

JUNE 25, 2022



IN THIS ISSUE:

AUTOMOTIVE

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The father of a righteous child has great joy; a man who fathers a wise son rejoices in him. Proverbs 23:24



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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 11/2 baths. 2-stall garage. \$119,000

Gloversville, NY - #202219368: Looking for easy first floor living? This hom conveniently has everything you need on the main floor, with the option to use he upstairs as additional living space or storage! This home features a beautiful ir ground pool, with access from both downstairs bedrooms. Enjoy your back deck

with a cup of coffee in the morning or to get some shade after a long day spent in the pool. Great location, being just minutes away from Nathan Littauer Hospital as well as the local golf course! This one won't last long, call Listing Agent 2, to set up your showing today! PENDING **\$149,900**

Krutz Properties is #1 per Capital District MLS for property SOLD in Montgomery County!



Palatine, NY - #202131679: 19 Acres of land with 5 additional barns/sheds with netal 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 allest of barns was used as an indoor arena to school driving po All but the hay wagon shed have electric and water. \$325,000



Florida, NY - #202218453: 142 acres of paradise located on a quiet country dead end road in the town of Florida. Come and build your dream home and create your own private estate overlooking mountain views and endless rolling farmland. This property offers an abundance of wildlife whether you are a nature lover or an avid hunter. This large parcel features a mix of pine groves, hardwoods, and cropland. Power & high speed internet located at road. Only 6 minutes from the NYS Thruway. Listing agent related to seller. \$415,000



Root, NY - #202212843: Restored/renovated 1820's brick home with a tasteful addition situated on 197 acres of mixed farm, ponds & wood land. The great oom hosting the kitchen/dining area is gleaming with light and has a beautifuview overlooking the property. Three full baths plus professional office with fireplace. Central air, central vacuum, whole house fan & emergency generator Walk out basement w/workshop is a dream. 168 acres leased for 2022 for premium hay, remainder of land mixed meadow, and conservation wetlands w/ beaver & nesting ponds, trails, & wildlife habitats. Farm contains 1890's pos & beam hay barn approximately 36x66 w/ attached 48x32 stable completely resided and updated metal roof. SUBDIVISION WOULD BE GREAT / HOUSE AS AN AIR B & B (Additional 145 acres Across Rd - \$245,000). \$695,000



Johnstown, NY - #202220013 Adorable and extremely well ept home in the heart of John town. Perfect for a first home or if you're looking to downsize Featuring beautiful hardwood floors, stainless steel appliances, a newer roof and newer ice! Walking distance to th ike trail, Jansen Ave playground & a local ice cream shop! This

home is truly a special find. Please contact today for more info. \$150,000



Canajoharie, NY - #202217530: Relax on your back deck and enjoy an amazin view of the Cherry Valley Mountains! Home built in 2005 with open kitchen an dining area, living room with a large picture window and fireplace, 3 bedrooms and 2 baths, 2-story barn 1st floor me easures 40x64 w/ horse stalls and 2nd floor easures 40x32. 2nd building measures 29x33 - 2 bay pole barn. **\$360,000**



Fort Plain, NY - #202218711: If you're dreaming of a quiet place in the country yet still affordable , you've found it. Enter the private drive to discover a park ike setting. Sit on the large front porch in the evening and listen to the sound of nature. This move in condition home has a large garage for cars and a workshop or your outdoor toys. \$179,900



Root, NY - #202219274: Lovely updated farmhouse with new kitchen, gleaming nardwood floors & woodwork. 1st floor has large eat-in kitchen, spacious living rm ic room, pantry & office w/ it's own entrance, along w/ a full bath. Upstairs has 4 bedrooms, large linen room and full bath w/ laundry. Sauna is a bonus.

Picturesque views from your front & side porch, rolling pastures, large barn, 2 cr
garage, U-shaped driveway & other out buildings. PENDING \$335,000



Herkimer, NY - #202220103: A very well maintained ranch home with 3 bedroo 2 full baths. Interior freshly painted, and updated carpets. Sliding glass door off your dining room leading to a back deck, new roof and central a/c. Full basement and attached 1-stall garage. \$168,900



Canajoharie, NY -

BACK ON MARKET #202212080: 2-story, 4 bedroom home with a 1 stall attached garage. Located in the village of Canajoharie and an easy walk to downtown. \$69,000



Village, NY #202216618: HUD qualified multi unit Good tenants, Great property to purchase

tenant! \$75,000



and live in with great



#202219394 Year round 3 bedroom 1.5 bath home for rent. Sits on 1 acre of

Fort Plain, NY - #202219280

home is situated on 3.8 acres

with in-ground pool! Original details are present including wide plank floors, ornate trim,

high ceilings, and unique spiral staircase. Large formal dining room, 2 wood stoves,

> Palatine Bridge NY - #202215762 2-story, 4 unit

apartment house in the v/o Palatine Bridge. Separate utilities, off street

> asphalt roof. \$135,000

> > Mayfield, NY -

land, Mayfield schools not far from the lake. Pets ok under 50lbs ok additional \$100 deposit required. Everything included ailable 7/15 or 8/1, \$1,700



Mount Vision, NY - #202212470: Private old Farmhouse that was the old Stage oach Stop (Home Sweet Home Traveler Rest) on a dirt road, property on both sides of the street. Sit on the front porch and watch the wildlife and the view, Pond 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 supboard. Attic is finished to make anothe pedroom, Just needs a little TLC, \$350,000



Gloversville, NY - #202218626 Handyman special! and countertop

New kitchen cabinets ncluded, just needs t be installed. So much potential with this 6 bedroom home! Cash only. PENDING \$31,500



#202215450: Approved wooded building lot with 630 feet of road frontage right out side of town. Build your dream home. Can

Northville, NY -

be combined with adiacent property also for sale, \$54,000

Five students in Herkimer BOCES region earn NYS Seal of Biliteracy

Five students in the Herkimer-Fulton-Hamilton-Otsego BOCES region will have the New York State Seal of Biliteracy on their diplomas when they graduate this month – showing that they have demonstrated proficiency in both English and Spanish.

The students took world languages Spanish classes and exams at their home districts over the course of multiple years. This school year, they conducted research on a subject of interest and did presentations on the topic. On June 2, they were interviewed in Spanish about their presentations by a panel of three local Spanish teachers.

"The whole idea of it is that you can actually be bilingual," Herkimer BOCES Coordinator of Instructional Support Services and Educational Technology Sheri Perry said. "They're native English speakers, but they're learning Spanish to a degree where they can present a project, answer questions and have a conversation."

Following the panel interviews on June 2 the students received certificates for earning the NYS Seal of Biliteracy during a celebration that took place at Central Valley Academy. In addition to having the seal on their diplomas, they will also have a Seal of Biliteracy medal to wear at graduation.

The five students – all seniors – who earned the Seal of Biliteracy are:

Audrey Campbell, of West Canada Valley Central School
District

 Joshua Baldwin, of Herkimer Central School District

- Philip Nash, of Dolgeville Central School District
- Joaquin Nietes, of Herkimer Central School District
- Tia Ruggiero, of Dolgeville Central School District

Herkimer BOCES helps facilitate the NYS Seal of Biliteracy program on a regional level. This includes establishing a professional learning community among world languages teachers who meet periodically, working with the teachers to create checkpoint exams, hosting the checkpoint exams and hosting the Seal of Biliteracy panel interviews and celebration.

The Central Valley, Dolgeville, Herkimer and West Canada Valley school districts currently participate in the program.

The NYS Legislature established the NYS Seal of Biliteracy in 2012, and the first students in the state to

earn the seal graduated in 2016. To earn the seal, students must demonstrate proficiency in English and a second language and earn a NYS Regents Diploma.

The NYS Education Department website highlights many benefits of the seal including that it encourages the study of languages, helps employers and universities identify graduates with biliteracy skills, prepares students with 21st century skills, recognizes the value of language instruction and affirms the value of diversity in a multilingual society.

During the panel interviews, Spanish teachers asked the students questions in Spanish and rated their responses in Spanish using a rubric from the state. The teachers were also able to go beyond the state-suggested questions and ask more about the topics students chose.

"The process demonstrates that the students have the knowledge and have the ability to listen to questions in Spanish and respond in Spanish," Perry said. "That's where it takes it to a higher level."

During the ceremony, the Spanish teachers involved with the program introduced the students, gave them their certificates and spoke about the value of the program.

Central Valley Spanish teacher Liza Gonzalez said she brought the Seal of Biliteracy program to the area in 2018.

"It has definitely grown in our region, and I'm so excited about it," Gonzalez said. "It gives kids another opportunity to show what they're capable of."

Herkimer Spanish teacher Chanel Meyer said this was the first year Herkimer was part of the program. Students benefited from not only how to speak Spanish but from learning interpersonal skills and about cultural diversity and acceptance, she said.

Dolgeville Spanish teacher Elba Nash also said she values that students can learn to improve human interaction – leading them to understand, appreciate and respect different cultures. "I think this is a great program because it prepares students for what is ahead," Nash said.

Herkimer BOCES District Superintendent Sandra Sherwood, who attended the ceremony along with administrators from component school districts, said she also supports how earning the Seal of Biliteracy guides students to appreciate other cultures because more of that in general would help improve the world.

"I really believe the cultural sensibility is a huge part of this that would serve us all well," Sherwood said. "I'm very proud of the work these kids have done."



Five students in the Herkimer BOCES region earned the New York State Seal of Biliteracy during the 2021-22 school year and received certificates. (L - R) Dolgeville students Tia Ruggiero and Philip Nash, West Canada Valley student Audrey Campbell and Herkimer students Joshua Baldwin and Joaquin Nietes.

Photo courtesy of Herkimer BOCES



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New behavioral health pharmacy opens in the Family Counseling Center

A unique on-site pharmacy specializing in serving people with mental illness, substance use disorder and other chronic, complex conditions had its grand opening within the Family Counseling Center of Fulton County in Gloversville on June 9, joined by center leaders and local officials

The new Genoa Health-care pharmacy will help in-dividuals receiving services at the Family Counseling Center, which provides behavioral health services to patients, including talk therapy and psychotherapy; med clinic and crisis unit walk-ins; children and family services, including school-based intervention counselors; family peer and youth peer support services; psychosocial

rehabilitation; a mobile crisis unit working with Fulton County Schools; and the Domestic Violence Program of Fulton County, providing advocacy, a 24-hour hotline and safe dwelling.

In New York, approximately one in 20 adults live with a serious mental illness such as schizophrenia, bipolar disorder and major depression. Research shows that when pharmacy services are integrated with healthcare providers, people are more likely to obtain their prescriptions and stay on their medication plans. Genoa's specialized pharmacy services include using pre-filled pill organizers to help people stay on their medications, proactive outreach calls, help with prior authorizations and other

hands-on pharmacy care.

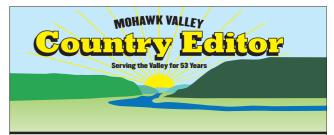
This approach to pharmacy care helps patients stay on their medications at a rate of more than 90%, compared to about 50% with a traditional approach. A study published in a peer-reviewed journal found that this type of integrated pharmacy also reduces emergency room visits and hospitalizations, which significantly reduces the total cost of care.

"We are pleased to have Genoa Healthcare as an on-site partner at the Family Counseling Center. Our clients directly benefit from having pharmacist Krunalbhai Patel just a few steps off of our main lobby. The ability for our clients to either directly pick-up their medications at our facility or have

their medications mailed to their home provides superior care," said Michael Countryman, executive director of the Family Counseling Center. "Having Genoa as a partner continues our commitment to collaborative care, allowing us to support the success of our clients and our community."

The Family Counseling Center and Genoa Healthcare leaders were joined by elected officials. This included a ribbon cutting with lunch following.

"Being onsite and integrating with healthcare teams is one way we offer a higher level of service to the Family Counseling Center of Fulton County and our consumers," said Megan Garrity, Genoa director of operations for New York. "We look forward to our continued partnership with the Family Counseling Center and to offer one of a kind specialized pharmacy care for the community." More information on Genoa Healthcare's new pharmacy in the Family Counseling Center of Fulton County can be found at thefamilycounselingcenter.org.



Published weekly on Wednesday by Lee Newspapers, Inc. 6113 St. Hwy. 5, Palatine Bridge, NY 13428

Publisher, President *Frederick W. Lee*V.P., General Manager *Bruce Button*V.P., Treasurer *Janet Lee Stanley*

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Genoa Healthcare opened a new integrated behavioral health pharmacy in Gloversville within the Family Counseling Center of Fulton County. The event was attended by Genoa and Turning Point Community Programs leaders as well as local officials.

Photo courtesy of Genoa Healthcare

Central Valley CSD Foundation to host Brooks' Chicken Barbecue

The Central Valley Central School District Foundation will host a Brooks' Chicken Barbecue on July 22 from 11 a.m. - 4 p.m. (or until sold out) at Beer Belly Bob's, 70 Otsego St., Ilion. The cost is \$12 each and will include chicken, baked potato, cole slaw and roll. The fundraiser is being held prior to the Ilion Days Doo-Dah Parade. Due to limited quantities, advance ordering is strongly recommended through any member of the Foundation or by calling Foundation President JoAnn Duga at 315.894.3116.





