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JULY 23, 2022



IN THIS ISSUE:
AUTOMOTIVE
DINING & ENTERTAINMENT
FARM, HOME & GARDEN
HOME IMPROVEMENT

Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue acknowledge that Jesus Christ, to the glory of God the Father. Philippians 2:9-11

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Herkimer BOCES Visual Communications students take sixth place in national competition

Three Herkimer-Fulton-Hamilton-Otsego BOCES Visual Communications Media Arts seniors recently finished in sixth place in the nation for a SkillsUSA promotional bulletin board competition.

Students Tracy Palmieri of Central Valley Central School District; Delaney Kerr of Frankfort-Schuyler Central School District; and Savannah Dennis of Herkimer Central School District created their bulletin board as a class project under the advisement of Herkimer BOCES Visual Communications Media Arts instructor Melinda Maycock.

They presented their project in April at the SkillsUSA New York State Leadership

and Skills Conference in Syracuse and won first place. This allowed them to compete in the Skills USA national-level competition, which took place in Atlanta June 20 - 25.

At the national competition, the students then advanced another stage to the national finals before claiming their sixth place finish.

The Herkimer BOCES SkillsUSA advisors are Cosmetology instructor Holly Rotundo Fischer and Cosmetology teaching assistant Sarah Jacquays-Alberts.

SkillsUSA is an organization serving more than 395,000 students and professional members enrolled in career and technical training programs.



(L - R) Visual Communications Media Arts students Tracy Palmieri, Savannah Dennis and Delaney Kerr pose with their promotional billboard project at the SkillsUSA national-level competition in Atlanta. Photo courtesy of Herkimer BOCES

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DINING & ENTERTAINMENT

Wildlife crossings program at Schoharie Crossing

The Friends of Schoharie Crossing are excited to host a follow-up presentation on the wildlife monitoring program being conducted by the Mohawk Hudson Land Conservancy in Montgomery County. MHLC Associate Director Sarah Walsh will be in the Enders House on July 26 at 6:30 p.m. to discuss their project and findings.

This program will look at how the

MHLC conducts their conservation work in Albany, Schenectady and Montgomery counties. This presentation will provide a brief overview of MHLC and introduce the audience to their latest partnership with the Nature Conservancy to address wildlife crossings in this region. Participants will learn about the importance of the Catskills to Adirondack Conservation Corridor and how

the conservancy is working on the ground to ensure wildlife connectivity in a disconnected world.

MHLC has been conserving and stewarding the lands and waters of the Mohawk and Hudson river valleys for the benefit of people and the environment since 1992.

The presentation will be preceded by a brief Friends of Schoharie Crossing meeting. This program and

the meeting are free and open to the public.

The Friends of Schoharie Crossing is a nonprofit organization which support the mission of Schoharie Crossing in offering educational and recreational programs at the site. The Friends meet monthly on the fourth Tuesday from April to October at 6:30 p.m. The group also provides assistance in volunteer projects,

field trips and other advocacy for the historic site.

For more information about programs at Schoharie Crossing, contact the Visitor Center at 518.829.7516, email Schoharie-Crossing@parks.ny.gov or visit the NYS Parks at nysparks.com. The Schoharie Crossing State Historic Site Visitor Center is located at 129 Schoharie St., Fort Hunter.

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Herkimer County Fair set for Aug. 16 - 21

The Herkimer County Fair is taking place Aug. 16 - 21 at 135 Cemetery St., Frankfort, with the theme "From Ferris Wheels to Wagon Wheels." It is seeking contestants for this year's events including the Queen Pageants, Talent Show and Demolition Derbies. The Demo Derbies are taking place on Aug. 18 and

19. Drivers must be at least 18 years old. The Queen Pageants are being held Aug. 16 with girls of different age groups from 4 - 17 and boys from 4 - 12.

The Talent Show is taking place Aug. 20 with any age or talent. The Talent Show awards first place \$50 and a trophy, second place \$25 and

a trophy and third place \$15 and a trophy. The contestants are judged in six divisions and registration is due Aug. 16. Forms can be obtained at HerkimerCountyFair.org. This year the Talent Show will be returning to the State Fair and participation in a county fair is required to perform at the State Fair.

We are also looking for participation in our new Lego competition, bucket of junk, decorated vegetable competition and the Green Project, where anyone of any age can express their imagination and win a prize. There is no entry fee.

For further questions, complete rules and applications, call 315.895.7464, mail to P.O. Box 47, Frankfort, NY 13340 or visit HerkimerCountyFair.org.

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Herkimer County collaborative launches community development plan

A local government-nonprofit collaborative has announced the completion of a Herkimer County-wide community development plan that will address the county's longstanding challenges and future growth opportunities. Under the plan, a nonprofit called Herkimer County Community Development Partnership will be created to formalize collaborative efforts needed to address economic challenges while connecting and encouraging innovation in thriving but disconnected points of growth county-wide.

"This plan continues the cooperation we've seen across local governments and builds on recent economic development successes, and it also addresses head-on the challenges we face across the county as we work together to make a great place to live and work even better," said Jim Bono, Herkimer County Legislature chair. "With this plan as a blueprint, we can tackle challenges

and celebrate accomplishments in a coordinated way – attracting public and private investment that cuts across local government lines and addresses common needs across the county."

A county-wide steering committee of local government, business and higher education leaders, chaired by Little Falls Mayor Mark Blask, worked with consultant Fairweather Consulting of New Paltz as it engaged with a broad range of constituents. Using a variety of in-person and virtual events, tactics and tools, the process probed the county's strengths, weaknesses and residents' vision for the future, which they described as six themes:

- Vital Villages & Main Streets
- Healthy, Affordable & Livable Communities
- Thriving Economy & Economic Opportunity
- Authentic & Sustainable Places
- Diverse Recreation, Cultural & Social Activities
- Engaged, Informed & Inclusive Culture

To work toward that vision, the plan recommends a focus on government, business and nonprofit collaboration and connectivity, economic and agribusiness development and tourism, supporting and complementing long-term development across the county.

"We all know that our entire county is rich in tourism assets and offers a lot to our heritage businesses as well as outside companies seeking to relocate here," Blask said. "This plan gives us a framework for sustained collaboration across municipal boundaries and will strengthen our identity as a tourism destination and as a place that's open for business."

Herkimer County will hire a community coordinator to advance cross-governmental collaboration as a first step toward creation of the recommended community development partnership. A website that launched as part of the planning process, itshappeninginherkimer.org, will also be utilized as the strategy moves forward. With individual municipal efforts needed to support the overall plan, the Village of Herkimer has announced that it will engage a consultant to create a 10-year village-specific vision that complements the county-wide collaboration.

"We are thrilled that this partnership is moving forward to build

a better future for all of Herkimer County," said Alicia Fernandez Dicks, president/CEO of the Community Foundation of Herkimer and Oneida Counties, which helped coalesce and fund the process. "This kind of collaboration on a county-wide basis should serve as a model for others, an example of how local governments, business, nonprofits – all sectors – can work together for the greater good."



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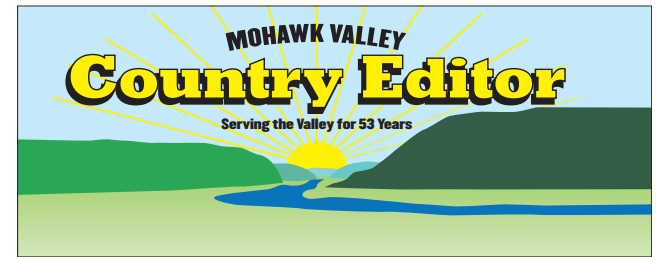
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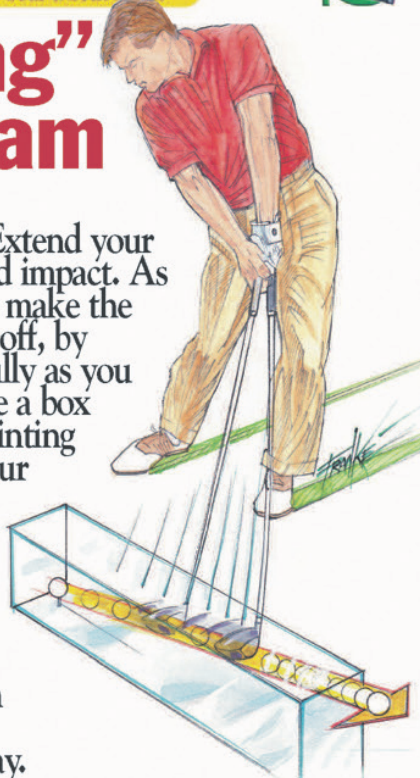
Today's Tip

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"Chasing" The Dream

Are your tee shots flying off-line and "hooking" to the left? Here's a simple tip that could help: Extend your clubhead down the target line beyond impact. As you swing down-and-through, try to make the clubhead "chase" the ball as it takes off, by extending your arms and hands as fully as you can while staying in balance. Imagine a box laying on the ground past impact, pointing straight at the target that you run your clubhead through. Your arms and hands must swing the clubhead back inside the target line as you continue into your follow through. You'll find that by making this effort to extend the club down to the line past impact, a much greater percentage of your tee shots will find the fairway.



By Jim McLean, owner, Jim McLean Golf School, author of the best-selling book "The Slot Swing" and the all-new "Build Your Swing" illustrated by Phil Franke

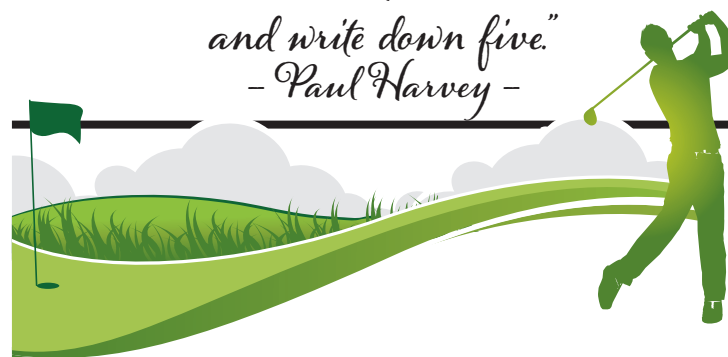
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Did you know?

Drivers who aren't fond of taking their vehicles in for routine oil changes may want to consider electric vehicles the next time they're in the market for a new car or truck. According to Kia, electric vehicles (EVs) do not require oil. Oil is necessary to lubricate the various moving parts in combustion engines. While synthetic oil and other advancements have increased the recommended oil change intervals from the once-standard 3,000-mile recommendation, manufacturers still advise drivers to get oil changes around every 5,000 miles or every six months, whichever comes first. No such maintenance is required with EVs because they consume batteries while running on electric motors.

EV drivers will have to monitor certain fluids, though. Coolant is necessary to prevent batteries from overheating, and that can be periodically checked at drivers' discretion and during routine maintenance performed at an auto body shop. Drivers also can monitor and refill windshield washer fluid as necessary. Brake fluid in EV cars also needs to be replaced periodically, and Kia notes that its EVs need fresh brake fluid after running about 25,000 miles.

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Tips to create a clean campsite

Camping is catching on. Long beloved by outdoor enthusiasts, camping is growing in popularity among relative novices as well.

According to the 2018 North American Camping Report, an annual independent study supported by Kampgrounds of America, more than six million new North American households have adopted the camping lifestyle since 2014. In addition, the number of campers who camp three or more times each year increased by 64% in that period, highlighting the growing popularity of this awe-inspiring recreational activity.

