

LETTER TO THE EDITOR

How did the Canajoharie "dummy light" become "illegal"?

Consider if you will the government of the Village of Canajoharie's claim that the iconic 96-year-old pedestal traffic light is an illegal traffic device and therefore restoration of it would cause potential personal liability if there were to be a lawsuit involving the light. Proof to support their claims has not been provided. There is a Utica DOT email stating they would not "support" a non-approved traffic device.

Let's examine this claim. DOT non-approved/supported traffic device and illegal are two separate things. I imagine the Canajoharie, Beacon and Croton-on-Hudson pedestal traffic lights all installed in 1926 are all non-approved devices by current DOT standards.

If in fact the Canajoharie light were

illegal, would it not have been removed in 2003 when DOT did a complete survey of the Canajoharie downtown streets?

If in fact it were illegal would it have been restored numerous times previously, most recently in 2015?

If in fact pedestal "dummy" traffic lights are illegal in New York State, would the city of Beacon, NY, just have celebrated the return of their 1926 iconic light to service after being damaged?

The Mid Hudson News article about the return of their dummy light included a photo of their mayor hugging it in celebration of its return to service. Wouldn't it be great to have our village board celebrate our history too?

Matt Stanley, Corresponding Secretary Canajoharie-Palatine Bridge Chamber

How to prepare children for kindergarten

The first day of kindergarten is a milestone moment for children that their parents will remember forever.

Data from the U.S. Census Bureau indicates that around five million children attend an organized preschool or daycare facility in the U.S. Children who attend preschool or daycare may make a relatively seamless transition to kindergarten. However, it's still a good idea for parents to take steps to prepare youngsters for kindergarten in advance of the first day of school.

• Attend orientation or related events. Elementary schools typically are housed in much larger buildings than preschools or daycares, and that size can be intimidating for children. Attending kindergarten orientation or related events as a family

can help children see their classrooms, meet their teacher and potentially their classmates.

• Meet other kids in the neighborhood. Some children attend preschools or daycares close to home, while others may go to facilities near a parent's office. Regardless of where kids go to daycare or preschool, they're likely to meet new youngsters in kindergarten. Introducing them to other kids in the neighborhood who will be going to kindergarten as well can calm children's nerves. Seeing a familiar face on the bus and/ or in class can put youngsters at ease.

• Avoid lengthy goodbyes. Parents may get a little tearyeyed on their children's first day of kindergarten, but drawing out goodbyes as kids get on the bus or walk into school will ultimately make it harder on children. Limit your goodbye to a hug and kiss and some words of encouragement. Keep the emphasis on the positive and the fun that's to be had so kids arrive at school in a good frame of mind.

• Remind youngsters you'll be there to pick them up at the end of the day. Let children know that, just like daycare and preschool, Mom or Dad will be there to pick them up at school or the bus stop at the end of the day. This sense of the familiar can calm kids' nerves and reassure them that a smiling face will be there at end of the school day.

The first day of kindergarten is a big moment for young children. Parents can take steps to calm first-day jitters and ensure children have a memorable day.



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Fort Klock to host reenactment

Fort Klock Historic Restoration will be hosting a Revolutionary War encampment, "Interrupted Harvest: 1781 Valley Raids," on Oct. 1 and 2.

Featuring an interpretation of "rural life under threat," the day showcases a daily autumn routine on a fortified Mohawk Valley farm during autumn 1781 being the main theme.

There will be re-enactors performing life chores using 18th century skills and tools under nearly constant threat of attack from Loyalist and Native raiding parties.

Two hundred forty-one years ago, the largest Loyalist raid of

the American Revolution passed by Fort Klock as it spread its destruction throughout the valley.

The afternoon battle will begin at 2 p.m. on Saturday and 1 p.m. on Sunday, and the battle is based on an Aug. 6, 1781 raid on a nearby fortified homestead in the Mohawk Valley. The Saturday afternoon programming will feature "Forts and Fortified Homes" with Terry McMaster. Sunday afternoon programming will include "Loyalist Women," portrayed by our guest re-enactors.

There will also be children's activities including games, mili-



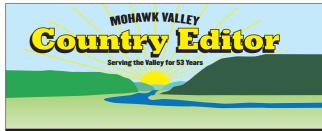
Re-enactors will be performing life chores using 18th century skills and tools while under nearly constant threat of attack from Loyalist and Native raiding parties.



tia drills and quill writing.

Fort Klock is open both days from 10 a.m. - 4 p.m. with no admission fee except to tour the fort. Donations are welcome and we thank you for your support! We hope to see you there as we step back in time.

Fort Klock is located at 7203 State Hwy. 5, St. Johnsville. For more information contact Private Lee at 518.762.0010.



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Revived World of Horses exhibit provides upclose view into the lives of horses & handlers

Fairgoers will have a chance to learn about the lives and needs of horses at the newly revived "World of Horses" exhibit during the 2022 Great New York State Fair, with opportunities to see these majestic animals up close. In cooperation with SaddleUpNY!, "World of Horses" will provide training and education to fairgoers, spanning everything from how to keep a horse as a pet to the knowledge needed for competitions to what it looks like for horses to engage in police work as well as next career options for racehorses. Additionally, the exhibit features information on how to get involved with horses including options for college degrees, career fields and riding programs.

"World of Horses" takes place in the barn along Sioux Avenue near Gate 4 from 10 a.m. -6 p.m. daily and from 10 a.m. - 2 p.m. on Labor Day.

Special presentations are as follows:

• Meet the Horses presentations, featuring a rotating list of horses of various breeds, take place daily at 11 a.m. and 1, 3 and 5 p.m.

• Demonstrations and talks take place at noon, 2 and 4 p.m. daily. Talks will cover topics such as safety around horses, racehorse adoption programs, training topics and more. A unique set of demonstrations on para-reining will take place the first two days of the exhibit.

• Law officer and first responder clinic sessions on "Working Safely Around Horses" will be presented on Aug. 28 and 29 from 10 a.m. - 4 p.m. in the Toyota Coliseum. This is a partnership between SaddleUpNY!, the NYS Police Mounted Patrol, Lucky Orphans Horse Rescue and One Fine Equine.

State Fair interim Director Sean Hennessey

said, "We've missed the 'World of Horses' exhibit in recent fairs, and we're very excited to have it back. For safety reasons, we can't let fairgoers tour the horse barns, so this is a great way that they can see these fantastic animals up close. We're also very pleased to work in cooperation with SaddleUpNY! to be able to highlight the important role that horses play in the lives of New Yorkers, and in our state's agricultural industry."

Dr. Karin Bump of SaddleUpNY! said, "We are excited to bring this exhibit back to the fair and have been overwhelmed by the support of partner organizations and horse owners across the state. There is no better place than the state fair to promote our industry and encourage new participants to become part of the world of horses. The horse industry has a total economic impact in New York of \$5.3 billion. That's a big number and a big impact! Perhaps even more important is the social and societal value of horses. We learn more each day about the amazing emotional, physical and therapeutic benefits of working with horses - they have so much to offer, and we have so much to gain through the horse-human relationship. A big message in this year's exhibit is that horses are for everyone. We want it to be easier for people to get involved with horses and have first-hand experiences and interactions."

For more information on the "World of Horses" exhibit, including the daily schedule and how to sign up for the law officer and first responder clinic sessions, visit saddleupny.com and/or facebook.com/SaddleUpNewYork.

The 2022 NYS Fair begins Aug. 24 and continues through Sept. 5.



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"Your Original Repair Shop"

by Tamra M. Bolton

Considering what is important in life – or even what constitutes a life – is one of those basic questions I feel is getting pushed further and further into the background these days. Sorry if I seem like I'm on a soapbox, I guess I'm just concerned for the way things are going – not just in the world, but in my own extended family circle too. So pardon me if I am "thinking out loud."

Seems like whatever idea

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or gadget is the latest, the most expedient or attractive, these shallower forms of living are taking precedence over any kind of deeper contemplation or consideration. Quick solutions, immediate responses and instant fulfillment have replaced our search for more meaningful pursuits. Even rural folk are getting more involved with technology which is a double-edged sword - it is helpful and even necessary in some cases but it can be

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detrimental too.

In losing our ability to sit still and wait for a butterfly to land or the sun to set, have we lost something even more valuable and intangible? Maybe we have lost an important part of ourselves.

How much of these modern trappings do we need to live a full rich life? Do we even ask what constitutes that kind of life? We say we want to live a full life – one of meaning and purpose – but do we really? Is this how we behave on a daily basis – or do we squander vast amounts of time and energy on things we say don't matter?

Are many of the "unimportant" things we spend our time on actually costing us much more than we may be willing to pay? Do we even understand the value of what we may be squandering on a daily basis?

I don't believe most of us do.

On a trip several years



encers in our group. As we made our way through the daily activities I was amazed at their inability to interact or even acknowledge their surroundings - unless it was an Instagram-worthy photo op. Heads down, thumbs flying, they were so busy tweeting, posting and giving updates that they completely missed some of the best parts of the trip. Sitting at the front of the bus, near the driver, a local fellow named Joe, I got the best city tour l've ever had. As we passed through neighborhoods, by interesting buildings, monuments and restaurants, I peppered Joe with questions, which he was happy to answer. Driving through his hometown, listening as he shared the local lore and his favorite haunts was a delight - what a treasure trove of information I had by the end of our tour. He also pointed out good photo ops as we went along, so I had those too. All in all, it was a wonderful way to see

ado there were a number

of young social media influ-

the city. Later one of those influencers asked a question about a building pictured in the brochures we received at the beginning of the tour. I told her the story behind the unusual structure, details about its history and the architect. She just stared at me and finally asked, "How do you know all that?" I smiled and shrugged, "Joe told me."

This summer don't spend all of your time facing a screen. Get face to face with those you care about the most - connect with them in a real way, like we used to, before computers, smartphones, Facebook, Instagram and before COVID. Engage in real conversation - not TikTok, Twitter or Snapchat. Linger at the table after meals and listen to your children and grandchildren; break out the old games like Monopoly, Scrabble and Sorry. Put out some puzzles and work on them together during rainy days. Show the youngsters how to play dominoes, checkers or Skip-Bo. Introduce them to stovetop popcorn and read some books out loud together. Get outside and show them how to shoot marbles, play hopscotch and freeze tag. They will probably laugh their heads off at what we used to think was fun, but so what? Laugh with them and tell

them about all those wonderful things that are a mystery to this generation-but are such a precious part of our memories.