JUNE 2022

Class of 2022 Top 10:

- 1. Robert Jordan
- 2. Erin Crouse
- 3. Sarah Florian
- 4. Talia Narzymski
- 5. Emma Oldick
- 6. Levi Thomas
- 7. Seth Rivkowich
- 8. Hailey Hogan
- 9. Keagen Ford
- 10. Estee Smith

7th Grade M.V.S. Awards: The seventh grade team announces their Most Valuable Students for February/March/April 2022: Alexis Palmeri, Kala Clapper, and Trinity Belliveau. These students have displayed excellence in the areas of: responsibility, kindness, academics, good citizenship, school pride, perserverance, self-control, helpfulness and courage. Congratulations!

Free Summer Meals: The summer meal program will be held in both buildings this summer. Free breakfast and lunch is available to any child/teen aged 18 and under, Monday through Thursday. Please note that our school buildings are closed on Fridays in the summer. To eat for free, simply show up! The schedule is:

Elementary: June 29-August 11 Breakfast 7:30 am - 9:15 am Lunch 11:00 am - 12:45 pm

Jr/Sr High: July 5 - August 11 Breakfast 7:30 am - 9:15 am Lunch 11:00 am - 12:30 pm

Sports News: The NYSPHSAA has named Fort Plain CSD as a "School of Excellence" for the 2021-2022 year, for a high rate of scholar-athletes across all of this year's sports seasons.

Junior Natalie Thibodeau was recently awarded the "Dick Gray Profiles in Courage Award" by the Western Athletic Conference, for students who have overcome medical challenges. Congratulations to Natalie!

Senior Signing Day:

Three student athletes celebrated college signings in May.

Sarah Florian will play indoor and outdoor track for Utica University. Robert Jordan will play basketball at Rensselaer Polytechnic Institute (RPI). Levi Thomas will play basketball for Albany College of Pharmacy and Health Sciences. These three students have had excellent high school athletic careers, met the rigorous college acceptance standards, and exhibited commitment to school athletics.

Great job to all three!



Superintendent Update: The district has appointed former Harry Hoag School principal Lauren Crisman as the new Superintendent of Schools. This appointment is effective July 1, 2022. Mrs. Crisman has served as our elementary principal for six years, and as the principal at Cherry Valley-Springfield for five years prior to that. Following her appointment, Mrs. Crisman said "We will be a school district where success is experienced often and celebrated frequently. I thank everyone for the support that I've been given thus far and for letting me be a part of your chidren's lives. I am excited to continue supporting the development of our district as we plan for the infinite possibilities of the future in education."

Jr/Sr High School News: Students in Mrs. Stokna's Career Internship Class planned and executed floral arrangements for this year's Spring Fling and Prom. The students designed and constructed two archways, as well as table decorations and a selfie station. The six member team consisted of: Brianna Krutz, Braeden Mosher, Monique Cool, Alyza Scott, Kaitlyn Dodson and Talia Narzymski. They did an amazing

The National Honor Society held their annual induction ceremony on May 19th. The following juniors were inducted into the society: Americus Cotton, Madison Delgado, Andra Fuhs, Rylee Herron, Ethan Kilmartin, Anthony Paradiso, Natalie Thibodeau, and Stephen Gray.

Mr. Arndt's class recently completed their year-long goal of reading ten books and then writing a book report about each one. All year, they have worked toward a goal of winning a pizza party, and their hard work paid off when they successfully finished the unit with the novel "Freak the Mighty" by Rodman Philbrick. "The students' collective work ethic during the year has been outstanding," said Mr. Arndt, "I couldn't be happier with them or their effort."

The Jr/Sr High School counseling team planned special activities during May, which is Mental Health Awareness Month. Students learned about self-care, including: nutrition, hydration, mindfulness, aromatherapy, coping skills, personal safety, art therapy, and fitness. The students learned that good mental health requires awareness, positive behaviors, and learning new skills.

Mrs. Heroth's App FUNdamentals class recently visited Sticker Mule in Amsterdam. Prior to the visit, the class held a contest to design a logo for the school's Computer Science Program. The winning logo design was by Andra Fuhs and Madison Delgado. The class used software to adjust and convert the winning image, so that it could be cut out of heat-transfer vinyl which they used to create t-shirts. During their subsequent visit to Sticker Mule, the students saw the same basic process happen, but on a large, industrial scale. They toured the facility and saw sticker printing, cutting and packaging. They learned about the development of the computer programs which are vital to the company's success. The class also heard about different career paths in information technology, and the skills that employers are looking for. Finally, they received stickers with their class design printed on them! It was a both fun and informative day!

Elementary School News: Mrs. Faitell's and Mrs. Kretser's guided reading students recently read the book "Wishtree" by Katherine Applegate. The story is narrated by Red, a large, ancient red oak tree who lives near an elementary school. Red serves as a "wish tree" where people can leave their wishes to be fulfilled. The class decided to construct their own wishtree out of branches. Located in the main office, the tree now serves as a place for students to write their wishes on colorful paper tags. The wishes include everyday things, such as for pets or toys. But they also include wishes for love, acceptance, and kindness. Said Mrs. Kretser, "We hope all will be inspired to add wishes to our school tree."

The fourth grades recently completed their annual Fable Project. Students study different fables, and the morals that they teach. Then they work in groups to write a screenplay, create and decorate a set, and build puppets and props to tell the story. The fables are performed in front of their classmates and enjoyed by all!

The Talented and Gifted program concluded the year with some fourth grade students writing their own children's book. The students talked about character, setting, time period, and plot. They wrote a story and then planned out how to fit the story onto the pages of the hardcover book. Most of the students decided that illustrating is the hardest part, and that should be added after the story itself is complete. The students who participated were Angela Abe-Callan, Fiona Brown, Arianna Eells, and Brian Madden.

"Hilltopper Herald" Article of the Month:

"Hilltopper Herald" is the student newspaper written and designed by kids. This month's article is a debate on the topic "are aliens real?" Arguing "yes" is Sophia Brownell, followed by Caleigh Bartholomew arguing "no." You should say

yes aliens are real becuase there is proof of other galaxies such as the Andromeda Galaxy, Whirlpool Galaxy, Cartwheel Galaxy, and much more. Also, NASA scientist Carl Sagan once said to an interviewer asking if aliens are real "The universe is a pretty big place. If it's just us, it seems like an awful waste of space." Another theory is that flies and moquitos' eyes kind of look like cameras, and mosquitos suck your blood. Maybe they are getting human blood samples for aliens. (credit to Zach Walsh on the flies and mosquitos theory) Scientists have put rovers and cameras out in outer space and they said Europa looks like it has water and could be habitable. There is also Area 51, which is secretive. What do you think? Yes or No?

You should say no because I From Caleigh don't think aliens are real, because there is no proof that they exist! No one has ever seen one! After all, there are no photos of aliens. If aliens are real, why has no one ever seen one? I know what you're thinking..."They're probably scared!" or "Maybe they don't live in our galaxy." Please! You're telling me that not one alien has imagination and ran away? Not one alien is brave? Sure. I don't think they are real. End of story!

For more information and photos about the above topics, visit our website www.fortplain.org or check us out on Facebook.

Assemblyman Smullen joins Gloversville Little Huskies Charity Golf Event

Assemblyman Smullen (R, C, I, SAM-Meco) was proud to support the Gloversville Little Huskies Charity Golf Event at Fox Run Golf Course in Johnstown recently to show his support for their football program and community efforts. Little Huskies Football and Cheerleading introduces children ages 5 - 12 to the fundamentals of the game of football and cheerleading, accelerates athletes to middle and high school sports, introduces teamwork and produces successful athletes that value commitment.

"Youth sports teach our young people the valuable lessons of teamwork, dedication and supporting one another in pursuit of a common goal," Smullen said. "I am so proud of our youth football and cheerleading program and congratulate the athletes, their parents and our sponsors for investing in local youth sports and the future of athletics in our community."



Assemblyman Robert Smullen joined the Gloversville Little Huskies Youth Football League Charity Golf Event on June 11 at Fox Run Golf Course to show his support.

Photo courtesy of Assemblyman Smullen



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National nonprofit Petco Love invests in SQSPCA to save and improve the lives of pets in Otsego County

The Susquehanna Society for the Prevention of Cruelty to Animals (SQSPCA) received a \$5,000 grant investment from national nonprofit Petco Love during a special celebration at the Oneonta Petco on June 23 in support of their lifesaving work for animals in Otsego County.

Petco Love is a national nonprofit leading change for pets by harnessing the power of love to make communities and pet families closer, stronger and healthier. Since its founding in 1999, Petco Love has invested \$330 million in adoption and other lifesaving efforts. And Petco Love helps find loving homes for pets in partnership with Petco and more than 4,000 organizations across North America, with 6.5 million pets adopted and counting.

"Our investment in the SQSPCA is part of more than \$15 million in investments recently announced by Petco Love to power local organizations across the country as part of our commitment to create a future in which no pet is unnecessarily euthanized," said Susanne Kogut, president of Petco Love. "Our local investments are only part of our strategy to empower animal lovers to drive lifesaving change right alongside us. We recently celebrated the one-year launch anniversary of Petco Love Lost, a national lost and found database that uses pet facial recognition technology to simplify the search for lost pets."

"This grant from Petco Love supports our rapidly expanding animal welfare operations, serving Otsego County and the surrounding region," said SQSPCA Executive Director Stacie Haynes. "Each year, we provide medical treatment, temporary housing and loving care to a steadily increasing number of animals,

including everything from hamsters to horses. Our number of animals cared for annually has jumped from 399 animals in 2015 to 1,162 animals in 2021 and we've seen a 250% increase in adoptions. This investment in our organization by Petco Love will enable us to keep up with these growing needs."

The SQSPCA has grown from a volunteer run, foster-based organization founded in 1917 to a brick-and-mortar shelter in 1972 to a professionally staffed, \$5 million campus in 2021 with state-of-the-art medical suite and HVAC system. In addition to caring for and adopting out surrendered, stray, seized or otherwise homeless animals, programs include a low-cost feline spay/neuter clinic; free rabies vaccination clinics in conjunction with the Otsego County Department of Health; Farm Friends Network; Here to Help Hotline; Pet Pantry; PAWS (Puppy Mill Awareness With Shelters) Before You Pay initiative; and the Feral to Friendly (cat) and Fearful to Fearless (dog) socialization programs.

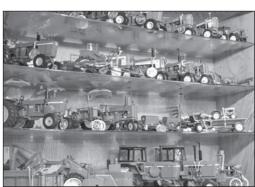
The SQSPCA is the primary contracted shelter for dogs-at-large from 20 municipalities in Otsego and Delaware counties and has been recognized for their work supporting the community during the pandemic, having distributed more than eight tons of donated pet food to families in need and offering temporary pet boarding to essential workers and those hospitalized with COVID. In 2019, they spearheaded the formation of PETS (Prevention, Education, Training and Systems), the Otsego County Animal Cruelty Task Force.

For more information about the SQSPCA, visit sqspca.org. Learn more about Petco Love at petcolove.org.

Looking for someone to cut 40 acres of hay in Canajoharie area into dry, round bales.
Will pay per bale or for half the hay.
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f Lee's Collectables and Overstock, aboy leescollectables

CHURCH SERVICE DIRECTORY

AMES - SPROUT BROOK UMC

613 Latimer Hill Rd., Ames, NY 13317 518-673-3495

Pastor Jan Markle Sunday Service 9 AM

CORNERSTONE BAPTIST CHURCH

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

AMSTERDAM
THE TIME FOR TRUTH MINISTRIES PO Box 351, Amsterdam, NY 12010 Phone 518-843-2121 Cell 518-774-8558

www.cornerstoneames.com

info@cornerstoneames.com

518-673-3405

CANAJOHARIE

CHURCH OF THE GOOD SHEPHERD

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

UNITED METHODIST CHURCH OF CANAJOHARIE

50 E. Main St. 518-673-2717 Jesus savs - "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

ST. JOHN'S & ST. MARK'S LUTHERAN CHURCH

143 Church St., Canaioharie 518-673-2224 Pastor A. Elisabeth Aurand Remote & In-Person Sunday Worship 11 AM; email for link stjm-canajoharie.org office@stim-canaioharie.org

REFORMED CHURCH OF CANAJOHARIE

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

FAITH. HOPE AND LOVE CHURCH

Rev. David W. Bowley, Pastor Sundays, 5 PM at the Upstate Chapel 63 Cliff St, Canajoharie Call 518-673-5128 or see Facebook "Faith, Hope and Love Christian Church' and our website http://faithhopeandlovechurch.com

NEW BEGINNINGS BIBLE CHURCH

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

CHERRY VALLEY

CHERRY VALLEY ASSEMBLY OF GOD 37 Alden St., Cherry Valley 607-264-3306 Pastor David Carpenter, Jr. Sundays 9:30 AM

ST. THOMAS THE APOSTLE CATHOLIC COMMUNITY

1 Church St., Cherry Valley 607-264-3779 Masses Sunday mornings at 8:30 AM & 11 AM

GRACE EPISCOPAL CHURCH

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

COLD BROOK COLD BROOK

UNITED METHODIST CHURCH

467 Main St. Sunday Worship 10:30 AM

NEW LIFE CHAPEL OF THE AEA 3447 St. Rt. 8

Pastors: Rev. Gail & Rev. Mike Jay 315-826-7115 Sunday Worship 10:30am Intercessory Prayers Tuesday 7pm (please call to confirm)

DOLGEVILLE NEW HOPE CHRISTIAN FELLOWSHIP

Pastor Peter Spiak 32 Spencer St. • 315-429-3630 Sunday School 9:30 AM Sunday Worship 10:30 AM Wednesday Bible Study 7 PM

GRACE BAPTIST CHURCH OF DOLGEVILLE

Pastor Len Byerly 12 Van Buren St Morning Worship 11-12:30 PM Lunch 12:30-2 PM Afternoon Worship 2-3 PM