Veteran campers recognize the importance of creating and leaving a clean campsite behind once their camping trips conclude, but novices may not know just how to accomplish that goal. Maintaining a clean campsite during and after your trip benefits future campers and the park itself, reducing pollution that can adversely affect the local ecosystem, including wildlife. The following tips can help campers ensure their campsite is clean while camping and still clean when they leave to go home.

• **Give ample thought to what you pack.** A clean campsite begins before you even leave for your trip. When packing, think of ways you can reduce litter by packing lighter. Avoid single-use plastic bottles in favor of reusable water bottles. Give considerable thought to how much your group will eat while camping,

resisting the temptation to bring extra food that may end up as litter or attract local wildlife to your campsite.

• **Leave nothing behind.** It may sound simple, but anything you bring with you on a camping trip must be taken out with you when you leave. Garbage, waste water and leftover food that may be on the brink of spoiling should not be left behind. Make note of garbage disposal areas near your campsite before your trip and discard any trash at such sites after leaving your campsite and before leaving the park.

• **Don't expand your campsite.** Parks and recreation personnel designate specific areas to camp, and campers should stick solely to these areas when setting up their campsites. Stretching

these boundaries can compromise nearby vegetation, which local wildlife may rely on to eat.

• **Learn local laws regarding refuse.** Some campgrounds may allow campers to pour out dish water so long as biodegradable soap was used to wash dishes. But not all campgrounds allow such disposal. Upon choosing a campsite, contact the grounds and ask for a list of rules. Strictly adhere to these rules to avoid upsetting and potentially threatening the local ecosystem.

More and more people are recognizing how rewarding camping can be. Camping trips can be even more rewarding when campers take steps to protect their campsites and the local ecosystem.

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Closed Sundays

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

Send your articles and calendar of events items to Gary Elliott at cfeditor@leepub.com or call 518-673-0143.

For any other information or questions please contact Becky Mauk at 518-673-0166, bmauk@leepub.com, fax 518-673-2381.

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Healthy and fun rainy day activities for kids

There are numerous reasons for children to spend time outdoors. Soaking up sunlight and fresh air can do everything from reduce stress to improve cardiovascular health.

Unfortunately, not every day is tailor-made for spending time outdoors. When inclement weather threatens, some creative thinking may be necessary to keep kids happy and occupied. As COVID-19 is still affecting communities, there's the added challenge of ensuring indoor activities are conduct-

ed in a safe manner. Here are a few ideas for getting started.

• **Plan a scavenger hunt** – Parents or caregivers can hide an item and set children on the course toward finding the treasure by providing clues that incrementally lead to the final hiding place.

• **Visit the library** – Libraries have a host of activities ideal for rainy days. Apart from various genres of reading materials, there are movies to rent, informational classes, rooms for club

meetings and even arts and crafts events. Check to see if your local library requires masks to participate indoors.

• **Establish an indoor campsite** – Camping is a popular outdoor activity that can go on rain or shine. Those who are averse to camping in the rain can recreate the magic of camping indoors. Set up a tent or make a lean-to from blankets and sheets. Use a fireplace or stove to roast marshmallows and make indoor s'mores.

• **Make homemade playdough** – Invite a few of the children's friends over and mix up a batch of homemade playdough. A handy recipe can be found at iheartnaptime.net/play-dough-recipe. Children can spend hours molding the playdough into imaginative creations.

• **Visit a museum** – Communities across the country are home to various museums, some showcasing ancient artifacts and others touting novelties. For those concerned about indoor crowds, try visiting shortly after doors open or an hour or two before doors close. Foot traffic tends to be lower at these times.

• **Host an outdoor movie viewing** – Homeowners with covered awnings or outside porches can project a movie onto a screen and have movie-goers watch from their sheltered locations. Serve plenty of healthy snacks and a few sweet treats to munch on during the film.

• **Play in the rain** – Just because it's raining doesn't mean outdoor fun needs to be entirely curtailed. Children can gather in a garage with the door left open. Then they can take turns dashing out to stomp in puddles or dance in the rain showers. Just have plenty of towels on hand and choose a warm rainy day so kids won't catch a chill.

Poor weather necessitates having indoor activities ready for kids. Thankfully, there's plenty of entertaining ideas to keep them occupied.



DMV warns New Yorkers of new phishing scam

The New York State Department of Motor Vehicles (DMV) is warning consumers to beware of a new attempt to steal their personal information. The latest phishing scam involves sending people text messages falsely claiming the state is offering \$1,500 rebates as a result of high fuel prices.

If someone clicks on the link provided, they are brought to a webpage that is designed to look like the DMV website and they are asked to submit personal information.

This is the latest in a series of such text message phishing schemes that DMV has warned New Yorkers to avoid. Phishing texts are fraudulent messages designed to obtain data or sensitive personal information to be used to commit identity theft or trick the recipient into installing malicious software onto a computer or mobile device.

"We want New Yorkers to be aware that these scams are out there, and we urge them to be vigilant if they receive any text message or email that seems suspicious," said DMV Commissioner Mark J.F. Schroeder. "DMV will not send you text messages asking for your personal information. If you aren't sure if you received a phishing scam, you may contact us at dmv.sm.phishingattacks@dmv.ny.gov."

To help protect against phishing or smishing (SMS phishing) scams, the NYS Office of Information Technology Services (ITS) recommends the following precautions:

- Be cautious about all communications you receive, including those that purport to be from "trusted entities." Be careful when clicking any links contained within those messages. If in doubt, do not click.

- Do not send your personal information via email. Legitimate businesses will not ask users to send sensitive personal information through email.

- Keep an eye out for tell-tale signs: poor spelling or grammar, the use of threats or the URL does not match that of the legitimate site.

- Be wary of how much information you post online. The less information you post, the less data you make available to a cybercriminal for use in developing a potential attack or scam.

DMV provides information on phishing scams on their website at dmv.ny.gov/more-info/phishing-attacks. Examples of the text messages can be found at dmv.ny.gov/more-info/phishing-examples.

For additional information on phishing scams, as well as steps to mitigate a phishing attempt, visit the NYS Office of ITS Phishing Awareness resources page at its.ny.gov/resources.


For more information about the DMV, visit dmv.ny.gov or follow us on Facebook, Twitter and Instagram.

Richfield Springs Scenic Railway

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Address: 168 Mc Koons Road
(conveniently located outside Richfield Springs, off Route 28)
Adults \$16 • Children 3-12 \$8
Tickets and Information visit ucsvroute.com
or call 315-717-5969

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Friday Sunset Cruise Trains:

Evening trains from 6:30-8:30 pm.

Saturday Nature Discovery Trains:

Afternoon trains run on the hour, from 1:00-5:00 pm.

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Hike and Ride - Take the train, hike our 4 miles of walking trails.

In these difficult times, there is a place of refuge and peace anyone can access by calling these phone numbers to hear various offerings of spiritual inspiration assuring you of God's great love and power in your life.



1. The Daily Lift 1(617)450-3430 - 3 Minute Recording 24/7

2. Sunday Church Service, Live at 10AM 1(646)558-8656 (access code 96993928161#)

3. Spiritual uplifting ideas of various kinds with a menu 1(214)447-9675

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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
www.cornerstoneames.com
info@cornerstoneames.com
518-673-3405

AMSTERDAM

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

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 says - "Come Unto Me" Join us -
Special Music Ministry, Beautiful Surroundings, Friendly People
Sunday Service 10:30 AM
Email: umc673@frontiernet.net
Communion Last Sunday of the Month

ST. JOHN'S &

ST. MARK'S LUTHERAN CHURCH
143 Church St., Canajoharie
518-673-2224
Pastor A. Elisabeth Aurand
Remote & In-Person Sunday Worship 11 AM;
email for link stjmc-canajoharie.org
office@stjm-canajoharie.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

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

ST. JOSEPH'S ROMAN 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

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518-853-3646
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Sun. 10:30 AM
friars@katerishrine.com
www.katerishrine.com

FORT PLAIN

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131 Clark Rd., Fort Plain
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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

Freysbush Rd., Fort Plain
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 UNITED METHODIST CHURCH

Pastor Kathy Reese
Sunday worship and
Sunday school 10AM
Outdoor service: 11 Montgomery Street,
Fultonville, May-Early Sept. (byo - chair)
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Winter and inclement weather
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Community Outreach is
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Corner of 5S & 30
Pastor Jane Hubschmitt
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Family Worship 10:30 AM

GLEN

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Sunday Worship at 9. Sunday School
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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

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(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 Hayner
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
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ILION COMMUNITY CHURCH

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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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 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 ffirstpres@gmail.com
 www.presbylif.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
 pastormark@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
 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

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

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

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 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
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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
 Worship Leader Darlene Spaulding

RICHFIELD SPRINGS
CHURCH OF CHRIST UNITED
 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
 pastormark@aol.com
 Sunday Worship 10 AM
 Thursday Bible Study 6 PM

SLOANVILLE
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
 Pastor 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,
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 112 Sprakers Hill Rd.
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 Worship ~ 9 AM
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 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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ST. MARY'S EPISCOPAL CHURCH
 7690 Rt. 80, Springfield Center
 315-858-4016
 Fr. Kyle Grennen, Priest-in-Charge
 Sunday Eucharist, 9:30 AM
 Coffee - Fellowship follows service Holy
 Days - as announced

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,
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SEEKER'S FELLOWSHIP
 14 Park Place, St. Johnsville, NY 13452
 518-568-7700 • Pastor Mike Yeziarski
 Sunday Worship 6 PM, Tues. Prayer 7 PM,
 Bible Study 7 PM (Wed., Thurs. & Fri.)
 We teach the fullness of God's Word,
 a life of holiness for the believer,
 and salvation for all who trust
 in Christ's sacrifice.

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

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 518-568-7396
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 Sunday Worship 10:30 AM

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 518-775-0366
 Email gccpastor2021@gmail.com

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 following dinner
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 Ft. Plain, NY 13339
518-993-3834

Community Calendar

July 2022						
S	M	T	W	T	F	S
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6
Holidays						
4th - Independence Day						

August 2022						
S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10
Holidays						

September 2022						
S	M	T	W	T	F	S
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8
Holidays						
5th - Labor Day 11th - Patriot Day 22nd - Fall Begins						

JULY 16-24

36th Annual Ilion Days Celebration Visit iliondoodah.com or the Ilion Days Facebook page

JULY 18-22

Week 3 of Camping Season for Christian Lake Bible Conference. Our chapel service time is 7:30 Monday-Friday. Pastor Mark Reno, The Conversion Center, Hagerstown, MD. For more information, 355 Perkins Mill Rd., Stratford, NY 13470, 315-429-3515.

JULY 20

Concerts In The Park series 7 p.m. Wednesdays in Spring Park U.S. Route 20, Richfield Springs. The Oldies Show Band: Bringing back wonderful memories from the 50's, 60's & 70's.

Third Wednesday Night Dinners 4-6 p.m. or sold out at Ilion First Baptist Church, 8 Second St., Ilion. Barbecue Pork Dinner. Delivery or take out only. \$12 per dinner. Take-out orders may be ordered by calling 315.894.9041.

Ilion Days Book signings by Joseph Colea and Kevin Hall at Ilion Public Library. Both authors will sign books they wrote about Ilion. 4-7 p.m. with a discussion from 5-6 p.m.