If you don't tell them, who will? Easy Rainy Day Cookies

1 package ready to cook biscuits, cinnamon rolls or any type of cookie dough 1 package edible googly

eyes

An assortment of colored sugars, sprinkles, shredded coconut (makes great eyebrows), mini-marshmallows, breakfast cereal, coated candies, dried fruit – the list is only limited by your imagination

Cookie cutters of all shapes

Roll out dough, cut into shapes, add sprinkles, etc., and googly eyes. Have fun! Everyone will

have different ideas about how to construct their cookies, so no judging allowed.

After decorating, bake according to package directions.

This is a simple way to get everyone involved in a project without a lot of mess and fuss. My kids and grandkids rate this one of their favorite activities.



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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)

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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

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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

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DOLGEVILLE UNITED **DOLGEVILLE CHRISTIAN FELLOWSHIP**

CHURCH SERVICE DIRECTORY

JOHNSTOWN

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

JOHNSTOWN FIRST

PRESBYTERIAN CHURCH 37 South Market St. Johnstown, NY 12095 518-762-8263 office@johnstownpresbyterian.org Pastor George W. 'Blake' Blakesley Church Service 10:30 AM in person Zoom and Facebook Please call for more information about our free community lunch, thrift store & personal care shelf.

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) **0ur 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 Sundavs

ST PAUL'S UNITABIAN 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 Nurserv & Sunday School 9:45 AM (Sept.-May) Fellowship Coffee Hour 11:15 AM Choir Rehearsal 11:30 AM Holy Day Masses as announced

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

Sunday School 10 AM

Confessions by appointment

INGHAMS MILLS BAPTIST CHURCH Rev. Garv L. Busch, Pasto 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 Fowle Worship Sunday 9 AM

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

MOHAWK DENNISON CORNERS COMMUNITY CHURCH Pastor Donald King 219 Robinson Rd. • Phone 866-5215 Sundav Sunday School 9:45 AM Morning Worship 11 AM Evening Worship 6 PM Wednesday Prayer 7 PM

MOHAWK REFORMED CHURCH

Rev. Brian Engel, Pasto 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. Womer & 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/Teach 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 F Main St Nelliston 518-993-3458 Pastor Ken Gies Sunday School (all ages) 9:15 AM Sunday Worship 10:30 AM, Wed Praise & Praver 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 7516 N Main St • Phone 845-8017 Saturday Vigil 4 PM Sunday Mass 8:30 AM

OPPENHEIM OPPENHEIM

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

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

PALATINE BRIDGE TRINITY EVANGELICAL LUTHERAN **CHURCH OF STONE ARABIA** 5430 St. Hwy. 10, Palatine Bridge, NY Pastor A. Elisabeth Aurand Sunday In Person Worship 9 AM; email for link office@stjm-canajoharie.org 518-673-2224

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

BANDALL RANDALL CHRISTIAN

COMMUNITY CHURCH NY Rte. 5S Sunday Service 10:30 AM Worship Leader Darlene Spaulding

RICHFIELD SPRINGS CHURCH OF CHRIST UNITING 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 Wor-ship Service 11 AM & 7 PM Wednesday - Prayer & Praise Call for info on various Youth Ministries www.richfieldspringsbiblechurch.org

SALISBURY CENTER FULL GOSPEL ASSEMBLY OF GOD Pastor Robert Brent 106 Plant Road Sunday Worship 11 AM with Children's Church offered during the service

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

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

Shults

(518) 993-2381

WWW.SHULTSAGENCY.COM

MAIL@SHULTSAGENCY.COM

INSURANCE

AGENCY

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To Place or Update A Church Listing, Call 518-673-0166 or Email bmauk@leepub.com

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SPRAKERS CHRISTIAN CHURCH OF **CHARLESTON FOUR CORNERS**

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

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

REFORMED CHURCH OF SPRAKERS 112 Sprakers Hill Rd Rev. Nancy Ryan Worship ~ 9 AM All Welcome!!!

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

RIVER OF JUBILEE CHURCH 5057 St. Hwy. 5 S, Sprakers, NY 12166 Pastor: Gail Adamoschek Pastor: Steve Adamoschek 518-322-1427 / 518-224-4455 Sunday Service 10 AM Children's Church Available Other Learning Opportunities Available Visit us on Facebook

SPRINGFIELD CENTER

ST. MARY'S EPISCOPAL CHURCH 7690 Rt. 80, Springfield Center 315-858-4016 Fr. Kvle Grennen, Priest-in-Charge Sunday Eucharist, 9:30 AM Coffee - Fellowship follows service Holy

Davs - 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

3 CANAL ST.

FORT PLAIN,

NY 13339

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

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

SEEKER'S FELLOWSHIP

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

JOY FELLOWSHIP

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

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

EVERLASTING JOY BELIEVERS FELLOWSHIP 14 Park Place (in with Seekers Fellowship) St. Johnsville, NY 13452 315-858-2112 • Pastor Carolee Cove

Sunday Service 10 AM ST. JOHN'S REFORMED CHURCH 68 W. Main St., St. Johnsvill 518-568-7396 Faithfully Following Jesus Christ

GRACE CHRISTIAN CHURCH Pastor Michael Torres 20 Center St., St. Johnsville, NY 13452 518-775-0366 Email accpastor2021@gmail.com

Sunday Worship 10:30 AM

STRATFORD STRATFORD UNITED METHODIST CHURCH 1511 State Route 29A Sunday Worship 9:30 AM

Broadcast on 95.9 FM within 2 miles of church

LIGHTHOUSE BAPTIST CHURCH 1524 St. Rt. 29A, PO Box 114

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

TRIBES HILL SACRED HEART CATHOLIC CHURCH 111 3rd Ave., Tribes Hill 518-829-7301 Mass Saturday 4 PM

True Value.

12 Willett St.,

Ft. Plain, NY 13339

518-993-3834



AGENCY 2769 St. Hwy. 51 ILION, NY 13357





September 2022									
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Holidays									
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AUGUST 24

Concerts In The Park series 7 p.m. Wednesdays in Spring Park U.S. Route 20, Richfield Springs. Rylee Lum Band: Keepin' It Country

AUGUST 25

Rabies Vaccination Clinic 5:30 - 7 p.m. at Salisbury Fire Department, 2549 State Route 29, Salisbury Center. Pre-register at 315.867.1176.

Herkimer County Local Early Intervention Coordinating Council (LEICC) meeting 2 p.m. Herkimer County Courts Building, 301 North Washington Street, Herkimer. In person meeting at the Department of Social Service's 2nd floor conference room. Any questions contact Nicole Keyser at 315.867.1176.

Third Annual Salute to Service Veterans Appreciation Dinner 4 p.m. at the Paul Nigra Center for Creative Arts, 2736 NY-30, Gloversville. Event is free to veterans, active service members and one guest. Register by Aug. 20 to attend using one of the following: Web: 2022VetsDinner.rsvpify.com. E-mail: SalutetoService518@gmail.com Call: Ashley or Michele at 518. 762.5382. Visit: www.salutetoservice518.com.

AUGUST 26

Herkimer County Chamber of Commerce Chamber Golf Tournament. Registration 8: 30 a.m. Tee off 10 a.m. Visit herkimercountychamber.com/ golf-tournament call 315.866.7820 or email info@herkimercountychamber. com for more information.

Program on Enhanced License with Brittany Kolbe 1:30 p.m. Learn about DMV changes that could affect your travels.

Free movie 7 p.m. at the Irish Cultural Center of the Mohawk Valley Museum, 623 Columbia St, Utica. Wolfwalkers an award-winning 2020 animated adventure from Ireland. Admission is free but register at tinyurl.com/3rpfemjk

Canajoharie Senior Citizens club meets 1 p.m. at Arkell Center, Canajoharie. Call 518.673.4408 for more information.

AUGUST 27

Annual Drive-Thru Chicken BBQ noon until sold out at the Morning Star United Methodist Church of Ilion and Frankfort, at 4224 Acme Rd., Frankfort. \$12. First come, first served. No advance sale tickets. If possible, bring exact change. All proceeds benefit the Morning Star UMC. For more information contact Margaret Trefzger at 315.894.9581 or mktrefzger@gmail. com

Falling Footsteps Road Edition 5K and 1-Mile Walk. The run/walk begins at the Richfield Springs Community Center, 6 Ann Street, Richfield Springs. Run starts at 9 a.m. Pre-registration: 5K \$15; 1-mile walk \$12. Go to www.runsignup.com/RSCCroads For questions call Event Coordinator Bill Kosina at 315.749.3286.

AUGUST 28

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

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

AUGUST 30

Book Talk program 6:30 p.m. at the Herkimer County Historical Society's Eckler Building at 406 North Main St., Herkimer. The book will be Wicked Herkimer County, published through the Historic Herkimer County Jail. For more information contact Herkimer County Historical Society at herkimerhistory@ vahoo.com

November 2022										
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Holidays										
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AUGUST 31

Concerts In The Park series 7 p.m. Wednesdays in Spring Park U.S. Route 20, Richfield Springs. Salt City Brass: Featuring a variety of music.

Cornerstone Baptist Church Annual Community Picnic in the park in Ames behind the museum at 611 Latimer Hill Road. Worship service at 10:30 a.m. in the park. Then serving hot dogs and hamburgers and all the fixings around noon. Stewarts ice cream was donated for this event. Games and a bounce house until 3 p.m.

SEPTEMBER 6

Depression Boys and Breakfast Group meeting 9:15 a.m. at Foltsbrook Center, 104 N. Washington St., Herkimer. Breakfast and talk. A Foltsbrook administrator will be the guest speaker and give a tour of Foltsbrook. Group is free and open to the public. Breakfast is \$5. Mask wearing is required at Foltsbrook.

<u>SEPTEMBER 9 AND 10</u>

2022 Central New York Farm Progress Show 9 a.m. - 4 p.m. at Len-Lo Farm, Robinson Road, Mohawk. Visit cnyfarmprogressshow.net. For more information, contact grace@preskyins. com or call 315.336.0375.

