime owner of Dick's Wheel Shop at 411 Mohawk St. in Herkimer, recognizes this and has consistently given the people not just what they want, but what they need.

Dick's Wheel Shop Inc. opened on April 10, 1975 and has been providing the Mohawk Valley with athletic and leisure

equipment for over 47 years. Run by Gloo and four other employees, the business caters to all aspects of the general public, offering quality bicycles at reasonable prices. They sell some of the newest bike brands on the market, including those from Univega USA and Haven Bicycle Co. They sell cruisers, mountain bikes and hybrid bikes as well as the hot new item – electric bikes (or e-bikes). Dick's even offers a 30-day free checkup for new bike owners. In addition, they offer supplies, parts and accessories.

"I was driving down South Main Street in Herkimer and saw a store for rent and inquired as to who owned it," Gloo said of his start. "I rented the space the next night and opened the business 10 days later with a little assortment of bikes and a small assortment of parts." He was on South Main Street for four years before relocating to the building he's currently occupying on Mohawk Street.

Gloo said he's always been a biker – and that he always knew he wanted to own his own business. He also noted one of the most enjoyable times for him was in the 1980s when the shop had a BMX track with racing taking place for four years. There were 14 members on that team. "It was an exciting time, and I have a lot of fond memories," he said.

What sets Dick's Wheel Shop apart today? In addition to selling bikes, they concentrate on bike repair – on any type of bike, no matter how basic or complicated. They can assist bicycle owners with any brand and any model as long as the parts are available. (Dick's made it through about 60% to 70% of the parts shortage during the height of COVID-19 by buying good quality used bikes and completely refurbishing them. "We were successful with that when the new bikes became unavailable," Gloo said.)

Gloo feels strongly his employees are a vital part of the business. "Without them we wouldn't have anything!" he said.

The legacy of the shop is that anybody and everybody is welcome – nobody is turned away. As long as they can get the parts, they will attempt to repair bikes for all.

"And with gas prices soaring, bikes will never go out of style," Gloo said.

Dick's Wheel Shop is open Monday, Tuesday, Thursday and Friday from 10 a.m. - 5:30 p.m. and Saturday from 10 a.m. - 2 p.m. Find them on Facebook at [facebook.com/dickswheelshop](https://facebook.com/dickswheelshop).



In addition to selling bikes, Dick's Wheel Shop concentrates on bike repair – on any type of bike, no matter how basic or complicated.



Dick's Wheel Shop Inc. has been providing the Mohawk Valley with athletic and leisure equipment for over 47 years.

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## Signs it is time to overhaul your kitchen

Remodeling a kitchen adds value to a home. Remodeling Magazine's "Cost vs. Value Report" indicates mid-range kitchen remodels cost about \$66,000, and homeowners can expect to recover about 60 to 80 percent of that cost at resale.

Homeowners may wonder if remodeling their kitchens is worth the investment. But homeowners should not just consider cost, but also the current conditions of their kitchens when deciding if a renovation project is the right move to make. These signs indicate it may be time to renovate a kitchen.

- **Breakers are triggered:** If the lights go dark from a tripped circuit breaker every time you try to microwave and run the toaster oven at the same time, your wiring is likely not up to the task of handling the workload and could be out of date. A kitchen remodel will assess wiring load needs and an electric overhaul may be necessary.

- **Lack of storage:** One of the biggest hassles homeowners encounter in their kitchens is a lack of storage space. If making a meal involves a Jenga-like stacking and rearranging of kitchen tools, or if an av-

alanche occurs whenever you search for an item, you might need more storage. A carefully planned redesign can achieve this, even in a smaller kitchen.

- **Outdated appliances:** Even if your appliances are not avocado green or mustard yellow relics of the 1970s, they might still need to be replaced. According to CRD Design, appliances are only expected to last around 10 to 15 years. If appliances have become unsafe or energy hogs, it could be time for a remodel.

- **Family is expanding (or shrinking):** Kitchens often are the heart of a home. They need to meet the needs of the family that resides in that home. A remodel can add space as needed. On the flip side, when a couple becomes empty nesters, kitchens can be redesigned and downsized to reflect their new needs and desires, such as the addition of a wine chiller or espresso station.

- **Poor lighting:** Task lighting is essential in a kitchen, but older homes may not be equipped with lighting where it's most needed. A carefully designed remodel can improve lighting with under-cab-



*Redesigning a kitchen can improve the efficiency of a space and make the room feel larger.*

inet lights, pendants, overhead lighting, and even natural light to make the space attractive and more functional.

- **Frequent run-ins:** The notion that you can have too many cooks in the kitchen refers to having too many people trying to pitch in or offer their opinions. However, it also can apply to when too many people are gathering in a small space. Redesigning a kitchen

can improve the efficiency of a space and make the room feel larger.

- **Aesthetic appeal:** Many kitchen remodels have been inspired by unsightly kitchens. Cosmetic changes can lead to big improvements.

Kitchen renovations can add instant appeal and help address issues that tend to plague outdated rooms.

## Upgrade sustainability practices by upcycling

(Family Features) Virtually everyone knows recycling helps promote more sustainable living. A lesser known but effective way to keep materials out of the landfill is upcycling.

When items get recycled, they're generally broken down and the materials are used to create other products. For example, glass can be melted to create new glass containers, milk jugs can become playground equipment and discarded newspapers are the basis of some kitty litter.

Upcycling is a little different. With upcycling,

the material doesn't change form but is reinvented. One popular tact is reinventing thrift store furniture finds into new pieces, such as converting an old trunk into a whimsical coffee table.

Upcycling can also be an effective and affordable way for philanthropic organizations to achieve their missions. One example is Help Heal Veterans (Heal Vets), a nonprofit dedicated to serving veterans and active-duty military by supplying therapeutic craft kits. In honor of Earth Day, the organization announced it received and repurposed more than

one million pounds of upcycled material.

"Through upcycling, we are able to responsibly utilize donated materials that would have gone to landfills to serve veterans who need our support," said Joe McClain, retired Navy captain and CEO of Heal Vets.

The organization repurposes leather, cloth and other materials to create therapeutic craft kits for veterans and active-duty military around the world. Thousands of kits are shipped each month to help with long-term support and recovery for those impacted by wounds of war.

Each kit is a complete project, such as leather-working, building models, making jewelry or another creative piece. While all kits help veterans focus on the present and build self-worth and self-esteem, many are also customized to focus on specific needs such as restoring fine motor skills and concentration or relieving depression and anxiety.

Upcycled materials, such as leather from old airplane seats, make the kits possible. Together, Southwest Airlines, Arise Foundation and Duncan Aviation donated 335,000 pounds of leather from outdated seat covers to support numerous leather

kit options, including wallets, belts, footballs and bracelets.

