

# MOHAWK VALLEY Country Editor

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SEPTEMBER 10, 2022

FREE

## IN THIS ISSUE:

- DINING & ENTERTAINMENT
- FARM, HOME & GARDEN
- HOME IMPROVEMENT

Search me, O God, and know my heart:  
try me, and know my thoughts:  
And see if there be any wicked way in me,  
and lead me in the way everlasting.  
Psalm 139:23-24



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#202131679: T/O Palatine. 19 Acres of land with 5 additional barns/sheds with metal roofs, structurally sound and ready to use. Pastures have hydrants, fencing and gates. Barns have box, standing stalls and tack rooms. Work shop is insulated and heated. This property checks all the boxes for a livestock facility. Large barn stores 10,000 bales of hay. Shed row makes great storage for farm equipment. Smallest of barns was used as an indoor arena to school driving ponies. Amazing views to the north. Located 10 minutes off Exit 29 of NYS Thruway. House is energy efficient and move in ready. Enough room and tillable soil for gardening or growing hay. **\$299,000**



#202210783: V/O Palatine Bridge. Great lot to build a home on in the village of Palatine Bridge. **\$21,900**



#202220891: C/O Gloversville. Move in ready 3 bedroom/one bath home located in the heart of Gloversville. Convenient first floor laundry as well as utility room/ office space. This home features a roof that is less than 5 years old, as well as a new tankless water heater and a new hot air furnace! Easy access to the bike trail and just minutes to Gloversville High School as well as Nathan Littauer Hospital. 101 W 8th Ave is included in the sale, (134.14-14-3). **\$98,500**



#202220997: V/O Fort Plain. Charming 3br 1.5 bath home in the village of Fort Plain. Hardwood floors through out the home. Beautiful back yard and with a shed and extra storage. Great family home!! **\$145,500**



#20222245: C/O Gloversville. Looking to invest? Come check out this fully rented 4 unit in the city of Gloversville. There is a short walk to shopping and an elementary school. Consists of -4 one bedroom units. 4 stoves. 4 refrigerators. Tenants pay gas & electric. Heat is included in their rental fee. Large basement, attic and garage. **\$145,000**



#202223226: C/O Gloversville. Looking for a beautiful 3 Bedroom, 1 Bath home that is conveniently located just minutes from shopping and restaurants? Come cool off from the heat in the pool and when the weather changes you can snuggle next to the pellet stove. **\$179,900**



#202223718: C/O Gloversville. 9,000 sq feet of warehouse style industrial space situated on 1.6 acres space. Featuring 1 trailer height loading dock and 1 ground level loading entry. 3- phase electric service, municipal water hooked up, industrial natural gas service meter, an office and a restroom. A variety of uses for any type of storage, warehouse, distribution and commercial purposes. Located on a very visible traffic area with plenty of truck space and parking. Prime location! This space has been rented for an average 2200 per month. Possible owner financing with qualified buyer. **\$269,000**



#202224408: C/O Gloversville. 18.36 acres of prime commercially zoned vacant land. Located in the commercial corridor of Johnstown/Gloversville, NY. The property slightly slopes facing south. Possible green energy use, residential or business development? This parcel is centered to many surrounding large and medium commercial businesses, including the Walmart Super Center. Possible owner financing for qualified buyer. **\$249,000**



#202224417: V/O Fort Plain. A large Colonial style home with high ceilings, original woodwork, large windows and plenty of space. 3 bedrooms, 2 large full baths, dining room, and 2 rooms for living area downstairs (one to right of dining room could be made into an extra bedroom if needed). There's an extra large room between the upstairs bathroom and bedroom that is currently used as a combo office/ closet area. The backyard is a smaller size enclosed (fenced) area. Driveway to the left of the house parks 1 car. School is right up the street! A large solid older style home that is waiting for renovations! Come take a look! **\$65,000**



#202225135: V/O St. Johnsville. This large home in the village of St. Johnsville is filled with character and potential. This home features beautiful built-ins, French doors, a farmhouse sink, a new gas stove and so much more. Under the carpet and the linoleum floors is hardwood flooring. Outside features a large barn and a huge fenced in backyard. **\$69,900**



#202225347: T/O Mayfield. This home is small but mighty. Nicely updated kitchen w/ prep island and island seating, new bathroom w/ main floor laundry, cozy gas fireplace in the living room. Upstairs has 3 bedrooms and a lovely bathroom w/ stand up shower, soaking tub and vanity. Front and back enclosed porch. Home is nicely decorated throughout. Oversized garage and privacy fence on the north side of property. **\$164,900**



#202225428: V/O Ames. Home in quaint Village of Ames. If you are looking for an affordable home, here it is! Needs some TLC. Current tenant will need notification for showings. **\$74,900**



#202225442: C/O Gloversville. Beautiful owners flat with large master bedroom. Updated kitchen and bath, inviting entry way, second bedroom has laundry but could go back down in basement. Was once three bedrooms and could be again. Upstairs flat has 3 bedrooms, living room, dining room and kitchen. Open front porches, enclosed back porches, full attic and 3 car garage. **\$119,900**

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## CONMED achieves RecycleOne Certification

The Oneida-Herkimer Solid Waste Authority (Authority) is pleased to announce that CONMED, located in Utica has received the Authority's RecycleOne Business Certification.