SEPTEMBER 10

"September in the Center" Car Show 12-4 p.m. at the Salisbury Fireman's Pavilion at 2549 Route 29 in Salisbury Center. Free admission. Featuring a D.J., food, basket raffle, 50/50 drawing, Scratch off lottery ticket drawing and some great cars. For additional information or questions call Cindy Klatt at 315.429.9162. Rain date is Sept. 24

SEPTEMBER 10 AND 11 Fort Klock's 49th Annual Craft Fair at Fort Klock, 7203 State Highway 5, St. Johnsville. Call 518.568.7779. Friends of German Flatts Town Park Living History Weekend at the German Flatts Town Park, Mohawk, next to Ft. Herkimer Church. Live canon demonstration, infantry drills, civil war re-enactment, crafters, exhibitors, flea market and events for kids. Historical societies as well as local libraries will be present. Free admission. Food and drinks available. Basket raffle. 50/50 raffle.

SEPTEMBER 11

8th Annual free Veteran and First Responder Picnic 12-3 p.m. at Ilion Marine Corps League, 178 2nd Street, Ilion. A laidback afternoon to enjoy the company of those who serve our community and give appreciation. To donate food, soft drink, supplies or volunteer contact Dan Enea at 315.867.7230 or Darren Denicola at 315.327.5016. You can also message our Facebook event page.

SEPTEMBER 15

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

Golumpki Dinner 4-7 p.m. or sold out at Emmanuel Episcopal Church,594 Albany St., LittleFalls.\$12. Eat in or take out. Free deliveries to Herkimer and Little Falls. Call 315.741.4672.

SEPTEMBER 20

The Day of Giving in Herkimer-Oneida Counties. This campaign will be promoted though social media and the Mohawk Valley Center for the Arts website at mohawkvalleyarts.org

SEPTEMBER 22

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

OCTOBER 6

Rabies Vaccination Clinic 5:30 - 7 p.m. at Little Falls Town Garage, 478 Flint Ave Ext., Little Falls. Pre-register at 315.867.1176.

OCTOBER 14 & 15

The 6th annual basket raffle: 11am- 5pm both days. Mohawk Reformed Church, 20 South Otsego St., Mohawk, NY. Many themed baskets and gift cards. Contact 315-866-4292 or mrof-fice@verizon.net for further information.

OCTOBER 14-16

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

OCTOBER 21-23

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

OCTOBER 22

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

OCTOBER 29

Rebels, Redcoats, & Zombies 5-8 p.m. at the Fort Plain Museum, 389 Canal Street. If you are interested in participating as a Rebel, Redcoat or Zombie, contact fortplainmuseum@yahoo.com Visit fortplainmuseum.org/events

NOVEMBER 6

Meatloaf Dinner from 4 p.m. until sold out at St. Pauls UU Church, 565 Albany St., Little Falls. Take out only, delivery to limited area. \$12 per person to benefit to Organ repair fund.

NOVEMBER 12

Rabies Vaccination Clinic 10 a.m. – Noon at East Herkimer Fire Department, 193 Main Road, East Herkimer. Pre-register at 315.867.1176.

NOVEMBER 19

HALOs Holiday Show 10 a.m. - 4 p.m. at Ilion/Frankfort VFW. Vendors, crafters, direct sales reps. Food, raffles and more. All proceeds support HALO. Contact Natalie Massita at 315.520.3112 or nmsmokeyjoe@aol.com.

DECEMBER 3

Christmas at the Fort - Author Book Fair at Fort Plain Museum, 389 Canal Street, Fort Plain. Visit fortplainmuseum.org/events

FARM, HOME & GARDEN

Revitalize your landscape on a budget

Seasonal Produce

Many homeowners think they have to spend tons of green to get green in their landscape, but that isn't necessarily so. Homeowners can improve their landscapes without digging themselves into financial holes. These strategies can help anyone save some cash and still end up with attractive gardens and more.

• Use stones or gravel for a walkway. If commercially installed pavers or cement walkways are not within your budget, there are some affordable alternatives. Flagstone or individually purchased and spaced pavers and pea gravel can be used to create pathways. Some construction sites even offer free stones when asked. Soften the look with moss or other plants on the perimeter.

Every Sunday 11-2

Find Us In the Parking Lot across from Lee's

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• Remove some lawn. Lawns can require hours of upkeep that may involve the application of expensive fertilizers and weed-killing products that are not always so eco-friendly. Reduce the size of a lawn by putting in a mixed planting bed of perennials or ornamental grasses or use landscape fabric and mulch.

• Look for free mulch. Municipal recycling centers may offer residents access to free mulch made from grinding up leaves, branches and other plant debris collected throughout the town. Simply bring a few containers to the recycling center and spread the mulch for an ornamental look or to insulate landscapes over winter and protect against weeds.

• Repurpose old items into planters. Old wheelbarrows, barrels, watering cans and other items can be repurposed into container gardening vessels. Figure out if items marked for the garbage bin can be incorporated into garden features instead.

• Invest in plants that are easy to propagate. Perennials are the gardener's friend when it comes to saving money. These plants sprout anew each year, and many, such as sedum, catmint, ferns, hostas and black-eyed Susans, can propagate by division. Figure out the best times of year to divide the plants and start growing them in individual containers before planting the sturdy new shoots in the ground. A single variety of plants grouped together in mass plantings is affordable and easy.

• Shop end-of season sales. Garden centers may begin to make room for holiday items come the fall. Take advantage of reduced costs on remaining plants and landscape accessories during this time of year. Plants can be covered or allowed to thrive indoors until they can be planted in the spring.

• Pool your resources. Homeowners planning on a big landscaping or revitalization project may want to speak with neighbors to see if they're interested in doing the same. Contractors guaranteed business from a few homes in the same neighborhood may be willing to negotiate lower prices for the volume of work on things like driveway repaving, deck- or fence-building, or installation of paver patios.

Some handy ideas can help homeowners transform landscapes without spending too much.





Free mulch and scavenged stones for walkways can dress up areas of the landscape for little money.

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

	Monday	TUESDAY	Wednesday	THURSDAY	FRIDAY	
	If	<i>Meals Served with Milk and Bread</i> you are not going to be home for a n e office at 315-867-1204 at least a d	1 Chicken a la Cranberry Rice Pilaf Cauliflower Pineapple Tidbits	2 Ham Scalloped Potatoes Peas & Carrots Cookie		
5	CLOSED FOR LABOR DAY	6 Chicken Cacciatore Rotini in Sauce Italian Blend Vegetables Ambrosia	7 Macaroni & Cheese Green Beans Stewed Tomatoes & Zucchini Cookie	8 Tuna Salad Cold Plate Potato Salad Marinated Broccoli Ice Cream	9 Turkey Dinner with Gravy Stuffing Red Cabbage Pears	
12	Fish on a Bun	13 Chicken & Biscuits	14 Ham & Cheese Cold Plate	15 Hamburger Cabbage	16 Beef Stew with	
	O'Brien Potatoes	Mashed Potatoes	3-Bean Salad	Casserole	Potatoes & Vegetables	
	Spinach	Country Blend Vegetables	Macaroni Salad	Wax Beans	Brussel Sprouts	
	Tropical Fruit	Frosted Birthday Cake	Peaches & Cottage Cheese	Beets • Orange	Biscuit • Pudding	
19	Swedish Meatballs	20 Pizza Burger	21 Roast Pork	22 Chicken Alfredo	23 Omelette	
	Egg Noodles	Au Gratin Potatoes	Sweet Potatoes	Egg Noodles	Sausage Patty	
	Mixed Vegetables	Peas	Brussel Sprouts	Broccoli	Hash Browns	
	Pineapple	Fruited Gelatin	Chef's Choice Cake	Banana	Muffin • Fruit Cocktail	
26	Goulash	27 Sweet & Sour Chicken	28 Tuna Casserole	29 Tangy Meatloaf	30 Stuffed Shells	
	Corn	Rice	Beets	Mashed Potatoes	Italian Blend Vegetables	
	Green Beans	Japanese Blend Vegetables	Squash	Sonoma Blend Vegetables	Garlic Roll	
	Cookie	Apple Pie	Fruit Crisp	Ice Cream	Mandarin Oranges	

Capece at 941,544,1947 or

visit fortplaincemetery.com.

A Fort Plain Cemetery Association offers new burial choice

The Fort Plain Cemetery Association is excited to announce that we will now be offering the community a new choice of burial. You will now have the option of a niche entombment of your loved one's cremated remains in the columbarium.

What specifically is a columbarium? A columbarium is an arrangement of openings (niches) in a granite structure into which an urn or other worthy vessel is placed for a permanent memorial. These openings are 12 inches high by 12 inches wide by 14 inches deep. Each niche can hold two cremated remains. Provisions may also be made to accommodate cremated pet remains. The columbarium then becomes a place of remembrance, meditation and prayer.

A frequent question asked is "If I choose to be cremated, what are the advantages of choosing the columbarium as opposed to the conventional cemetery burial?"

This is a personal choice. Some like the simplicity of the burial the columbarium offers, with flexibility in ceremony planning and the perpetual care of the surrounding grounds. Also, the fees for being placed in one of the niches may be substantially less than the cost of conventional interment in the cemetery. Other factors that may influence a decision to choose interment in the columbarium are concerns about the environment, space available in the cemetery and the final footprint left on earth.

Please also note that there are no interments of ashes anywhere in the cemetery or on the grounds without the permission of the superintendent.

For more information contact Superintendent Brian



A columbarium is an arrangement of niches in a granite structure where an urn or other vessel is placed for a permanent memorial.



Mabie at 518.598.9116,

Violet

Secretary/Treasurer

Each niche can hold two cremated remains.









Enjoy safe bike rides

Riding a bicycle is not only a great way to help the planet by reducing vehicle emissions, but it's also an ideal physical activity. According to Harvard University, biking at a moderate speed of 12 to 13.9 miles per hour will cause a 155-pound person to burn 298 calories in 30 minutes. At a faster rate of 14 to 15.9 miles per hour, a person of the same weight will burn 372 calories.

People can ride bikes at any time of year, but cycling is most popular when temperatures are moderate and



precipitation is low. Bike riding has always been in fashion, but it experienced a boost in popularity when people were asked to remain socially distant for COVID-19. Walks and bike rides at a safe distance from others became popular and accessible ways to get fresh air and exercise.