Other organizations providing source materials include the Elks (more than one million square feet of tanned deer skins), La-Z-Boy (469,500 pounds of upholstery), American Woodmark (112,400 pounds of cabinets) and Magna (40,000 pounds of automobile seats).

### Upcycling at Home

Make a commitment to sustainability with these upcycling ideas you can implement in your daily life:

- Empty tissue boxes can be used to organize supplies, including pens, seasoning packets and more.

- Instead of discarding an old shower curtain, save it to use as a drop cloth for messy art projects with the kids.

- Fit mate-less socks over your hand to use as dusting mitts or to collect and store small pieces of games or other household items.

- Cut the tops off two empty plastic bottles of the same circumference. Attach a zipper to the cut edges using hot glue or adhesive for fun art supply storage.

- Add a backing with chalkboard paint to an old window or mirror frame for a stylish message board.

Learn more about the relationship between upcycling, sustainability and supporting veterans at healvets.org.

**Source: Help Heal Veterans**

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# Community Calendar

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						

**JUNE 1**  
**Herkimer County Community College Board of Trustees Executive Committee** workshop 6 p.m. in Robert McLaughlin College Center, room 282/283.

**JUNE 2**  
**Rabies Vaccination Clinic** 5:30 - 7 p.m. at Norway Community Center, 3114 Military Road, Norway. Pre-register at 315.867.1176.

**Big Play.** First Thursday of each month at 1 p.m. at Johnstown Public Library. Contact Erin Gavin at egavin@mvls.info or 518.762.8317. For families with children newborn to age 5. Drop in for guided interactive play-centered activities with your child.

**JUNE 3, 4, 5**  
**Native American Festival** 10 a.m. - 5 p.m. at Fort Hunter Fire Company, 351 Main St., Fort Hunter. \$5. 60 years plus \$3. 6 years and under and handicap free. Iroquois Social Dances. Aztec Dancers Sat./Sun. Grass Dancers. Children's crafts. Vendors. Storytelling. Carla Page. Candy dance. Native Foods. Contact: Bob Ross at 607.776.6776 or metisnnaandca@gmail.com

**JUNE 3 & 4**  
**Rummage Sale** at Trinity Church, Stone Arabia, Rt. 10, Palatine Bridge. Friday 1-4 p.m. Saturday 9 a.m. - 12 noon. Rada Cutlery, estate jewelry, toys, shoes, household and miscellaneous items too numerous to mention for sale. Proceeds go to area organizations and repairs of the church built in 1792.

**JUNE 4**  
**Immortal Championship Wrestling** fundraiser for the Oppenheim Fire Department at OESJ Elementary School, 6486 NY-29, St. Johnsville. Doors open at 6 p.m. Show start at 6:45 p.m. Featuring former six times TNA Knockouts Champion Angelina Love and much more. Tickets available now at Immortalwrestling.com

**H.C. Smith Benefit Club Chicken Barbecue** Fundraiser 1-4 p.m. or until gone. Eat in or take out. Dinners: \$15. Basket Raffles. AR 15 Gun Raffle. To benefit the building's front wall repair.

**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.

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						

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

**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.

Exhibit Opening, **The Salisbury Railroad,** will open at the 1805 Frisbie House from 1-3 p.m. featuring rare photographs, artifacts, documents and train songs of the period. The exhibit is sponsored by the Salisbury Historical Society, 109 Route 29A, Salisbury Center. Free.

**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

**Breakfast Group/Depression Boys meeting** 9 a.m. at Denny's Restaurant, 701 Mohawk St., Herkimer for breakfast and talk. MOVAC Ambulance Service representative as guest speaker. Breakfast off the menu and individual's responsibility. More information: fperuzzi2019@gmail.com

**JUNE 8**  
**Patriotic Paint & Sip** 6 p.m. at Irish Cultural Center of the Mohawk Valley - Museum, 623 Columbia St, Utica. Get ready for the Fourth of July with your own painting with some guidance from instructor Jill Rae Venera. Register at tinyurl.com/3pnf5tee

**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.

August 2022						
S	M	T	W	T	F	S
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	31	1	2	3
4	5	6	7	8	9	10
Holidays						

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

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

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

**Stratford Seniors Driver Safety Course** 10 a.m. and 4 p.m. at the Stratford Town Hall,120 Piseco Rd., Stratford. AARP Driver Safety Course. \$20 for AARP members. \$25 for non-members. Payable at the door. Bring own lunch. Call Caroline Drake at 315.360.7582 to register. Sponsored by Stratford Senior Citizens.

**Rabies Vaccination Clinic** 9-11 a.m. at Canajoharie Fire Fighters Garage, 39 Mohawk St., Canajoharie. For more information, call Montgomery County Public Health at 518.853.3531.

**JUNE 11 & 12**  
**Salisbury Historical Society presents The Salisbury Railroad** exhibit 1-3 p.m. at the 1805 Frisbie House, 109 Route 29A, Salisbury Center. This exhibit features rare photographs, artifacts, documents and train songs of the period. Free.

**JUNE 14**  
**Regular monthly meeting of the Salisbury Historical Society** 6:30 p.m. at the 1805 Frisbie House, 109 Route 29A, Salisbury Center. Open to anyone interested in local history.

**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.

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

**JUNE 16**  
**Roast Pork Dinner** 4-7 p.m. or sold out at Emmanuel Episcopal Church 594 Albany St., Little Falls. \$12. Eat in. To go. Free delivery to Herkimer and Little Falls. Call to reserve 315.741.4672.

**Edwin Falk's opening at the Mohawk Valley Center for the Art,** at 403 Canal Place, Little Falls. Art opening coincides with the Art Walk in Little Falls. Falk will be at the gallery at 5:30 p.m. for the Artist's Talk. Call 315.823.0808 for information or to make an appointment.

**JUNE 17**  
**Celebrate James Joyce's Legacy With "Bloomsday"** at the Irish Cultural Center of the Mohawk Valley - Museum, 623 Columbia St., Utica. Register tinyurl.com/42z83wet

**JUNE 19**  
**Father's Day Chicken BBQ** noon to gone at Poland Volunteer Fire Company. Family fun cornhole tournament. Contact Kelly at 679.0287.

**JUNE 22**  
**Herkimer County Senior Citizen's Picnic** 11 a.m.-3 p.m. at Herkimer County Fairgrounds, Frankfort. Coffee and doughnuts at 10 a.m., bingo at 11 a.m. For any Herkimer County resident 60 or older. To sign up, call Michele at 315.867.1152 by June 15.

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

**JUNE 24-26**  
**Pistol Lilly Ranch Tack Shop** will have a booth set up at Midland Barrel Racing, Fonda Fairgrounds, 21 Bridge St. South, Fonda.

**JULY 2-3**  
**4th on the Weekend.** For more information contact Val Lawson, 4th on the Weekend Chairperson, at 518.848.7441 or email valawson7691@gmail.com.