JULY 21

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

Ilion Days Cemetery Tour. Ghastly Cemetery Tour 6:30 p.m. meet at Benedict Hill Cemetery Entrance.

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 315.894.3116.

Ilion Days 36th Annual DooDah Parade steps off at 6:30 p.m. DJ at Whalen Park at 8 p.m. Fireworks at Whalen Community Park at 9:45 p.m.

JULY 22-23

Stone Arabia Quilt & Coverlet Show at the Stone Arabia Preservation Society (Stone Church), 5414 NY Rte. 10. Show hours Friday 4-9 p.m. Saturday 10 a.m. to 4 p.m. Admission is \$5 or \$7 for both days. Children under 5 are admitted free. For more information contact Carol Edwards at 518.993.4280 or kcedwards@frontier.net

JULY 23

Moses Quinby Day at Fort Klock, 7203 State Highway 5, St. Johnsville. Call 518.568.7779. 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.

Ilion Days Family Fun Days 7-8 a.m. Registration for 5K Run/Walk at Ilion Library. 8 a.m. race start. The remaining events are at Central Plaza: 10 a.m. -3:30 p.m. Craft Fair, 10 a.m. Dog Show, 11 a.m. - 2 p.m. Family Fun - games, crafts, DJ prizes and more. With free face painting by Kiko the Clown 12-2 p.m.

Pierogi and Golumbki Sale 9:30 a.m. - 2 p.m. at St. Mary's Ukrainian Orthodox Church, 324 Moore Ave., Herkimer. Pierogi sell for \$8 a dozen and Golumbki \$30 a dozen, \$15 a half dozen or three-piece for \$7.50. All fully cooked.

Hotcakes for History 7:30-9:30 a.m. at the Ilion/Frankfort VFW Post 502, 4274 Acme Rd., Frankfort. Tickets \$18 for adults. Kids under 12 \$8. For more information, contact Herkimer County Historical Society at 315.866.6413 or visit www.herkimercountyhistory.org

Friends of Schoharie Crossing Meeting with Speaker Sarah Walsh of the Mohawk Hudson Land Conservancy 6:30 p.m. at Enders House in Fort Hunter. Contact David Brooks at 518.829.7516 for more information.

Haunted Ghost Tour of the Herkimer 1834 Jail 7-11 p.m. with tour guides from the Fort Schuyler Paranormal Society and the Adirondack Park Paranormal Society. Tickets are \$20 each and can be purchased by calling 315.867.5036 or emailing friends1834@aol.com.

Ilion Days Car Show at London Towers with DJ 11 a.m. - 3:30 p.m. Ducky Race 2 p.m., starts behind Elks Club.

JULY 25

Assemblyman Robert Smullen to co-host **Public Meeting to Discuss New Concealed-Carry Laws** 6:30-8 p.m. at Pine Tree Rifle Club, 419 Johnson Ave., Gloversville. Sign up for Assemblyman Smullen's newsletter by emailing smullenr@nyassembly.gov

JULY 25-29

Week 4 of Camping Season for Christian Lake Bible Conference. Our chapel service time is 7:30 Monday-Friday. Ephraim Stolfus, East Earl, PA. For more information, 355 Perkins Mill Rd., Stratford, NY 13470, 315-429-3515.

JULY 26

Wildlife Crossings Program at Schoharie Crossing 6:30 p.m. at 129 Schoharie Street in Fort Hunter. For more information contact 518.829.7516, email Schoharie-Crossing@parks.ny.gov, or visit www.nys-parks.com.

JULY 27

Concerts In The Park series 7 p.m. Wednesdays in Spring Park U.S. Route 20, Richfield Springs. The Nelson Brothers: Featuring classic country.

Arc Herkimer Summer Concert Series 6 p.m. - Max Scialdone Band. For more information, contact Jackie Lewis at 315.574.7525 or find us on Facebook at @ArcHerkimer.

JULY 29-30

Canajoharie-Fort Plain-OESJ Summer Drama Club presents Irving Berlin's "Holiday Inn" on Friday at 7 p.m. and Saturday at 2 p.m. in Canajoharie High School's Arkell Performing Arts Center. Tickets are \$8 for adults and \$5 for Senior Citizens and students.

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 - featuring Georgie Wonders. 10-mile round trip. Bring your bike along for this free group ride. Helmets are required. Contact David Brooks at 518.829.7516 for more information.

Pierogi and Golumbki Sale 9:30 a.m. - 2 p.m. at St. Mary's Ukrainian Orthodox Church, 324 Moore Ave., Herkimer. Pierogi sell for \$8 a dozen and Golumbki \$30 a dozen, \$15 a half dozen or three-piece for \$7.50. All fully cooked.

West Schuyler United Methodist Church Rummage Sale 9 a.m. - 4 p.m. at 297 Wood Lane, West Schuyler. Food and drink available for purchase, baked goods, prayers & blessings free for all.

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 information.

AUGUST 1-5

Week 5 of Camping Season for Christian Lake Bible Conference. Our chapel service time is 7:30 Monday-Friday. Pastor Rob Sisco, Valley Bible Baptist Church, Cobleskill, NY. For more information, 355 Perkins Mill Rd., Stratford, NY 13470, 315-429-3515.

AUGUST 3

Concerts In The Park series 7 p.m. Wednesdays in Spring Park U.S. Route 20, Richfield Springs. New Horizons Barbershop Chorus & Individual Quartets: Singing a capella in the barbershop style.

Arc Herkimer Summer Concert Series 6 p.m. - Scot Raymond. For more information, contact Jackie Lewis at 315.574.7525 or find us on Facebook at @ArcHerkimer.

AUGUST 5-7

CanalFest'22 at Bellamy Harbor Park on the Erie Canal in Rome. Gates open Friday at 5 p.m. and 12 p.m. Saturday and Sunday. Non-smoking and non-alcoholic beverage event. No charge for attendance, however a donation of \$1 is suggested.

AUGUST 6

Stratford Town Wide Yard Sale canceled due to lack of participation.

Frankfort Hill Community Day at the Corner of Higby and Albany Rds., in Frankfort. Hosted by Frankfort Hill Fire Dept., Frankfort Hill Historical Society and Town of Frankfort Highway Dept. Events: \$12 Chicken Barbecue - 11 a.m. until sold out. 9 a.m. to 4 p.m. Bake Sale, Basket Raffle, Historic School Tours, and Craft Fair. Fishing Derby (10 a.m. - 1 p.m. at Town Garage).

Junior Youth Program of Canajoharie Annual Art in the Park 11 a.m. - 2 p.m. Free event for 30 children ages 4-10. Classes at the Riverfront Park in Canajoharie. Contact JoAnn Douglass at director@jypcanajoharie.org or 518.816.9530 or Facebook.com/JYPCanajoharie

AUGUST 7

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 8

Herkimer Region College & Career Scholarship Foundation Golf Tournament 10 a.m. at the Cedar Lake Golf Club. For information on registering or making a donation, contact smaxson@herkimer-boces.org or call 315.867.2023.

Rabies Vaccination Clinic 9-11 a.m. at Rural Grove Fire Department, 1192 Rt. 162, Rural Grove. For more information contact Montgomery County Public Health at 518.853.3531 or your veterinarian.

AUGUST 8-12

Week 6 of Camping Season for Christian Lake Bible Conference. Our chapel service time is 7:30 Monday-Friday. Pastor Richard Klueg, Northville, NY. For more information, 355 Perkins Mill Rd., Stratford, NY 13470, 315-429-3515.

AUGUST 8-14

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

AUGUST 9

Stratford Seniors Meeting 11:30 a.m. at the Stratford Town Hall. All are invited. The meeting starts with the Pledge of Allegiance and a short prayer. We then have our lunch. This month is bring your own lunch with dessert and beverages supplied. Preparations for the September Car Show will be discussed.

AUGUST 10

Concerts In The Park series 7 p.m. Wednesdays in Spring Park U.S. Route 20, Richfield Springs. Double Chase-Matt & Thelma: Performing some old, some new and some classics.

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

Craft & Indoor Sale 9 a.m. - 3 p.m. at Ilion First Baptist Church, 8 Second St., Ilion. To reserve a table call 315.894.9041 and leave message.

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.

Unity Service at 6 p.m. in Hazlett Park, Fort Plain. Eight churches sponsor this summer get-together.

AUGUST 15-19

Week 7 of Camping Season for Christian Lake Bible Conference. Our chapel service time is 7:30 Monday-Friday. Pastor Nate Peterson, Adirondack Baptist Church, Gloversville, NY. For more information, 355 Perkins Mill Rd., Stratford, NY 13470, 315-429-3515.

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

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Tuesday August 2nd 5:30-8:00

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Jason Peruzzi
jason.peruzzi@canjo.org



We've talked Santa and an elf or two into
coming off of their summer vacation to visit
with all the kids!
He will be visiting the children from 5:30 - 8

ABOUT NATIONAL NIGHT OUT: The event has been held annually since 1984, and is sponsored by the National Association of Town Watch in the United States and Canada. National Night Out began simply with neighbors turning on their porch lights and sitting in front of their homes. The first National Night Out involved 2.5 million residents across 400 communities in 23 states; National Night Out 2016 involved 38 million residents in 16,000 communities across the United States. Please join us in the 2019 National Night out... Help us keep a good thing going and help us beat the record!

Rabies Vaccination Clinic

A Rabies Vaccination Clinic will be held on Saturday Aug. 8 from 9-11 a.m. at the Rural Grove Fire Department, 1192 Rt. 162, Rural Grove.

NYS Public Health Law requires that all dogs, cats and domestic ferrets shall have initial vaccinations administered against rabies no later than four months of age and stay up to date with re-vacci-

nations. Re-vaccinations are required one year later and a booster shot every three years. It is important to have pets vaccinated in a timely manner in order for the pet to be considered protected against the virus. Pet owners should bring proof of their pet's last rabies vaccination.

Veterinarian administration fee is \$10 per rabies vaccine.

To assure the safety of other pets and people; dogs must be leashed; cats and ferrets must be contained in a pet carrier or box when attending the clinic.

For more information about rabies contact Montgomery County Public Health at 518.853.3531 Monday - Friday 9 a.m. - 4 p.m. or your veterinarian.

Arc Herkimer hosts Summer Concert Series

Arc Herkimer is hosting Music in Arc Park - free community concerts - this summer. The summer concert series is open to the public for people of all ages and abilities, and will take place at Arc Park, 420 E. German St., Herkimer.

- July 27, 6 p.m. - Max Scialdone Band
- Aug. 3, 6 p.m. - Scot Raymond

"One of Arc Herkimer's central missions is to build community by creating exciting, inclusive events," said Jackie Lewis, executive officer and special events manager. "Music in Arc Park is a way to bring people together, while

providing enriching experiences to our people supported."

The Arc Herkimer concession stand will be open, serving hot dogs, snacks and refreshments. Adult beverages will be available for purchase by Stoney's Tavern. Community members are encouraged to bring a lawn chair. The park also includes plenty of free parking, accessible restrooms and a playground area for youth to enjoy.

For more information, contact Jackie Lewis at 315.574.7525 or find us on Facebook at @ArcHerkimer.

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HOME IMPROVEMENT

How to add shade to a deck or patio

Homeowners eagerly await the arrival of the warm weather so they can cast off the remnants of cabin fever and bask in the sun-

shine. However, as summer nears its dog days, the same sun homeowners once coveted can contribute to uncomfortable condi-

tions in outdoor entertaining spaces.