Anyone who rides a bike needs to take certain precautions. Cyclists often share the roads with large and powerful cars and trucks. The National Highway Traffic Safety Administration warns there were 857 cyclists killed in traffic crashes in the U.S. in 2018. Safety is a two-way street, requiring diligence by drivers and bike riders.

• Bike riders should be dressed in bright clothing so they can be seen. A well-fitting bicycle helmet is a must, and should be worn every time a bike is ridden.

 Equip your bike with a horn, bell and bright headlight.
 Cyclists should ride in the same direction as traffic on the

far right-hand side. • Ride a bike that fits you well. If the bike is too big, it can be difficult to control.

• Carry items in a backpack or strapped to the back of the bike so belongings do not be-

come obstacles.

• Drivers should remain alert of cyclists sharing the road and give wide clearance when possible.

• Vehicle drivers should look in their side mirrors and around them before opening car doors so they do not accidentally knock a cyclist passing by off the bike.

• Safe Kids suggest using hand signals to alert others to your plans. Cyclists can extend the left arm out for a left turn; make a 90° angle with the left arm to indicate a right turn. Putting the left arm down with the palm facing backward indicates stopping or slowing.

Cycling safety is important as temperatures rise and more cyclists are on the road.



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DINING & ENTERTAINMENT

The Family Counseling Center announces award honorees

The Family Counseling Center of Fulton County is excited to announce its first-ever fundraising gala will take place Sept. 29 from 5:30 - 8:30 p.m. at the organization's newly renovated Broadway Street location in Gloversville. The event will welcome community members, partners and others in a celebration of the organization's 46 years working with clients in the Mohawk Valley and Southern Adirondacks. All proceeds from the event will go toward supporting and expanding the programs of the Family Counseling Center.

The Family Counseling Center of Fulton County was founded in 1976 in a donated basement by a dedicated group of community members who wished to help individuals and families seeking mental health guidance. In the 46 years since, the organization has grown and today works with over 4,500 clients annually, with over 11,000 client contacts per month across its Behavioral Health Clinic, Crisis Unit, Children and Family Services program and the Domestic Violence Program of Fulton County.

The Fall Gala will also honor two key partners and supporters of the local community:

The Dr. David and Ann Lee Clough Award recognizes an

individual or group for exceptional contributions to the field of behavioral health and is given to an outstanding individual or group who has demonstrated continued excellence in direct or indirect services to the behavioral health. The 2022 honoree is Janine Dykeman, executive director of the Mental Health Association of Fulton and Montgomery Counties.

The Mary Ann Harzinski Outstanding Community Service Award honors the legacy of Mary Ann Harzinski, a dedicated teacher and long-time member of the Family Counseling Center Board of Directors. The award is given to an individual or organization who has a recognized record of volunteerism across organizations or has worked in close partnership with organizations. The 2022 honoree is Denise Walsh, the current secretary of the organization's Board of Directors, close friend of Mary Ann Harzinski and volunteer of the Family Counseling Center for over 22 years.

"We are so thankful for the support of our community and the dedicated individuals who have helped build the Family Counseling Center," said Michael L. Countryman, executive director of the Family Counseling Center. "Janine and Denise have devoted themselves to the communities in which they live. Their receipt of the Dr. David and Ann Lee Clough Award and the Mary Ann Harzinski Outstanding Service Award not only honor their legacy but the legacy of the individuals for whom the awards are named."

Full details about the Fall Gala including ticket sales and sponsorship opportunities are available at thefamilycounselingcenter.org. Tickets to the event are \$75 per person.

In addition to the award honorees, the Fall Gala is presented with the help of an Honorary Organizing Committee that includes John and Sunday Blackmon; Shawn Cleland and Peter Kiernan; Stephen and Cheryl McGrattan; Louis and Lesley Lanzi; Grant and Kim Preston; Gail and Jerry Ryan; Bryan and Gianna Taylor; and Bill and Roberta Winsman.

The Family Counseling Center of Fulton County has been serving the community since 1976 and ensures a broad range of superior, quality, evidence-based, behavioral support and social services to the community. The Center is licensed by the New York State Office of Mental Health, providing services to children as young as five-years-old. For more information about the Family Counseling Center, its services or how you can become a volunteer, go to thefamilycounselingcenter.org.

Storage solutions for pet supplies

Pet owners soon learn that having a pet means carving out a portion of home real estate for all of the supplies necessary for keeping companion animals healthy and comfortable. From food to toys to bedding, many pets require a laundry list of items.

Developing a storage strategy means keeping items within reach but potentially out of sight. These suggestions can help individuals calm pet-related clutter.

• Food storage – Many dry pet foods are sold in bulk, which can be convenient for pet parents. Buying in quantity not only reduces the number of shopping trips, it also can help keep per-unit costs down.

The U.S. Food & Drug Administration notes that proper storage of pet food and treats helps maintain the products' nutritional value and prevents spoilage. It also can keep pets from getting into their food and eating too much. Purchase a food grade and BPA-free plastic storage container that can accommodate the volume of food and has an airtight lid to maintain freshness. If you are pouring the food directly into the container, save the product UPC code, brand name, lot number and "best by" date from the packaging in case you need to file a complaint about the food.

Small containers can be used for treats or other edible items. Store all food in a cool, dry place.

• **Toys and more** – Investing in some similarly sized clear storage containers makes it easy to wrangle all of the accessories that come with pet ownership. Label the containers and fill them with the items you need, such as rubber balls, pet waste bags, coiled leashes or collars, squeaking toys, grooming brushes and combs, extra bird cuttlebones, fish nets, warming stones or whatever other supplies are needed for pets large and small. Devote a shelf or shelves in a storage closet for these items so they're always readily available.

• **Medications** – Store medications separately from products used for children and adults in the house. Keep medications in the original packages so labels can be referred to as needed. Place them in a sealed container so they're not easily opened by children or pets.

• **Toys in use** – Many dogs and cats (or other small animals allowed to roam the house) will want access to their favorite toys. An easy solution is a ground-level basket that is slipped under a side table in the living room or den. It's easily accessible but kept out of sight. Clean-up means a quick sweep of toys that quickly can be tossed in the basket.

• **Bedding** – Depending on the animal, bedding may mean a cozy stuffed fabric bed or a pile of shaved cedar. Both can be bulky. A designated spot for storage helps keep the home organized, and dog and cat beds can be coordinated to the color scheme of the house so they blend in.

Pets require many different supplies that, when properly stored, will not seem like they're intruding on pet owners' space.

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DINING & ENTERTAINMENT



The Dolgeville Community Band, under the direction of Katlin Wolford, performed at the Violet Festival in June and held concerts in July at Plowe Park in Dolgeville. (Front row, L - R) Dawna Crossman, Donna DeRosa, Director Katlin Wolford, Linda Roche, Jessica Bladek, Lillian Bladek, Mary Brown and Lenore Signorelli. (Second row) Gary Bush, Anthony Dangler, Gary L Busch, Peter Holmes, Erin Thayer, Andrea Thayer, Emma Gage, Barry Gage, Naomi Gage, Amy Haas, Karlie Vokins, Nancy Schuyler, Sara Busch and Jacob Toher. (Back row) Bob Harvey, Dan Waltermire, Aaron Baldwin, Mark Case, Ginger Countryman, Andrew Risley, Ashley Robotham. Jade Broat, Andrew Ashe, Hannah Getman, Jaron Case, Ryan Simpson, Colin Comstock and Julia Allison. Photo courtesy of Dawna Crossman









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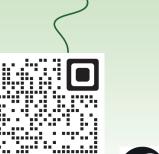
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HOME IMPROVEMENT

Wood floor installation dos and don'ts

Jaw-dropping features can sell a home in a heartbeat. A penthouse apartment with floor-to-ceiling windows and a panoramic view of a city skyline likely won't prove a hard sell, nor will a home with an infinity pool overlooking a landscape of rolling hills. As awe-inspiring as such features can be, some more subtle components, such as authentic hardwood floors, also can do much to make a home more appealing to prospective buyers.

Hardwood flooring is a sought-after commodity. Data from the National Association of Realtors indicate that 54% of home buyers are willing to pay more for hardwood floors. In fact, NAR figures indicate that 28% of buyers ages 35 - 54 consider hardwood floors "very important" when looking for a home. Homeowners who are considering selling their homes, or those who simply want to upgrade their existing flooring, may want to consider installing hardwood flooring. Though it's a project best left to professionals, hardwood flooring can be installed by skilled DIYers. In such instances, homeowners may want to keep these dos and don'ts in mind.

DO hire a professional if you have limited or no DIY flooring experience. Hardwood flooring installation is not generally a project for novice DIYers. Hardwood flooring projects may present some common challenges, but no two homes are the same. So unless they have prior experience installing floors in multiple rooms or homes, homeowners may save themselves time, trouble and a significant amount of money hiring a professional to do the job.

DON'T ignore the subfloor. New hardwoods won't erase the problem of subfloors in poor condition. According to the home renovation experts at BobVila.com, squeaky floors could be an indication that the subfloor has begun to warp or twist. Sinking floors are another indicator of deteriorating subfloors. Subfloors should be somewhat level before new hardwoods are installed, so DIYers should inspect and address subfloor issues before installing new flooring.

DO expose wood flooring to the elements in your home prior to installation. The home improvement resource Build-Direct recommends acclimating hardwoods to the space where they will be installed. Skipping this important step could result in gaps during the winter and cupping over the summer. To acclimate hardwoods, open the boxes and spread them out for about a week while running the air conditioner or heater

at normal levels. When storing hardwoods prior to installation, avoid keeping them in potentially moist areas like a basement. DON'T skimp on tools. A DIY hardwood flooring installation might be less expensive than hiring a professional, but homeowners should resist any temptation to increase those savings fur-

ther by purchasing less costly tools or fewer tools than is necessary to complete the job. BuildDirect notes that DIYers will need at least a miter saw, table saw, cleat-nailer or stapler, finish nailer, compressor, jamb saw, chalk line, nail set and tape measurer when installing hardwood floors. Purchase all necessary tools and read product reviews to ensure each tool is up to the task.