### About the Authority's RecycleOne Business Certification

The RecycleOne Business Certification requires an on-site review from Authority staff to verify that specific solid waste management, recycling and energy reduction criteria have been achieved. If the criteria have been achieved, the Authority will issue the facility or business an official RecycleOne Business Certification.

This certification is free and available to all businesses located in Oneida and Herkimer counties. Certified businesses will receive a framed certificate to display, will be featured on the Authority's website and will be eligible to win the Authority's annual Recycling Champion Award.

### Meet the Business: CONMED

CONMED (NYSE: CNMD) is a medical technology company that provides surgical devices and equipment for minimally invasive procedures. The Company's products are used by surgeons and physicians in a variety of specialties, including orthopedics, general surgery, gynecology, thoracic surgery and gastroenterology. CONMED employs over 3,500 team members globally, including approximately 400 employees at a Utica facility and the Greater Utica Area. For more information, visit [www.conmed.com](http://www.conmed.com)

CONMED has taken steps to prioritize environmental stewardship, and because of these efforts is now certified as an official Re-

cycleOne Business.

### CONMED's Waste Reduction Efforts Education

CONMED celebrates diversity and encourages all employees to participate in sustainability initiatives. Since CONMED employees speak a variety of languages, the Authority worked with CONMED's EHS Committee Waste Subcommittee to create multilingual posters and digital slideshows that were placed above waste and recycling bins, showing what items should go in each bin. The EHS Committee is using these educational materials to create a "culture of recycling" in the workplace that employees would be able to replicate in their daily lives.

**Waste Committee Waste Audit** – This waste audit conducted by the Waste Subcommittee included taking inventory and mapping locations of waste bins. A common misconception is that with more waste bins, more people will recycle and properly dispose of waste, however, this can overcomplicate things and lead to confusion or lack of proper waste disposal. Through this waste audit, the subcommittee and custodians identified and removed 40 unnecessary waste bins.

**Waste Tracking** - All the waste that CONMED generates is recorded so data can be analyzed and used for determining opportunities for improvement. These waste reduction efforts align with the objectives set forth in their ISO14001 certified environmental management system. Wastes that are accounted for include: plastic, paper, scrap metal, chemicals, lightbulbs, batteries, and medical waste. Any abnormalities within these waste streams are noted, investigated, and corrected via their corrective and preventive actions procedure.

**KMVB Waste Cleanup** – This year, CONMED took part in the annual Keep Mohawk Valley Beautiful (KMVB) litter cleanup and beautification event. Thirty employees volunteered, and together they collected 20 bags of litter from the green spaces surrounding CONMED's property. The Waste Subcommittee plans to coordinate this effort every year.

"CONMED was a great company to work with through our RecycleOne Business Certification Program," said Authority Recycling Coordinator, Eileen Brinck. "They were looking for a way to set themselves apart from other companies in their industry, which they have gone

above and beyond with through achieving this certification. We are looking forward to working with them in the future" she continued.

For more information on the Authority's RecycleOne Business Certification Program or to get your business certified, contact Eileen Brinck, Recycling Coordinator, at 315-733-1224 ext. 1400 or [eileenb@ohswa.org](mailto:eileenb@ohswa.org). You can also visit our website [www.ohswa.org/](http://www.ohswa.org/) business for more information.

Photo 1 – CONMED employees gathered to clean up the green space around CONMED's property. Thirty employees volunteered, collecting over 20 bags of litter.



CONMED employees gathered to clean up the green space around CONMED's property. Thirty employees volunteered, collecting over 20 bags of litter. Photo courtesy of Oneida-Herkimer Solid Waste Authority

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## Board of Trustees Meeting

The Herkimer County Community College  
Board of Trustees will hold a regularly sched-  
uled meeting on Monday, Sept. 12 at 6 p.m.

in the Robert McLaughlin College Center  
(RMCC) building, room 282/283.

## Country Chuckles by Jonny Hawkins



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## Honor America on Patriot Day

Sept. 11, 2001, was a tragic day in American history. On that day, nearly 3,000 innocent lives were lost due to the terrorist attacks in New York City and Washington, D.C. as well as in rural Pennsylvania, where another plane en route for more destruction crash-landed.

The indelible images of the World Trade Center collapsing in flames with crowds running for safety, as well as the ensuing visions of heroes and citizens working together, have created a lasting impression.