Meteorologists at WHAS11 in Kentucky took to their neighborhoods in July 2020 to test just how hot surfaces can get in the sun during peak daytime temperatures. Concrete sitting in the sun almost all day reached a temperature of 134.7° F, while the same concrete in the shade clocked in at just under 80°. When air temperatures are around 90°, unshaded concrete and asphalt can be 125° and 140°, respectively. While wood decking may not be as hot as asphalt and concrete, it still can get steamy underfoot.

Homeowners who want to be able to enjoy their outdoor spaces in an array of temperatures can think about investing in shade solutions. Sun-blocking ideas like awnings, shade trees and large umbrellas can help people enjoy their yards all day long.

• **Canopy:** A patio canopy is typically a freestanding unit that can be installed over a patio or a deck. Some people prefer to bolt it down so it will not be knocked over in windy conditions. The fabric on the

canopy can be removed during the offseason, helping to improve its longevity.

• **Awning:** Awnings may be stationary or retractable. Many are installed directly onto a home and can cast shade on specific areas of outdoor entertaining spaces.

• **Shade sail:** Similar to an awning but a bit less structurally rigid, shade sails are large pieces of triangular fabric installed over areas of a patio, pool or landscape, according to the Family Handyman. Shade sails are light and airy and can be customized.

• **Trees:** A natural way to increase shade in a yard is to plant more shade trees. If sun glare is an issue all year long, and it's not just the heat of the sun that is troublesome, think about planting evergreen trees. Deciduous cousins will drop their leaves in fall and only be effective during the warm weather.

• **Patio umbrellas:** Many umbrellas start at around \$25. Umbrellas can be paired with patio tables, while stationary cantilever umbrellas sit out of the way on their own heavy-duty stands. A cantilever umbrella tends to provide more shade than patio table umbrellas.

• **Curtains:** Homeowners can block sunlight outdoors the way they do inside, offers MSN. Hang curtains from the sides of canopies or between posts on a deck to provide shade and cozy spaces.

Shade is in high demand when the sun is hot. Options abound for making outdoor areas more comfortable.



Sun-blocking ideas like awnings, shade trees and large umbrellas can help people enjoy their yards all day long.

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HOME IMPROVEMENT

How to pick the right trees for your property

Trees benefit a landscape by serving both aesthetic and utilitarian functions. A home surrounded by healthy green trees can be a sight to behold, and those same trees can benefit surrounding plants and wildlife at the same time.

As appealing as trees are, not all trees and landscapes make for the perfect match. The Arbor Day Foundation notes the importance of planning when designing a landscape. Planning ensures the trees homeowners ultimately choose for their properties will grow well in the soil and moisture present in their yards.

Careful consideration of a handful of variables can help homeowners determine which trees will make the best fit for their properties.

- **Height:** Homeowners must consider the projected height of a tree before planting it. Avoid trees that will bump into anything when fully grown, as that can adversely affect surrounding greenery and pose a safety hazard. The ADF's tree sizing guide can be accessed at arborday.org/trees/rightTreeAndPlace/size.cfm and serves as an invaluable resource for homeowners who want to plant new trees around their properties.

- **Canopy spread:** Trees grow

out as well as up, so it's important to consider their potential width at maturity as well. The ADF sizing guide can help homeowners get an idea of how wide a tree is likely to be at maturity. Trees that spread out quite a bit don't necessarily need to be avoided, but it's important that they're planted far enough apart so they don't adversely affect surrounding plants. In addition, wide trees that are planted too close together can make the landscape appear crowded, taking something away from its aesthetic appeal.

- **Growth rate:** Growth rate is an important variable because it can affect how quickly homeowners will see changes in their landscapes. Homeowners who want to plant for privacy can consider trees with quick growth rates or purchase more mature trees that are already near full growth. Those who are not in need of instant transformation can try trees with slower growth rates, which the ADF notes typically live longer than fast-growing species.

- **Requirements:** Different trees require different amounts of sun and moisture and different soil components to thrive. Homeowners can have their soil tested to

determine which trees will thrive in it. Local garden centers can be a great resource for homeowners who want insight as to which trees will thrive in their local climates.

Trees serve many functions on a property. Choosing the right trees for a landscape requires careful consideration of a host of variables.



Careful consideration of a handful of variables can help homeowners determine which trees will make the best fit for their properties.

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HOME IMPROVEMENT

Seven things to know before replacing windows

The decision to replace windows often comes down to aesthetics and necessity. Drafty windows can reduce energy efficiency in a home, requiring HVAC systems to work harder to keep interiors comfortable. The harder the HVAC must work, the more homeowners will pay in energy costs.

Old windows also may be points of entry for water and insects. Despite the importance of windows, Money Magazine advises that new windows make up only a fraction of the home's total exterior "envelope," resulting in only about 5% to 15% of total energy savings.

But there are still plenty of reasons to invest in new windows.

1. **Vinyl or aluminum may be best.** Lumber is farmed rather quickly today and solid wood products may not stand up to elements as well as wood used a half-century ago. To avoid rot, vinyl windows often are an affordable and durable choice. Homeowners also have the option of wood windows with aluminum cladding, which are long-lasting.

2. **Moisture problems indicate windows need to be replaced.** Condensation that shows up as fogging between double-pane windows or on the inside of windows indicates that the windows are starting to fail. If installing a vapor barrier in the basement or crawl space, ventilating properly when showering or cooking or using a dehumidifier indoors does not remedy the situation, it might be time to replace windows.

3. **Windows add curb appeal.** Beyond functionality, replacement windows immediately update the look of the home and can improve curb appeal since they are one of the most prominent features on the exterior of a home. Replacing windows can be a quick and affordable update.

4. **Consider other energy-efficient upgrades.** Sometimes older windows can be salvaged, especially if they are not damaged and only moderately drafty. Replacing panes, sash cords, weather stripping and even glazing may be less expensive than replacing a window. Plus, older homes with attractive windows complement one another. To keep energy bills down, think about adding insulation to the attic and basement – which is a good idea even if you aren't replacing windows.

5. **The wrong windows can adversely affect home value.** The National Association of Realtors says



homeowners get about 73% of their replacement window investment back when they resell a home. But choosing the wrong windows might lower the value of the home. It's important to match the look of the original windows, including window material and the divided light pattern (the number of panes in each window) with the original windows.

6. **Think about soundproofing too.** When

upgrading windows, also think about how certain windows can cancel out noises and make homes more soundproof. Some windows can help reduce outdoor distractions like leaf blowers or lawn mowers.

7. **Proper installation is key to longevity.** Replacement windows are only as good as their installation in many cases. Poor installation and orders of standard rather than custom-sized windows could result in poor fitting and seals. Homeowners should carefully vet and review window replacement contractors to find the best professionals for the job.

There are plenty of reasons to invest in new windows.

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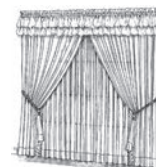
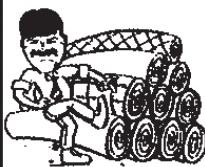
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U.S. Secret Service National Threat Assessment Center domestic security strategist Michael Kapuscinski speaks recently at Herkimer-Fulton-Hamilton-Otsego BOCES to local school and law enforcement officials about preventing attacks at schools. Photo courtesy of Herkimer BOCES

U.S. Secret Service provides presentation on school safety

Members of the U.S. Secret Service National Threat Assessment Center (NTAC) presented on July 12 to education leaders and law enforcement officials in the Herkimer-Fulton-Hamilton-Otsego BOCES region about preventing attacks at schools. The presentation took place at the Herkimer BOCES William E. Busacker Complex in Herkimer. Herkimer BOCES District Superintendent Sandra Sherwood, Herkimer BOCES Supervisor of Safety Services Adam Hutchinson, other Herkimer BOCES administrators, superintendents and administrators from some Herkimer BOCES component school districts and members of some local law enforcement agencies attended the event.



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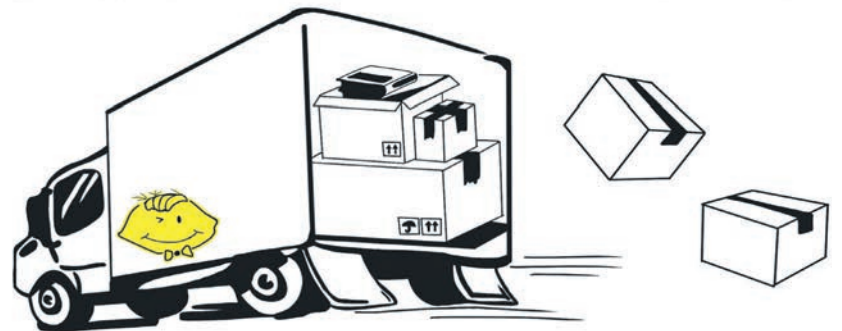
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BUSINESS FOCUS

Rock Valley Brewing Co., an experience worth the trip

If you've never been to Rock Valley Brewing Co. (formerly Ironrock Brewing

Co) in Little Falls, then you are missing out on a great experience.

Founded in 2018, they officially opened to the public in autumn 2020 during the

height of the pandemic. The business is locally owned and operated by a family na-

tive to Little Falls for generations, with a strong tie to the community and its people.

Housed in a building which once contained a lumberyard for over 100 years, the owners completely stripped and remodeled the original structure, then began with the rebuild. Once utilities had been brought to the building, the business really began to take shape. Great pains were taken to ensure the originality of the structure was retained while providing modern amenities to accommodate the many guests that would grace its barstools.

The business consists of a full onsite brewhouse, large seasonal taproom and a year-round brick taproom. Their onsite brewhouse produces all the beer that is served at Rock Valley Brewing Co., and nearly 100% of the ingredients used to make it are sourced locally.

Their seasonal taproom is open and spacious, with high, unfinished barn-type ceilings and a large accordion-style door which is opened to the street, which brings the outside in. A stage



The seasonal taproom is open and spacious with a large accordion-style door opened to the street to bring the outside in warm weather months.

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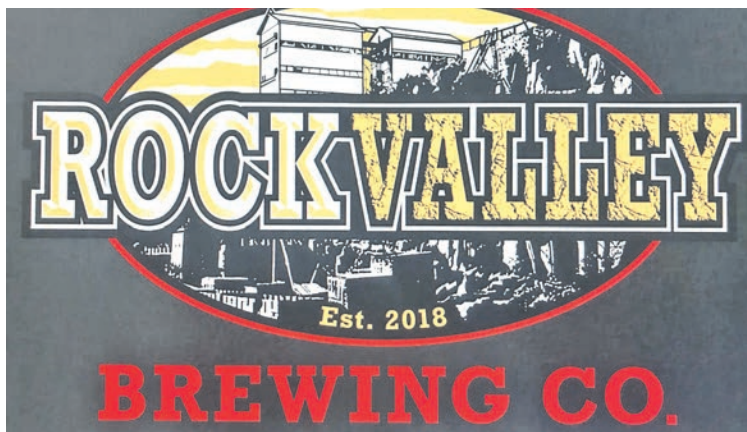
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Rock from 16 —

in the back has hosted numerous music acts from a variety of genres.

The brick taproom is open for seating year-round, and primarily used in the colder months of the year. It is a more intimate setting, perfect for these cold Upstate New York winters, as well as a great space for acoustic music and smaller private events.