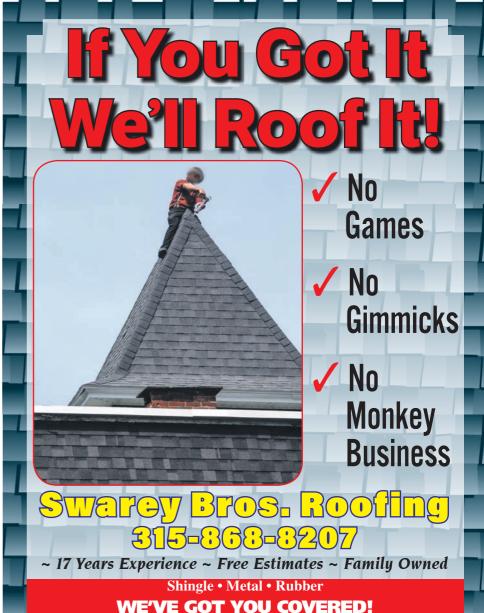
Wood floors can be awe-inspiring. Some homeowners can install such flooring on their own, and the project can be much easier if they learn as much about installation as possible prior to beginning the project.







150



HOME IMPROVEMENT

Three features to focus on when designing an entertainment room

It might not take a home theater to enjoy the big game with friends or fire up family movie night, but a spacious entertainment room can certainly enhance such experiences. That's especially true when homeowners give considerable thought to designing entertainment rooms. Film buffs and sports fans may have different notions of the ideal entertainment room, but the following are three design features that merit consideration by all looking to upgrade their entertainment spaces.

1. Screen - It's easy to

abundance of options when choosing a screen for an entertainment room. Televisions have long been a go-to choice, but projector screens merit consideration as well. If the room will be devoted exclusively to entertainment, then a TV or a fixed projector screen might be homeowners' best bets. Fixed projector screens are installed on the wall and projectors are typically hung from the ceiling. Semi-fixed projector screens provide a similar viewing experience but can be pulled down or retracted when

be overwhelmed by the sheer

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residents are not watching a movie. Semi-fixed can even be installed in front of a TV so residents can stream a movie on the projector and then watch television through a cable box when it isn't movie night. Projectors often provide much bigger screens for a fraction of the cost of equally sized televisions. However, sports fans may prefer TVs, as live streaming sports has not yet caught up to streaming movies and TV shows in terms of reliability or even availability. As a result, many sporting events remain available via cable television only, while even those that can be streamed tend to have a few hiccups during the game.

2. **Sound** – Though televisions and projectors tend to come with built-in audio, the quality of that sound often leaves much to be desired. Homeowners will want to choose a sound system that provides theater-quality sound. If the room is being renovated from scratch, such as a full basement remodel, installing speakers in the ceiling can create a genuine theater experience. Ceiling speakers also can be installed in existing rooms, though that will likely cost more and extend the time it takes to complete the project. Surround sound is a must in any entertainment room. Homeowners worried about wires need not fret, as modern wireless surround sound systems are available at many dif-

ferent price Some points. systems are better suited to small rooms than others. so homeowners should measure the room and choose a system that best suits its dimensions. 3. Seating Whether vou're using the space to watch the big

game or fire

up the latest blockbuster (or both), chances are you're going to be spending considerable time sitting in your new entertainment room. A modular sofa might be ideal, as it can be reconfigured depending on what you're watching and how many people are watching along with you. Comfort is indeed important, but you'll also want seating that provides ample support so you aren't battling any

COMMERCIA

aches and pains once you leave the room. That support also can keep residents and guests from dozing off.

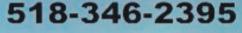
Everyone has their own ideas on what makes the ideal entertainment space. But sports fans, movie buffs and others can all agree that an entertainment room worthy of the big game or the latest blockbuster has a sizable screen, pristine sound and comfortable seats.



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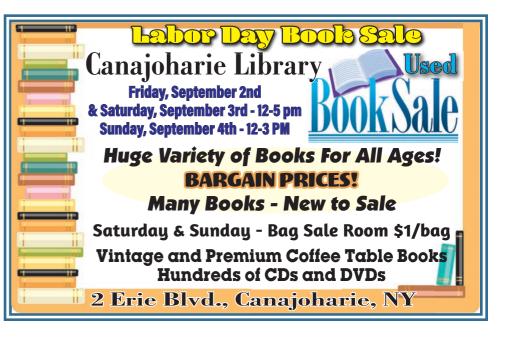
Flairs, an acro dance studio in Palatine Bridge, is proud to announce dancers Jenna Paliling, Payton Landry, Cailee Caputo, Jaidyn Risley and Hayley Porter took first place overall for their routine "Circle of Life" in Boston on July 8, making them national champions.





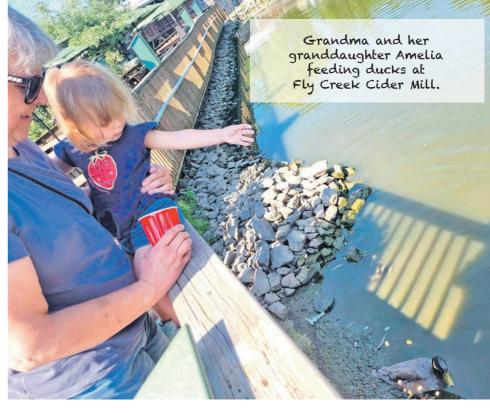






Kids' Community Corner

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



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BUSINESS FOCUS

Hidden Camp Farm

Hidden Camp Farm is nestled in the rolling hills of Montgomery County in Canajoharie. The farm was founded and owned by the King family and has been operating since 2009.

The Kings are an Amish family originally from Lancaster, PA. John, a welder by trade,

and Ruth, raised on a dairy farm, had a dream to own a farm and raise their family. In the spring of 2009, their dream was realized. They purchased



140 acres and began to build. They built a home where they

raise their five children. They built a large barn which is split into two sections. One section is used to house their numerous horses; the other is used for milking their herd of 100% grass-fed organic Jersey cows. They also built a poultry barn to house their laying hens and their famous Thanksgiving turkeys. They also have a section used to wash, grade and pack their organic eggs.

Since 2011, Hidden Camp Farm has sold their organic products to numerous health food stores, grocery stores and co-ops up and down the Hudson River corridor. In 2020, the farm decided to change their business model due to the pandemic. They began selling directly to consumers utilizing pickup locations, farm driver delivery and UPS home delivery.

To bring consumers great foods, Hidden Camp Farm needed some help. They have developed partnerships with a close-knit group of small, sustainable family farms and producers who practice farming with nature without using harmful pesticides, chemicals and artificial growth hormones. They treat their livestock with respect and try to keep them outdoors as much as the weather allows, creating a low stress, all natural and healthy environment for them to live.

Their group of family farmers all have special talents and a vision for the future as they work together to grow this unique operation. Through their network of producers, Hidden Camp Farm has been able to offer a wide variety of ethically and sustainably produced local foods from a whole collective of farms, carefully packing and delivering those goods to you.

Even though they are so dedicated to what they do, nothing is possible without you, the consumers. You have done the research and want to join the growing community of people who want food that is clean, pure and safe to eat. Hidden Camp Farm needs you to maintain their lifestyle and to provide a cleaner, safer environment for the future. Never underestimate the power of a small group of people who want to make a difference; in fact, it is the only way to make a big difference.

To learn more about Hidden Camp Farm, visit hiddencampfarm.com.





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Montgomery County to host 250th celebration for historic Tryon County

On Saturday, Aug. 27 in celebration of the 250th anniversary of historic Tryon County, Montgomery County will host a community celebration that will feature a presentation and curatorial exhibition prepared by the County's Department of History and Archives; bus tours of the associated historic sites; reenactors from 1st and 3rd Tryon County Militia groups; 2nd Regt. Albany County Militia; goods for sale by local artisans and activities for kids courtesy of the Utica Children Museum's mobile museum.

Preceding the Declaration of Independence, Tryon County was

carved from Albany County in March of 1772 and was comprised of territory as far north as the St. Lawrence River, as far south as the Pennsylvania border, and as far west as the territories of the Six Nations. The county was name in honor of William Tryon, the last provincial governor of New York. It featured prominently during the Revolutionary War, including the Battle of Oriskany, which was fought on Aug. 6, 1777, between 740 Tryon militiamen, supported by 60 allied Oneidas and the British Army.

Montgomery County's Tryon County 250th celebration will also

feature a chicken barbecue to benefit the Montgomery County Heritage & Genealogical Society. Additional information about Tryon County can be at www.visitmontgomerycountyny.com/history/ revolutionary-war/.

Old Montgomery County Courthouse, 9 Park Street Fonda. The event will take place 11 a.m. - 3 p.m. Three tour buses will depart at 11:30 a.m., !2:30 p.m. and 1:30 p.m. There will be a presentation by the Montgomery County Historian at 12:15 p.m. Like the event on Facebook at https://fb.me/e/1TCHv4hRO

Seven study tips for high school students

Assessments such as quizzes and exams help educators recognize areas where students are excelling and where they might need a little extra help. In addition to tests in the classroom, high schoolers generally take standardized testing for state assessment purposes.

Testing may come easier to some students than others, but having solid study techniques can improve students' performance on a wide range of exams. In fact, research by Stanford scholars, whose data were published in Psychological Science, found that applying a strategic approach to studying helped college students improve their exam scores by an average of one-third of a letter grade.

The testing preparation resource PrepScholar says it is important to build and maintain strong study habits to help students avoid undue stress and last-minute cramming. The following are seven techniques that may help foster good study skills. 1. Find value in the lessons.

Many students lament that what they learn in school just isn't relevant in daily life. That can make the subject matter feel less important and uninteresting. Finding value in what one is learning and seeing how it can be applied outside of the classroom may make a student more inclined to learn and retain information.

2. Avoid distractions.

Study time is time to take a break from social media, video games and any other distractions that can pull a student away from studying. Constantly checking notifications can interrupt

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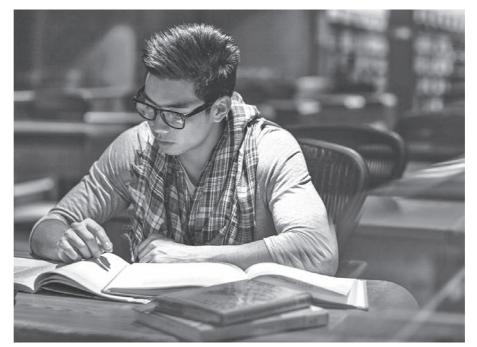
thoughts and make it hard to learn the material.