While buildings have been repaired and new sites erected in the wake of the attacks, there are many ways to continue to honor the fallen. Patriot Day, which takes place each year on Sept. 11 to honor those who lost their lives in the 9-11 attacks, is one such example. The following are a handful of ways that people can honor 9-11 victims and their families.

- Celebrate local heroes by visiting or making donations of food or supplies to local firehouses and police stations.
- Commemorate the events of 9-11 by observing moments of silence at key times throughout the day: 8:46 a.m., 9:03 a.m., 9:37 a.m., 9:59 a.m., 10:03 a.m. and 10:28 a.m.
- Engage in service projects that can help your community, including its underserved individuals, like veterans. National Day of Service, which is the same day as Patriot Day, asks people to do at least one good deed in honor of those who died on 9-11.
- Make a trip to New York City and visit the

National September 11 Memorial & Museum.

- If you display a flag at your home or business, be sure to place it at half-staff from sunrise to sunset to mourn the lives lost.
- Share stories of the heroism and bravery of first responders with young children who may not have been alive in 2001.
- Unite the country by promoting acceptance of and kindness to all people,

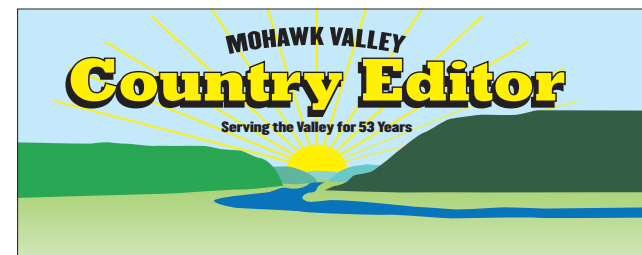


One way to celebrate Patriot Day on September 11 would be by making donations of food or supplies to local firehouses and police stations.

regardless of religious or political beliefs.

- Attend a special service commemorating 9-11 at houses of worship.
- Visit memorials honoring the fallen in various communities in and around your home.

This Patriot Day, there are many ways individuals can honor those who lost their lives on 9-11.



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09.11.01

Remembering  
Those Who Lost Their Lives  
And the Loved Ones They Left Behind

Although 21 years have passed, we remember the events of September 11, 2001 as if they happened yesterday. On this day of mourning and remembrance, we pause to pay tribute to the police, firefighters and first responders who made the ultimate sacrifice to save others and to all of the September 11th victims whose lives were cut short. Their memories live on in our hearts and our history, and we wish their loved ones comfort and peace at this difficult time and always.

We Will Always Remember.

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& Reflect



## Did you know?

Each Sept. 11, communities across the United States commemorate the lives lost during the 2001 terrorist attacks that took place on American soil. On Sept. 11, 2001, four commercial airplanes were hijacked and sent to various targets in the United States. Two planes crashed into the towers of the World Trade Center in New York City, one plane crashed into the U.S. Pentagon Building near Washington, D.C., and a fourth plane was inter-

cepted from the hijackers and crash-landed in rural Pennsylvania. In the immediate aftermath of the attacks, President George W. Bush declared Friday, Sept. 14, 2001 as a National Day of Prayer and Remembrance for the Victims of the terrorist attacks. But many people felt there should be an annual event dedicated to preserving the memory of the victims and the heroism of the first responders. A bill to make Sept. 11 a national day of mourning was introduced in the U.S. House of Representatives on Oct. 25, 2001. The bill passed the Senate unanimously. On Sept. 11, 2002, the country recognized the first Patriot Day. On this day, the U.S. flag is flown at half-mast. In addition, a moment of silence beginning at 8:46 a.m. is observed to correspond with the attacks. While not a federal holiday—schools and businesses remain open—memorial ceremonies are held for the 2,977 victims, including an annual reading of names of the people who lost their lives.



Each September 11, communities across the United States commemorate the lives lost during the 2001 terrorist attacks that took place on American soil.

## Rabies Clinic planned Sept. 15 in Cedarville

A Rabies Clinic will be held on Thursday Sept. 15 from 5:30-7 p.m. at the Cedarville Fire Department, 960 State Route 51, Cedarville.

All cats, dogs and ferrets three months or older must be vaccinated even if they stay indoors.

Every dog and cat need two rabies vaccinations one year apart, then one every three years.

Bring the pet's rabies vaccination history to receive a 3-year certificate.

Ferrets must be vaccinated every year.

Dogs should be on a leash. Cats and ferrets should be in a carrier or pillowcase.

No vet exams will be given.

A \$5 donation per pet is suggested to defray costs.

Visit [tinyurl.com/2uub52ap](https://tinyurl.com/2uub52ap) to view a complete listing of Herkimer County Rabies Clinics.

To schedule an appointment and pre-register your animals, call 315.867.1176.

Pre-registration will end at 12 p.m. noon the day before for this clinic.