**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 5**  
**Breakfast Group/Depression Boys meeting** 9 a.m. at Foltsbrook Center, 104 N. Washington St., Herkimer. Breakfast and talk. The president of the local Habitat for Humanity as guest speaker. Breakfast is \$6. More information: fperuzzi2019@gmail.com

**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 15-17**  
**Pistol Lilly Ranch Tack Shop** will have a booth set up at Midland Barrel Racing, Fonda Fairgrounds, 21 Bridge St. South, Fonda.

**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 call 315.866.7820 or email 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. For more information, contact grace@preskyins.com or call 315.336.0375.

# Poland students win awards at 43rd annual Utica University Regional Science Fair

Poland Central School District students won 19 Special Awards and Category Awards, along with seven participation awards, at the 43rd annual Utica University Regional Science Fair.

Poland student Maya Virgil won the Senior Division Runner-Up Grand Champion Award, which includes a half tuition scholarship for one year at Utica University. She also won the Senior Division First Place Natural Science Award and the Senior Division Second Place AFCEA Award supported by the Air Force Research Laboratory.

“Our students had a great showing at the Utica University Regional Science Fair, and we’re proud of the work they put into their projects and presentations,” Poland science teacher Kevin Ford said.

Poland students qualified for the Utica University



Poland students pose with their awards from the 43rd annual Utica University Regional Science Fair. (Front row, L - R) Elizabeth Beck, Julia Ossont, Kade Haver, Noah Lamphere and Isabele Horan. (Back row) Gavin Krauciunas, Ashley Waterman, Seth Walther, Mason Salvatore, Wyatt Nebush, Grace Grems, Emily Smith and Maya Virgil.



(L - R) Poland students Ashley Waterman, Seth Walther and Maya Virgil. Waterman won the Junior Division Third Place Natural Science Award and the Junior Division Asa Gray Biological Society Award. Walther won the Senior Division Second Place Math, Computer and Engineering Award. Virgil won the Senior Division Runner-Up Grand Champion Award, the Senior Division First Place Natural Science Award and the Senior Division Second Place AFCEA Award supported by the Air Force Research Laboratory. Photos courtesy of Herkimer BOCES

## JUNE

### 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	
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.				1	Cheeseburger O'Brien Potatoes Apple Salad Yogurt	2	Turkey Cold Plate Macaroni Salad 3-Bean Salad Kaiser Roll • Fruited Gelatin	3	Chicken Fricassee Au Gratin Potatoes Lima Beans Applesauce
6	Beef Stroganoff Egg Noodles California Blend Vegetables Fruit Cocktail	7	Macaroni & Cheese Green Beans Stewed Tomatoes & Zucchini Cookie	8	Seafood Salad Cold Plate Potato Salad Carrot Raisin Salad Croissant • Cream Pie	9	Turkey Tetrazzini over Spaghetti Peas Brownie	10	Chicken & Biscuits Mashed Potatoes Mixed Vegetables Berries in a Cloud
13	BBQ Pulled Pork on a Bun Baked Beans Zucchini Pears	14	Beef Tips over Rice Japanese Blend Vegetables Cookie	15	Cheddar Baked Fish Au Gratin Potatoes Broccoli Melon	16	Ham & Cheese Cold Plate Marinated Beets Coleslaw Kaiser Roll • Pudding	17	Chicken Riggies over Noodles Spinach Gelatin
20	Tuna Salad Cucumber Grape Salad Corn Salad Kaiser Roll • Mandarin Oranges	21	Meatloaf Baked Potato Cauliflower Frosted Birthday Cake	22	BBQ Chicken Baked Beans Coleslaw Ice Cream	23	Pasta & Meatballs Tossed Salad Garlic Roll Brownie	24	Ham with Plum Sauce Scalloped Potatoes Peas & Carrots Pudding
27	Shaved Roast Beef with Peppers & Onions German Potato Salad Sonoma Blend Vegetables • Peaches	28	Omelet Hash Browns Sausage Patty Muffin • Fruit Cup	29	Stuffed Pepper Casserole Corn Brussels Sprouts Sherbet	30	Chicken Salad Cold Plate Cucumber Tomato Salad Pasta Salad Chef's Choice Dessert		

## Poland from 13

Regional Science Fair by winning awards in the 34th annual Poland Science Fair this school year. Both science fairs were primarily held virtually. Ford and Poland science teacher Jessica Meyer served as the coordinators for the Poland Science Fair.

The following is a complete list of Poland students who won awards at the Utica University Regional Science Fair – listed with the awards they won:

- Maya Virgil: Runner-Up Grand Champion Award – Senior Division; First Place Natural Science Award – Senior Division; and Second Place AFCEA Award supported by the Air Force Research Laboratory – Senior Division
- Seth Walther: Second Place Math, Computer and Engineering Award – Senior Division
- Ashley Waterman: Third Place Natural Science Award – Junior Division and Asa Gray Biological Society Award – Junior Division
- Alyssa Militello: Fourth Place Natural Science Award – Senior Division and Society for In Vitro Biology Award – Senior Division
- Grace Grems: Association for Women Geoscientists Award; Pratt and Whitney Met-



Poland's Maya Virgil holds her Utica University Regional Science Fair Senior Division Runner-Up Grand Champion Award, which includes a half tuition scholarship for one year at Utica University. She also won the Senior Division First Place Natural Science Award and the Senior Division Second Place AFCEA Award.

als Award – Junior Division; the Adam and Bertha Lachut Award – Junior Division; and the Sally Lachut Majka '61 and Donald Majka Award in Earth Science or Conservation – Junior Division

- Mason Hart: The "Doc" Aaronson Award in Biology – Junior Division
- Gavin Krauciunas: Asa Gray Biological Society Award – Senior Division and Doc Aaronson Award – Senior Division
- Lily Martin: ASM Materials Education Foundation Award – Senior Division
- Wyatt Nebush: Norman P. Bernstein Award
- Emily Smith: American Meteorological Society Award – Senior Division and Dr. Rhea Jezer Energy21 Student Scholar Prize – Senior Division
- Participation Awards: Elizabeth Beck, Kade Haver, Isabele Horan, Noah Lamphere, Julia Ossont, Colton Roark and Mason Salvatore

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- ENTRY FEE \$75 (\$60 Canajoharie Club Members)
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Registration forms available on the shelter website  
• [ayresanimalshelter.org](http://ayresanimalshelter.org)

For questions or to register by phone please contact Tara, Chairperson, 518-332-6075

**PLEASE REGISTER BY JULY 1st**  
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## Low-maintenance lawn alternatives

A traditional lawn may not be right for every property nor desired by every homeowner. There is no denying that lawns take time and effort to establish and daily or weekly maintenance to thrive. Homeowners who find that a traditional lawn is not practical can explore some low-maintenance alternatives.