3. Establish a study schedule.

Develop a system and a schedule for studying. Students should establish a fixed habit of studying each day or week – whatever is best for him or her. Over time, studying will become routine.

4. Establish dedicated study spots.

Students should locate places that work best for them as



study and homework stations. Certain individuals may need the quiet of a library or a bookstore. Others may do best with the hum of conversation around them or in a group. There's no right or wrong study spot. Maintaining consistency will help the mind associate a place with studying.

5. Use grades as benchmarks and motivators.

Blaming a teacher for a poor grade won't get a student anywhere. Rather, grades should indicate how well one is learning

the material, and in turn, the effectiveness of students' studying habits. Students can tweak their habits if they find their grades are not where they want them to be.

6. Rephrase material.

Textbook language can be dry and unappealing. Students can try putting the material into their own words or rephrase passages to make them easier to remember and recall. Similarly, teaching or sharing the material with another person also may improve retention.

7. Make a formula sheet.

Depending on the subject, having a sheet with shortcuts, formulas or diagrams can put the material into smaller bursts of information that are easier to digest. Along this same vein, writing information down can help improve recall.

These are a few study tips that high schoolers can utilize to improve their grades so they can be more successful in school.



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dition, price and best call ing hours. Also, we always recommend insertion for at least 2 issues for maximum benefits. DEADLINE for placing ads is FRIDAY at 2:00 PM- Week Prior to Each Friday Dated Paper Call Peg at 1-800-836-2888 or 518-673-0111

WILLY'S ROUND 2IT- Going out of Business. 25% off all sales over \$10. 14 Bridge St., St. Johnsville. Monday and Tuesday closed. W-F 10-5, Saturday 10-4, Sunday 10-3. Cash only

WANTED TO BUY: Antiques & Vintage (1975 & older) ... Wood Cigar Boxes, Printing Blocks, Old Picture Frames, Jewelry, Old Comic, Coin & Postcard Collections: Stoneware, Crocks & Jugs; Ironstone Pitchers & Platters, Old Farm, Auto & Gas Signs; License Plates; Old Christmas & Halloween; Quilts & Hankies; Old Train Sets & Toys; Old Axes & Odd Tools; Folk Art, Nautical & Adirondack; and lots more!! CASH PAID for forgotten stuff in your attic, cellar & shed! FREE House Calls... Ask for Dave, 315-823-1177, Showcase Antiques 10-5.

Antiques

Health & Fitness

WESLO ETIC 10pi fitness power treadmill with many extra functions, \$400; Inversion table, \$100; Incline treadmill, w/alot of extra features, \$100. 315-894-1335

Attachments

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315-823-1342

ATV

MOTO ATV 500 rare double up, back rest, bush guards, 2 racks, LED lights, electric winch, upgraded tires, mag wheels, been in storage, low miles, new condition, \$5,700. 315-891-3254

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9x150 Housewrap...

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1989 Z24 Chevy Convertible.

55+ original miles, excellent

shape, new tires, clean; 1990

Chevy GEO convertible, 2

seater, 38+ original miles.

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ing old toys, Star Wars metal

jewelry,

cards, gun related items.

comic books, antiques, call

Crafts

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518-705-9028

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acon Brook Rd, Dolge

Roof Coating ...

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ville,NY

For Rent

PO Box 121, 6113 State Hwy. 5 Palatine Bridge, NY 13428 800-836-2888 · Fax: 518-673-2381 classified@leepub.com

For Rent



For Rent

ILION: Second Street, Second floor, 1 bedroom apartment, includes parking and appliances, \$520/month plus utilities. Call 315-503-8512 ILION: Second floor, newly remodeled one large bedroom spacious apartment. furnished, Fully mature adults, utilities included, NO pets, NO smoking. Near downtown. Parking for one car only. \$700 per month plus one month's security upfront & references, 315-894-1335 or leave message.

For Sale

ARE YOU LOOKING FOR a Pampered Chef independent consultant? Darleen Debardelden 315-219-9461 www.pamperedchef.com/pws/ loveforfood



RAFFLE TICKETS - 100-\$35, 250- \$60, 500-\$65, 1,000-\$80. Other quantities available. Set up, sales tax, & shipping additional. Call Lee Newspapers Inc. 518-673-0171 or email commercialprint@leepub.com FOR SALE: Drop leaf table \$65.00: wooden kitchen chairs (3) \$45.00; several wall pictures \$7.00 each: pail of crayola crayons \$5.00. Many more items: Contact Louise: 315-894-8557 leave message if no answer OR email louise@crossettres.com

UTILITY TRAILER black with drop gate, 4x6, \$350.00 firm; window air conditioner. \$65: Lrg & X-Irg Hollister shirts, like new; Brother's printer with disc, new \$15.00; walnut desk, \$15.00; 2 toaster ovens, 1 Hamilton Beach, \$15.00 each; bicycles different sizes, call for info. 315-894-1335

SET OF SHEEP SHEARS: also small BBQ grill. Both new, never used. 315-895-0443

FULL SIZE bed complete, night stand and lamp, \$65.00; sewing machine, \$55.00; small marble top stand, \$6.00; lamp in stand, \$5.00; corner desk, \$10.00; lamp, \$5.00; radio, \$5.00. 518-568-7526

For Sale

Furniture

MOVING: 2 pc. sectional brown with black leather trim, includes pillows, like new, \$300.00. Walnut full length tilting floor stand mirror, \$20.00; single bed set w/built-in dresser drawers. 4pc. nightstand, tall dresser & dresser w/mirror, exc. cond. \$300. 315-894-1335

Garage Sales

GARAGE SALE: Thurs., Fri., Saturday, August 25, 26, 27. Dishes, clothes, books, vincollectibles, tage towel warmer, linens, air conditioner, much more. 152 Overlook Road, Rte.5, Little Falls



SPRUCE LAKE Fish and Game Club Garage and Bake Sale. August 26th & 27th, 9-4. 153 Spruce Lake Fish and Game Rd., Little Falls town of Salisbury. Furniture, Clothing, Air Conditioners, Home Decor, Antiques, Linens, Tools, Small Appliances, Much More.

Heating

TRANE Unit Hanging Heater, natural gas, 64k BTU, will heat 800-1200 sq.ft., \$575.518-577-1070

Help Wanted

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

ATTENTION CRAFTERS! Fort Klock will be holding its 49th Annual Craft Fair September 10-11. Handmade items only. Spaces are available. Please call 518-568email 7779 or fortklock@gmail.com

Custom Services

BUSINESS CARDS: 1,000 for only \$60.00, full color glossy. Give us your existing card or we will design one for vou! Set up & sales tax additional FREE SHIPPING included. Call Lee Newspapers Inc. at 518-673-0171 email commercialprint@leepub.com

Dogs

AKC Miniature Snauzers, smart and sassy, blacks and salt & pepper, alergy free and no shedding. Shots, tails dewclawed, wormed, vet checked. Ready September. 30 years experience. \$1,500. Alot of TLC. For more info. call 315-894-1335.



Mail: Country Editor, PO Box 121, Palatine Bridge, NY 13428

Timeline tips: Factors to consider when planning your wedding day timeline

PLEASE CHECK OUR

The notion that "timing is everything" is applicable in many situations, perhaps none more so than on a couple's wedding day. Many couples spend months, if not years, planning their weddings in the hopes that all that hard work will ultimately result in a day they will cherish forever.

The sheer volume of things to do on a wedding day can make couples feel overwhelmed. Those feelings can be overcome by emphasizing timing on the day of the wedding. Wedding day timelines will differ depending on variables that are unique to each couple's wedding, but the following are some factors to consider as couples organize the big day.

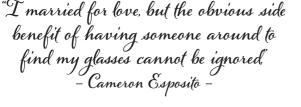
· Venue(s): The schedule couples adhere to on their wedding day will be greatly affected by their choice of venue. Does the venue have somewhere on premises for the couple and their party to get ready? Are the ceremony and reception being held at the same venue? Before creating a timeline, consider

the location of the ceremony and reception venue(s) and the accommodations each provides. Getting to and from multiple facilities won't be an issue if couples choose a multipurpose venue where they can get ready, tie the knot and dance the night away all in one place. Couples who will be moving from venue to venue throughout the day must build the time it takes them and their party to get about into their timelines.

• Wedding party: The size of the wedding party also bears consideration when planning a wedding day timeline. Large parties will require more time to get ready, and that should be factored into couples' timelines. Large parties also may be harder to corral and transport from place to place, so couples should build some extra time into their timelines to account for that. Small wedding parties can be easier to manage, so couples with small parties may be able to begin their timelines a little later in the day than those with large wedding parties.

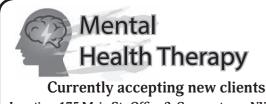
· Weather: Weather is the most unpredictable variable couples need to plan for on their wedding days. As the wedding day approaches, couples can monitor the day's forecast and then make any necessary changes to account for inclement weather. Getting around in a rainstorm will likely take longer than moving about on a sunny day, so some minor tweaks to the timeline may be necessary if storms or another type of inclement weather is in the forecast.

Couples can access wedding day timeline templates on various websites. But it's important that couples remember that their weddings are unique, so online guidelines might not be realistic. A careful consideration of a handful of variables specific to couples' weddings can help them craft timelines that make their big day go smoothly.