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## Strategies to spend less time on your smartphone

Smartphones are a significant part of life in the 21st century. According to the technology, data and analytics experts at Zenith, in 2019 the average American adult spent three hours and 30 minutes using mobile internet every day, with estimates suggesting that number increased to more than four hours per day by 2021.

It's no secret that many people struggle when it comes to putting down their smartphones. The secret lies in learning how to unplug from smartphones, especially for the millions of people who are spending untold hours on such devices every day. A strong will to put smartphones down can help people do just that, and some additional strategies might make it easier to unplug as well.

• **Keep your phone in another room.** Many people are drawn to their smartphones by a seemingly endless stream of notifications. The addictive nature of notifications is debatable,

but blaming notifications and merely turning them off may not be as effective a means to reducing smartphone reliance as you think. A 2020 study by researchers at the London School of Economics and Political Science found that 89% of interactions with phones were unprompted. That suggests people are simply picking up their phones even when notifications or incoming calls aren't making them do so. Keeping a phone in another room when dining, reading a book, engaging with family members or participating in other activities can help people avoid that familiar urge to pick up their phone.

• **Utilize apps to curtail your usage.** Various apps allow users to block their own access to other apps and websites. These apps, which include Flipd and Freedom, are designed to help smartphone users regain productivity they might have lost due to their smartphone usage. The apps can be utilized in various ways, and one such way is to restrict access to games

and websites during the workday. They also can be used to restrict access during family time or other hours of the day when people don't want to be distracted by the internet.

• **Set up auto reply.** Many professionals set up out-of-office messages to notify colleagues and clients when they're on vacation or engaging in projects that will prevent them from answering emails. The same principle can be applied to text messages. According to a 2019 survey from CTIA, which has tracked the evolution of the U.S. wireless industry since 1985, two trillion text messages were exchanged in 2019. That's a lot of messages, and texting is a significant reason why so many people have problems putting down their phones. An automatic response informing friends, family and colleagues that you're away from your phone can be a great way to spend less time texting.

Smartphone usage is on the rise, even among people who want to put their phones down more often. Such users can try various approaches to spend less time on their phones.

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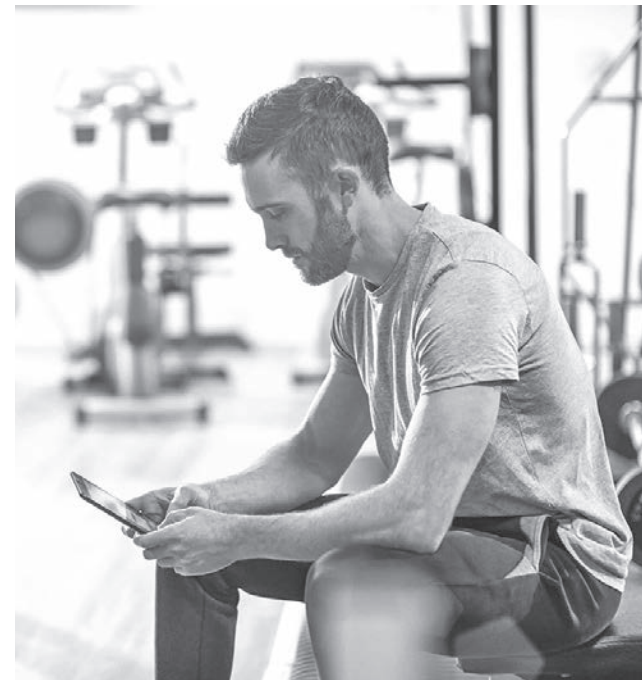
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# CHURCH SERVICE DIRECTORY