Rock Valley Brewing Co. is always worth the trip, located halfway between Albany and Syracuse and minutes from the Thruway exit. Food trucks are on site seasonally, and delivery is available right to your table from all the local restaurants. There is entertainment most Fridays, live music every Saturday and various events throughout the year. Check them out on Facebook and Instagram – or better yet, in person.



The Rock Valley Brewing Co. in Little Falls is a great experience. Founded in 2018, the business opened to the public in autumn 2020 during the height of the pandemic. Photos courtesy of Rock Valley Brewing Co.



Rock Valley Brewing Co. is located halfway between Albany and Syracuse and minutes from the Thruway exit at Little Falls.

Explore these budget-friendly destinations

Many people equate travel with high prices and some overindulgence. After all, for a lot of people, vacations come but once or twice per year. While it's true the "go big or go home" mantra is never far from the mind while on vacation, ensuring a fun a trip does not require emptying one's wallet. The world has plenty of affordable destinations for those willing to do their research and think outside of the box. Plus, even locales billed as expensive can be made more affordable with some smart travel tips.

North American National Parks

National parks across North America are budget-friendly destinations. These parks boast incredibly scenic vistas and plenty of activities for outdoors enthusiasts. Most feature modest entrance fees and affordable adjacent lodging. The trip can be even more frugal by camping on park lands.

Chattanooga, Tennessee

The draw of Nashville may be strong, but nearby Chattanooga also can be an entertaining place to enjoy some southern hospitality. Chattanooga is centrally located to many areas in the U.S. Chattanooga hosts the Tennessee Aquarium, which has a large freshwater aquarium and an opportunity to touch sturgeon, which is an ancient fish species.

Central America

When seeking warmer climates and sandy beaches, many travelers immediately think of the Caribbean islands. But for the budget-conscious, countries like El Salvador, Nicaragua, Guatemala and Costa Rica may be more affordable. These countries

are home to rich jungles and ancient ruins as well.

St. Augustine, Florida

Theme parks may be a big part of Florida's tourist draw, but such parks can be expensive for families. Looking elsewhere in Florida for dream destinations that are easier on the pocketbook doesn't take a lot of work. St. Augustine in northern Florida is America's oldest city and is packed with historical monuments, quaint shops and great dining. The city also sits a mere five miles northwest of St. Augustine Beach, which offers miles of shoreline to explore.

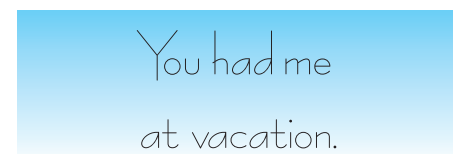
Portugal

Plenty of people flock to the relaxing shores of Spain or enjoy the culture and nightlife of France. Nestled nearby, Portugal has its own beautiful beaches, delicious food, historic cities and locally produced wines without the inflated prices of nearby countries.

Quebec City

Quebec City's rich history makes it a must-see Canadian destination. It is particularly vibrant in winter, when the snowy landscape creates picture-perfect memories. Accommodations also are very affordable.

Traveling doesn't have to cost much when budget-friendly destinations are on the map.



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Olivia Ostrander was Reserve in Jr. Showmanship and Reserve in Commercial Beef at the Cooperstown Jr. Livestock show.



Sophia Ostrander won Jr. Showmanship and was Reserve Master Showmanship at Cooperstown Jr. Livestock Show. She also won Supreme Beef Heifer and she and her animal will be going to the state fair.

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A real estate attorney is an important professional to have in one's corner when buying or selling a home. The legal resource Find Law says that buying and selling a home can be one of the most significant purchases made in a person's life. Real estate law can be complicated, and all parties involved need to ensure they are protected as they complete trans-

actions and negotiations. That is why it is essential to have a real estate attorney in one's corner.

A lawyer trained in real estate law will review contracts and other documents like title transfers and deeds. The attorney also handles the closing. Throughout the process, attorneys will provide legal guidance and explain terminology related to the

transaction. In case of a dispute, the attorney will also provide legal representation in the courtroom, if needed, or negotiate a resolution on a client's behalf. Even though a real estate attorney is another expense in the process of purchasing real estate, it is a worthwhile investment for the protection and peace of mind attorneys provide.



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Assemblyman Smullen tours new Groversville Family Counseling Center

Assemblyman Robert Smullen (R, C, I, SAM – Meco) recently toured the new Family Counseling Center in Groversville. The center focuses on providing quality services to families in need of assistance with social services and behavioral health. Since 1976, the Family Counseling Center has been committed to supporting our community and the families within it.

“Thank you to Executive Director Michael Countryman for the visit,” Smullen said. “The center provides critical mental health programs through its behavioral clinic, children and family services and domestic violence programs. It is important that we have programs like the Family Counseling Center to address the pressing mental health issues in America today. I was proud to visit the facility and support the tremendous work they do for our neighbors.”



Assemblyman Smullen (L) with Executive Director Michael Countryman after touring the Groversville Family Counseling Center on July 12. Photos courtesy of Assemblyman Smullen



The expansion of the Family Counseling Center was completed last fall.

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Campsite safety tips

The appeal of camping is undeniable. According to the Business Research Company, a market research and intelligence company, the global camping and caravanning market was expected to hit to more than \$45 billion in 2021. Estimates suggest the market will grow even more in the coming years, reaching \$56.6 billion by 2025.

Camping has long been a popular pastime for outdoor enthusiasts, but it may have developed an entirely new group of devotees in 2020. Traditional vacations may not have been possible in 2020, when governments across the globe urged citizens to avoid conventional travel as the world found itself in the throes of a global pandemic. In an effort to overcome cabin fever, many people viewed camping as a safe way to get out of the house while still limiting contact with people from other households. That no doubt inspired new generations of camping fans, many of whom will continue to pitch their tents and sit around campfires long after the pandemic has ended.

The National Park Service recognizes the popularity of camping and urges people to stay safe. Veteran campers and novices alike can benefit from reviewing these safety tips, courtesy of the NPS.

• **Plan ahead.** Camping trips may not require hours of scouring travel websites in an effort to find the best deals on flights and hotels. But camping trips still require ample planning. When planning a trip, take into account who's coming along. Assess their camping skills and physical fitness to determine the most appropriate place to camp. Campers with limited mobility may be best suited for accessible campsites. The NPS urges campers to consider if everyone in the group will be able to make a long hike from the parking lot to the campsite. If not, choose a site that you can pull right up to or is just a short, easy walk from the parking lot.



Camping has long been a popular pastime for outdoor enthusiasts, but it may have developed an entirely new group of devotees in 2020.

• **Research the campsite and surrounding area.** Know as much as possible about the campsite prior to embarking on your trip. Learn about everything from the local wildlife you may

encounter while camping to the condition of surrounding areas, including the altitude, the difficulty of nearby hiking trails and where to go in case of emergency.

• **Develop an emergency plan.** The NPS urges campers

to develop an emergency plan, noting that it's always wise to expect the unexpected when camping. Bring a first aid kit along when leaving the campsite to engage in activities like hiking or fishing. Go over safety pro-

ocols before going on a hike, including the need to stay together and remain on the trail at all times. More information about what to do should anyone be injured during your trip is available at nps.gov.

• **Bring the right gear.** The NPS notes that each camping trip will have its own equipment needs, which will be dictated by the setting, the time of year of the trip, the difficulty of the terrain and the duration of the trip. Navigational supplies, sun and insect protection, insulation (i.e., extra clothing and blankets), shelter, flashlights and headlamps, first aid kits, extra food and water, firestarters, repair kits and tools and a communication device like a smartphone or satellite phone are the essential necessities that should be brought along on all camping trips.

Camping is a great way to get away. Campers of all skill and experience levels can make the most of their trips by emphasizing safety at all times.

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Five steps to find the right doctor

(Family Features) Whether you're rarely sick or have multiple conditions that require frequent visits to the doctor, having a trusted and skilled healthcare provider is an important step in protecting your health.

A healthcare provider helps you maintain good health by recommending preventive services like screenings and vaccines. They can treat many problems directly and refer you to a specialist for more help with specific issues, as necessary.

Any number of reasons can result in needing to find a new doctor, such as moving to a new community, changes to your insurance, your old doctor retiring or needing a specialist, for example.

Finding a healthcare provider requires research and careful consideration. These suggestions from the Centers for Medicare & Medicaid Services (CMS) can help you be more efficient and thorough as you look for a doctor who is right for you.

Ask for Recommendations

Talk to friends, family members, neighbors and coworkers about whether they have a provider they like. An endorsement from someone you know may give you greater confidence you will have a similar positive experience. If you're looking for a new provider because of a move or retirement, you can ask your current doctor for a recommendation. If you need to make a change with your primary care doctor but see specialists or other medical professionals you like and trust, you can also request referrals from them.

Check with Your Insurance Company

If you have health insurance, you may need to choose from a list of doctors in your plan's network. Some insurance plans may let you choose a doctor outside your network if you pay more of the cost.

To find a doctor who takes your insurance, call your insurance company and ask for a list of doctors near you who are in-network or use the insurance company's website to search for a doctor. It's also a good idea to call the doctor's office and ask for confirmation they take your plan. You should have your insurance, Medicare or Medicaid card handy in case the office needs your plan details.

Narrow Your Options

In addition to checking on insurance coverage, you can gather some information that helps narrow your options. Some of the providers you consider may not be viable options for simple reasons, like their practice isn't currently taking new patients or they don't have office hours matching your schedule. You can also consider questions such as hospital affiliations and

whether other providers can help if you need emergency care and your doctor isn't available.

Take a Deeper Look

Online research can tell you a great deal about potential doctors, from biographical information and credentials to ratings by former patients.

When searching for a new provider, another important area to consider is financial relationships. One resource patients can consider is Open Payments, a national disclosure program within CMS that provides visibility into financial relationships between drug and medical device companies and physicians and teaching hospitals. The government requires pharmaceutical companies, device manufacturers and group purchasing organizations to report funds they give healthcare providers in the form of meals, entertainment, travel, gifts, consulting fees, research payments and more, promoting transparency and helping uncover potential conflicts of interest.

It's important to know most healthcare providers receive payments. Just because financial ties are reported does not mean anyone has done anything wrong. However, patients can use the information to talk with their provider about why they recommend certain medications or treatments, including asking about generic options, which are equally as effective as name brands but typically less expensive. It's also an opportunity to start a discussion with a provider about areas of professional interest and expertise based on research

or consulting.

Listen to Your Gut

If you're undecided, request an introductory appointment with a provider you're considering. The way you feel when you interact with the doctor and staff can tell you a lot about whether the office is the right fit. Look for a clinic where you are treated with respect and the doctor, as well others on the medical team, listen to your opinions and concerns. You should feel comfortable asking questions, and the doctor needs to be able to explain things in ways you understand.

Find more resources for your healthcare needs at [cms.gov](https://www.cms.gov).

Preparing for a First Visit

An initial appointment with a new provider can be intimidating. You're meeting someone for the first time and likely have several topics to discuss. Help keep your nerves under control and get your questions answered with these steps:

- Introduce yourself. When you see the doctor and office staff, introduce yourself and let them know by what name you prefer to be called.
- Ask how the office runs. Learn what days are busiest and what times are best to call. Ask what to do if there is an emergency or if you need a doctor when the office is closed.
- Share your medical history. Tell the doctor about any illnesses, operations, medical conditions and other doctors you see. You may want to ask the doctor to send you a copy of the medical history form before your visit so you can fill it out at home, where you have the time and information you need to complete it.
- Make a list and prioritize your concerns. If you have more than a few items to discuss, put them in order and ask about the most important ones first.
- Take information with you to the doctor. Some doctors suggest you put all your medications in a bag and bring them with you. Others recommend bringing a written list. You should also have your insurance cards, names and phone numbers of other doctors you see and your medical records if the doctor doesn't already have them.
- Consider bringing a family member or friend. Your companion can remind you what you planned to discuss with the doctor if you forget. They can also take notes for you and help you remember what the doctor said.