DOLGEVILLE UNITED METHODIST CHURCH

Rev. Anthony Bradseth 21 N. Helmer Ave. Church Phone 315-429-7381 Sunday Church Service Oppenheim @ 9:30 AM Dolgeville @ 10:30 AM

DOLGEVILLE CHRISTIAN FELLOWSHIP

Pastor Marvin Isum 3 Elm St. Phone 315-429-8390 Sunday Worship 10:30 AM Mid-week Service Tuesday 7 PM www.dolgevillechristianfellowship.org

UNITED LUTHERAN

PRESBYTERIAN PARISH 26 E. Faville Ave Worship 11 AM

CATHOLIC CHURCH

31 N. Helmer Ave., Dolgeville, NY Phone 315-823-3410 Sunday Mass 9AM

EAST SCHUYLER **CHRISTIAN ASSEMBLY OF SCHUYLER**

Pastor Mark Sowersby 3659 Route 5, East Schuyler Sunday Worship 10:30 AM Wednesday Night 6:30 PM Phone 315-895-0926 Christianassemblyofschuyler.com

EPHRATAH

EPHRATAH REFORMED CHURCH 140 Co. Hwy. 140, Ephratah, NY To live and share Jesus Christ both locally and globally Everyday. Everywhere. Everyone Pastor Jeff Hindrliter Sunday School for all ages

10 AM September-June Sunday Morning Worship 11 AM Prayer & Praise Thursdays 7 PM

ESPERANCE ESPERANCE PRESBYTERIAN CHURCH

129 Church St., Esperance NY 12066 Sunday Worship 9:30 am Rev. Bert Mayne Simple, friendly, conservative worship in a beautiful 1824 sanctuary

FONDA

SAINT CECILIA CHURCH 26 Broadway, Fonda 518-853-4195 Sunday Worship 9 AM

NATIONAL KATERI TEKAKWITHA SHRINE AND INDIAN MUSEUM

3636 St. Hwy. 5, PO Box 627 Fonda, NY 12068-0627 518-853-3646 Weekly Masses: Sat. 4:30 PM Sun. 10:30 AM friars@katerishrine.com www.katerishrine.com

FORT PLAIN AMAZING GRACE BAPTIST CHURCH

131 Clark Rd., Fort Plain 518-568-7606 Pastor Frank Calabrese Sunday School 10 AM Morning Service 11 AM, Sun. & Wed. Eve. Service 6 PM, Youth Group Wed. 6:30 PM, Sat. Visitation 10 AM www.amazinggracebc.org

GRANDVIEW BAPTIST CHURCH

15 Washington St., Fort Plain 518-993-9929 Pastor Sean Morin Sunday School 10 AM Morning Service 11 AM Bible Study & Prayer Meeting Wednesday 6:30 PM

ST. PAUL'S LUTHERAN CHURCH 36 Lydius St., Fort Plain, NY 13339

518-993-2040 Pastor Jonathan Litzner 405-250-8395 Church Service 11 AM

ST. JOHN'S LUTHERAN CHURCH

774 St. Hwy. 163, Fort Plain, NY 518-705-7552 Rev. David A. Johnson, Ph.D. Sunday Worship 9 AM. Sunday School 10 AM, Ladies Aid W.E.L.C.A. Handicapped Accessible

REFORMED CHURCH OF FORT PLAIN

165 Canal St., Fort Plain, NY 13339 518-993-4302 fortplainrca@yahoo.com Rev. Nancy E. Ryan Worship 11 AM, AA meetings Mon. & Tues. 7 PM, Emergency Food Pantry 518-993-4302

VICTORIOUS LIFE CHURCH RMI FELLOWSHIP

104 Main St. & 431 St. Hwy. 80 Fort Plain, NY 518-993-3102 Sunday School 9 AM Morning Worship 10:30 AM, Youth Group 5 PM, Evening Worship 7-8 PM

FORT PLAIN UNITED METHODIST CHURCH

39 Center St., Fort Plain Audie Miller, Lay Supply Pastor Church Office 518-993-3863 Kitchen 518-993-3464 ALL WELCOME, Worship Service 11AM

OUR LADY OF HOPE R.C. CHURCH

115 Reid St., Fort Plain, NY 13339 Parish Office 518-993-3822 ourladyofhope@frontier.com Mass Schedule: Saturday, 4 PM; Sunday, 9:30 AM; Confessions: Sat. 3 & by appointment Please call parish office for Holy Day schedule

FREYSBUSH UNITED METHODIST CHURCH

518-429-9936 or 518-424-8488 Worship 9 AM, Sunday School 10 AM ALL ARE WELCOME

FRANKFORT OUR LADY QUEEN OF APOSTLES

414 Frankfort St., Frankfort, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule Saturday 4 PM (May - October); Sunday 9 AM; Tuesday & Thursday 9 AM

FULTONVILLE FONDA FULTONVILLE FONDA-FULTONVILLE UNITED METHODIST CHURCH Pastor Kathy Reese

Sunday worship and Sunday school 10AM Outdoor service: 11 Montgomery Street, Fultonville, May-Early Sept. (byo - chair) Indoor service: Winter and inclement weather Glen Town Hall, 7 Erie Street, Fultonville Community Outreach is very important to us **518 853-3311**

FULTONVILLE REFORMED CHURCH

Corner of 5S & 30 Pastor Jane Hubschmitt Sunday School 10 AM Family Worship 10:30 AM

GLEN GLEN REFORMED CHURCH

State Hwy 161 in the Hamlet of Glen 4 miles South of Fultonville glenreformed@nvcap.rr.com Sunday Worship at 9. Sunday School immediately following Children's Message

HERKIMER SS PETER and PAUL ORTHODOX CHURCH

Fr Vasil Dubee & Fr Dn Demetrius Richards 305 Main Rd., Herkimer Phone (315) 866-3272 Saturday Vespers -5 PM (spring/summer months) 4 PM (fall/winter months) Sunday Divine Liturgy 9:30 AM Sundays

TEMPLE BETH JOSEPH

327 N. Prospect St Phone 866-4270 Friday 7 PM

ST. FRANCIS de SALES CHURCH

Rev. Mark Cunningham, Pastor 219 N. Bellinger St. Phone 866-4282 Saturday Vigil Mass 4 PM Sunday Mass 8 AM

CHURCH OF SAINTS ANTHONY and JOSEPH

229 S. Main St. Phone 866-6373 Sunday Mass 10 AM No Saturday Vigil

REDEEMER CHURCH

Pastor Michael Servello 931 Herkimer Rd., Utica, NY 13503 Phone 792-4748 Saturday 6 PM • Sunday 9 & 11 AM

OAK RIDGE FREE METHODIST CHURCH

Pastor Chris Schumske 838 W. German St. Worship Service for adults & children 8:30 AM & 10:30 AM with Ridgekids for the children (0-5th grade) Phone 866-0575

UKRAINIAN ORTHODOX CHURCH OF ST. MARY'S PROTECTRESS

326 Moore Ave Sunday Divine Liturgy 10 AM Holy Day Liturgy 9 AM Phone 866-1336

NEW LIFE CHURCH

Pastor David Havner 337 Protection Ave. Phone 866-1164 • www.nlc-mc.org Worship 10 AM Wednesday Worship 6:30 PM

THE SALVATION ARMY

Lieutenants Derrick and Heather Purvis 431 N. Prospect St. Phone 866-1240 Facebook.com/TheSalvationArmyHerkimer Sunday School 10 AM Morning Worship 11 AM

FIRST UNITED METHODIST CHURCH OF HERKIMER AND LITTLE FALLS

Pastor Joelle Faulks Prospect St & Park Ave Sunday Worship and Sunday School 9 AM

HERKIMER REFORMED CHURCH

102 Church St Phone 866-1523 Worship 9:30 AM Shepherd's Table: Tuesday 11:30-12 PM

TRINITY EVANGELICAL **LUTHERAN CHURCH**

Corner of West German & Henry Streets Phone (315) 866-6474 Sunday Worship Services 10 AM in person and virtually on Zoom YouTube & Facebook Bible Studies Thursday mornings 10 AM on Facebook

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

317 Gros Blvd., East Herkimer (315) 866-8095 Sunday Sacrament Meeting 10 AM Sunday School/Primary 11 AM - Visitors welcome Family History Center open by appointment

<u>ILION</u> ILION COMMUNITY CHURCH

Pastor Dean Mabry 44 Central Plaza

Sunday Worship 10 AM Child Care/Kids Church Available ilionchurch com

SAINT AUGUSTINE'S EPISCOPAL CHURCH

78 2nd Street Phone: (315) 894-3775 or (315) 895-0363 Email: staugustine3@gmail.com Sunday Services at 10 AM

FIRST PRESBYTERIAN CHURCH

90 Morgan St., Ilion, NY, 13357 Reverend Richard Riggle Bible Study 9:30 AM Church Service 10:30 AM 315-894-2070

FIRST BAPTIST CHURCH

8 Second Street Reverend John Partise Wednesday Mid Week Service 7 PM Sunday Morning 11 AM

JESUS NEVER FAILS COMMUNITY CHURCH

Reverend Hans Drews 1161 Elizabethtown Rd., Ilion, NY 13357 518-568-7983 hansandrosaline@yahoo.com Sunday Service 11 AM

MORNING STAR UNITED METHODIST CHURCH

36 Second Street Pastor Joelle Faulks Sunday Worship 10:30 AM November 1 - May 1 4224 Acme Rd. Frankfort May 1 - November 1 36 Second Street, Ilion

ANNUNCIATION CHURCH 109 West Street, Ilion, NY

Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 4 PM (November - April); Sunday 11:30 AM: Monday & Wednesday 9 AM

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Phone 315-823-1320

CHURCH SERVICE DIRECTORY

<u>JOHNSTOWN</u> CHURCH OF THE NAZARENE

3316 St. Rt. 29 W, Johnstown, NY 12095 Offices: 518-762-2982 Cell: 857-523-8417 Pastor, Rev. Mark Fowler Sunday Morning Service 11 AM Sunday School for All Ages 10 AM

LASSELLSVILLE LASSELLSVILLE UNITED METHODIST CHURCH

State Hwy. 29 Pastor Robert A. Lindsay Worship: Sunday 9:30 AM Sunday School to start soon

LITTLE FALLS FIRST BAPTIST CHURCH

555 Albany St.
315-823-3392
Morning Worship 9:45 AM
Rev. Chris J. Wintermute, Lead Pastor
Rev. William Whalen, Associate Pastor
Nursery (infants through age 4)
Meet and Greet Sunday at 8:00 AM
Sunday School Classes 8:30 AM
(nursery through adult)
**Our Service is aired on 100.3 FM,
91.1 FM & 88.7 FM on Sundays from
11-12 with a 1 week delay.
**LIVE on Facebook: "gingerleecase"
account- 9:45 am on Sundays

ST. PAUL'S UNITARIAN UNIVERSALIST CHURCH

Minister Jeffrey J. Frank Mark Bunce, Organist 565 Albany St., Little Falls, NY Phone 315-823-2284 Sunday Service & Religious Education 10 AM

FIRST ASSEMBLY OF GOD

Senior Pastor Timothy Parisi 559 E. Jefferson St. Phone 823-4043 • firstaglf@gmail.com Sunday Morning All Worship 10 AM Thursday Bible Study 6:30 PM

HOLY FAMILY PARISH OF THE Roman Catholic Community of Little Falls

Father Brian Slezak 763 E. Main St., Little Falls, NY Phone 315-823-3410 Saturday Vigil Mass 4 PM Sunday Mass 10:30 AM

HOLY TRINITY LUTHERAN CHURCH

512 E. Gansevoort St. Sunday School 9:15 AM Sunday Worship 9:30 AM Wednesday Worship 11 AM & 6 PM

EMMANUEL EPISCOPAL CHURCH

588-594 Albany St.
Sunday Schedule:
High Mass, Rite II 10 AM
Nursery & Sunday School 9:45 AM
(Sept.-May)
Fellowship Coffee Hour 11:15 AM
Choir Rehearsal 11:30 AM
Holy Day Masses as announced
Confessions by appointment

FIRST PRESBYTERIAN CHURCH

Pastor Tamara Razzano 16 Jackson St. Phone: 315-823-3004 Email Iffirstpres@gmail.com www.presbylf.org Sunday Worship 10 AM Sunday School 10 AM

INGHAMS MILLS BAPTIST CHURCH

Rev. Gary L. Busch, Pastor Sunday Worship Service 10 AM 443 Inghams Mills Rd. Little Falls, NY 13365 Pastor's Phone (315) 717-9936

THE HOLY SPIRIT POLISH NATIONAL CATHOLIC CHURCH

618 E. Gansvoort St., Little Falls, NY 315-823-0793 Father Rafal Dadello Mass at 11 AM on Sunday www.holyspiritpncc.org

MARSHVILLE MARSHVILLE EVANGELICAL CHURCH

Route 10 South Pastor Mark Fowler Worship Sunday 9 AM

MIDDLEVILLE MIDDLEVILLE UNITED METHODIST CHURCH

24 Fairfield St. Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 8:30 AM Thursday Bible Study 2 PM

MOHAWK DENNISON CORNERS COMMUNITY CHURCH

Pastor Donald King 219 Robinson Rd. • Phone 866-5215 Sunday: Sunday School 9:45 AM

Sunday School 9:45 AM Morning Worship 11 AM Evening Worship 6 PM Wednesday Prayer 7 PM