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Main St. 518-673-2717 Jesus says - "Come Unto Me" Join us - Special Music Ministry, Beautiful Surroundings, Friendly People Sunday Service 10:30 AM Email: umc673@frontiernet.net Communion Last Sunday of the Month</p> <p><b>ST. JOHN'S &amp; ST. MARK'S LUTHERAN CHURCH</b> 143 Church St., Canajoharie 518-673-2224 Pastor A. Elisabeth Aurand Remote &amp; In-Person Sunday Worship 11 AM; email for link stjmc-canajoharie.org office@stjm-canajoharie.org</p> <p><b>REFORMED CHURCH OF CANAJOHARIE</b> 15-19 Front St., Canajoharie 518-673-2816 Rev. Matt Draffen Sunday 9 AM Christian Education 9:20 Choir Practice 10 AM Worship Nursery provided Fellowship hour follows worship</p> <p><b>FAITH, HOPE AND LOVE CHURCH</b> Rev. David W. Bowley, Pastor Sundays, 5 PM at the Upstate Chapel 63 Cliff St, Canajoharie Call 518-673-5128 or see Facebook "Faith, Hope and Love Christian Church" and our website http://faithhopeandlovechurch.com</p>	<p><b>NEW BEGINNINGS BIBLE CHURCH</b> 63 Cliff St., Canajoharie, NY 13317 Pastor Larry Alkinburgh 518-848-4816 pastor@newbeginningsbc.org Sunday School 9:15 AM Worship Service 10:30 AM</p> <p><b>CHERRY VALLEY</b> <b>CHERRY VALLEY ASSEMBLY OF GOD</b> 37 Alden St., Cherry Valley 607-264-3306 Pastor David Carpenter, Jr. Sundays 9:30 AM</p> <p><b>ST. THOMAS THE APOSTLE CATHOLIC COMMUNITY</b> 1 Church St., Cherry Valley 607-264-3779 Masses Sunday mornings at 8:30 AM &amp; 11 AM</p> <p><b>GRACE EPISCOPAL CHURCH</b> 24 Montgomery St., Cherry Valley 315-858-4016 Fr. Kyle Grennen, Rector Holy Eucharist 11 AM Sunday school 11 AM Active youth group - call for details Facebook: Grace Episcopal Church Cherry Valley</p> <p><b>COLD BROOK</b> <b>COLD BROOK</b> <b>UNITED METHODIST CHURCH</b> 467 Main St. Sunday Worship 10:30 AM</p> <p><b>NEW LIFE CHAPEL OF THE AEA</b> 3447 St. Rt. 8 Pastors: Rev. Gail &amp; Rev. Mike Jay 315-826-7115 Sunday Worship 10:30 AM Intercessory Prayers Tuesday 7 PM (please call to confirm)</p> <p><b>DOLGEVILLE</b> <b>NEW HOPE CHRISTIAN FELLOWSHIP</b> Pastor Peter Spiak 32 Spencer St. • 315-429-3630 Sunday School 9:30 AM Sunday Worship 10:30 AM Tuesday Bible Study 7 PM</p> <p><b>GRACE BAPTIST CHURCH OF DOLGEVILLE</b> Pastor Len Byerly 12 Van Buren St. Morning Worship 11-12:30 PM Lunch 12:30-2 PM Afternoon Worship 2-3 PM</p> <p><b>DOLGEVILLE UNITED METHODIST CHURCH</b> Pastor Matt Worley 21 N. Helmer Ave. Church Phone 315-429-7381 Sunday Church Service Oppenheim @ 10 AM Dolgeville @ 11 AM</p> <p><b>DOLGEVILLE CHRISTIAN FELLOWSHIP</b> Pastor Marvin Isum 3 Elm St. Phone 315-429-8390 Sunday Worship 10:30 AM Mid-week Service Tuesday 7 PM www.dolgevillechristianfellowship.org</p> <p><b>UNITED LUTHERAN PRESBYTERIAN PARISH</b> 26 E. Faville Ave. Worship 11 AM</p>	<p><b>ST. JOSEPH'S ROMAN CATHOLIC CHURCH</b> 31 N. Helmer Ave., Dolgeville, NY Phone 315-823-3410 Sunday Mass 9AM</p> <p><b>EAST SCHUYLER</b> <b>CHRISTIAN ASSEMBLY OF SCHUYLER</b> Pastor Mark Sowersby 3659 Route 5, East Schuyler Sunday Worship 10:30 AM Wednesday Night 6:30 PM Phone 315-895-0926 Christianassemblyofschuyler.com</p> <p><b>EPHRATAH</b> <b>EPHRATAH REFORMED CHURCH</b> 140 Co. Hwy. 140, Ephratah, NY To live and share Jesus Christ both locally and globally. Everyday. Everywhere. Everyone. Pastor Jeff Hindrliter Sunday School for all ages 10 AM September-June Sunday Morning Worship 11 AM Prayer &amp; Praise Thursdays 7 PM</p> <p><b>ESPERANCE</b> <b>ESPERANCE PRESBYTERIAN CHURCH</b> 129 Church St., Esperance NY 12066 Sunday Worship 9:30 am Rev. Bert Mayne Simple, friendly, conservative worship in a beautiful 1824 