Source: Centers for Medicare & Medicaid Services



Photo courtesy of Getty Images

HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY

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

Mon. July 11th – Sold 244 head – Cull Dairy ave. \$.70 top cow \$.92, cull beef cows \$.73 – \$1.01, Organic cull \$.82, Bulls/Steers \$.94 – \$1.37, bull calves top \$1.90 top beef calf \$2.60, heifer calves \$.60 top beef calf \$2.00, Dairy feeders \$.81 – \$1.24, Hadlock Dairy Ave. \$2063 with top cow up to \$2600, Other Dairy Milking age top \$2200, Bred heifers top \$1650.

Mon. July 25th – Normal Monday Sale & Organic Day.

Mon. Aug. 1st – Normal Monday Sale & Monthly Fat Cow & Feeder Sale.

Mon. Aug. 8th – Normal Monday Sale & Monthly Heifer Sale. Heifer grower send a few Holstein Springing heifers.

UPCOMING SALES TO WATCH FOR:

Sat. Aug. 6th – Summer Production Sale 11:30 AM. Selling 100 Head of Registered & Hi Quality Grade Dairy Cattle all breeds. Watch for future ads to include great consignments from Morrill Dairy, Fantasy-Found, Amerada Holsteins & Jerseys, Juniper Farms, Kuperus Meadows, Den-Rein Holsteins, Pleasant Knob, Windrift plus many more. This sale is already filling fast so call with any consignments.

Sat. Oct. 29th – Fall Premier All Breeds Sale. Selling 120 Head of Registered All Breed Dairy Cattle. Call early to get your group featured.

2023 – Sat. Mar. 25th – 11:30 AM – Spring Premier All Breeds Sale – Selling 125 Head of Registered All Breed Dairy Cattle – this is the place to find those early showage!

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PROCEEDS TO BENEFIT AMISH SCHOOLS • PLEASE HELP SUPPORT A WORTHY CAUSE

Is medical debt vanishing from credit reports?

by Liz Weston of NerdWallet

Healthcare bills are about to become far less threatening to the financial well-being of millions of Americans.

The three major credit bureaus are erasing most medical debts from people's credit reports, and the Biden Administration is reducing or eliminating medical debt as a factor in government lending decisions.

Here's what you need to know about medical debt now.

One in Five U.S. Households Has Medical Debt

Roughly one in five U.S. households have medical debt, according to the Consumer Financial Protection Bureau. Some aren't insured, while others struggle to pay deductibles and other cost-sharing. Insurance billing is byzantine, to say the least, and it's easy to lose track of a bill while your insurer decides how much, or whether, to pay.

Many of these unpaid bills wind up on people's credit reports. The CFPB found medical debts on 43 million credit reports last year, and medical debts made up 58% of all bills in collections as of the second quarter of 2021. Collections can depress your credit scores, which can make it harder to get loans or require you to pay higher interest rates. Bad credit also can cause you to be turned away from jobs or apartments and require you to pay more for car and home insurance.

Newer versions of credit scoring formulas treat medical debt less harshly, since research shows health care bills aren't as reliable as a gauge of creditworthiness compared to other types of collections. But most lenders still use older credit scores that don't distinguish medical debt from other overdue bills.

Rather than wait for lenders to update to the latest credit scores – a process that could take years, if it ever happens – the CFPB announced

on March 1 that it would investigate whether medical debt should be included on credit reports at all.

Seventeen days later, three credit bureaus – Equifax, Experian and TransUnion – responded by promising to remove nearly 70% of medical debts from consumer credit reports within the next year.

Most Medical Debts Disappearing from Credit Reports

Starting July 1, all paid medical collections will be eliminated from people's credit files, and no unpaid bill will be reported until 12 months have passed – an increase from the current term of six months. By June 30, 2023, the three bureaus will also stop reporting unpaid medical debts under \$500.

Consumer advocates hailed the changes but noted that those with larger debts would still face credit damage. About 16 million people (6% of U.S. adults) owe more than \$1,000 in medical debt, and three million (1%) owe more than \$10,000, according to KFF, the nonprofit health research organization formerly known as the Kaiser Family Foundation.

Recent moves by the Biden Administration could help improve access to credit. On April 11, Vice President Kamala Harris announced additional reforms, including reducing or eliminating medical debt as a factor in government lending decisions. That should make many home and business loans easier to get. Also, Veterans Affairs, which has already erased \$1 billion in copayments owed by veterans, promised to streamline the process so more low-income vets can have their VA bills forgiven. The VA has also stopped reporting most veterans' medical debts to the credit bureaus.

What You Can Do to Deal with Medical Debt

Soon you won't have to worry about a minor medical bill tanking your credit scores. But cat-

astrophic medical bills could still upend your finances. Consider taking the following steps to reduce your vulnerability to medical debt:

- Stay covered, if you possibly can. Insured people enjoy more consumer protections, and better access to healthcare, than the uninsured. People who aren't covered by workplace insurance or government plans such as Medicare can find coverage through Affordable Care Act exchanges. Start your search at healthcare.gov. Most uninsured people qualify for subsidies to make premiums more affordable.

- Check all medical bills for errors. Billing er-

rors are common, so request itemized bills for hospital stays and complex procedures. Dispute any mistakes you find.

- Ask for help. Hospitals and other healthcare providers may have financial assistance programs that could reduce or eliminate your bills. (Nonprofit hospitals are required to have such programs but may not offer help unless you ask.)

- Avoid using credit cards if you can't pay in full. Credit cards tend to have high interest rates that make debt harder to pay. Many healthcare providers offer interest-free payment plans that allow you to pay off your bill over time.



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PUBLIC AUCTION

Sat., August 6th, 2022 at 10 AM

Location: 178 Upper Deck Rd., Mohawk, NY 13407
Tractors - Small Farm Equip. - Tools - Antiques - Household

TRACTORS: McCormick Farmall H; Ford 4000 tractor with bucket loader; Case Agri-King 770, 4700 hrs; David Brown 885G tractor, 1700 hrs; Agri Power 5000 diesel tractor, 45hp.

1-40ft shipping container great condition

FARM EQUIPMENT: New Idea cutditioner; 3pt. tedder; 3pt. hitch hay rake; 60" 3pt. brush hog; 72" snowblower, 3pt; New Holland 269 hay baler; skeleton elevator frame and parts.

TOOLS: Air compressors; garden tools; hand tools; tool boxes; lg. wooden dovetailed organizer; cables; hose reels; wooden benches; windows; metal shelves; misc. roof metal; lots of 30 gal. plastic barrels; power lawn mowers; wooden ladders; electric motors; 20 lb. propane tanks; chainsaws; Skil saw; electric supplies.

HOUSEHOLD FURNITURE: Wicker furniture; antique dressers and chest of drawers; bed frames; blanket chests; lots of glassware

ANTIQUES: Cutter sleigh; open doctors buggy; antique lamps; tools, misc. items in all corners.

Much More Coming as the Corners Get Cleaned Out!

AUCTIONEER'S NOTE: This is an old farmette, clean-cut to prepare for David and his family to move in.

Sale Held For David Stoltzfus, 178 Upper Deck Rd., Mohawk, NY 13407



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 - 589 Hardware
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 - 811 Monuments
 - 812 Multi Media
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 - 815 Motorcycles
 - 817 Nails
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 - 910 Plants
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 - 975 Rentals
 - 980 Restaurant Supplies
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 - 1109 Thrift
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Announcements

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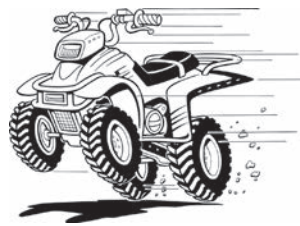


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For Rent

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Outdoor activities benefit kids

Modern amenities and indoor comforts have made life easier in many ways, but they've also helped to

fashion a generation of people who spend much of their time inside. A 2018 report from the international

research firm YouGov found that around 90% of study respondents from North America and Europe spend close

to 22 hours inside every day. Children may get a little more time outdoors than adults, particularly if they participate in outdoor sports.

There are distinct advantages to engaging in more outdoor activities. Here's a look at some of them.

• **Improved mood and reduced risk of depression:** The YouGov report notes that around 15% of the world's population is affected by different levels of seasonal affective disorder, which is believed to be a direct result of lack of daylight. Symptoms go away when days are longer and individuals can enjoy more sunshine. Children who go outside and get ample exposure to sunlight may experience a more positive mood and renewed energy.

• **Lower risk of obesity:** Dr. Kenneth Ginsburg from the American Academy of Pediatrics says outdoor play can help reduce obesity in today's youth. Children can enjoy self-directed

physical activity that also stimulates awareness of one's surroundings.

• **Improved vitamin D levels:** Vitamin D has been dubbed the "sunshine vitamin" because sunlight hitting the skin prompts the liver and kidneys to create vitamin D in the body. A deficiency in vitamin D can lead to depression and heart failure and may compromise the immune system. Children can improve current and future health by maintaining adequate vitamin D levels through healthy exposure to sunlight.

• **Lower stress levels:** Students of all ages are faced with stressful situations that come at them from every angle. The arrival of the global pandemic has been an added stressor that continues to affect children and adults. According to research by the University of Essex, outdoor exercise offers mental health benefits that exceed those gleaned from indoor exercise. Spending time

in a green space can result in improved mood and self-esteem. A 2017 study of Japanese students found those who spent time in the forest for two nights returned home with lower levels of cortisol, a hormone used as a marker of stress, than students who remained in the city. The practice of de-stressing outdoors is often referred to as "forest bathing" or "nature therapy."

• **Better focus:** A dose of nature may help children diagnosed with attention deficit hyperactivity disorder improve their concentration levels. A 2008 study from researchers at the University of Illinois found that children with ADHD demonstrated greater attention performance following a 20-minute walk in a park as compared to a residential neighborhood or downtown area.

Getting outside and engaging in any activity has a variety of benefits for children and adults.



There are distinct advantages to engaging in more outdoor activities.

How to maintain a car that's rarely driven

Driving habits changed significantly in 2020. The outbreak of COVID-19 forced many professionals to work from home full-time. In addition, stay-at-home measures greatly limited how much people could or would travel in their free time. The result was a lot of cars spending a lot of time sitting idly in driveways.

Just because a car is not being driven very much does not mean its owner can forgo vehicle maintenance. Drivers can take these steps to ensure their vehicles stay in shape even as they're primarily staying in the driveway.

• **Adhere to recommended maintenance schedules.** Auto manufacturers typically recommend maintenance schedules based on the number of miles a car is driven or the length of time since its most recent maintenance appointment. "Whichever comes first" may be recommended for fluid changes and routine tune-

ups, and this rule of thumb should still be followed. Even if a car has barely hit the road in recent months, its fluids, such as oil, are still aging and still need to be replaced.