### Wildflower Meadow

Homeowners with wide swaths of property may discover meadows are cost- and

time-efficient. Stores sell special wildflower meadow mixes of seeds or homeowners can use wildflower plug plants throughout areas where grasses are left to grow longer. This natural area can be a home to wildlife and an idyllic backdrop to a home. Most meadows only require a spring or summer and autumn cut to thrive and look good.

### Ornamental Grasses

Partition areas of the property for ornamental grasses

to grow. The gardening resource Elemental Green says ornamental grasses tend to be drought-resistant and low-maintenance. They won't need much fertilizer and are often resistant to pests as well. Ornamental grasses grow in tufts or sprays and will not require mowing. However, they are not ideal for areas that get foot traffic.

### Moss

Moss can thrive in shady areas and ones where the soil tends to stay a bit damp. Moss is velvety soft and green, so it can mimic the look of a traditional lawn but won't require mowing and other upkeep. Because it spreads quickly, moss can take over quite rapidly. You will need to protect areas where you do not want moss by creating barriers to stop spread.

### Gravel

Stone and gravel areas can reduce maintenance in the landscape and require very little upkeep. When gravel is installed correctly, weeds may not grow readily. Gravel installation may include laying heavy-duty, semi-permeable landscape fabric, which is available in home improvement centers. Gravel is cheaper than pavers and can be just as beautiful.



### Artificial Turf

If the desired look is a lawn without all the upkeep, there are various artificial grass options on the market. Homeowners who opt for artificial turf can save money and space devoted to lawn mowers and other lawn tools.

Grass may be ideal for some, but there are alternatives for people who have troublesome landscapes or desire a low-maintenance product for their homes.

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## Five ways to make your garden more successful

Homeowners enjoy gardening for many different reasons. In addition to adding beauty to a property, gardens can offset

grocery costs by yielding tasty produce. They also offer important habitats and food sources for both insects and animals.

While growing a vegetable or flower garden can turn into a rewarding hobby, or even a passion, gardening also can be overwhelming – particularly when the results are less than stellar. Novice gardeners have scores of resources at their disposal, including the advice of gardeners who have made mistakes and learned from them. The following guidance can make home gardens that much more successful.

1. **Start small.** You may have visions of an expansive garden growing rows of crops

or acres of flowers. But it is smart to start small and build on what you find successful, which includes plants that thrive in your lawn and garden.

This also is beneficial if you are unsure of vegetable yields. Several blooming plants producing bushels of crops can be overwhelming, especially if you can't get to harvesting or cooking them in a timely fashion.

2. **Assess the soil.** Plants need nutrient-rich soil to encourage extensive root systems and produce strong, hardy plants, according to the gardening resource GrowVeg. Nourish soil with organic matter, such as manure, compost, shredded leaves and natural

mulch. Add this organic matter in the off-season to give it enough time to be incorporated into the ground before spring. You can have your soil tested for pH and other characteristics that make it friendly or averse to plants at a local garden center.

3. **Arm yourself with knowledge.** Do you know how deeply to plant seeds and how far apart to space plants? Are you aware of the sunlight needs of certain flowers or plants? If not, read the packaging and do your research so your plants have the best chance of not only sprouting, but also surviving. Many people prefer to start seedlings indoors in late winter and then transfer those plants outdoors when they are stronger and more established.

4. **Sit in your yard and observe.** Watch the way the sunlight dances over areas of your landscape. Take note of which areas get the most sun and shade. This will help you plan what to plant and where to plant it. Vegetable gardens tend to need ample sunlight to bear pick-worthy produce. You can give plants a leg up by growing them in optimal conditions.

5. **Choose hardy varieties.** Certain plants have been bred to thrive in your climate, including heat-tolerant plants for climates with sweltering summer sun. Consult with a local gardening center to figure out which plant zone you are in and which plants will do best within that zone.

Beginners can utilize some time-tested strategies to increase their chances of planting a successful garden.

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## Edwin Falk show set to debut

Edwin Falk has been creating art for more than 40 years. He is a self-described “dabbler in everything” which is evident if you’ve ever visited his homestead where wry commentary often accompanies the various works adorning his acreage – from whimsical and functional yard art to octagonal structures of recycled materials to energy power systems that operate shop and home to organic gardens and orchards.

Discarded scrap steel appeals to him in a creative way. Once seen, a piece may take a year, perhaps waiting for that certain item to come along to finish the personality of the sculpture. He professes the three Rs – recycled, renewable and rusty.

Falk has participated in many art exhibits in the North Country over the past 30 years and has received several prizes and awards for his works.

Falk’s opening at the Mohawk Valley Center for the Arts on June 16 coincides with the Art Walk in Little Falls. He will be at the gallery at 5:30 p.m. for the Artist’s Talk.

The Mohawk Valley Center for the Arts is open Thursday, Friday and Saturday from noon - 4 p.m. at 403 Canal Place, Little Falls. Call 315.823.0808 for information or to make an appointment.



Edwin Falk’s Penguin in the snow

## The importance of brushing and flossing

Brushing and flossing ensures the removal of plaque and bacteria, which are culprits in tooth decay and gum disease. Periodontal disease is caused by a buildup of such bacteria and plaque. Brushing removes materials from the surface of the teeth, while floss gets in between teeth where toothbrush bristles cannot reach.

The American Dental Association said that a combination of brushing and flossing is the key to good oral health. While both brushing and flossing are necessary, some oral health experts say that, if done correctly, flossing actually may be slightly more important since it gets to hard-to-reach spots where the most destructive microbes live.

Oral hygiene does not just keep the mouth clean; it also can prevent serious disease. The CDC said extensive research shows that the bacteria that flourish in an unhealthy mouth can harm the rest of the body, potentially contributing to diabetes, respiratory illness and heart disease, which is the leading cause of death in the U.S.

Brushing and flossing also can make dental cleanings and examinations go smoothly. Plaque is the precursor to tartar and is sticky, but soft and pliable. Tartar forms when plaque has been left undisturbed. Once on teeth, tartar can’t be removed without professional help.



By removing plaque before it’s had a chance to harden into tartar, people can reduce time spent in the dentist’s chair. Furthermore, those who clean their teeth and gums regularly will have a lower risk for gingivitis, which is inflammation and bleeding in the gums.



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## Herkimer College appoints Iglesias as Director of Admissions

Herkimer County Community College has appointed Kaylynn E. Iglesias of Frankfort to the position of director of admissions. Iglesias will provide leadership for the college's student recruitment and admissions operations and the development, implementation and assessment of recruitment goals and strategies.

Iglesias brings more than 10 years of experience in college admissions to her new role. She has served as director of admissions at SUNY Morrisville, associate director of admissions at Utica College (now Utica University), senior assistant director of transfer admissions at Utica

College and transfer coordinator at SUNY Institute of Technology (now SUNY Polytechnic Institute).

Iglesias has also been an adjunct instructor at Herkimer College, SUNY-IT and Utica College. She currently serves as president-elect for the SUNY College Admissions Professionals SUNY-CAP.