MOHAWK REFORMED CHURCH Rev. Brian Engel, Pastor

20 S. Otsego St.
Phone 866-4292
Email mohawkpastor@verizon.net
Follow us on Facebook
Morning Worship:
10:30 AM Sept.-June • 9:30 AM July-Aug
Youth Sunday School (Pre-K - Sr. High)

9 AM
Adult Sunday School (Men, Women
& Couples) 9:30 AM
September - June

EMMANUEL BIBLE CHURCH

Pastor Gary Wilcox 54 W. Main St. • Phone 717-3011 Worship and Word: Sunday 10:30 AM Fellowship Lunch: 12:30 PM Discipleship Hour: Sunday 1:30 PM Bible Study & Prayer: Wednesday 6 PM

CHURCH OF THE BLESSED SACRAMENT

Sr. Mary Jo Tallman, CSJ, Parish Life Director Rev. Leo Potvin, Sacramental Minister 71 E. Main St. Phone 866-1752 Sunday Mass 9:30 AM

CHRISTIAN BIBLE CHURCH

H. Ed Reed, Pastor/Teacher 167 Ward Rd. • Phone 858-1282 www.christianbiblechurch.us Sunday School 9 AM Sunday Worship 10 AM Wednesday Bible Study & Prayer Meeting 7 PM

THE WORD CHRISTIAN CENTER

Pastor Dan Annutto 27 E. Main St. • Phone (315) 985-3596 Sunday Services at 10 AM Intercession - Tuesdays at 6 PM

<u>NELLISTON</u> VALLEY ALLIANCE CHURCH

85 E. Main St., Nelliston 518-993-3458 Pastor Ken Gies Sunday School (all ages) 9:15 AM, Sunday Worship 10:30 AM, Wed. Praise & Prayer 7 PM, Fri. Youth Group 7 PM (7-12th grade)

<u>NEWPORT</u> FIRST BAPTIST CHURCH OF NEWPORT

7497 Main Street Pastor's Phone 315-790-1877 Sunday Worship at 9:45 AM

UNITED METHODIST

Pastor Robbin Harris • Phone 845-8730 Morning Service 11:15 AM

KUYAHOORA COMMUNITY CHURCH

Pastor Dwayne Durand West Canada Valley High School Auditorium 5447 St. Rt. 28 Mailing Address PO Box 50 Middleville, NY 13406 Phone 315-292-1303 www.kuyahorracc.org Weekly Service Sunday 10:08 AM

ST. JOHN THE BAPTIST Catholic Church

St. John the Baptist Parish 7516 N. Main St. • Phone 845-8017 Saturday Vigil 4 PM Sunday Mass 8:30 AM

OPPENHEIM Oppenheim United Methodist Church

Route 29
Rev. Jack Ford
315-429-7381
Worship 9:30 Sundays,
Totally Awesome God-TAG time 6:30 PM
Wednesdays beginning in Oct.,
Sunday School 9 AM beginning
September 18th

PAINES HOLLOW PAINES HOLLOW UNITED METHODIST

Lay Servant Gregg Sponburgh Rtes. 167 & 168 • 315-866-1128 Worship 9-10AM

PALATINE BRIDGE TRINITY EVANGELICAL LUTHERAN CHURCH OF STONE ARABIA

5430 St. Hwy. 10, Palatine Bridge, NY Pastor A. Elisabeth Aurand Sunday In Person Worship 9 AM; email for link office@stjm-canajoharie.org 518-673-2224

THE HOUSE OF ZION, INC.

580 Dillenbeck Rd., Palatine Bridge 518-577-3069 Pastors Richard & Denise Allen Saturday Morning Worship Service 11:30 AM Listen to UMT on live radio 97.5FM the 1st Sunday of every month 3-4 PM

RANDALL RANDALL CHRISTIAN

COMMUNITY CHURCH NY Rte. 5S Sunday Service 10:30 AM

RICHFIELD SPRINGS CHURCH OF CHRIST UNITING

Worship Leader Darlene Spaulding

PO Box 896, Richfield Springs, NY 13439 Rev. Casey Bradley • 315-858-1553 Service: Sunday 9:15 AM Church School: Sunday 9:30 AM

RICHFIELD SPRINGS BIBLE CHURCH

19 Church St.,
Richfield Springs, NY 13439
Rev. David Tosi • 315-858-0564
Sunday School (all ages) 10 AM Worship Service 11 AM & 7 PM Wednesday
- Prayer & Praise
Call for info on various
Youth Ministries
www.richfieldspringsbiblechurch.org

SALISBURY CENTER FULL GOSPEL ASSEMBLY OF GOD

Pastor Robert Brent 106 Plant Road Sunday Worship 11 AM with Children's Church offered during the service

SALISBURY CENTER UNITED METHODIST CHURCH

2545 State Route 29 Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 10 AM Thursday Bible Study 6 PM

SLOANSVILLE SCHOHARIE VALLEY GOSPEL CHURCH

Pastor Pat Andreoli 133 Sprakers Rd., Sloansville, NY 518-864-5397 svgchurch@gmail.com Wednesday Prayer 6 PM; Sunday Morning Bible Study 9:45 AM; Worship Service Sunday Morning 10:30 AM

SPRAKERS Christian Church of Charleston Four Corners

1380 E. Lykers Rd., Sprakers 518-922-9088 Paster Brett Popp Sunday School (ages 3-adult) 9:45 AM Worship 11 AM Sunday Prayer Meeting 5:30 PM Thu. Evening of Encouragement & Community Kid's Bible Club 6:30 PM

THE CHRISTIAN CHURCH OF RURAL GROVE

170 Rural Grove Rd., Sprakers, NY 12166 518-922-7831 Pastor Joshua Fetterhoff pastorjosh@ruralgrovechurch.org Sunday School (all ages) 9:45 AM, Morning Service 11 AM, Eve. Service 6 PM, Wed.-Family Night 7 PM, "Where Bible Teaching is Fundamental"

REFORMED CHURCH OF SPRAKERS

112 Sprakers Hill Rd Rev. Nancy Ryan Worship ~ 9 AM All Welcome!!!

CURRYTOWN REFORMED CHURCH

829 St. Hwy. 162, Sprakers 518-922-8422 Rev. Donald Hoaglander Visiting Pastor Jane Hubschmitt 518-705-2201 Sunday School 9:15 AM Worship Service 10 AM

RIVER OF JUBILEE CHURCH

5057 St. Hwy. 5 S, Sprakers, NY 12166
Pastor: Gail Adamoschek
Pastor: Steve Adamoschek
518-322-1427 / 518-224-4455 Sunday
Service 10 AM
Children's Church Available
Other Learning Opportunities Available
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SPRINGFIELD CENTER ST. MARY'S EPISCOPAL CHURCH 7690 Rt. 80, Springfield Center

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

FIRST BAPTIST CHURCH

Springfield Center, NY Rev. Terence Brant 607-264-3035 Sunday School 10 AM Morning Worship 11 AM Wed. night Bible Study 7 PM

ST. JOHNSVILLE Bethesda fellowship

34 S. Division St., St. Johnsville, NY 13452 518-568-2678 Summer Schedule Sunday Worship 10 AM Wed. Worship and Prayer 6 PM

ST. PAUL'S LUTHERAN CHURCH 32 W. Main St..

St. Johnsville, NY (next to NBT Bank)
518-568-3007 Church
518-568-2405 Parsonage
Rev. David Johnson
Sunday Worship 10:30 AM,
Tues. Bible Bungee-Jumping 7 PM,
"Bible Study" that actually makes sense!
A Vibrant, Welcoming
Community of Faith & Vision

SEEKER'S FELLOWSHIP

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. & 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.

JOY FELLOWSHIP

296 Co. Hwy. 119, St. Johnsville, NY 13452 518-568-3217 • William Hayes, Pastor Joyce Loughran, Assistant Pastor Sunday School 9 AM, Morning Worship 9:30 AM Wednesday Evening Worship 6:30 PM

ST. JOHNSVILLE METHODIST CHURCH

7 East Main St., St. Johnsville, NY 13452 Pastor Corey Jones 518-568-7983 • 315-866-8626 Worship Sunday 3 PM

EVERLASTING JOY Believers fellowship

14 Park Place (in with Seekers Fellowship) St. Johnsville, NY 13452 315-858-2112 • Pastor Carolee Coye Sunday Service 10 AM

ST. JOHN'S REFORMED CHURCH

68 W. Main St., St. Johnsville 518-568-7396 Faithfully Following Jesus Christ Sunday Worship 10:30 AM

GRACE CHRISTIAN CHURCH Pastor Michael Torres

20 Center St., St. Johnsville, NY 13452 518-775-0366 Email gccpastor2021@gmail.com

STRATFORD STRATFORD UNITED METHODIST CHURCH

1511 State Route 29A Sunday Worship 9:30 AM Broadcast on 95.9 FM within 2 miles of church

LIGHTHOUSE BAPTIST CHURCH

1524 St. Rt. 29A, PO Box 114
Stratford, NY 13470-0114
315-429-8854 • Pastor Martin Smith
Sunday Morning Worship 10:30 AM;
Wed. Eve. Prayer Meeting 6 PM;
2nd & 4th Sunday Dinner following
Morning Service with Afternoon Service
following dinner
"Old-Fashioned Bible Preaching"

TRIBES HILL SACRED HEART CATHOLIC CHURCH

111 3rd Ave., Tribes Hill 518-829-7301 Mass Saturday 4 PM



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ILION, NY 13357



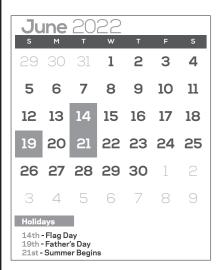
3 CANAL ST. FORT PLAIN, NY 13339

(518) 993-2381 WWW.SHULTSAGENCY.COM MAIL@SHULTSAGENCY.COM



12 Willett St., Ft. Plain, NY 13339 **518-993-3834** 10 • June 25, 2022 MOHAWK VALLEY COUNTRY EDITOR

Community Calendar



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.

JUNE 25

Pierogi and Golumbki Sale 10 a.m. -2 p.m. at St. Mary's Ukrainian Orthodox Church, 324 Moore Ave., Herkimer. Pierogi with potato and cheese or potato and sauerkraut. \$8 a dozen. Golumbki \$30 a dozen; \$15 a half-dozen or threepiece for \$7.50. All fully cooked.

JUNE 29

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

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 9-10

Tri-County Old Time Power Association 45th Annual Gas Engine & Tractor Show 10 a.m. - 4 p.m. at Schoharie Crossing State Historic Site, 129 Schoharie St., Fort Hunter. For more information, call Don Bernaski at 518.843.2709.

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

Stratford Seniors Activities - Regular Meeting Day at the Stratford Town Hall 11:30 a.m. This month is bring you own lunch. Homemade dessert and beverages will be supplied. Preparations for the Town Wide Yard Sale and the Car Show will be discussed.

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 16

Car and Craft Show 10 a.m. - 3 p.m. hosted by VFW Post 502 in Frankfort. Sponsored by East Schuyler Methodist Church. For more information, contact 315.219.3410.

JULY 19

Stratford Seniors Activities - Traveling Lunch Bunch at Southern Girl Diner in Dolgeville at 11:30 a.m. Order lunch about noon. For additional information or questions call Cindy Klatt at 315.429.9162.

JULY 21

Midsummer Night's Picnic at Canal Place, Little Falls. Visit facebook.com/ ThinkLocalLittleFalls

JULY 22

Central Valley Central School District Foundation Brooks' Chicken Barbecue 11 a.m. - 4 p.m. or sold out at Beer Belly Bob's, 70 Otsego Street, Ilion.\$12. Being held prior to the Ilion Days Doo Dah Parade. Advance orders recommended by calling JoAnn Duga at

August 2022 1 2 3 4 5 9 10 11 12 13 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 Holidavs

JULY 23

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

JULY 30

Ride from the Southside 5 p.m. at 1 Bridge St., Amsterdam. Evening bike ride from the Mohawk Gateway Overlook Bridge to Schoharie Crossing along the Empire State Trail/Erie Canalway. Trail and back to enjoy the free Saturday Night Concert at Riverlink Park - featurtrip. Bring your bike along for this free group ride. Helmets are required. Contact David Brooks at 518.829.7516 for call 315.336.0375. more information.

JULY 31

Not Just for Kids Storytelling 6 p.m. at the Visitor Center, 129 Schoharie Street. Fort Hunter. Contact David Brooks at 518.829.7516 for more infor-

AUGUST 6

Stratford Town Wide Yard Sale 9 a.m. to 3 p.m. Sponsored by the Stratford Historical Society and the Stratford Seniors. Free maps can be picked up at the Stratford Town Hall at 120 Piseco Rd. Bake Sale and yard sale vendors will be on site. For additional information or questions call Cindy Klatt at 315.429.9162.

AUGUST 8

Herkimer Region College & Career Scholarship Foundation Golf Tour-Golf Club. For information on registering or making a donation, contact smaxson@herkimer-boces.org or call 315.867.2023.

AUGUST 8-14

34th Annual Little Falls Canal Celebration. Visit canalcelebration.com or facebook.com/canalplacelittlefalls

AUGUST 11

Defensive Driving with April Johnson, Shults Agency. Sign up by calling 518.673.4408.

AUGUST 12-14

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

AUGUST 13-14

Chicks Along the Canal. Visit www.chicksalongthecanal.com.

AUGUST 14

Not Just for Kids Storytelling 6 p.m. at the Visitor Center, 129 Schoharie Street, Fort Hunter. Contact David Brooks at 518.829.7516 for more information.