• **Turn the car on every so often.** Turning the car on, even if you only intend to let it sit idle in the driveway, keeps the vehicle components lubricated by allowing fluids to cycle their way through the engine. Turning the car on also ensures the battery stays fresh and doesn't die, a lesson many drivers have

learned the hard way during the COVID-19 outbreak.

• **Disconnect the battery if necessary.** Drivers who own two vehicles or families who have only been using the family car in recent months can disconnect the batteries from their unused vehicles to prevent corrosion. Corrosion decreases battery life and performance. If drivers notice a white, green or blue covering around the battery terminals, posts or cables, corrosion is likely the culprit and the battery will

need to be replaced.

• **Take the car for a spin.** Of course, driving a vehicle every so often is a great way to keep it running strong. Multi-car families that tend to use the same car to shop for groceries or pick up takeout orders can periodically use their other car to run such errands.

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Notice of Annual Meeting

The West St. Johnsville Cemetery will hold its annual meeting on Wednesday, July 27th at 6:30 PM at The Community House, 16 Washington St., St. Johnsville

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Edmunds compares the 2022 Audi A3 and 2022 Volvo S60

by Michael Cantu, Edmunds

If you're in the market for a new midsize sedan like a Honda Accord and have the budget for a fully loaded top trim, then there's a good chance you can afford an entry-level luxury sedan. Luxury models typically offer more power, comfort, refinement and, of course, brand-name prestige. Two options to consider this year are the Audi A3 and Volvo S60.

Newly redesigned for the 2022 model year, the Audi A3 stands out by way of its enjoyable performance, comfortable ride and top-notch technology features. The current Volvo S60 has been around longer, but its distinctive design, standard driver aids and optional plug-in hybrid

model have made it one of Edmunds' highly rated luxury sedans. Which one is the better buy? Edmunds' experts compared them to find out.

Value and Features

The 2022 Audi A3 has a starting price of \$35,895, including destination, making it one of the most affordable luxury sedans. But don't let the price tag fool you. The A3 looks and feels much like larger Audis, and it's in no way a cut-rate model. It also packs impressive standard features such as heated front seats, a 10.1-inch touchscreen display and a panoramic sunroof. Notable optional features include several advanced driver aids, a digital instrument panel and a Bang & Olufsen audio system.

The 2022 Volvo S60's starting price is considerably higher at \$40,295, mostly because it's a slightly larger and more powerful sedan. It offers similar standard features and a full suite of advanced driver aids, something that's optional on the A3. The S60's optional features are also comparable.

Thanks to the A3's redesign, it provides some of Audi's latest tech including a modern-looking and easy-to-use touchscreen entertainment system. The S60 has a 9-inch center touchscreen, but in our experience, its user interface had a steep learning curve and wasn't as intuitive as the A3's. When it comes to advanced driver aids, such as adaptive cruise control, we've found that the Audi's aids operated more unobtrusively.

If you have the budget for it, you can upgrade to either the sportier Audi S3 or the Volvo S60 Recharge plug-in hybrid. Of the two, the S3 is less powerful and less efficient but it does have a lower starting price.

Winner: Audi A3

Engines and Fuel Economy

Luxury sedans should provide plenty of power, and with today's sky-high fuel prices, fuel efficiency is more important than ever. The A3's turbocharged 2.0-liter four-cylinder engine is both powerful and efficient. It produces 201 horsepower and 221 lb-ft of torque and gets up to an EPA-estimated 32 mpg in combined city/highway driving. The A3 comes standard with front-wheel drive, and all-wheel drive, which can enhance traction in slippery or icy conditions, is optional.

The S60 also has a turbocharged 2.0-liter four-cylinder that's labeled B5. It makes 247 horsepower and 258 lb-ft, so it's a bit more powerful than the A3's base engine. However, its EPA-estimated 30 mpg combined makes it slightly less fuel-efficient. And that's with front-

wheel drive. Go with all-wheel drive in the Volvo and you're looking at 28 mpg combined.

There are other options if you want more power. Audi offers the sport-tuned S3, which is similar to the A3 but has a 306-horsepower engine. Volvo, for its part, has the S60 Recharge. The Recharge has a plug-in hybrid powertrain that creates a whopping 455 horsepower. Even better, it can also travel about 40 miles on all-electric power from a fully charged battery and then get an estimated 31 mpg combined when operating as a regular hybrid.

Winner: Volvo S60

Driving and Comfort

Audi and Volvo cite very similar acceleration for the base engines with front-wheel drive, which is around 6.5 seconds. The optional engines also have similar acceleration; Audi cites a 4.5-second 0-60 mph sprint for the S3, and Volvo says the S60 Recharge can do it in 4.3 seconds.

Comfort is similar in both cars. They have smooth rides and supportive front seats that are great for daily commutes or long highway trips. The S60 is a slightly bigger car, however, and that pays dividends by way of its roomier back seat and trunk.

The A3 pulls back into contention in this category by being the better car for driving enjoyment. It feels small and nimble and can tackle a curvy road with ease. The bigger and heavier S60 is competent around turns but isn't as engaging or fun.

Winner: Tie

Edmunds Says:

The A3 just walks away with a narrow victory. It delivers everything an entry-level luxury sedan should and does so at an agreeable price. Volvo's S60 isn't quite as well rounded, but it's still an excellent choice, particularly if you're interested in a plug-in hybrid.

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Smullen to co-host public meeting to discuss new concealed-carry laws

Assemblyman Robert Smullen (R, C, I, SAM – Mecos) is co-hosting a public meeting to vet the recently-passed restrictions on concealed-carry permits. The new restrictions passed during an Extraordinary Session of the Legisla-

ture, between June 30 and July 1, limit the areas in which a concealed-carry permit holder can possess a firearm and require more extensive training to obtain a permit. Gov. Hochul called the legislature back to session on

June 24 as a response to the Supreme Court ruling in New York State Rifle and Pistol Association v. Bruen.

Montgomery County Sheriff Jeffrey Smith and Fulton County Sheriff Richard Giardino will also speak about New York's recent decision, as well as the President of the Pine Tree Rifle Club, Paul Catucci. The event will take place on Monday, July 25, between 6:30 and 8 p.m. at the Pine Tree Rifle Club at 419 Johnson Ave. in Gloversville.

"This decision by the governor reaffirms what we have said for many years, that radical progressives in New York are moving dangerously far in restricting our constitutional rights and the ability of every citizen to defend themselves," Smullen said. "With soaring crime and, in particular, violent crime a serious concern, we need the ability to feel safe and secure in our homes, commuting to work and at public events. While Gov. Hochul is concerned the Supreme Court's decision to protect our Second Amendment right puts 'millions of New Yorkers' at risk, she should look no further than her own disastrous cashless bail laws which are wreaking havoc on countless innocent lives."

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Tips for home buyers during a seller's market

A combination of factors, including low interest rates and a pandemic-driven decision by many city dwellers to look for houses in the suburbs, has created a housing boom. That boom has created an undeniable seller's market in real estate.

Just what is a seller's market? The financial resource Investopedia defines it as a marketplace in which there are fewer goods for sale than there are interested buyers, giving sellers the ability to dictate prices. Since mid-2020, there has been an extremely low inventory of homes for sale but a very high interest among purchasing parties.

Data from the National Association of Realtors indicated that, by the end of February 2021, housing inventory fell to a record low of 1.02 million units. These factors have led to a surge in competition from buyers, including bidding wars on homes and all-cash offers to entice sellers. In December 2020, the median listing prices for single-family homes shot up 13.4% from the same time the previous year, according to Realtor.com, and it hasn't slowed down much since. Jeffrey Mezger, a 40-year veteran of the real estate industry and CEO of KB Home, said it's the best seller's housing market he's seen in his career.

So where does this leave buyers interested in relocating? Here are some tips:

- **Consider areas with slower overall price growth.** Experts say the southern and midwestern U.S. offer the best value for home shoppers because of their meager price growth. ClearCapital, which tracks housing values, says San Antonio, St. Louis and the Dallas/Fort Worth areas ex-

perienced the least price appreciation from 2019 into 2020.

- **Get preapproval or have your funds ready.** Speed is the way to go if a buyer is interested in a property and wants to make an offer. Real estate professionals say buyers should be "offer ready," which means having a mortgage preapproval letter or proof of funds for a down payment ready to go. Failure to have funds in check can slow down the process or compel sellers to reject an offer.

- **Work with a real estate agent.** These are complicated times and it pays for buyers to have a professional working in their corner. A real estate agent uses their knowledge to make a timely offer and negotiate on the buyer's behalf. They also will provide insight into specific neighborhoods, amenities and school districts.

- **Eliminate certain contingencies from the equation.** Contingencies are factors that must be met before a sale can go through, according to the relocation site Moving.com. A common contingency is the need to sell one's current home before closing on another. Asking for extended closing periods or certain home repairs are some additional contingencies that can make buyers less attractive to sellers.

- **Make it personal.** Buyers can offer a personalized note with the offer that may connect with the seller emotionally and set them apart from others who have made similar offers.

Buying in a seller's market can be challenging. But some strategies can set buyers apart from the pack.



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The top distractions behind the wheel

Did you know that a vehicle driven at 55 miles per hour or faster can traverse the length of an entire football field in a matter of seconds?

Driving requires not only knowledge of the rules of the road and skill behind the wheel, but also concentration on the task at hand. Data from the National Highway Traffic Safety Administration indicate distracted driving has been a significant factor in fatal car crashes. NHTSA says as many as one in 10 deaths are now attributed to driver distraction.

Distractions can come in many forms but fall into one of three categories: manu-

al, visual and cognitive. Any distraction has the potential for serious consequences, including deadly accidents. Here's a look at some of the common distractions and how to avoid them.

- **Mobile phone use:** Texting while driving is one of the most dangerous forms of distracted driving. Texting combines cognitive, manual and visual distractions. Turn off phones while behind the wheel to help reduce the temptation to grab the phone.

- **Daydreaming:** Being lost in one's thoughts can be a big distraction. Driving with something heavy on one's

mind can cause a person to lose track of the road. This may occur when experiencing intense emotions, particularly anger or stress. There's also a condition called "highway hypnosis" that causes drivers to "zone out" while driving. It often occurs while driving on open highways for extended periods of time. Taking breaks and pulling over if you notice your mind wandering can help.

- **Pets & children:** Young children or unsecured pets can be very distracting in the car. As a child calls out, begins to cry or wants their needs met, drivers may turn to address those needs and take their eyes off the road. Pets that are moving around the vehicle also may distract a driver. All pets and children should be secure in the vehicle at all times.

- **Adjusting the GPS:** Recalibrating the GPS or entering an address while driving can be a distraction. It's best not to touch the GPS unless the car is in park and at a complete stop.

- **Eating & drinking:**



Turn off phones while behind the wheel. Texting and talking causes many distractions.

Taking hands off the wheel to enjoy that drive-thru meal can be a mistake. Looking down at food and removing hands from the wheel reduces one's ability to steer and

react immediately to sudden traffic hazards.

If drivers become knowledgeable of the significant hazards of distracted driving, they can make changes to

improve overall safety. Completing certain tasks before leaving home or while the vehicle is parked can reduce the need to multitask while driving.

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Conserve fuel with vehicle maintenance and other tips

Motorists know that 2022 has been a record-breaking year for fuel prices. Data from AAA indicates gas prices jumped 55% between June 2021 and June 2022. All 50 states now have an average fuel price that exceeds \$4 per gallon, with many even surpassing the \$5 mark.