Iglesias holds an associate degree in general studies from Herkimer College, a bachelor's degree in English literature from Hartwick College and a master's degree in English literature from Mercy College.



## 4th on the Weekend! July 2 & 3

Car Show & Poker Run Sponsored By:

### Car Show - 7/2

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 Registration Day of 8-11 AM  
 Awards & Prizes (at 2 PM)

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### Poker Run - 7/3

Tribute to Owen & Bev Christman

Registration 8-11 AM

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Cost - \$25 and \$30 for Doubles

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Charlotte Catarino, Lainey Shults and Harper Fridenberger.

Photos from the recent dance recital at the Mohawk Valley Dance Theatre



Danika Battisti and senior Olivia Holland.



Charlotte Hecht at the Dance Recital.

# Kids' Community Corner

Enjoying swimming lessons



Timothy Brush enjoys his swimming class at the Fulton County YMCA.

Do you have a photo of your child's ball game, dance recital, art class or other fun hobby you would like featured in our paper?  
Send photos and information to [jkarkwren@leepub.com](mailto:jkarkwren@leepub.com)

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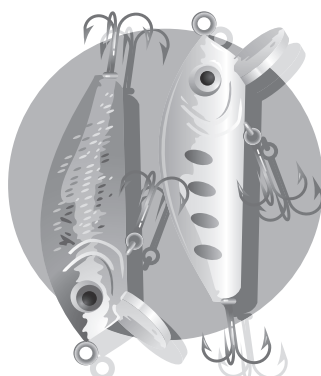


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## Swing into spring with a special dessert

(Family Features) It's tough to top the joy of a spring morning spent celebrating with family, enjoying a delicious brunch or snacking on sweet treats. With warmer weather and bright sunshine comes plenty of opportunities to enjoy favorite recipes.

Celebrating the season with eggs can bring loved ones together in the kitchen and beyond, from crafting classic desserts to serving up new delights. Plus, the versatility of eggs allows for nearly countless creations.

Boiled, scrambled, poached, baked and any

other way you like them, eggs can be your kitchen superhero. As a natural source of vitamins and minerals, they're a delicious protein powerhouse with just 70 calories per large egg.

Make the celebration truly memorable with the power of eggs in a sweet dessert like these Meringue Nests with Vanilla Bean Whipped Cream and Strawberries, a perfect option for topping off a brunch feast or an afternoon meal.

Find more spring recipe ideas and ways to celebrate the season at [incredibleegg.org](http://incredibleegg.org).

### Meringue Nests with Vanilla Bean Whipped Cream & Strawberries



Recipe courtesy of the American Egg Board and Sam Adler (@frostingandfettucine)

Prep time: 15 minutes

Total time: 6 hours

Servings: 6

Meringue Nests:

1 1/4 cups granulated sugar

6 large eggs

1 teaspoon cream of tartar

1 teaspoon vanilla extract

2 teaspoons cornstarch

Garnish:

1 cup heavy whipping cream

1 teaspoon granulated sugar

1/2 teaspoon vanilla extract (or 1 vanilla bean, scraped)

1/2 pint fresh strawberries, sliced

To make meringue nests: Preheat oven to 200° F. On parchment paper-lined baking sheet, spread sugar evenly and bake 5 - 7 minutes to slightly heat. Remove sugar from oven then increase oven temperature to 225°.

Carefully separate egg whites from yolks completely. In bowl of hand or stand mixer fitted with whip attachment, whisk egg whites on me-

dium-low speed until foamy about 1 minute.

Slowly add sugar 2 - 3 tablespoons at a time and mix on medium speed 2 minutes between each addition. Sugar needs completely mixed into egg whites to ensure success. Continue mixing on medium until mixed through and meringue does not feel gritty.

Add cream of tartar, vanilla extract and cornstarch. Increase to high speed and beat until stiff peaks form.

On two parchment paper-lined baking sheets, pipe or spread meringue with spoon into six 4-inch circular "nests."

Bake 1 hour, 15 minutes then turn off oven and let meringues cool without opening oven for at least 4 hours or overnight. The USDA recommends egg dishes be cooked to 160° F.

To make garnish: When ready to serve, in clean mixing bowl fitted with whip attachment, whip heavy whipping cream on medium speed. Slowly add sugar and vanilla. Continue mixing on high speed 2 - 3 minutes until stiff peaks form.

Dollop whipped cream on meringue nests and top with sliced strawberries.

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# Check out these sites to see in North America

There may be no better way to get up close and personal with all the sites to see in North America than traveling via car or truck. Road trips enable passengers to set their own pace and make multiple stops along the way to check out all North America has to offer.

Road trippers traversing North America may want to include these points of interest in their travel itineraries.

- **Niagara Falls** – The famed Niagara Falls is a destination for both Canadian and American travelers. Nestled between the cities of Toronto and Buffalo, NY, Niagara Falls is a major attraction that draws millions of visitors each year. The Niagara region, in addition to having the falls themselves, is home to picturesque 19th century colonial architecture on the Canadian side and dozens of wineries on the Niagara Wine Trail.
- **Black Hills** – The Black Hills in South Dakota can be viewed from the Badlands Scenic Highway. There are plenty of bison to see along the way, and additional stops can be made at Mount Rushmore, Wind Cave State Park or Custer State Park.
- **Grand Circle Road Trip** – This is one of the most renowned national parks road trips in America. It takes place predominantly in Utah, but also crosses over into Arizona. Parks to hit up along the way include Zion, Bryce Canyon, Arches, Canyonlands, Grand Canyon, Capitol Reef and many more. For those with ample time, this road trip can stretch for two weeks. You also may want to veer into Nevada and check out the famed Las Vegas strip to finish out the fun.
- **Icefields Parkway** – Icefields Parkway has been ranked as one of the best road trips in the world. It stretches through both Banff National Park and Jasper National Park, boasting amazing scenery of mighty mountains, waterfalls and turquoise-colored lakes. Plan to park the car and hike to see some of the falls and other attractions.
- **Route 1** – America's Route 1, sometimes called Coastal Route 1, stretches along the East Coast of the country from Maine to Florida. There are scores of spots to visit along the way, including quaint New England fishing villages, historic cities like Princeton or Philadelphia or beach locales in Miami. Travelers can decide just where to stop on this historic roadway.
- **Blue Ridge Parkway** – Blue Ridge Parkway is the most visited road controlled by the U.S. National Parks System. It starts at Front Royal in Virginia and continues all the way through to North Carolina. Travelers can stop at Shenandoah or great Smoky Mountains national parks along the way and glimpse awe-inspiring mountain ranges.
- **Cowboy Trail** – Highway 22, also known as the “Cowboy

Trail,” is located just south of Calgary in Alberta and travels all the way down into the U.S. There's lots of Western-inspired sights and stops, including Heritage Park, the Alberta Boot Company or Bar U Ranch.