AUGUST 21

Not Just for Kids Storytelling 6 p.m. at the Visitor Center, 129 Schoharie Street, Fort Hunter. Contact David Brooks at 518.829.7516 for more information.

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.

AUGUST 28

Community Picnic in Ames at noon in the park behind the museum on Latimer Hill Road. Free food and activities starting. Bounce house for the kids. Sponsored by Cornerstone Baptist Church.

Not Just for Kids Storytelling 6 p.m. at the Visitor Center, 129 Schoharie Street, Fort Hunter. Contact David Brooks at 518.829.7516 for more information.

SEPTEMBER 9 & 10

ing Georgie Wonders. 10-mile round 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

SEPTEMBER 10

First Stratford Sassy Seniors Car Show at the Stratford Town Hall at 120 Piseco Rd. 12 – 4 p.m. Rain date of Sept. 24. Free admission. Featuring a D.J., chicken BBQ, basket raffle, 50/50 Raffle and some great cars. For additional information or questions call Cindy Klatt at 315.429.9162.

SEPTEMBER 10 & 11

Fort Klock's 49th Annual Craft Fair 7203 State Highway 5, Saint Johnsville. Call 518.568.7779.

SEPTEMBER 15

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

SEPTEMBER 22

Defensive Driving Class 9 a.m. – 3 p.m. at Arkell Center, Canajoharie. Program put on by Shults Agency. Call 518.673.4408 to reserve a space.

OCTOBER 6

Rabies Vaccination Clinic 5:30 - 7 p.m. at Little Falls Town Ganament 10 a.m. at the Cedar Lake rage, 478 Flint Ave Ext., Little Falls. Pre-register at 315.867.1176.

OCTOBER 14-16

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

OCTOBER 21-23

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

OCTOBER 22

HALOs Annual Craft Fair 10 a.m. - 4 p.m. at Ilion/Frankfort VFW. Food, raffles and more. All proceeds support HALO. Contact Natalie Massita at 315.520.3112 or nmsmokeyjoe@aol.com.

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CTE Alumni Spotlight: 2020 engineering technology graduate Nicholas Bluvas

In the local area and beyond, you can find graduates of the HFM Career and Technical Center working in just about every industry and career field. CTE Alumni Spotlight will introduce you to some of our many graduates highlighting the pathways their education and training helped make possible.

CTE alum Nicholas M. Bluvas, a 2020 Fonda-Fultonville graduate, has already earned his associate degree in electrical technology from Fulton-Montgomery Community College and is now working at SUNY Polytechnic Institute as a workstation operator trainee.

Bluvas's position is the result of a partner-ship with the New York Center for Research, Economic Advancement, Technology, Engineering and Science (NY CREATES). NY CREATES seeks to advance high-tech research, development and commercialization opportunities through the acquisition, construction and management of state-of-the-art facilities and programs while promoting economic development, education and work-force training throughout New York.

Bluvas works in the field of metrology, which is the science of weights and measures.

His duties entail the measurements and quality control for silicon wafer fabrication.

He said his time at the HFM Career and Technical Center helped him discover what he liked in the field of technology and helped guide his future goals for higher education.

HFM's hands-on approach, Bluvas said, fostered an environment of creativity and made learning interesting and fun for him.

"HFM is a great place to learn what you like and gives you a good start for a potential career," Bluvas said.

In the future, Bluvas plans on furthering his education in the engineering field and continue on to earn his bachelor's degree and possibly his master's.

The HFM Engineering Technology program is a collaborative partnership with HFM BOCES, FMCC and the National Science Foundation.

During the course of this innovative "2+1" program, students complete their two-year HFM Career and Tech program while accumulating 25 college credits, preparing them to complete their associate degree in electrical technology at FMCC in one additional year.



Bluvas takes a selfie while wearing clean room attire. Photo courtesy of HFM BOCES

What did the grape say when it got crushed?

Nothing it just let out a little wine.



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

Arc Herkimer celebrates DCCTP graduation

A graduation celebration for Arc Herkimer's Distribution Center Candidate Training Program (DCCTP) took place this month. Three candidates, Betsey, Kyle and Levi, participated in the first round of the program, which ran in three rotations at three Herkimer Industries sites. Each spent 16 weeks in training positions at sites in Herkimer, Little Falls and

Ilion, where they gained production and distribution skills in warehouse operations, fork truck certification, packing, shipping, scaling and much more. The goal of the program was to offer mentoring and on-the-job training to set candidates up for future employment. All three candidates will be moving on to employment within the community.



(L - R) Mike Lamb, VP of industrial operations; Staci Gross, assistant program director; Betsey Dunckel; Kyle Juliano; Levi Tharp; Catherine Loomis, Arc Herkimer VP of Community Engagement and Career Development; and Kevin Crosley, Arc Herkimer president/CEO. Photo courtesy of Arc Herkimer

Assemblyman Smullen honors 100th anniversary of Mohawk Valley United Way

Assemblyman Robert Smullen (R, C, I, SAM-Meco) proudly recognized and congratulated the Mohawk Valley United Way on their recent 100th anniversary at a ceremony at the Saranac Brewing Company in Utica.

"The United Way is a vital organization in our community, helping many of our neighbors gain access to important services like health care, education and financial resources," Smullen said. "Thank you to President Matt Nicholl and the Board of Directors team for all they do for our community and our gracious sponsors for their generosity in producing a great event."

Smullen represents the 118th Assembly District, which includes Hamilton and Fulton counties as well as parts of Herkimer, Oneida and St. Lawrence counties.



Assemblyman Robert Smullen (L) presents an official Assembly Citation to the Mohawk Valley United Way to commemorate their 100th anniversary on June 10. Photo courtesy of Assemblyman Smullen

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Consumer alert:

NYS Division of Consumer Protection offers guidance to raise awareness about elder abuse and ways to prevent it

The New York State Division of Consumer Protection (DCP) is offering guidance to prevent and help protect your senior family members and friends from elder abuse. Abuse can happen anywhere including in an older person's home, a family member's home, a nursing home or an assisted living community. Elder abuse occurs when an adult over the age of 60 is abused, neglected or financially exploited by someone they trust such as a family member, a stranger, a healthcare provider, a caregiver or a friend. Specifically, it includes physical, sexual or emotional/psychological abuse in addition to financial exploitation, abandonment and neglect.

"Approximately 260,000 older adults are victims of elder abuse each year in New York State," said NYS Office for the Aging (NYSOFA) Director Greg Olsen. "For every reported case, 23 cases go unreported, making it vital for the public to recognize signs of abuse and act."

"Across the state, our local departments of social services' adult protective units continue to work tirelessly to investigate, address and mitigate allegations of abuse, neglect and financial exploitation," said NYS Office of Children and Family Services (OCFS) Commissioner Sheila J. Poole. "It is more important today than ever for all community members to understand the risks facing our elderly population and to recog-

nize and report possible signs of abuse."

Financial fraud and exploitation is one of the most prevalent types of elder abuse. Financial abuse occurs when the improper and unauthorized use of an older adult's money, benefits, belongings, property or assets are illegally used without their permission.

DCP urges you to make a plan to help protect your senior family members and friends from financial abuse. The CFPB provides a guide to four important steps:

- Prevent Educate yourself, your loved ones and your community.
- Recognize Spot the warning signs and take action.
- Record Document what you observe.
- Report Tell the appropriate authorities so they can investigate and help.

June is World Elder Abuse Awareness Month which is intended to highlight the ongoing criminal tactics targeting one of the world's most vulnerable populations. Here are a few tips if you receive a call you believe to be a scam:

- Resist the urge to act immediately no matter how dramatic the story is.
- Verify the caller's identity Ask questions that a stranger couldn't answer. Check with a family member to see if the

information is true.

- Do not send cash, gift cards or money transfers Once the scammer gets the money, it's gone!
- Do not give your personal banking account information by email or over the phone or log into bank accounts as directed by the caller (screen mirroring).

For more information about how you can recognize a few of the six most common senior scams or for more scam prevention tips, download DCP's informative Senior Anti-Fraud Education (S.A.F.E.) brochure at tinyurl.com/4ztu94vh . If you have parents or elderly family members, take the time to explain these scams to them. There are also resources to help if you are concerned about an individual, friend or loved one who may be experiencing elder abuse, including the non-emergency helpline at 844.746.6905 and the Adult Protective Services hotline at 844.697.3505 to report abuse.

The NYS DCP serves to educate, assist and empower the state's consumers. For more consumer protection information, call the DCP Helpline at 800.697.1220, Monday - Friday, 8:30 a.m. - 4:30 p.m. or visit the DCP website at dos.ny.gov/consumer-protection. The division can also be reached via Twitter at @NYSConsumer or Facebook at facebook.com/nysconsumer.



Did you know?

According to the U.S. Consumer Product Safety Commission, more than 15,000 people were treated for fireworks injuries in emergency rooms in 2020. In addition, injuries and deaths from fireworks increased by 50% between 2019 and 2020. Forty-four percent of those injuries were burns, 30% involved the hands and fingers and 22% affected the head, face and ears. USCP-

SC data also indicated that 15% of injuries affected the eyes. The majority of injuries (66%) occurred around the July 4 holiday, but it's important that individuals exercise caution whenever they celebrate with fireworks. And those precautionary measures should remain in place when using sparklers, which the USCP-SC indicates caused 900 injuries in 2020.





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BUSINESS FOCUS

West Canada Valley Wood Craft

When your work speaks for itself, it's alright if you're a man of few words. That's how John Shirk operates his business, which opened its doors to the public two years ago.

Shirk recently moved to Little Falls from the Finger Lakes region, where his neighbor helped him get started in the furniture making business. Today, he creates lawn furniture for his business, West Canada Valley Wood Craft. He uses the designs his neighbor demonstrated but has tweaked them to become pieces he likes.

John says he likes working with wood, so that is simply a bonus of his business. His wood (treated yellow pine that can

withstand upstate weather conditions) comes from Pennsylvania, and, focused on quality, he uses stainless steel hardware and screws to keep them from rusting.

Shirk pays beautiful attention to details, creating heartshaped chair backs, flower-shaped chair backs, scalloped edges, curved foot rests for his Adirondack chairs and childsized chairs. (To make storage easier, his Adirondack chairs are foldable!) He makes about 12 Adirondack chairs at a time, and the process from start to finish takes about a day and a half.

West Canada Valley Wood Craft also offers a variety of side tables, picnic tables, chairs, one- and two-person gliders, bench swings, planters, birdhouses and more. The octagon table he makes comes apart for ease of moving and storage as

In addition to his usual furniture offerings, Shirk can do custom work as well - and for larger orders, he offers wholesale pricing. Even better, he is willing to deliver locally too. He always enjoys doing new projects.

You can see West Canada Valley Wood Craft furniture at North Creek Gardens & Greenhouse and at Shirk's home at 345 Lynch Road in Little Falls. You can also contact him at 315.866.7579.



The well-made Adirondack chairs fold down for ease of carrying and storage.



The attention to details is evident when looking at the furniture.









Sprakers, NY 12166



HOME IMPROVEMENT

Upgrade bathroom safety features

Bathrooms can benefit from updates that improve their form and function. While styles and color patterns may inspire bathroom renovations, improvements to safety also should be considered.

Bathrooms can be one of the most dangerous rooms in a house. Bath and shower areas account for about two-thirds of accidental injuries in these spaces. Many other injuries involve the toilet. In 2008, a thorough investigation of bathroom dangers conducted by the CDC found that mishaps near the bathtub, shower, toilet and sink caused an estimated 234,094 nonfatal injuries in the U.S. among people aged 15 years and older.

Seniors are particularly vulnerable in the bathroom due to reduced mobility and flexibility, visual impairment and other factors. However, some key modifications can make bathrooms much safer for aging populations.

- Raised toilet seat: Install an ADA-compliant raised toilet seat. Standard toilet seats are roughly 15 inches high, but elevated seats can raise the bowl an additional two to four inches. Another option is to invest in risers that can be attached to an existing toilet.
- Grab bars: Seniors may use towel holders as grab bars, which don't have stability and can dislodge from the wall. Install secured side grip bars by the toilet and inside the shower to make maneuvering easier.
- Water temperature: Seniors may be vulnerable to hot water temperatures. Lower the water temperature setting on the hot water heater. StaySafe.org recommends 120° F.
- Faucets: Change faucet handles to paddle-style handles rather than knobs. Knobs can be challenging to grip for those with arthritis in their hands. Also, handles that are easier for seniors to use can reduce the risk of the elderly losing their

balance as they attempt to gain leverage to turn the water on and off.

- Nonslip mats: Nonslip mats or tape strips can be used in showers and tub bottoms as well as outside of the shower to reduce the risk of slips and falls. Rugs should have rubberized, slip-resistant backing.
- Rounded corners: Choose counters and fixtures with rounded corners. Should a senior fall against something, the rounded corner may prevent serious injury.
- Shower benches and transfer seats: Benches and transfer seats make it easier getting in and out of the shower. Also, sitting while showering reduces the risk of becoming light-headed or losing balance.
- Walk-in tubs/showers: Minimizing the threshold to the shower or bathtub is an important safety feature. Some manufacturers make walk-in tubs with doors that secure and make watertight seals. Showers that don't have a lip or tub to scale also are better for seniors.
- Lighting: Eyesight weakens over time, so improve

lighting with combinations of overhead lighting and softer side lighting. Night lights or soft-glowing toilet lights can make it easier to get around the bathroom in the middle of the night.

These are just some improvements that can create safer bathroom environments for seniors.



Some key modifications can make bathrooms much safer for aging populations.