The pinch at the pump is being felt by commuters, casual drivers and weekend warriors alike. People across North America are taking whatever steps necessary to conserve fuel. One of the considerations they may have

overlooked is vehicle maintenance. Poor vehicle performance adversely affects fuel economy, so here's how to maintain a vehicle with an eye toward conserving fuel.

- **Proper tire inflation** – The U.S. Department of Energy says each decrease in tire pressure by 1 PSI for four tires can decrease fuel economy by 0.2%. By keeping tires properly inflated, the average driver can improve gas mileage by as much as 3%. Drivers can consult their tire manufacturer's specifications for proper tire pressure.

- **Use recommended motor oil** – Engines require the right blend of products to work efficiently. The DOE says drivers can improve gas mileage by 1% to 2% simply by using the recommended grade of motor oil. In addition, look for motor oils that list "Energy Conserving" on the label.

- **Change the air filter** – According to Auto Zone, an engine's ability to produce power is directly related to its ability to draw air in. A clean air filter assists with that function, whereas a dirty filter will reduce engine power and fuel

efficiency.

- **Get a tune-up** – Additional mechanical issues may affect vehicle performance and lead to excessive fuel consumption. A mechanic can run diagnostics on the vehicle and make recommendations on things to repair or replace, such as spark plugs, ignition coils or faulty oxygen sensors.

- **Treat fuel occasionally** – Debris and moisture in the fuel tank can compromise combustion and impact performance. A fuel treatment product can clean out debris and dry up moisture to restore function and improve miles per gallon.

- **Use the air conditioning sparingly** – The air conditioning unit in a vehicle uses power directly from the motor of the car. This means the vehicle consumes extra gas to keep the AC unit running, thereby reducing fuel efficiency.

- **Remove excess cargo** – Clear the trunk or cargo area of extra items that can weigh down the vehicle, requiring more power to move it. Any heavy load will negatively affect mileage.

Keeping a vehicle in top form can improve fuel economy, which can be especially beneficial in a time marked by soaring fuel costs.

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by Linda Thistle

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

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| Bats | Dolphins | Gannet | Sea lion |
| Chamois | Ferret | Kea | Seals |
| Cormorant | Flycatcher | Kiore | Sheep |
| Cuckoo | Frigatebird | Rollers | |

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King Crossword

ACROSS

- 1 Hotel amenity
- 4 Beach bucket
- 8 "— it going?"
- 12 Sandwich meat
- 13 Roughly
- 14 "Garfield" dog
- 15 Class that includes newts and frogs
- 17 Style
- 18 Corn serving
- 19 Took the helm
- 21 Clara of the Red Cross
- 24 Guffaw syllable
- 25 Lawyers' org.
- 26 Label
- 28 Potato, for one
- 32 Toy block name
- 34 "Uh-huh"
- 36 The Big Easy acronym
- 37 Put in office
- 39 Sea, to Henri
- 41 Kimono closer
- 42 Nanny's charge
- 44 Beach robe
- 46 Boris' cartoon partner
- 50 Twitch
- 51 Hgt.
- 52 Highway turn-

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- 58 — -jongg
- 59 June honorees
- 60 Sheltered
- 61 Group of seals
- wheeler-dealer
- 6 Egyptian deity
- 7 Reluctant
- 8 Four-bagger
- 9 Air freshener target
- 10 Broad
- 11 Feeder filler
- 16 Fez, e.g.
- 20 "Dig in!"
- 21 Hay bundle
- 22 First victim
- 23 Opposing vote
- 27 Wrigley product
- 29 Training site
- 30 Exile isle
- 31 Picnic spoiler
- 33 Scale ranges
- 35 Chest muscle
- 38 Lean- (sheds)
- 40 Baby's toy
- 43 Letter before iota
- 45 Fragrant tree
- 46 Must have
- 47 Inter —
- 48 See to
- 49 Skater's leap
- 53 — -de-France
- 54 Chinese chairman
- 55 Prof's degree

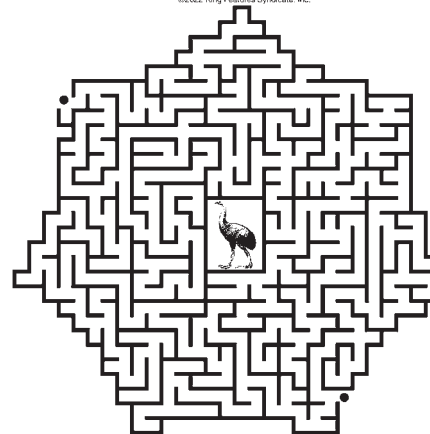
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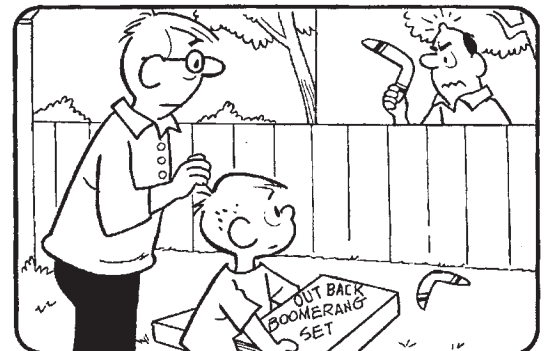
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Mega Maze

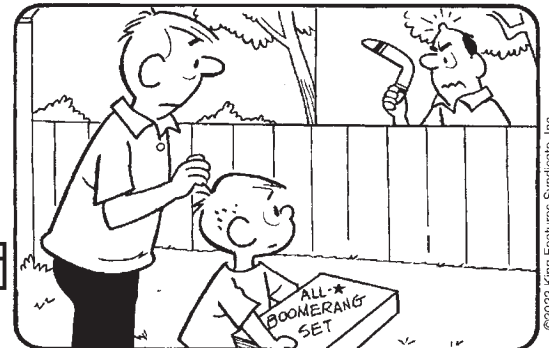


HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Glasses are missing. 2. Buttons are missing. 3. Sleeve is shorter. 4. Box is missing. 5. Name is missing. 6. Boomerang is missing.

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!



"We haven't exactly discussed marriage — it's more like a _____."

- Under
- ELBOW
- Shall
- HOLDUS
- Fixed
- NIFTIE
- Regular
- LAIDY

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Home Country

by Slim Randles

The Bahdziewicz clan trooped into the Mule Barn for lunch the other day, happily and noisily as only eight Americans totally in love with summer can do. The patriarch of the clan, Abraham Lincoln Bahdziewicz, led the way to a large round table and seated his wife, Sally, before pointing to which chairs the kids should

use. Some people can make a celebration out of sitting down to eat, and Abe's gang knows how to do it.

The children, clockwise, were Woodrow Wilson Bahdziewicz, Betsy Ross Bahdziewicz, Neal Armstrong Bahdziewicz, John Kennedy Bahdziewicz and Franklin Delano Bahdziewicz. Sally got a high-chair

for the youngest family member, Laura Bush Bahdziewicz.

We watched them order four meals for the eight of them, along with some empty plates for divvying things up. Then we took bets on whether or not they would have to ask for a "to go" box or two to take home with them. They didn't. Laura Bush Bahdziewicz had

to have chocolate cream pie wiped from her face twice during dessert, too.

Before they packed up to go, Abe came over to shake hands with the members of the World Dilemma Think Tank here at the philosophy counter. He always looks as though he's just headed home to open Christmas presents and we envied him that wonderful zest for life.

"Abe," said Doc, when it was his turn to shake hands, "we've been won-

dering. You're named after a president, and all your kids are named for famous Americans."

"That's right," Abe said. "My brothers and sister, too. All of us but my wife, Sally, and I call her Sally Ride Bahdziewicz sometimes, just for fun."

"How did all that naming come about?"

"Well," Abe said, "my dad came from Poland as a kid, and the other kids at school teased him about not being a real American,

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you know? So he decided his kids would never have that problem. They may have some trouble pronouncing the last name, but at least they know we're Americans."

Check out "Saddle Up: A Cowboy Guide To Writing" on Amazon.

Packing a pint of pickled peppers

Pickles! If you're a word nerd like me, occasionally you find yourself over at the Online Etymology Dictionary, where you can look up the origins of words. Since we're talking pickles today, I thought I'd share with you the history of "pickle":

"c. 1400, 'spiced sauce served with meat or fowl' (early 14c. as a surname), probably from Middle Dutch *pekel* 'pickle, brine,' or related words in Low German and East Frisian (Dutch *pekel*, East Frisian *päkel*, German *pökel*), which are of uncertain origin or original meaning. Klein suggests the name of a medieval Dutch fisherman who developed the process.

The meaning 'cucumber preserved in pickle' first recorded 1707, via use of the word for the salty liquid in which meat, etc. was preserved (c. 1500)."

That's the noun, of course; the verb "pickle" came into use in about the 1550s. Related is my new favorite thing to say, "piccalilli," from 1769, meaning

"pickle of chopped vegetables."

And that's where I'm ultimately headed. July is National Pickle Month, but there are so many more pieces of produce you can pickle besides cucumbers. At its essence, pickling is simply the process of preserving edible products in an acid solution, usually vinegar, or in salt solution (brine). Usually, pickles refer to vegetable products, but sometimes, fish, eggs or meat are also subjected to pickling. (With meats, the process is usually called "curing" instead.)

According to the Encyclopedia of Food and Health, most major vegetables can be preserved by pickling, either commercially or in households. Cucumbers, cabbage and green olives account for the largest volume of vegetables and fruits commercially pickled in Western countries. Capers, garlic, onions, carrots, cauliflower, beans and other vegetables are also pickled, albeit in lesser quantities. In Asian countries, fermented vegetables are very popular too, and

scientific research is concentrated on kimchi, the general name given to a group of acid-fermented vegetable foods that have a long tradition in Korea.

As your garden inches closer to harvest time, you may consider pickling as a way to preserve things you don't eat fresh. Good choice! It's very easy to do. A "quick pickle" involves just boiling water, vinegar, sugar, salt and spices before covering your produce with that liquid and waiting a few hours. Epicurious has a great quick pickle brine recipe to get you going here. As for the spices - that's up to you. There's a lot of ways to play with your preserves!

For more stories like this, visit countryculture.co.

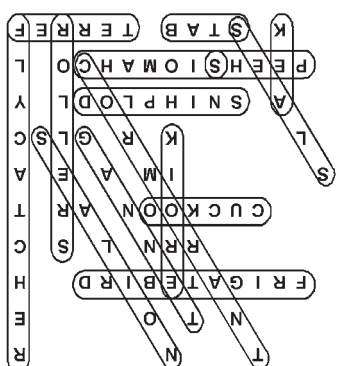


Editor Courtney's favorite pickles are peppers, asparagus and cauliflower.

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

Answer

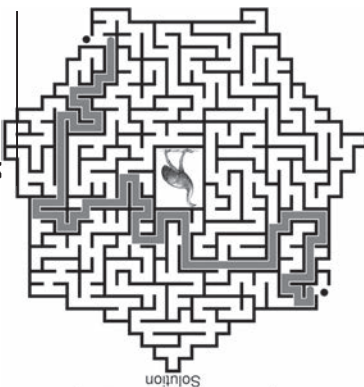
Weekly SUDOKU



ANIMALS OF NEW ZEALAND

DEBATE
Today's Word
3. Finite; 4. Daily
1. Below 2. Should
solution

SCRAMBLERS



Mega Maze
Solution



Solution time: 25 mins.

Answers

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