- **Pacific Coast Highway** – Visitors to California can drive the state's longest highway along the dramatic Pacific coastline. It's 653 miles long and passes through Malibu, Big Sur and Monterey, and even includes the famed Golden Gate Bridge.

There are many road-trip worthy roads and spots to visit across Canada and the U.S.



# Advertise for June Dairy Month

Join us in recognizing our area’s hardworking dairy producers! Our upcoming special section is a tribute to Dairy Month and the men and women who are an essential part of this important industry. To learn more about representing your dairy products and services or simply to share a message of thanks in this section, contact an ad consultant today.

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# Outdoor activities that are perfect for seniors

The great outdoors beckons people of all ages. Fresh air can be hard to resist and the benefits of spending time outdoors are so numerous that it behooves anyone, including seniors, to answer the call of nature.

According to researchers with the USDA's Forest Service, human beings benefit both physically and psychologically from spending time in nature. Such experiences can reduce stress and help lower heart rates, potentially decreasing individuals' risk for cardiovascular disease. In addition, the Forest Service notes that spending time outside in green spaces has been linked to a lower risk of depression.

Seniors who are retired or even aging empty nesters who are still in the workforce can make great use of their free time by venturing into the great outdoors. The following are a handful of senior-friendly outdoor activities that provide a great reason to get off the couch and take in all that Mother Nature has to offer.

- **Hiking:** Hiking provides a great workout and an ideal opportunity to spend time in an idyllic setting. The U.S. National Park Service notes that hiking helps individuals build stronger muscles and bones, improves their sense of balance, has a positive effect on heart health and can decrease the risk of certain respiratory problems. Hiking is an especially attractive outdoor activity for seniors, as many parks feature trails with varying degrees of difficulty, ensuring there's a trail for seniors whether they're seasoned or novice hikers.
- **Water aerobics:** The CDC notes that water-based exercises can be especially helpful individuals with chronic diseases, a category many seniors fall into. The CDC notes that one study published in the journal *Arthritis & Rheumatology* found that improves the use of joints affected by arthritis without worsening symptoms. The U.S. Department of Health and Human Services also notes that swimming can lead to improved health for people

with diabetes and heart disease. Seniors can reap these benefits by going for a dip in their own backyard pools or a local body of water, such as a lake or ocean. Many swim clubs also offer discounted memberships to seniors, making these another great and affordable way to reap the benefits of swimming.

- **Fishing:** Of course not all outdoor activities need to make

seniors huff and puff. Fishing provides a great reason to get outdoors, and many individuals devoted to fishing report feeling less stressed after a day spent casting for their favorite fish. Individuals who consume what they catch also can benefit by improving their diets, as the American Heart Association notes that consuming certain types of fish has been linked to a lower risk for heart disease and obesity.

- **Volunteering:** Local environmental groups often sponsor cleanups at parks and waterfront attractions like beaches and lakes. Volunteering with such organizations is a great way to get outside and give back, and working with like-minded individuals can be a great way for seniors to meet new people. In addition, a national study sponsored by the Corporation for National and Community Service in 2019 found that 88% of Senior Corps volunteers who initially reported a lack of companionship reported a decrease in feelings of isolation after volunteering.

The opportunities for seniors to enjoy the great outdoors are endless. Taking advantage of such chances can benefit seniors in myriad ways.



# The basics of long-term care insurance

Many older adults get some peace of mind by taking steps to finance long-term care should they become incapable of living independently.

LT Care Consumer, a health care advisory company, says 70% of people over age 65 will require some type of care at some point in their lives. According to the 2017 Cost of Care study by Genworth Financial, the average annual cost for a private room at a nursing home is \$97,455. Such costs illustrate why long-term care insurance can be a wise investment.

Long-term care (LTC) encompasses services and support that assist individuals with the activities of daily living. ADLs include bathing, eating, dressing, toileting and more. In addition, LTC may support needs such as caring for pets, household chores, medicine management and meal preparation. LTC may be provided by specialized assisted living facilities or by in-home care workers.

The resource Long Term Care Primer advises that individuals typically must fund their own long-term care. Many facilities are not subsidized by government assistance programs under Medicare in the U.S. Medicaid may step in for certain individuals who are of limited means, but that assistance may be exclusive to those living in skilled nursing facilities. That means the bulk of paying for long-term care rests on the individual.

Long-term care insurance can pay for care to treat chronic health conditions and meet personal needs over an extended period of time. This is known as custodial care. Individuals who have habits or health issues that could result in the need for LTC in the future should look into LTC insurance. LTC insurance also can be a sound investment for individuals who cannot afford extended nursing care out-of-pocket.

The Ohio Department of Insurance notes that policies may vary, but they typically include a deductible or elimination period, which is a time when the policy holder is liable for payment before

the insurance begins. Policies typically include a daily benefit as well. This is the maximum amount the insurance company will pay toward each day in the nursing facility; the policy holder may be responsible for the difference. Policies also include a benefit period, or the length of time the policy will pay the daily benefit, which can be a few years or a lifetime.

Individuals also have other options in regard to securing long-term care. Care.com says comprehensive LTC policies, combination policies and riders to current life insurance policies may help augment long-term care needs. Because LTC insurance – and paying for healthcare in general – can be quite confusing, people are urged to speak to professionals about their options and whether LTC insurance is necessary. A 2014 study by the Center for Retirement Research at Boston College estimated that only 20% to 30% of people would benefit from a policy. Researchers concluded that, while many people do need long-term care, they may not need it for an extended period of time and may be able to cover their care with their own savings. Furthermore, cost for policies may be \$2,000 a year – which is a concern for some people.

Individuals who purchase LTC insurance should know that medical underwriting for policies can be extensive. Coverage may be denied for current or past health conditions. Most people find that the best age at which to buy LTC insurance is in one's mid-50s. Healthy individuals may be eligible for discounts on LTC premiums.

Long-term care insurance is a consideration for older adults facing the potential for care assistance in the future. Because considerable cost is involved, potential policy holders should discuss their options with insurance and financial professionals.