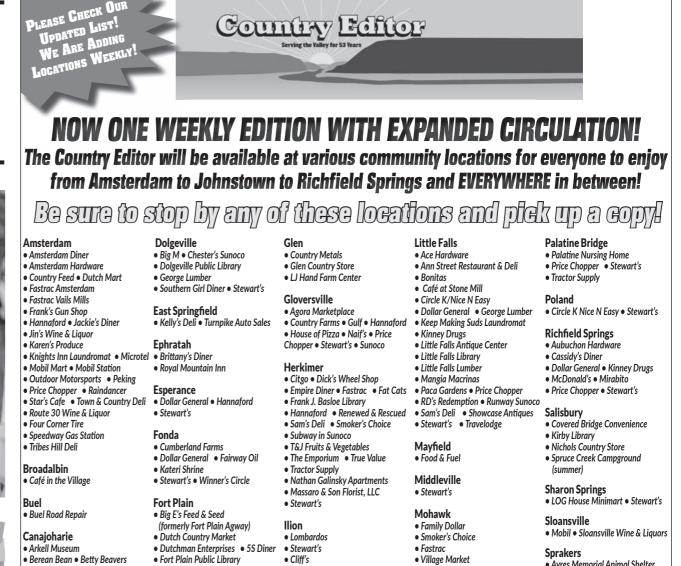








Location: 175 Main St., Office 2, Cooperstown, NY 13326 Katavia DeLong, LMHC and Karrie Crippen-Hotaling 518-573-7468 and 804-435-9380 In-person, video and telephone appointments available



Country Editor

Brotherhood Antiques Canaioharie Golf Country Club Cornerstone Baptist Church Fell Off The Truck Lee's Shops at Wagner Square M'Lady Salon One Stop & Shop Shults Market & Deli Smoker's Choice The Tire Shop

Cherry Valley • Cherry Valley Hardware Cherry Valley Market

- Cherry Valley Post Office The Teepee • Tryon Inn
- Pickle Hill Produce & Bulk • 7M Supply • Save A Lot Sleepy Forest Bakery • Sportsman's Den • Stewart's (Both) • 4 Seasons Tire • True Value Mohawk Valley Produce Auction Frankfort ADK Food & Fuel
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- Dunkin Donuts
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- · Beer Belly Bob's Sorrento's
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Laundromat

- Stewart's

Subscriptions Now Available! Easily upload photos for the Kid's Community Corner or press releass right from our website

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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Moses Quinby Conference held



Tucka Saville demonstrates handling a frame at the Moses Quinby Day. Photo by Phil Scalia



The Moses Quinby Conference & Public Field Day was held at Fort Klock on July 23.

Sam Comfort returned from Florida to speak. Sam runs approximately 1000 hives that split seasonally into 1500+ mating nucs with no treatments and minimal feeding in do-ityourself hive boxes in New York and Florida. Other speakers were Mike Johnston speaking on "Succeeding with Bees in New York state," Scott Hart, on "Why We Need Bees" and Tucka Saville on her dual-state bee-keeping. There was also two beginner demos.

In addition to vendors, food and the beautiful music of "Soldier's Joy", they had a "Bee in Your Bonnet" hat contest. Categories were: "Most Bee-u-ti-ful," "Flight of Fancy," "Beehive Yourself," along with children's categories.

Mark your calendars for next year's event, July 22 at Fort Klock in St. Johnsville.

What do you bury when it's alive

and dig up when it's dead? For more information visit www.facebook.

com/MQMA21, call 518.599.2450 or email mosesquinby62@gmail. com

The Moses Quinby Memorial Association (MQMA) is a non-profit organization committed to revitalizing the economy and quality of life in St. Johnsville and the surrounding area through the promotion of one of its signature historic residents, Moses Quinby, The Father of Practical Beekeeping.



Grand prize winner of the Bee in Your Bonnet contest was Susan Choi. Photo by Kevin Hoehn



Judges Stephanie Dye (L) and Kari Anne Hawkins look over some Bee in Your Bonnet participants. Photo by Kevin Hoehn





MOHAWK VALLEY COUNTRY EDITOR

"Stomper"

"Stomper" The new recording by Richard Catarino was released on Aug. 26.

It takes talent to create music. It takes individuality and uniqueness to create desirability in this field at a young age. Richard Catarino, 16, just signed his third record deal with Outsize Records. His first song, Computer Sex dropped in May of this year on the album BONAFIDE vol. 2. His second song, Resistance was released in July on the album IN-SOUCIANT and his newest track, Stomper is set to drop in August. Stomper will be released on the album titled OUT-SIZE UNION vol. 2.

A current high school student in Canajoharie, Richard is an active participant in the drama club, band and chorus. He's always had an ear for music and feels truly at home on the stage. However, his true passion lies in creating music. With three songs released over the course of just four short months, Richard has every intention of continuing this trend and is currently working on his next big hit. "I've always been a little different. I guess that's why I'm drawn to such a unique style of music."



"Music is the language of the spirit. It opens the secret of life bringing peace, abolishing strife." - Kahlil Gibran -



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You are heartily invited to the Anabaptist Medical Center **BENEFIT AUCTION**

BRING SOMETHING - BUY SOMETHING!

Friday, September 2 at 4pm at the John Byler Farm 280 Buel Road Canajoharie, NY 13317

A benefit auction organized to help raise the needed funds for establishing and building AMC.

SOME LARGE ITEMS ALREADY DONATED:







• 30' x 40' x 12' Garage Kit (with 1 entry door, 2 garage doors & 6 windows) Swingset (good condition) • 60" Toro Walk-Behind Mower • 10' x 12' Cottage Shed • 10' x 16' Carriage House 1 Rebuilt Spring Wagon (looks new! 8x12 Aluminum Belmont trailer Fishing trip to Lake Ontario

 Pheasant Hunt in Homer NY 3-night stay at cabin on Hudson River in town of Lake Lazern • 12-point Hunting Blind

- A few pallets of new power tools
- Indoor furniture Small animals
- Shrubs

and much more



Anabaptist Medical Center is a non-profit organizz being built to serve the surrounding communities. They be offering medical service to self-paying patients only insurance will be accepted.) Services include minor surgeries, medical counseling, prescription medication, blood testes, ultrasounds, x-rays, astings, etc.

MISSION STATEMENT: To provide compassionate medical care to our communities in the name of Christ.

The food stand will be taken care of by the Richfield Springs Community. The mouth-watering menu will consist of Grilled Chicken, Cheeseburgers, French Fries, Hotdogs, Subs, BLT Sandwiches, Wings, Soft Pretzels, Donuts, Fry Pies, Coffee, Homemade Ice Cream and Baked Goods! Carry-out Chicken Dinners are available from 12pm until sold out.

Bring your family and enjoy a delicious meal! FOR QUESTIONS ABOUT THE AUCTION CONTACT: Willie Swarey: 518-344-8076 Jr Glick: 518-339-4723

Reuben Peachey: 518-603-6833

ANONYMOUS DONATIONS CAN BE SENT TO: AMC Fundraising / NBT Bank 41 Canal Street, Fort Plain, NY 13339

ITEM DROP-OFF LOCATIONS: Daylight Power Solutions 7 M Supply 1130 Clinton Rd **Reuben Peachev** 106 Hilltop Rd Sprakers, NY 12166 95 Willett St. Ste. 1 Fort Plain, NY 13339 Fort Plain, NY 13339

August 27, 2022 • 29

How learning a foreign language benefits students

able Alzheimer's disease report-

ed the onset of symptoms 5.1

years later than monolingual pa-

tients. Authors of the study con-

cluded that lifelong bilingualism

Adults undoubtedly recall their school days when schedules included a class devoted to foreign languages. Some students embrace foreign language classes, while others may question their value. Those in the latter camp may be surprised to learn just how much they benefit from studying a foreign language.

• Foreign languages and long-term cognitive health – De-

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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. Aug. 15th - Sold 285 head - Cull Dairy ave. \$.74 top cow \$.90, cull beef cows \$.86, Bulls/Steers \$.95 - \$1.14, Grassfed Organic \$.47 - \$.92, bull calves top \$1.00 top beef calf \$3.00, heifer calves \$.30 top beef calf \$.80, Dairy feeders \$.96 - \$1.00, feeder bulls \$.98 - \$1.21, lambs 45\$-78# \$2.50 - \$2.9750, cull sheep \$1.00, Dairy Milking age top \$1600, bred heifers top \$1100.

<u>Sat. Sept. 3rd</u> - Sale held at our facility. 11:30 AM. So many animals the barns are bursting! Selling 100 head - this is a rare opportunity to tie into two of the most successful & respected breeder herds in the Northeast!! We will be selling all age groups - some R&W's. Showage all ages, deep pedigrees what more can you ask for. Offspring from major cow families like LU, Apple, Chief Adeen, Absolute Lilly, Elevation Twink, Leader Melanie, Hezbollah, Frosty, Sneezy, Sid Beauty, Durham Morgan, Ashlyn and many more. Check out our website for more details.

Mon. Sept. 5th - Normal Monday sale and Monthly Fat Cow & Feeder Sale

Sat. Sept. 24th – Sale held on the farm. Cortland, NY. Hilltop Divine Dairy – Complete Dairy Dispersal. 130 head sell – Robot herd(Lely Robots) consisting of 60 Registered Holsteins & Jerseys, 72 head of Cows are ave. 88#/day – RHA 28,000 4.19 3.1. SCC 160,000.

UPCOMING SALES TO WATCH FOR:

<u>Sat. Oct. 1st</u> – 10 AM Sale held on the farm. Hoosick Falls, NY. Retirement Auction – Breese Hollow Dairy Certified Grassfed Organic Dairy Complete Dispersal. 60 Head of Tan- Jerseys a few bred heifers – used polled bull. Line of Haying Equipment and small tools. GPS address: 454 Breese Hollow Road, Hoosick Falls, NY. Watch for more complete info.

<u>Sat. Oct 8th</u> – Morrisville, NY 11 AM. 39th Annual – Magic of Morrisville Autumn Review Sale.

<u>Sat. Oct. 29th</u> – 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!

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

**Trucking Assistance – Call the Sale Barn or check out our trucker list on our website. Call to advertise in any of these sales it makes a difference. Watch website for any last minute updates.