HOME IMPROVEMENT

The different ways to repair a driveway

Asphalt driveways do not last forever. Over time, weather and general usage can degrade the driveway surface, resulting in cracks, pitting and more. Ultraviolet rays, salt and automotive fluids also can affect the appearance and functionality of a driveway. An unsightly driveway can adversely affect curb appeal and resale potential.

Homeowners have to consider various factors when it comes to repairing driveways. They may have the option of getting the

driveway resurfaced, resealed or repaved, and each project is unique.

Resurfacing

According to the home improvement price comparison site Kompare It, resurfacing is simpler and faster than installing a new asphalt driveway. With resurfacing, any cracks are filled in to create an even base. Then a new layer of asphalt is applied over the existing one. That new layer can range in thickness from 1.5 to three inches. A heavy rolling machine will then smooth and flatten

the layers together. If the driveway has minor pitting or cracking, then resurfacing can be a cost-effective strategy, as it may be a \$3,000 to \$6,000 job as opposed to \$5,000 to \$10,000 with repaving.

Resealing

Resealing a driveway, also called sealcoating, is another repair strategy. HGTV says resealing can be a do-it-yourself project. Resealing helps the driveway last longer.

The driveway needs to be clean and dry, with holes and cracks filled prior to seal-coating. Start at the far edge of the driveway and seal that area by "cutting-in" by hand for a neat edge. Afterward the rest of the driveway can be sealed using a squeegee or broom. This project can be completed within two or three days if no precipitation is forecast.



A project best left to professionals, repaving typically involves the removal of an

Homeowners have to consider various factors when it comes to repairing driveways.

existing driveway and the installation of a new one. The sub-grade layer is essential in the process for a smooth look. Contractors also will assess soil and grading when doing work. The construction

blog Main Infrastructure says the new asphalt driveway can vary in thickness between two and six inches, depending on budget and need. The contractor also can advise if full-depth asphalt application or an aggregate base is practical.

Assessing the condition of driveway can give homeowners a better idea about which type of repair project best suits their property.







I don't trust stairs because they're always up to something.

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Central Valley CSD Foundation grants funding to CVA Science Department

The Central Valley Central School District Foundation recently granted more than \$2,900 to the CVA Science Department to help purchase a spectrophotometer for use in its labs. The funding request was brought forward by CVA science teacher Dr. Sarah Spisak.

Spisak attended the Foundation's June meeting to share how beneficial the spectrophotometer has been in enhancing CVA's science curriculum.

"A spectrophotometer allows absorption of light through a sample to be measured," Spisak said. "This is an important analytical technique used daily in chemistry and forensic science laboratories worldwide. The ability to bring an instrument like this into a high school science curriculum allows students to continue to gain the laboratory experience they are used to. In addition, we can now enhance their learning and allow them to make real-life connections and analyses."

For more information about the Foundation, contact JoAnn Duga at 315.894.3116 or joanndugaCVAFoundation@yahoo.com.

"Outside of a dog,

a book is man's best friend

Inside of a dog

it's too dark to read"

_ Groucho Marx -



(L - R) Shannon Perri, Krissi Newtown, Sara Herringshaw, John Brewer, Rebecca Gillette, Molly Bonnell, Dr. Sarah Spisak and Mike Conover.

Photo courtesy of Central Valley Central School District





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Herkimer College employees honored with 2022 SUNY Chancellor's Awards for Excellence

Two Herkimer College employees have been honored with SUNY Chancellor's Awards for Excellence for 2022. The staff members were acknowledged during an employee recognition ceremony held on May 10 and during the 54th Commencement ceremony on May 13.

According to the State University of New York, the excellence awards are designed for faculty and staff who personify professional excellence and serve as role models not only for the State of New York but for the college as well. They publicly acknowledge superior professional achievement while encouraging the pursuit of excellence.

Lisa Holynski, who serves as office assistant for the College Admissions Department, received the SUNY Chancellor's Award for Excellence in Classified Service. Holynski has been employed at the college for more than 47 years. According to Herkimer College President Cathleen McColgin, Ph.D., during Holynski's tenure she has earned a reputation for being a willing and positive team player and an enthusiastic supporter of the college, its students, faculty and staff and

SUNY

"Her professionalism, coupled with her personal warmth, make her a vital asset for our students and their families," McColgin stated

Katherine Scanlon, director of the Herkimer College Advisement Center, received the SUNY Chancellor's Award for Excellence in Professional Service.

According to McColgin, Scanlon's commitment to the success of the college and its students made her a deserving recipient of the honor.

"As the director for one of the most essential sets of services for our students, she consistently shows her pride in this institution, and in SUNY, by always giving her fullest and best effort," McColgin shared. "The results speak for themselves; under her leadership the Advisement Center is one of the most effective service offices on campus. It's a place where students feel welcome, comfortable, respected and supported. [Scanlon] is also admired by the staff she supervises for being a strong, fair leader, who works just as hard, if not harder than she expects them to work."

Scanlon has been an employee of the college for over 17 years.

With the addition of these two employees, a total of 80 Herkimer College faculty and staff have been honored with the SUNY Chancellor's Award for Excellence. A complete list is available at herkimer.edu/chancellor-awards.



Lisa Holynski was honored for Excellence in Classified Service.



Scanlon (center) was recognized at the 54th commencement ceremony. She is joined by Herkimer College Board of Trustees Chair Isabella Crandall (L) and Herkimer College President Dr. Cathleen McColgin (R). Photos courtesy of Herkimer College







Fourth of July party tips

More than 332 million people live in the U.S., according to the most recent data from the U.S. Census Bureau. There's a good chance that, come July 4, a considerable number of those individuals will be hosting or attending parties to celebrate American independence.

This year those planning on a July 4 fête can consider these tips as they prepare to celebrate with family and friends.

- Borrow a second grill. Those tasked with grilling often find themselves standing there for hours over hot flames. Cut down on time at the grill by adding an extra cooking surface. That's easily achieved by having more than one grill going simultaneously. Cook fast-cooking items like hamburgers and hot dog on one grill, and reserve the other for sausages and chicken, which may need more time to reach safe levels of doneness.
- **Stop peeking.** Resist any urge to check the food too often. Every time you flip,

press or move the meats, you compromise flavor and could make the food dry out.

- Lure insects away. Bees are attracted to sweet smells, but wasps and hornets are drawn to meats. Put a saucer of very sweet soda and some chicken scraps in a far corner of your yard to attract yellow jackets and other stinging insects to that area, drawing their attention away from guests and their meals.
- **Hire a lifeguard.** If your party will involve time spent in a pool, consider hiring a lifeguard or designate someone to observe pool activities. Party hosts may be distracted by other duties, and one can't count on guests to watch what is going on in the pool. For safety's sake, a dedicated set of eyes on swimmers can prevent injuries and accidents.
- **Give neighbors a heads-up.** Parties and barbecues on July 4 are largely expected, but you can offer a courtesy to neighbors by informing them of your plans,

including the start time and proposed ending time. If you are close with neighbors, consider inviting them to participate.

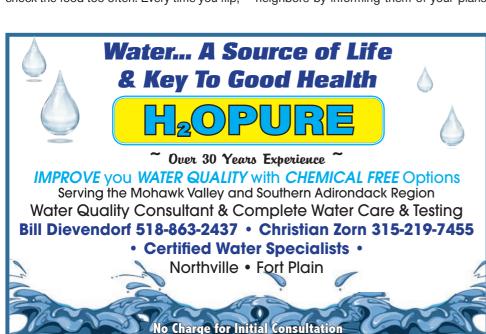
• **Skip the fireworks.** Even if fireworks are permitted where you live, it's best to avoid the potential safety hazards and leave fireworks displays to the professionals. Shooting off fireworks in neighborhoods causes debris to rain down on guests or land in pools, and it may even be ingested by pets or wildlife. Even sparklers can be dangerous, as they burn at 2,000° F. In fact, the U.S. Consumer Product Safety

Commission says sparklers account for around 60% of injuries among children under 5 during summer festivities.

• Create a patriotic playlist. Use your favorite music streaming service to curate a music list that features America-specific songs, songs about summer and general party tunes. Be sure the music is in the background and does not overpower the conversation.

July 4 plans are heating up. When hosting a party or barbecue, keep it simple and







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22 • June 25, 2022 MOHAWK VALLEY COUNTRY EDITOR

How children can have memorable summer camp experiences

As hours of sunlight increase, thoughts may turn to summer vacation. For many children, summer vacation wouldn't be the same without camp.

Adults may have their own fond memories of going to summer camp when they were children because of the opportunities it presented to be independent and meet new people. Campers often bond over shared experiences, whether they are planned activities or unexpected "disasters" like a rainstorm washing out a canoe trip. That is why so many parents choose to carry on the summer camp tradition when they have their own children.

However, some kids may not be ready to jump right into the summer camp lifestyle. Such youngsters may need extra reassurance and support to make the most of their time at camp. The following are some tips for making summer camp an enjoyable ex-

- Plan ahead Families can visit the camp in advance and get a lay of the land. Knowing what to expect in terms of facilities and activities can assuage some anxiety. It also will help campers home in on what to pack and what to expect over the summer.
- Try many new activities Summer camp is about expanding boundaries and interests. Campers should sign up for many activities, including those that normally may be out of their wheelhouse. A camper may be pleased to learn that a new craft activity or a sports game piques their interest.
- Connect with fellow campers in advance - If the camp has a social media presence, follow the camp's posts and connect with other like-minded campers even before they arrive. Talking with others who share similar interests can help campers feel more comfortable about meeting up





once they arrive at camp.

 Develop a rapport with camp counselors - The saying "you only get one chance to make a first impression" extends to campers meeting camp counselors. When campers interact with counselors for the first time, they should be outgoing, polite and open to new ideas. Counselors will appreciate easy-going campers and could be good resources of useful information, such as how to score an extra dessert at mealtime.

 Follow the safety rules - While campers may spread their wings a bit at

summer camp when not under the watchful eyes of parents, any mischief should not come at the expense of safety. Campers should stick to the safety protocol so that camp is not memorable for the wrong reasons.

· Change another camper's experience - A camper who recognizes a fellow camper is reserved and shy can invite that person to come sit with other friends at meals or to participate in an activity. This can help build a lasting friendship and make camp that much more enjoyable for someone in need

Summer camp season is on the horizon and campers can take several steps to foster memorable and fun experiences





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Events and update from Schoharie Crossing

Here is an update on some events coming up at Schoharie Crossing:

• Ride from the Southside: July 30 at 5 p.m., 1 Bridge St., Amsterdam.

Join Katy and take a Ride from the Southside. Go on an evening bike ride from the Mohawk Gateway Overlook Bridge to Schoharie Crossing along the Empire State Trail/Erie Canalway Trail and back to enjoy the free Saturday night concert at Riverlink Park featuring Georgie Wonders. It is an approximate 10mile round trip - and a great way to add miles to your Canalway Challenge. Bring your bike along for this free group ride. Helmets are required.

• Not Just for Kids Storytelling: July 31 at 6 p.m. at the Visitor Center, 129 Schoharie St., Fort Hunter.

The 30th annual Not Just for Kids Storytelling series will feature wonderful tales shared by amazing performers on Sunday evenings in August. Come enjoy these stirring stories that illustrate how we are all connected as human beings.

Eileen Egan Mack grew up in Ballston Lake. She raised



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Mon., June 27th - Normal Monday sale and Monthly Organic Day. Special: Group of Grassfed Organic heifers due July/Aug. also selling a bull. Another 11 month old Jersey Bull A2A2 also sells.

Thurs. June 30th - Short Notice - Sale Held on the farm 11 Am. West Rupert, VT. Southwind Farm Complete Certified Organic Dairy Dispersal & Machinery. 110 head sell - 62 milking age, 45 heifers. Cows are averaging 63#/day, 3.9F/2.9P. GPS address: 3783 Vermont Rt. 30, West Rupert, VT 05251. Owner: Jeremy Russo 802-236-1920. Watch for full ad.

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her family in the North Country and was an educator. She had worked as a stringer for the local paper, was a TV weather reporter and is voiceover talent for Mountain Lake PBS in Plattsburgh. She left her public school career to return to the Capital District to be close to her children and grandchildren. Whatever her role, as mother, teacher, grandmother or writer, storytelling has been the cornerstone.

Claire Nolan is an accomplished storyteller who has performed throughout the Northeast. Through the Great Minds Series of the Schenectady Theater for Children, Nolan also tells the stories of women whose lives have made an impact on the way we live today. She is a member of the Story Circle of the

These events take place rain or shine. Bring a lawn chair or blanket (and in case of rain, the event moves inside with more limited seating).

• Not Just for Kids Storytelling: Aug. 7 at 6 p.m. at the Visitor Center, 129 Schoharie St., Fort Hunter.

Lâle Davidson teaches fiction writing at SUNY Adirondack where she was recently promoted to Distinguished Professor. Her stories have appeared in the North American Review, Eclectica and Gone Lawn, among others. She was a finalist for the Franz Kafka Award issued by Doctor T.J. Eckleburgh Review as well as the Black Lawrence Chapbook Contest of 2015 and the Talking Writing Award for humorous writing advice. Her story "The Opal Maker" was named in the top 50 of 2015 very short fiction publications by Wigleaf. Her magical realist novel, "The Ciphery," was a finalist for the Heekin Group Foundation James Fellowship. She is a lifestyle blogger for the Times Union. Her story, "The Intensest Rendezvous," goes live

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with Fickle Muse on Nov. 29. For links to her stories and essays, visit Laledavidson.com.

• Not Just for Kids Storytelling: Aug. 14 at 6 p.m. at the Visitor Center, 129 Schoharie St., Fort Hunter.