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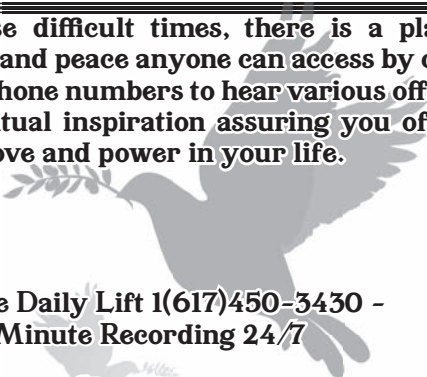


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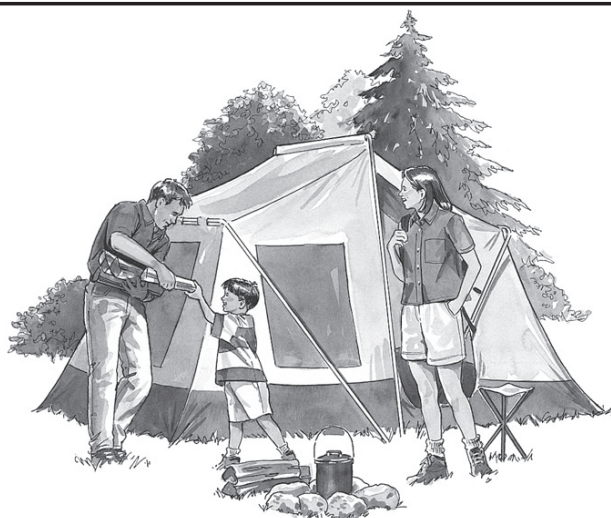
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### **Amsterdam**

- Amsterdam Diner
- Amsterdam Hardware • Blue Hen
- Country Feed • Dutch Mart
- Fastrac Vails Mills
- Frank's Gun Shop
- Hannaford • Karen's Produce
- Knights Inn Laundromat • Microtel
- Mobil Mart • Mobil Station
- Outdoor Motorsports • Peking
- Price Chopper • Raindancer
- Star's Cafe • Town & Country Deli
- Route 30 Wine & Liquor
- Four Corner Tire
- Speedway Gas Station

### **Broadalbin**

- Café in the Village

### **Buel**

- Buel Road Repair

### **Canajoharie**

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

### **Cherry Valley**

- Cherry Valley Hardware
- Cherry Valley Market
- Cherry Valley Post Office
- Mirabito
- Rose & Kettle Restaurant
- Tryon Inn

### **Dolgeville**

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

### **East Springfield**

- Kelly's Deli • Turnpike Auto Sales

### **Ephratah**

- Brittany's Diner
- Royal Mountain Inn

### **Esperance**

- Dollar General • Hannaford
- Stewart's

### **Fonda**

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

### **Fort Plain**

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

### **Frankfort**

- ADK Food & Fuel • Country Farms
- Melrose Grocery

### **Fultonville**

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

### **Glen**

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

### **Gloversville**

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

### **Herkimer**

- Citgo • Dick's Wheel Shop
- Empire Diner • Fastrac • Fat Cats
- Frank J. Basloe Library
- Hannaford • Renewed & Rescued
- Sam's Deli • Smoker's Choice
- Subway in Sunoco
- T&J Fruits & Vegetables
- The Emporium • True Value
- Tractor Supply
- Nathan Galinsky Apartments
- Massaro & Son Florist, LLC
- Stewart's

### **Ilion/Mohawk**

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

### **Johnstown**

- Clyde's Stop & Shop • Gulf
- Harvey's Pet • Micro Motel
- Miss Johnstown Diner
- Price Chopper
- Royal Mountain Inn
- Ruby & Quiri

### **Little Falls**

- Super 8 • Whitey's
- Ace Hardware
- Ann Street Restaurant & Deli
- Bonitas
- Café at Stone Mill
- Circle K/Nice N Easy
- Dollar General • George Lumber
- Kinney Drugs
- Little Falls Antique Center
- Little Falls Lumber
- Mangia Macrinas
- Paca Gardens • Price Chopper
- RD's Redemption • Runway Sunoco
- Sam's Deli
- Showcase Antiques • Stewart's
- Travelodge

### **Mayfield**

- Food & Fuel

### **Middleville**

- Stewart's

### **Nelliston**

- Q's Mart

### **Newport**

- Once Upon A Latte
- Village Laundry & Car Wash

### **Palatine Bridge**

- Ace Hatchet Hardware • Big Lots
- Country Farms
- Laundromat
- Lee Newspapers, Inc. • McDonald's
- Palatine Nursing Home
- Price Chopper • Stewart's
- Tractor Supply

### **Poland**

- Circle K Nice N Easy • Stewart's

### **Richfield Springs**

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

### **Salisbury**

- Covered Bridge Convenience
- Kirby Library
- Nichols Country Store
- Spruce Creek Campground (summer)

### **Sharon Springs**

- LOG House Minimart • Stewart's

### **Sloansville**

- Mobil • Sloansville Wine & Liquors

### **Sprakers**

- Ayres Memorial Animal Shelter
- Byler's Custom Cabinets
- Sprakers Post Office
- Sprakers Produce

### **Stratford**

- East Canada Stop & Shop

### **St. Johnsville**

- Bridge Street Café • C.H. Burkdorf
- Country Farms • Dollar General
- Kinney Drugs • Monte Grab & Go
- St. Johnsville Rehab & Nursing Home
- Stewart's
- Two Brothers Laundromat

### **West Winfield**

- Mirabito

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

**Send your articles and calendar of events items to Gary Elliott at [cfeditor@leepub.com](mailto:cfeditor@leepub.com) or call 518-673-0143.**

**For any other information or questions please contact Becky Mauk at 518-673-0166, [bmauk@leepub.com](mailto:bmauk@leepub.com), fax 518-673-2381.**

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## How motorcyclists can stay safe while riding

Many people are drawn to motorcycles because of the intensity and excitement riding provides. Motorcycles are fun and routinely draw attention from other motorists.

What motorcycles add in terms of speed and excitement, they may lose in safety, especially when compared to cars and trucks. The National Transportation Safety Board says motorcycle riders and their passengers have the highest risk of fatal injury among all motor vehicle users. Per mile traveled, motorcyclist fatalities occur nearly 28 times as often as passenger vehicle occupant fatalities in traffic crashes.

Thankfully, the risks associated with riding motorcycles can be reduced with some simple safety precautions.

### Gear

Motorcycle riders can improve the barrier between themselves and the road with the proper gear. Quality leather jackets and pants, helmets, gloves and nonskid boots can protect the body from severe injuries.

### Improve Visibility

Reflective tape added to clothing can help motorcyclists become more visible to other drivers; otherwise, wear bright clothing colors. Also, riding with others as a group increases visibility.

### Familiarize Yourself with the Bike

Motorcycle riders are not advised to take an unfamiliar bike into busy traffic. If the bike has never been ridden before, become familiar with its handling and responsiveness in a controlled area that

isn't full of traffic before taking it on the open road.

### Stay Out of Blind Spots

Consumer Reports says roughly two-thirds of all motorcycle accidents are caused by a car driver violating a motorcycle rider's right of way. Motorcycle riders should never assume a driver sees them. Staying out of blind spots and steering clear of turning vehicles can help.

### Adjust for Weather

Riding in the rain or in other difficult conditions is more risky since the roads are slippery. Slow down or keep the bike at home in inclement weather.

### Remove Distractions

Stow cell phones away so your attention is not drawn away from the road.