sanctuary</p> <p><b>FONDA</b> <b>SAINT CECILIA CHURCH</b> 26 Broadway, Fonda 518-853-4195 Sunday Worship 9 AM</p> <p><b>NATIONAL KATERI TEKAKWITHA SHRINE AND INDIAN MUSEUM</b> 3636 St. Hwy. 5, PO Box 627 Fonda, NY 12068-0627 518-853-3646 Weekly Masses: Sat. 4:30 PM, Sun. 10:30 AM friars@katerishrine.com www.katerishrine.com</p> <p><b>FORT PLAIN</b> <b>AMAZING GRACE BAPTIST CHURCH</b> 131 Clark Rd., Fort Plain 518-568-7606 Pastor Frank Calabrese Sunday School 10 AM, Morning Service 11 AM, Sun. &amp; Wed. Eve. Service 6 PM, Youth Group Wed. 6:30 PM, Sat. Visitation 10 AM www.amazinggracebc.org</p> <p><b>GRANDVIEW BAPTIST CHURCH</b> 15 Washington St., Fort Plain 518-993-9929 Pastor Sean Morin Sunday School 10 AM Morning Service 11 AM Bible Study &amp; Prayer Meeting, Wednesday 6:30 PM</p> <p><b>ST. PAUL'S LUTHERAN CHURCH</b> 36 Lydius St., Fort Plain, NY 13339 518-993-2040 Pastor Jonathan Litzner 405-250-8395 Church Service 11 AM</p>	<p><b>ST. JOHN'S LUTHERAN CHURCH</b> 774 St. Hwy. 163, Fort Plain, NY 518-705-7552 Rev. David A. Johnson, Ph.D. Sunday Worship 9 AM, Sunday School 10 AM, Ladies Aid W.E.L.C.A. Handicapped Accessible</p> <p><b>REFORMED CHURCH OF FORT PLAIN</b> 165 Canal St., Fort Plain, NY 13339 518-993-4302 fortplainrca@yahoo.com Rev. Nancy E. Ryan Worship 11 AM, AA meetings Mon. &amp; Tues. 7 PM, Emergency Food Pantry 518-993-4302</p> <p><b>VICTORIOUS LIFE CHURCH RMI FELLOWSHIP</b> 104 Main St. &amp; 431 St. Hwy. 80 Fort Plain, NY 518-993-3102 Sunday School 9 AM, Morning Worship 10:30 AM, Youth Group 5 PM, Evening Worship 7-8 PM</p> <p><b>FORT PLAIN UNITED METHODIST CHURCH</b> 39 Center St., Fort Plain Audie Miller, Lay Supply Pastor Church Office 518-993-3863 Kitchen 518-993-3464 ALL WELCOME, Worship Service 11AM</p> <p><b>OUR LADY OF HOPE R.C. CHURCH</b> 115 Reid St., Fort Plain, NY 13339 Parish Office 518-993-3822 ourladyofhope@frontier.com Mass Schedule: Saturday, 4 PM; Sunday, 9:30 AM; Confessions: Sat. 3 &amp; by appointment Please call parish office for Holy Day schedule</p> <p><b>FREYSBUSH UNITED METHODIST CHURCH</b> Freysbush Rd., Fort Plain 518-429-9936 or 518-424-8488 Worship 9 AM, Sunday School 10 AM ALL ARE WELCOME</p> <p><b>FRANKFORT</b> <b>OUR LADY QUEEN OF APOSTLES</b> 414 Frankfort St., Frankfort, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 4 PM (May - October); Sunday 9 AM; Tuesday &amp; Thursday 9 AM</p> <p><b>FULTONVILLE</b> <b>FONDA FULTONVILLE UNITED METHODIST CHURCH</b> Pastor Kathy Reese Sunday worship and Sunday school 10AM Outdoor service: 11 Montgomery Street, Fultonville, May-Early Sept. (byo - chair) Indoor service: Winter and inclement weather Glen Town Hall, 7 Erie Street, Fultonville Community Outreach is very important to us <b>518 853-3311</b></p> <p><b>FULTONVILLE REFORMED CHURCH</b> Corner of 5S &amp; 30 Pastor Jane Hubschmitt Sunday School 10 AM Family Worship 10:30 AM</p>	<p><b>GLEN</b> <b>GLEN REFORMED CHURCH</b> State Hwy 161 in the Hamlet of Glen 4 miles South of Fultonville glenreformed@nycap.rr.com Sunday Worship at 9. Sunday School immediately following Children's Message</p> <p><b>HERKIMER</b> <b>SS PETER and PAUL ORTHODOX CHURCH</b> Fr Vasil Dubee &amp; Fr Dn Demetrius Richards 305 Main Rd., Herkimer Phone 315-866-3272 Saturday Vespers - 5 PM (spring/summer months) 4 PM (fall/winter months) Sunday Divine Liturgy 9:30 AM Sundays</p> <p><b>TEMPLE BETH JOSEPH</b> 327 N. Prospect St. Phone 866-4270 Friday 7 PM</p> <p><b>ST. FRANCIS de SALES CHURCH</b> Rev. Mark Cunningham, Pastor 219 N. Bellinger St. Phone 866-4282 Saturday Vigil Mass 4 PM Sunday Mass 8 AM</p> <p><b>CHURCH OF SAINTS ANTHONY