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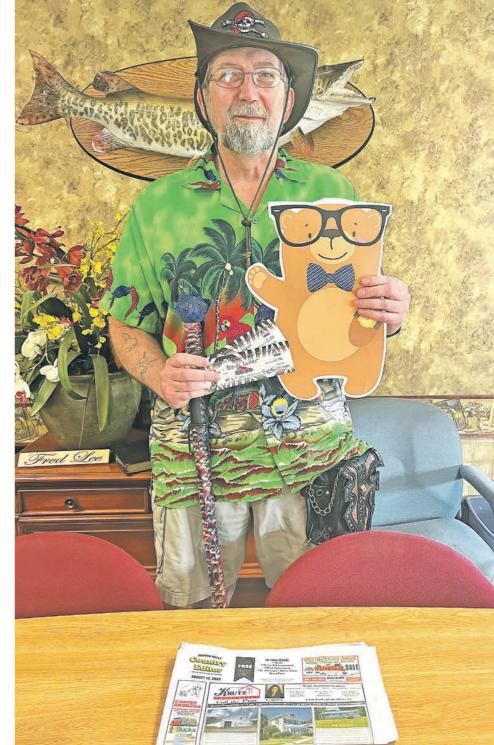
Dan Hosking 607-972-8773 - Office 607-847-8800.

mentia might not be foremost on confers protection against the onset of Alzheimer's disease, the minds of school-aged youngsters, but their foreign language which underscores the value of class could be delaying its onset learning a foreign language as by a significant margin. A 2010 a young person and maintainstudy published in the peer-reing that knowledge throughout adulthood. viewed journal Neurology found that bilingual patients with prob-· Foreign languages and at-

tention span - A recent study from Microsoft found that the average attention span is now eight seconds, which marks a significant decline since 2000, when the average attention span was 12 seconds. Researchers behind the report suggest the prevalence of screens, particularly the use of multiple screens at once, has led to that decline. But bilingual individuals may be able to buck that trend. Researchers at the School of Psychology at the University of Birmingham suggest that bilingualism could lead to better sustained attention and attentional monitoring, thus improving students' ability to remain focused and block out distractions.

· Foreign languages and multi-tasking - Most adults likely need no reminder that the current world is one that requires an ability to multi-task. Learning a foreign language can make it easier to navigate that world. A 2012 study funded by the National Institutes of Health found that bilingual children had a greater ability to multi-task than monolingual children. The NIH study utilized a switching task to gauge monolingual and bilingual children's ability to pay attention, plan, organize, and strategize. Bilingual children were faster at switching than their monolingual counterparts, which could set them up to be more successful in a world that has increasingly valued the ability to multi-task.

Foreign language courses do more than teach kids how to speak a non-native tongue. The benefits of such courses on students' brains is well-documented and can produce some immediate and long-lasting results.

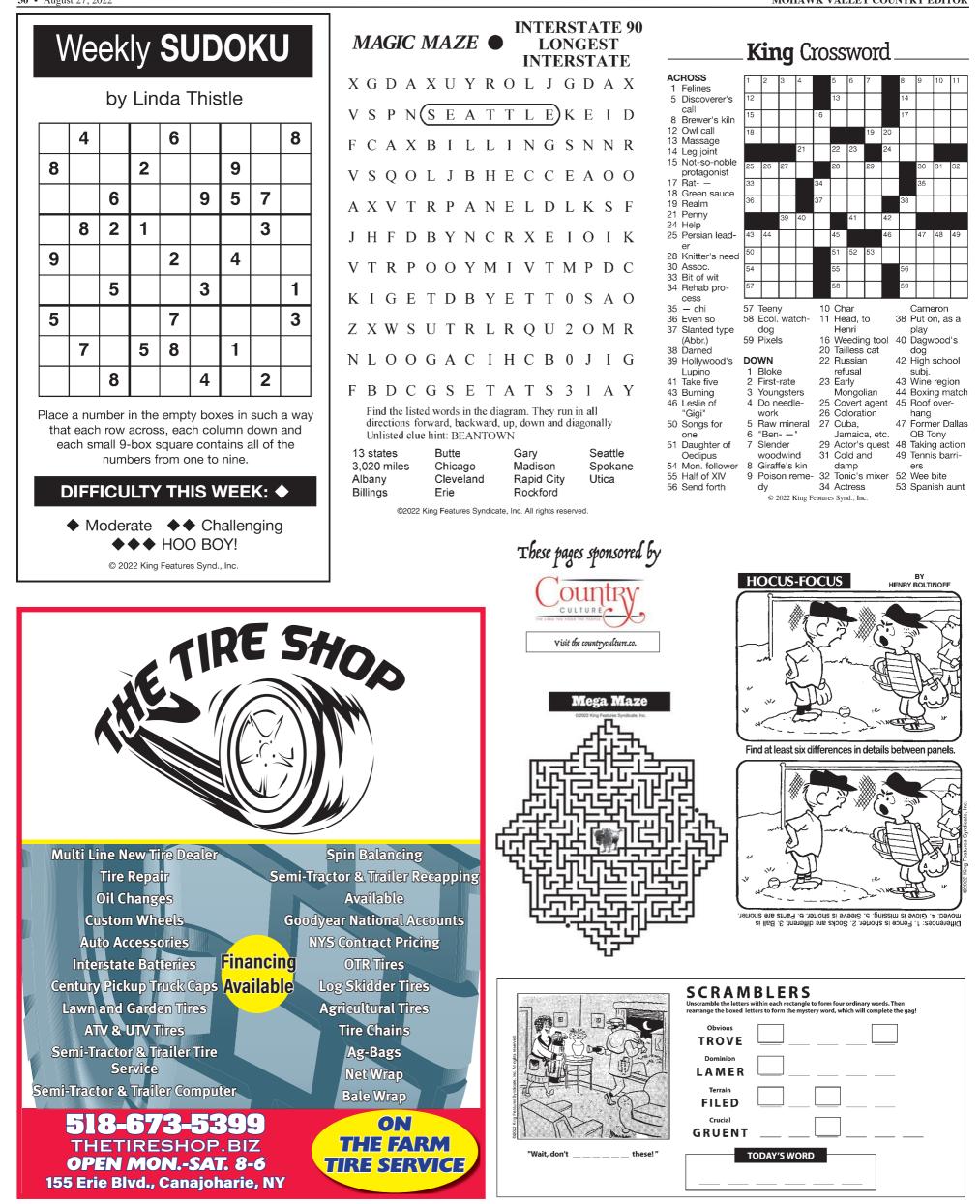


Charles Luther's was the lucky winner of the July 30 Freddy Bear Riddle drawing. His answer was "a horse" winning him two tickets to Adirondack Animal Land.



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MOHAWK VALLEY COUNTRY EDITOR



Home Country

by Slim Randles

'i there, Pard. Yep, it's me, Alphonse Wilson, the one they call Windy. But this ain't pertickler a good day for ol' Windy. Fact-a-matter is, if I was to study how to do that depression stuff? This'd be a good day to start.

Ya see, it's what's called an annual-versary of a sad time fer me, and I thought I might repercussion it to you today, so's mebbe you won't have to have your heart broke, neither.

It was the flat-out tail end of love, ya see. After all them months together, too. Hey, I allus figgered we'd

are already available at

many locations, with

the bulk of the crop to

come, overlapping soon

with early season apple

Visit our Orchard

growing apples, peaches

(and other stone fruits).

berries (raspberries and

blueberries are still in

season), vegetables and

other locally produced

maple syrup and honey.

Many New England or-

chards offer U-pick, farm

cafés (and that distinctly

orchard is a great way to

cool down on a hot sum-

mer day - and eat well in

call ahead before visiting

FORGET

the process! Be sure to

products like cheese,

stands, bakeries and

Northeast treat, cider

donuts). A visit to an

Finder to see who is

varieties.

Peach perfect

s if we need a rea-

son to celebrate

peaches... August

is National Peach Month,

and the juicy fruits are

so tempting, even other

fruit organizations take

the time to write about

this great post, courtesy

of New England Apples:

are as sweet, juicy and

tender as a ripe peach

from close to where it

was grown (that goes for

other "stone fruits" too,

like apricots, nectarines

and plums). Even better, peaches are as healthy as

August is peak time for New England-grown

peaches, and this year

appears to be an excel-

lent crop. Early varieties

they are delicious.

For example, check out

Few desserts or snacks

them.

be together for ... well, life. Oh we had good times. Watchin' stuff on the teevee, ridin' 'round in the pickem-up truck. Visitin' with friends. You know what I mean.

Ever' year on this annual versary, I wonder if mebbe I weren't supposed to be happy in a love sitiation, ya know? I mean, what if some folks jest ain't got the right smile or somethin' to keep her around.

I tried, howsomever. Really tried hard. Read up a book on it, even, you know, when she started to sull on me? What I'm s'posed to do to keep her lovin' me. What things I can say to her to get her outta a sull like that.

But none a-that worked. Nothin'. It's like she jest didn't care no more, ya know? Ever had a happenstance like that there? Ain't no pic-a-nic, I can lambastical guarantee ya.



Seriously, how can you

debunked the idea that we need to drink eight glasses of water a day,

And ever' year on this here annual versary, I cain't help but see that last goodbye all over again, ya might call it a finality farewell, but a-course you don't hafta call it nothin' if you don't want. But I can recomember it all, from the look in her eyes until she rode off with that stranger,



August 27, 2022 • 31

not even lookin' back. Not even one single look back after all them months together.

I sure do miss that dog. And you can tell 'em I said S0.

If you agree with Windy, please consider volunteering your time at your local animal shelter.

in large part because we get water from many other sources, especially fruits and vegetables. At 88% water, peaches hold more liquid than an orange. Drink a peach!

Peaches are healthy. In addition to replenishing our water supply, peaches are high in fiber and vitamin A and vitamin C, with smaller amounts of magnesium, phosphorus, iron and some B vitamins.

Peaches are a good source of antioxidants too, molecules that fight free radicals. Free radicals can cause damage if their levels become too high, and are linked to

heart disease and cancer. The fresher and riper the fruit, the more

illnesses like diabetes.

antioxidants it contains another reason to choose locally grown fruit. In one study, juice from fresh peaches demonstrated antioxidant actions in healthy men within 30 minutes of consumption.

And remember, keep those peels on! A peach's skin contains many vitamins and provides contrast with the soft flesh beneath.

What are your favorite ways to enjoy peaches? Let us know in pictures on our Facebook page!



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to see what's picking.

Peach flavor is so irre-

sistible that we slather its

fragrance in our hair and

on our skin: peach-per-

fumed products include

dozens of hand creams

poos and conditioners.

We inhale the sweet

scent of peaches with

rivals the real thing.

A ripe peach is a

needs no accompani-

aromatic candles and air

fresheners. But nothing

sublime taste treat that

and moisturizers, sham-

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ment (except, perhaps, a napkin). Yet fresh peaches add mouth-watering flavor and bright color to yogurt or cereal too. Peaches can be mixed with other fruits, turned into ice cream or baked in a pie, made into salsa or used to flavor tea.

say no to peaches? Peaches hydrate. A number of studies in recent years have



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