### Remain Sober & Alert

Don't ride while under the influence of alcohol or drugs (including over-the-counter if they cause drowsiness). Also, do not drive while drowsy, as it is just as dangerous as driving while intoxicated.

### Be Aware of Obstacles

Motorcyclists need to be very careful about road obstacles, more so than other drivers. This includes uneven road surfaces, fallen branches, oil slicks, and/or wet spots. ConsumerSafety.org says a motorcycle has less contact with the road than a car, making it more likely to skid out of control or throw a rider from the bike.

Motorcycle riders need to be more cautious on the road because they are at increased risk for injury.



*Patience is something you admire in the driver behind you  
and scorn in the one ahead.*

## The cost of waiting to save for retirement

Patience is a virtue, but waiting can be costly in regard to saving for retirement. A 2019 report from the Economic Policy Institute found that nearly half of families have no retirement account savings at all. Individuals who have delayed saving for retirement could find themselves in difficult situations as they near retirement age. Assuming an 8% rate of return on money deposited into a retirement account like a 401(k), an individual who begins depositing \$6,000 annually at age 20 will have roughly \$1.7 million in that account in 40 years. By waiting until age 40 to begin making the same annual contributions and assuming the same rate of return, an individual would end up with less than \$300,000 in their retirement account at age 60. That's a sizable disparity and one that could make the difference between a comfortable retirement and one plagued by financial difficulties. Catch-up contributions allowable by the IRS can help men and women over 50 build their retirement savings. However, the most effective way to save for retirement is to begin early and to continue doing so throughout adulthood.

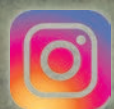
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# It's the Year of the Garden



There are many kinds and colors of bell peppers.

The National Garden Bureau has declared 2022 “The Year of the Garden,” but honestly, gardens both large and small have been receiving much more attention for the past two years. In 2020, when shutdowns led to the vast majority of people staying home, putting in a garden – whether for flowers or for food – seemed like a good way to pass some time and acquire some new skills. In 2021, more people realized gardening wasn’t just a hobby; it was a way to control the food they ate and a way to save money at the grocery store.

So what’s so special about this year? Now that gardeners, both new and experienced, know what they want to do, they can get a little more creative. There are literally thousands of varieties of vegetables...and fruits...and flowers...and herbs. Consider, for example, my favorite brassica, the romanesco (also known as romanesco broccoli).

And do you know how many kinds and colors of bell peppers there are? It’s awesome!

Fear not if you didn’t plan ahead for a garden this year. You don’t have to grow everything from seed. Many garden centers (and even some farm stands) offer seedlings. All you have to do is transplant them and take care of them from there.

To see how our friends north of the border are celebrating the Year of the Garden, just check out [liveshagardenlife.gardenscanada.ca](http://liveshagardenlife.gardenscanada.ca). And send us your garden pictures at [countrycultureus@gmail.com](mailto:countrycultureus@gmail.com)! We want to see how you’re celebrating this wonderful year.

For more stories like this, be sure to visit [countryculture.co](http://countryculture.co).

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## Super Crossword PRIZEWORTHY

- ACROSS**

1 Classic Pabst beer brand

7 Place for hay or a choir

11 Facial mask offerers

15 Barter

19 Retort to “Am so!”

20 “La Traviata” solo, say

21 Many a smartphone message

22 By way of, for short

23 He played V in “V for Vendetta” [sci-fi writing]

25 Domain

26 German “a”

27 The, in Tours

28 Tarnish

29 Galahad’s title

30 Tina of pop

32 Mogadishu resident

33 “Rags to Riches” singer [Broadway]

35 Capital of Italy, in Italy

38 Golfers’ positions

40 Built on

41 Jungian inner self

43 Stallion, e.g.

44 Yellow shade

46 “Little Birds” actress [Canadian music]

49 Longtime member of the Four Tops [off-Broadway]

54 Fred dancing in films

55 Tile locale

57 Fly of Africa

58 Rice dish

61 Walton who wrote “The Compleat Angler”

63 Leaves port

64 Rub roughly

68 Ventriloquist with the dummy

71 Horse pace

72 “Incredible!”

74 Delight in

75 Bus stop

77 She’s asked to “peel me a grape” in film

79 Call to a pig

81 1982 Dustin Hoffman film

86 “Shameless” actress [television]

88 “The Picture of Dorian Gray” novelist [film]

91 Panache

92 La — Tar Pits

93 “The Piano” actor Sam

94 Remits in advance

98 Kids’ racers on tracks

101 Lyric verses

102 American labor leader [French film]

105 Verbalized

107 Go — (no slouch)

108 Cager’s hoop

109 Went flat

110 Be in arrears

113 Blind as —

114 Uncork, e.g.

116 What any of the eight people featured in this puzzle should be?

118 Dust particle

119 Blu-ray Disc producer

120 Work benefit

121 Puts into law

122 Squeezed (out)

123 Circus barker

124 Actress Harper

125 Least refined

**DOWN**

1 Witty Mort

2 Like facts

3 Rules, for short

4 1969 Beatle bride Yoko

5 “— I love thee?”

6 Cooks, as asparagus

7 Kitschy 1960s light

8 First

9 High-quality

10 Gift label

11 Tarnish

12 “Firework” singer Katy

13 Tree toppler

14 Governor’s fiscal concern

15 “Tristram Shandy” author

16 Complained childishly

17 Actor Will of “30 Rock”

18 — Rico

24 Amo, amas, —

29 Distress call

31 Strip down

32 Island group near Fiji

33 Summer shirt

34 Tiny toddler

35 Indian royal

36 Big burden

37 Breath freshener

39 Treble —

42 “Take — from me”

44 On the train, e.g.

45 Illusion on a hot road

47 Sandusky’s lake

48 Merges

49 Seep out

50 In good order

51 Move a bit

52 Capital of Norway

53 Sticky home?

56 Cuba — (rum cocktail)

59 Tennis champ Andre

60 Courteous act, to a Brit

62 — secret (didn’t blab)

64 Judge’s wear

65 “Pardon me”

66 Done the backstroke, e.g.

67 Prefix with 104-Down

69 House unit

70 Jordanian queen dowager

73 Major combat

76 Word before hall or crier

78 Jesuit college in Worcester

80 Part of NYSE

82 Attach with laces, say

83 Lost traction on the ice

84 Waste time

85 Bioelectric fishes

87 Tiara go-with

89 Five-armed echinoderms

90 Lots to leave autos in, to Brits

92 “Lowdown” singer

93 Scaggs

94 World of Warcraft, e.g.

95 Nike rival

96 Grand home

97 Touched comfortably

98 Jewel

99 Blabbed

100 Meat sticker

103 Boxing venue

104 Plastic for a waterbed

106 Suburb of Minneapolis

109 —“Pea

110 In time past

111 Makes moist

112 Word before while

115 “The Raven” poet

116 Inclined

117 Rustic denial

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