Tim Van Egmond is a multi-talented storyteller, singer and musician. He transports audiences to the wellspring of wisdom, humor and inspiration found in multicultural tales and folk music. His engaging warmth and dynamic performance will tickle your ribs. It will make your spine tingle. It will warm your heart in an uplifting experience of enjoyment and enchantment.

• Not Just for Kids Storytelling: Aug. 21 at 6 p.m. at the Visitor Center, 129 Schoharie St., Fort Hunter.

Perry Ground is a Turtle Clan member of the Onondaga Nation and has been telling stories for more than 25 years as a way of educating people about the culture, beliefs and history of the Haudenosaunee (sometimes known as Iroquois) Confederacy. Perry shares his stories in a very energetic, fun and engaging style and makes the audience part of the story experience. Also an accomplished educator, he has worked with students from pre-K through college. The classroom programs that Perry offers are taught in the same engaging style and enhance each student's study of Native Peoples. Ground is available to visit schools, museums, libraries, festivals and more to share stories and programs that will educate and entertain audiences of all ages.

• Not Just for Kids Storytelling: Aug. 28 at 6 p.m. at the Visitor Center, 129 Schoharie St., Fort Hunter.

Barry Marshall and Jeri Burns, Ph.D., have been working together as the Storycrafters since 1991. They are the 2018 recipients of the National Storytelling Network's "Circle of Excellence" Award. The Storycrafters have produced 12 award-winning CD recordings. Their 2018 book, "Storytwisting," published by Parkhurst Brothers Publishers, was the winner of the 2019 Storytelling World Award. They perform and teach their art form in schools, libraries and other venues all over the U.S., in the Caribbean and the British Isles. They have been featured performers at storytelling and folk festivals nationally and internationally.

Marshall and Burns believe in the time-tested wisdom of traditional stories and share that wisdom with today's audiences. They strive to honor world cultures by telling the old stories in respectful ways, often integrating the musical instruments, songs or dances indigenous to that region. Then, of course, look out for their original modern renditions of the oldest stories - some of their most requested material.

Contact David Brooks at 518.829.7516 for more information on any of these events.

"Watch your thoughts; they become words.
Watch your words; they become actions.
Watch your actions; they become habits.
Watch your habits; they become character
Watch your character;
it becomes your destiny."

- Lao-Tze -



MOHAWK VALLEY COUNTRY EDITOR

Country Editor

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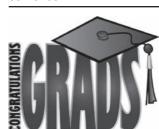
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Six tips for planning a sweet graduation celebration

(Family Features) – When years of hitting the books lead to a hardearned diploma, there's just one thing left to do: celebrate the graduate with something sweet. A graduation is a major life milestone that deserves plenty of recognition, and a graduation party is a perfect way to celebrate the occasion with family and friends.

Whether the party celebrates a recent grad or accepted student, you can make the moment all the more memorable with these planning tips and personalized party favors and customized gifts from M&M's.

- Make a guest list. Deciding who you'd like to invite is a good starting place because it may influence several other choices you need to make down the road, like where you host the party and what you serve to eat and drink.
- Choose the place and time. Another decision you'll need to make right away is where and when the party will be held. Having a rough idea of how many people will attend can help determine where to host the party, since you'll want to have enough room for everyone to be comfortable. If you're timing the celebration to coincide with a graduation ceremony, be sure to schedule your party so any guests who also plan to attend the ceremony can do both. Many families choose to hold open house-style parties for an extended period of time so people who have multiple graduation parties to attend can fit them all in.
- Plan your menu. The style, timing and duration of your party all influence what kind of food you serve. If your party overlaps a traditional mealtime, you may want to serve a full meal. However, if you're hosting an open house format, keeping food fresh for an extended period can be a challenge. If you take care to keep chilled foods cold and

heated foods warm, a buffet can allow guests to serve themselves as they wish. You may also find appetizers are easier to heat and replenish throughout the party. Don't forget about dessert: A celebratory cake or tray of cupcakes are traditional ideas you can complement with other selections, such as candy bars to add colorful fun and variety to the party.

- Accommodate gifts. While common etiquette suggests a host should never expect them, most people do bring gifts to celebrate the graduate. You can set up an attractive gift table with a gift of your own to discretely show guests where to place gifts when they arrive, such as an M&M's Occasion Bottle, which can be personalized to toast your grad with up to three colors, text, clip art and photos. The bottle stands nearly a foot tall, so it makes for an eye-catching centerpiece at the gift table.
- **Select entertainment.** Often, there's enough hustle and bustle at graduation parties that you don't

need to go overboard planning activities or entertainment. You might have some music playing at a moderate level so guests can still have casual conversations without yelling, and you may want to display a slide-show celebrating the graduate's accomplishments along the way to this big day. Other fun ideas include photobooths with props, a signature frame for guests to sign and notecards for guests to offer their congratulations, advice or predictions for the graduate's future.

• Organize party favors. One way to thank guests for honoring your graduate and inspire more moments of fun is by offering a favor that doubles as a memento of the event. For example, M&M's Class of 2022 Graduation Favor Tins make for a perfect way to send guests home with a sweet reminder of the celebration. Each stylish tin can be customized with a lid design and message for guests and be filled with a delicious serving of personalized candies that match the party's theme.

Early warning signs of Alzheimer's disease

Alzheimer's disease is an insidious illness that slowly robs individuals of their memories, personalities and relationships. The Mayo Clinic says Alzheimer's is a progressive neurological disorder that causes brain atrophy and cell death, which contributes to continuous decline in thinking, behavioral and social skills. This eventually affects a person's ability to live independently.

The most common form of dementia is Alzheimer's disease, which is believed to affect approximately 5.8 million Americans age 65 and older. While there currently is no cure for Alzheimer's disease and other dementias, there are strategies that can help mitigate symptoms. An ability to recognize dementia symptoms early can help millions take proactive steps to improve quality of life.

Below are some early warning signs of Alzheimer's disease, courtesy of notable health organizations, including MJHS® Health System, the Alzheimer's Association, Alzheimer's New Zealand and the Mayo Clinic

- Recent memory loss that affects daily life. While it is normal to forget where you left keys, names or even telephone numbers from time to time, a person with dementia may have difficulty remembering recent events or where they live.
- **Personality changes.** Individuals may begin to show subtle differences in their personalities, including mood swings. For example, a person who is easygoing may become reluctant to interact with others.
- **Difficulty with familiar routes.** A person with dementia may have regular difficulty driving familiar routes or finding the way home.
- **Trouble finding the right words.** Finding words to converse freely can be difficult for people with Alzheimer's. Such individuals may experience particular difficulty finding the right words to express their thoughts or identify objects.
- **Disorientation with time.** Someone with Alzheimer's disease may be confused about the time of day and what is appropriate for that time.
- **Decreased or poor judgement.** Individuals with dementia may make consistently poor decisions and may start paying less attention to their physical appearance.
- **Difficulty following a plan.** A person with Alzheimer's disease may have challenges solving problems, such as working with numbers, following a recipe or keeping track of finances.

Early signs of dementia may be confused as normal age-related changes. However, when such signs present themselves, it is critical to speak with medical professionals to get a clear diagnosis.



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FARM, HOME & GARDEN

Popular insect repellant plants

Homeowners choose plants for their properties based on a number of variables. Some may be into growing their own foods, while others desire their gardens to be an awe-inspiring mélange of bright colors and alluring scents. There's no wrong reason to plant a fresh garden, but some plants offer extra benefits, such as repelling insects.

Insects can be a nuisance and a threat to individuals' overall health. According to the American Academy of Family Physicians, insect-borne diseases are viral and bacterial illnesses that develop from insect bites. Mosquitoes, sand flies and fleas are some examples of insects that can pass on disease. Fever, chills, headache and muscle soreness are just a few of the more common symptoms linked to insect-borne diseases.

The good news for avid gardeners is that certain plants can help repel insects and provide the additional benefits like fresh food and aesthetic appeal that so many people

• Basil: The aroma of fresh basil is enough to compel any gardener to make a place for it in their garden. But there's more to fresh basil than its scent, as the Farmers Almanac notes it can be used to repel mosquitoes and moths.

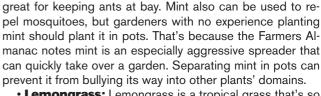
· Lavender: Fleas, flies, mosquitoes and moths are not fans of this aromatic and colorful member of the mint family. Bees tend to be drawn to lavender, a durable plant that many garden centers recommend in areas prone to drought or hot summers without much precipitation.

• Mint: Mint is another plant that is instantly recognizable for its aroma. But mint lovers may not realize that it's also



Certain plants can help repel insects and provide the additional benefits like fresh food and aesthetic appeal that so many people love.





- Lemongrass: Lemongrass is a tropical grass that's so fragrant it's often used in perfumes. Lemongrass contains citronella, which many people associate with repelling mosquitoes. A potted lemongrass plant can repel these unwanted guests, keeping them away from decks, porches and/or patios all summer long.
- · Chrysanthemums: The Farmers' Almanac recommends using chrysanthemums, which repel a range of insects from bedbugs to fleas to ants, as border plants around a home. That's because they contain the natural insecticide pyrethrin, which can serve as something of an insect-repelling boundary around a home.

Insects are unwanted guests around a home each spring, summer and autumn. Certain plants can help repel insects and serve as an eco-friendly alternative to insecticides.

Did you know?

Homeowners should give due consideration to whether or not plants are considered invasive species before introducing new plants on their properties. According to NOAA, invasive species of plants can lead to the extinction of native plants and animals. Invasive plant species also can reduce biodiversity and cause significant fundamental disruptions to local ecosystems. Though non-native plants are often cherished for their unique looks, homeowners planting new gardens or supplementing existing gardens with new plants are urged to plant only native species. Such an approach benefits plants and also local wildlife that depends on native plant species for food and cover.

"To plant a garden is to believe in tomorrow." - Audrey Hepburn -





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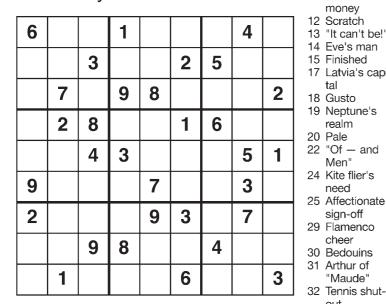






Weekly **SUDOKU**

by Linda Thistle



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

DIFFICULTY THIS WEEK: ◆

♦ Moderate ♦ ♦ Challenging ♦ ♦ ♦ HOO BOY!

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King Crossword

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 - 45 Scepter

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

Borders Spain Harbor British Limestone Finance Low taxes

Royal Navy Shipping Territory

Tourism WWII

BY HENRY BOLTINOFF

HOCUS-FOCUS



Multi Line New Tire Dealer Tire Repair

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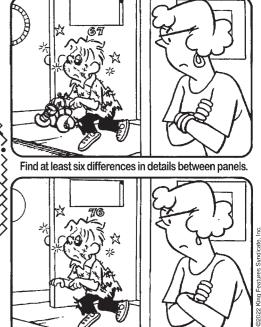
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ON THEFARM TIRE SERVIGE

Bale Wrap





CCDAMPLEDO

Differences: 1. Frame is missing. 2. Gloves are missing. 3. Fringe is missi



up again!"

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MOHAWK VALLEY COUNTRY EDITOR

Home Country

by Slim Randles

Trom the cow to the plow, Dewey," Windy said, leaning on a shovel. Windy Wilson was on another of his "helper days" and today it was Dewey Decker's turn to be helped.

"What do you mean, Windy?'

"You know... a slogan for the business. From the cow to the plow. Fertilizer.

Farming."

He was helping Dewey spread some product around at Mrs. Simmons yard, helping her anticipate a greener lawn this summer. Besides enriching the English language at every possible moment, Alphonse "Windy" Wilson devotes one day each week to helping someone, for free, here in the valley.

He usually calls it his "enrichelating experience."

Windy went back to Dewey's pickup for the steel rake. "What you're doing here," Windy tossed back over his shoulder, "is plowing backly into our community the veriatable seedlets of hope and change for the future. Yes, if I can coagulate some ideas for assisticating your business, I'm delightable. We need ya, boy!'

"Thanks, Windy. Everyone's been so nice. You know Emily's coming up

with new ways of using cow manure so we can... well, spread out a bit more."

"Absotively. I heard that sweet little chickadee of yours was masticating some ideas that are ultra noo voe and knife bladely sharp. She's a honey."

"She sure is. She thinks we might get a steel tank and pour manure in it, then fill it with water. She says they call it 'fertilizer tea' or something and it's good to spray on crops."

"No foolin'? Won't you

have to buy one a them sprayer thingies to drag behind a tractor?"

Dewey stopped shoveling and thought. "Now that you mention it, we'd have to have some way to get it on the field. But you know about me and machinery...'

Dewey's being monumentally self-destructive around anything valuable, movable or sharp was certainly no secret.

"Why son," Windy said, "you just worry about getting that tractor ignitified, These pages sponsored by

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and I'll drive 'er for you."

"You'd do that?" Windy put his hand on his heart. "Dewey, my word is my blonde."

Pick up "Home Country: Drama, Dreams and Laughter from the American Heartland" at lpdpress.com.

2022: The year of foxy Phloxy

hlox is a wide-ranging North American native perennial and a common fixture in woodland, prairie and meadow landscapes.

Phlox are an easy-to-find wildflower stretching from Florida and Quebec to Alaska. One of the classic American perennials, this was one of the earliest North American natives to enter cultivation. With vibrant flower colors and blooms lasting many weeks, it is easy to understand what caught the eye of so many gardeners through the years.