and JOSEPH</b> 229 S. Main St. Phone 866-6373 Sunday Mass 10 AM No Saturday Vigil</p> <p><b>REDEEMER CHURCH</b> Pastor Michael Servello 931 Herkimer Rd., Utica, NY 13503 Phone 792-4748 Saturday 6 PM • Sunday 9 &amp; 11 AM</p> <p><b>OAK RIDGE FREE METHODIST CHURCH</b> Pastor Chris Schumske 838 W. German St. Worship Service for adults &amp; children 8:30 AM &amp; 10:30 AM with Ridgekids for the children (0-5th grade) Phone 866-0575</p> <p><b>UKRAINIAN ORTHODOX CHURCH OF ST. MARY'S PROTECTRESS</b> 326 Moore Ave. Sunday Divine Liturgy 10 AM Holy Day Liturgy 9 AM Phone 866-1336</p> <p><b>NEW LIFE CHURCH</b> Pastor David Hayner 337 Protection Ave. Phone 866-1164 • www.nlc-mc.org Worship 10 AM Wednesday Worship 6:30 PM</p> <p><b>THE SALVATION ARMY</b> Lieutenants Derrick and Heather Purvis 431 N. Prospect St. Phone 866-1240 Facebook.com/TheSalvationArmyHerkimer Sunday School 10 AM Morning Worship 11 AM</p> <p><b>FIRST UNITED METHODIST CHURCH OF HERKIMER AND LITTLE FALLS</b> Pastor Joelle Faulks Prospect St &amp; Park Ave. Sunday Worship and Sunday School 9 AM</p>	<p><b>HERKIMER REFORMED CHURCH</b> 102 Church St. Phone 866-1523 Worship 9:30 AM Shepherd's Table: Tuesday 11:30-12 PM</p> <p><b>TRINITY EVANGELICAL LUTHERAN CHURCH</b> Corner of West German &amp; Henry Streets Phone 315-866-6474 Sunday Worship Services 10 AM in person and virtually on Zoom, YouTube &amp; Facebook Bible Studies Thursday mornings 10 AM on Facebook</p> <p><b>THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS</b> 317 Gros Blvd., East Herkimer 315-866-8095 Sunday Sacrament Meeting 10 AM Sunday School/Primary 11 AM - Visitors welcome - Family History Center, open by appointment</p> <p><b>ILION</b> <b>ILION COMMUNITY CHURCH</b> Pastor Dean Mabry 44 Central Plaza Sunday Worship 10 AM Child Care/Kids Church Available ilionchurch.com</p> <p><b>SAINT AUGUSTINE'S EPISCOPAL CHURCH</b> 78 2nd Street Phone: 680-322-1034 or 315-895-0363 Email: staugustine3@gmail.com Sunday Services at 10 AM</p> <p><b>FIRST PRESBYTERIAN CHURCH</b> 90 Morgan St., Ilion, NY, 13357 Reverend Richard Riggle Bible Study 9:30 AM Church Service 10:30 AM 315-894-2070</p> <p><b>FIRST BAPTIST CHURCH</b> 8 Second Street Reverend John Partise Wednesday Mid Week Service 7 PM Sunday Morning 11 AM</p> <p><b>JESUS NEVER FAILS COMMUNITY CHURCH</b> Reverend Hans Drews 1161 Elizabethtown Rd., Ilion, NY 13357 518-568-7983 hansandrosaline@yahoo.com Sunday Service 11 AM</p> <p><b>MORNING STAR UNITED METHODIST CHURCH</b> 36 Second Street Pastor Joelle Faulks Sunday Worship 10:30 AM November 1 - May 1 4224 Acme Rd, Frankfort May 1 - November 1 36 Second Street, Ilion</p> <p><b>ANNUNCIATION CHURCH</b> 109 West Street, Ilion, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 4 PM (November - April); Sunday 11:30 AM; Monday &amp; Wednesday 9 AM</p>
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<p><b>JOHNSTOWN</b> <b>CHURCH OF THE NAZARENE</b> 3316 St. Rt. 29 W, Johnstown, NY 12095 Offices: 518-762-2982 Cell: 857-523-8417 Pastor, Rev. Mark Fowler Sunday Morning Service 11 AM Sunday School for All Ages 10 AM</p> <p><b>JOHNSTOWN FIRST</b> <b>PRESBYTERIAN CHURCH</b> 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 &amp; personal care shelf.