Although there is great variation within the genus, a tubular flower with five petals is common in all types. Flower color varies between white, pink, magenta, purple and blue across the genus, with some species

showing notable orange or red coloration. All species are popular with pollinators.

Basic Types & Variety Names

Phlox is a genus with a multitude of species, heights, bloom times and garden applications. Many of these species are unrecognizable to the average gardener but becoming more common in newer varieties now available. Through all of the diversity, perennial Phlox can be loosely grouped into two types: spring bloomers and summer bloomers.

Spring Bloomers (creeping/groundcover types) - Phlox subulata (Creeping Phlox, Moss Pinks) and other early-spring blooming species are low-growing, ground-hugging plants. Typically native to rocky, well-drained environments, when put in



a garden without restriction they become carpets of color. Most of these types tend to spread and work well as groundcovers.

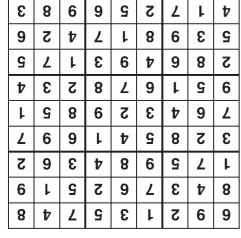
Summer Bloomers (tall garden phlox and related types) - When referring to phlox, most first think of Tall Garden Phlox (Phlox paniculata). This clump-forming perennial blooms in

midsummer and is among the tallest of this species. Also characteristic of Tall Garden Phlox are the perfectly formed large, rounded flower panicles that top each stem.

In addition to Tall Garden Phlox, summer-blooming species (including Phlox glaberimma and Phlox pilosa to name a few) are becoming more common, particularly in newer varieties. These newer garden varieties tend to bloom a bit earlier, have a more mounded shape and have a stoloniferous habit. Also characteristic of summer bloomers is a propensity to rebloom after the first flush of flowers, particularly when trimmed back.

The National Garden Bureau has declared 2022 the Year of the Phlox. Learn more about it at https://ngb.org/year-ofthe-phlox/.

For more stories like this, visit countryculture.co



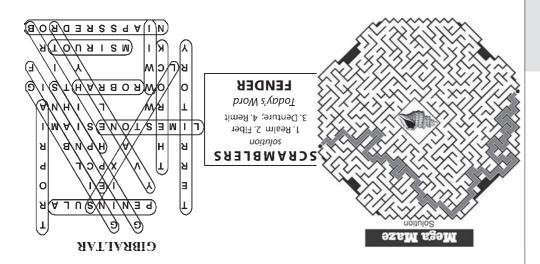
Answer

Meekly SUDOKU

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Solution time: 26 mins. **ANSWers**

- **Kind** Crossmord -





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30 • June 25, 2022 MOHAWK VALLEY COUNTRY EDITOR

AUTOMOTIVE

Simple strategies to be a more efficient driver

Drivers likely need no reminder that the cost of fuel is high. Learning how to be a more efficient driver is a great way to improve gas mileage and take some of the sting out of filling up.

- Take it easy behind the wheel. The Office of Energy Efficiency & Renewable Energy reports that aggressive driving can lower gas mileage by as much as 30% when driving at highway speeds and 40% when driving in stop-and-go traffic. Avoid speeding and rapid acceleration and braking.
- · Utilize in-vehicle energy feedback. A recent study from researchers at the Institute of Transportation Studies found that drivers who used driver feedback devices in their vehicles in an effort to save fuel improved their gas mileage by about 10%. Many modern vehicles are equipped with such devices, and drivers can learn to use them and reap the rewards with less frequent trips to the filling station.
- · Keep cargo off the roof. Rooftop cargo boxes can be convenient when traveling on vaca-

tions. However, researchers at the Oak Ridge National Laboratory report that such boxes can reduce fuel economy by a significant percentage depending on where drivers are driving. City drivers with rooftop cargo boxes may experience a 2% to % decline in fuel economy, while vacationers traveling at interstate speeds may notice a decline as high as 25%. Cargo boxes are convenient, but they're not very aerodynamic, so it's best to remove them after returning home from vacation.

• Avoid idling. Idling was once advised to warm up vehicles so they did not stall once they leave the driveway and hit the open road. However, that stalling occurred when cold carburetors could not get the appropriate mix of air and fuel in the engine. But carburetors have long since been replaced by electronic fuel injection systems, negating the need to warm up a vehicle to avoid stalling. The EPA and the U.S. Department of Energy note that modern engines will warm up by being driven and urge drivers to avoid warming up their cars for more than 30 seconds.

High fuel costs make it advantageous for drivers to embrace efficient driving, which can save a substantial amount of money at the gas pump.



Tips to host an entertaining game night for adults

Fun and games aren't just for kids. Many adults find pleasure in playing various games - whether it's board games, team sports or video games. Games present ways to escape the daily grind, relieve stress and have a little fun along the way.

Some people like to host game nights on a whim. Others treat it seriously and host these events with some regularity. your enthusiasm for game play. A mix of introverted and extroverted people will provide balance.

· Serve the right refreshments. Select finger foods that can be enjoyed while play is in action. Avoid overly messy items, or those that are greasy or drip a lot. Appetizers on toothpicks can be popped in the mouth one-handed. As for beverag-

es, offer nonalcoholic options even if you will have bar staples. Sometimes alcoholic drinks can loosen up crowds and serve as ice breakers, but it is up to you as the host regarding what to serve.

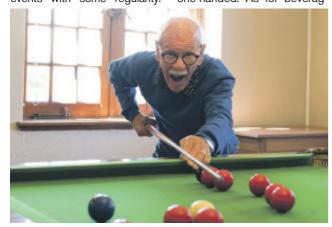
· Enlist a moderator. Plan for someone - whether it's you or someone else - to moderate the games. Moderators can ensure the pace of the game keeps moving

and even keep score. Learn to read hints that suggest guests are getting bored and bring out a secondary game to switch things up.

· Create a comfortable environment. Guests' comfort is essential. Have plenty of seating available if the game will take place around a table. Move furniture aside for charades-style games and bring in cushions to increase seating.

• Go out. Game night needn't take place at home. Many bars, restaurants and other businesses routinely host game nights. Take your group on the road to a local establishment that hosts game nights to switch things up.

Game nights are enjoyable ways for adults to alleviate stress and socialize with other adults







Hosts and hostesses can follow these tips to enjoy a successful game night for adults.

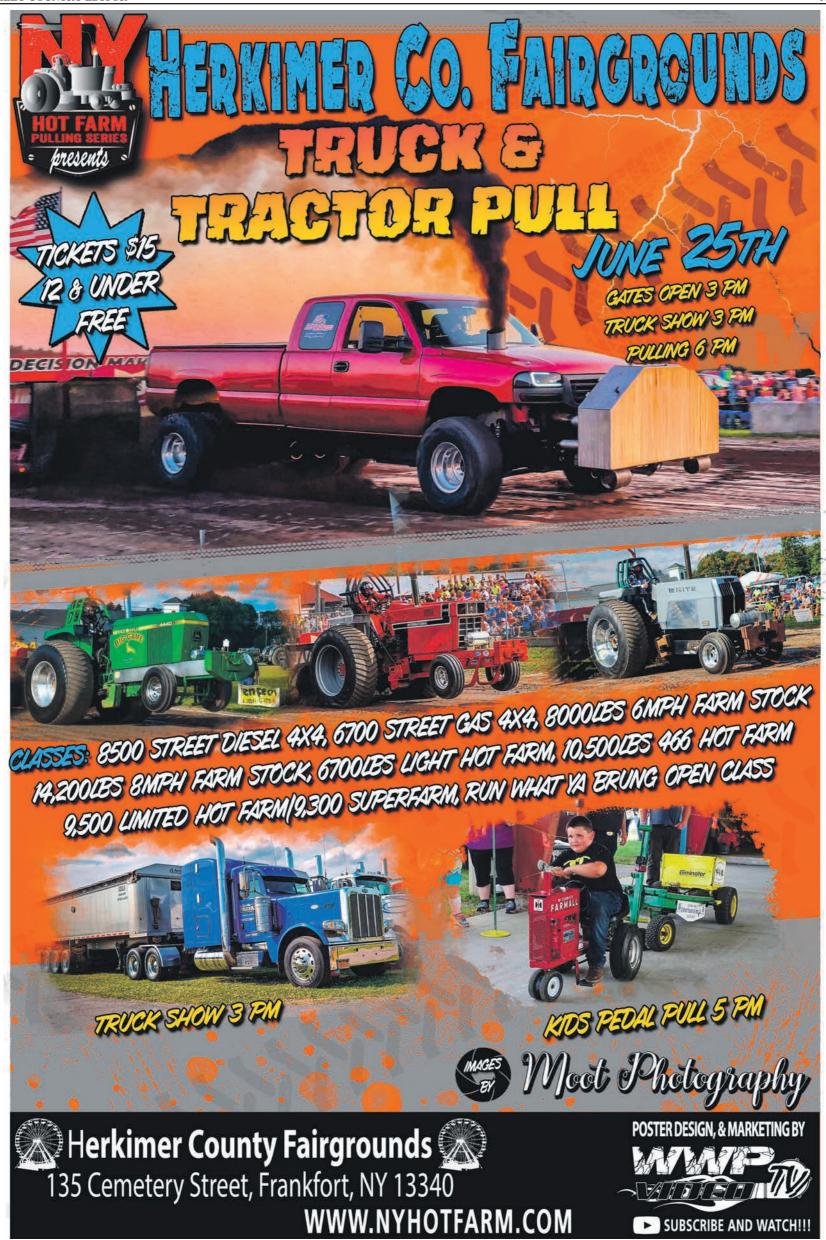
- · Select the game in advance. Figure out a system for selecting games for each game night. Perhaps there's a rotating schedule based on participants or the primary organizer selects from a list of games. Knowing what will be played in advance ensures the game night begin promptly when guests get settled.
- Invite a wide array of people. Team games are fine ideas when hosting a crowd, and play can be intense. Try to choose people who share







June 25, 2022 • 31





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FP Community Activity Council

July 2nd & 3rd Events

Saturday: Vendors&Raffle Booth/Food Trucks/Dunking Booth/Bounce Houses/First Responders Demonstrations

Open 9:30a-3p - Canal Street Studio-Free Watercolor Painting Project.
Open 9a-1p - Fort Plain Florist

10a-2 - Sportsman Den-Free Scavenger Hunt Winners Announced @ Erie Station @4:30p

10a-4p - Esther's Budget Shop-Old Fashion \$1 Sidewalk Sale

10a-4 - Highwheeler Coffee-Face painting~12-3 Live Jazz by Joe Handy & Rich Mollin

11a-2p - Erie Station-Car Show Awards @ 2:30p

11a-3p - Center Street Station Specials-Tanning \$22 a month~Gym \$20 a month~Hempz \$12~\$2 Single Tans Limit 5~Ear Piercing

\$15~Lotion Grab Bags \$12 (variety of different lotion packets)~Sign up for Tanning & receive a Free grab bag

11a-5p - Library-Sidewalk Chalk~Book Sale~Fishing Derby~Photo Stations

 $\textbf{11a-10p-Mediterreanian Kitchen} \sim \textbf{Serving Gyros} \sim \textbf{Handmade items for sale}$

12:30p - OPENING CEREMONY & SPECIAL HONORS @ Bandstand

12n-3 - The Lotus Center-Grounding Mats with Demo @ 12n/1p/2p~Grounding Mats Raffle winner announced by Band The Valley Rockers @ 5:45p

12n-12a - Gamer's Revolt-Slot Car Racing(Ages:8+)~Giant Jenga (All ages)

1p-3p - Bug Country Broadcast

1:30p - Veteran Service -21 Gun Salute

2p-4p - NYS Arts Bank-Petting Zoo

12p-7p - Upstate Artisans-Kids Craft Flag Wand~Sales~Stove Cover Raffle(Noodleboard) winner announced on Sunday @ 6p @ Bandstand

12p-7p - The Table At Fort Plain-Hot Dog Cart

4p-7p - Vegas Crush

7:30p-10:30p - The Valley Rockers

4:30p-6:30p - Reform Church Dance-2 to 5 years of age

7p-9p - Reform Church Dance-6-12 years of age

8p - NYS Arts Bank-Comedy Show

Sunday: Vendors&Raffle Booth/Food Trucks/Dunking Booth/Bounce Houses/First Responders Demonstrations

9a-11 - Erie Station Poker Run-Awards @ 3p

9a-12 - Sportsman Den-Fishing Derby weigh in by 12n awards in shop @ 12:30p

10a-4p - Esther's Budget Shop- \$100 Gift Certificate Egg Hunt For Adults Only

11p-5p - Library-Book sale~Photo Station

11a-8p - Mediterreanian Kitchen~Serving Gyros~Handmade items for sale

12n-7p - Upstate Artisans- Kids Craft Flag Wands~Sales~Raffle (Stove Cover/Noodleboard) winner announced @ 2p 12n-10pm - Gamers Revolt- "Paint-Off" (Ages 8+) :Paint your own Model & Take home)~Giant Jenga (all ages)

1p-5p-Tire Flip - Winners announced @ Bandstand@ 5:30p

1p-6p - DJ-Stanley Stylz

3p-4p - Bake Auction

5p-6p - Gun & Basket Raffle-winner announced @ Head Quarters Booth on Canal St.

7p-9:30p - DJ D-Dub @ Wiles Park

9:45p - Fireworks @ Wiles Park

Parking Available At 6p

Free Parking Available at these locations:
Mohawk Valley Tire-210 Canal St.
Senior Center-204 Canal St.
Little League Field- Little League Way Fort Plain

Concessions
Provided by
Class of 2023



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