</p> <p><b>LASSELLVILLE</b> <b>LASSELLVILLE</b> <b>UNITED METHODIST CHURCH</b> State Hwy. 29 Pastor Robert A. Lindsay Worship: Sunday 9:30 AM Sunday School to start soon</p> <p><b>LITTLE FALLS</b> <b>FIRST BAPTIST CHURCH</b> 555 Albany St. 315-823-3392 Morning Worship 9:45 AM Rev. Chris J. Wintermute, Lead Pastor Rev. William Whalen, Associate Pastor Nursery (infants through age 4) Meet and Greet Sunday at 8:00 AM Sunday School Classes 8:30 AM (nursery through adult) **Our Service is aired on 100.3 FM, 91.1 FM &amp; 88.7 FM on Sundays from 11-12 with a 1 week delay. **LIVE on Facebook: "gingerleecase" account- 9:45 am on Sundays</p> <p><b>ST. PAUL'S UNITARIAN</b> <b>UNIVERSALIST CHURCH</b> Minister Jeffrey J. Frank Mark Bunce, Organist 565 Albany St., Little Falls, NY Phone 315-823-2284 Sunday Service &amp; Religious Education 10 AM</p> <p><b>FIRST ASSEMBLY OF GOD</b> Senior Pastor Timothy Parisi 559 E. Jefferson St. Phone 823-4043 • firstaglf@gmail.com Sunday Morning All Worship 10 AM Thursday Bible Study 6:30 PM</p> <p><b>HOLY FAMILY PARISH OF THE</b> <b>ROMAN CATHOLIC COMMUNITY OF</b> <b>LITTLE FALLS</b> Father Brian Slezak 763 E. Main St., Little Falls, NY Phone 315-823-3410 Saturday Vigil Mass 4 PM Sunday Mass 10:30 AM</p> <p><b>HOLY TRINITY LUTHERAN CHURCH</b> 512 E. Gansevoort St. Sunday School 9:15 AM Sunday Worship 9:30 AM Wednesday Worship 11 AM &amp; 6 PM</p>	<p><b>EMMANUEL EPISCOPAL CHURCH</b> 588-594 Albany St. Sunday Schedule: High Mass, Rite II 10 AM Nursery &amp; Sunday School 9:45 AM (Sept.-May) Fellowship Coffee Hour 11:15 AM Choir Rehearsal 11:30 AM Holy Day Masses as announced Confessions by appointment</p> <p><b>FIRST PRESBYTERIAN CHURCH</b> Pastor Tamara Razzano 16 Jackson St. Phone: 315-823-3004 Email lffirstpres@gmail.com www.presbylf.org Sunday Worship 10 AM Sunday School 10 AM</p> <p><b>INGHAMS MILLS BAPTIST CHURCH</b> Rev. Gary L. Busch, Pastor Sunday Worship Service 10 AM 443 Inghams Mills Rd. Little Falls, NY 13365 Pastor's Phone (315) 717-9936</p> <p><b>THE HOLY SPIRIT POLISH</b> <b>NATIONAL CATHOLIC CHURCH</b> 618 E. Gansvoort St., Little Falls, NY 315-823-0793 Father Rafal Dadello Mass at 11 AM on Sunday www.holyspiritpncc.org</p> <p><b>MARSHVILLE</b> <b>MARSHVILLE EVANGELICAL CHURCH</b> Route 10 South Pastor Mark Fowler Worship Sunday 9 AM</p> <p><b>MIDDLEVILLE</b> <b>MIDDLEVILLE UNITED</b> <b>METHODIST CHURCH</b> 24 Fairfield St. Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 8:30 AM Thursday Bible Study 2 PM</p> <p><b>MOHAWK</b> <b>DENNISON CORNERS</b> <b>COMMUNITY CHURCH</b> Pastor Donald King 219 Robinson Rd. • Phone 866-5215 Sunday: Sunday School 9:45 AM Morning Worship 11 AM Evening Worship 6 PM Wednesday Prayer 7 PM</p> <p><b>MOHAWK REFORMED CHURCH</b> Rev. Brian Engel, Pastor 20 S. Otsego St. Phone 866-4292 Email mohawkpastor@verizon.net Follow us on Facebook Morning Worship: 10:30 AM Sept. - June • 9:30 AM July-Aug. Youth Sunday School (Pre-K - Sr. High) 9 AM Adult Sunday School (Men, Women &amp; Couples) 9:30 AM September - June</p> <p><b>EMMANUEL BIBLE CHURCH</b> Pastor Gary Wilcox 54 W. Main St. • Phone 717-3011 Worship and Word: Sunday 10:30 AM Fellowship Lunch: 12:30 PM Discipleship Hour: Sunday 1:30 PM Bible Study &amp; Prayer: Wednesday 6 PM</p>	<p><b>CHURCH OF THE BLESSED</b> <b>SACRAMENT</b> Sr. Mary Jo Tallman, CSJ, Parish Life Director Rev. Leo Potvin, Sacramental Minister 71 E. Main St. Phone 866-1752 Sunday Mass 9:30 AM</p> <p><b>CHRISTIAN BIBLE CHURCH</b> H. Ed Reed, Pastor/Teacher 167 Ward Rd. • Phone 858-1282 www.christianbiblechurch.us Sunday School 9 AM Sunday Worship 10 AM Wednesday Bible Study &amp; Prayer Meeting 7 PM</p> <p><b>THE WORD CHRISTIAN CENTER</b> Pastor Dan Annutto 27 E. Main St. • Phone (315) 985-3596 Sunday Services at 10 AM Intercession - Tuesdays at 6 PM</p> <p><b>NELLISTON</b> <b>VALLEY ALLIANCE CHURCH</b> 85 E. Main St., Nelliston 518-993-3458 Pastor Ken Gies Sunday School (all ages) 9:15 AM, Sunday Worship 10:30 AM, Wed. Praise &amp; Prayer 7 PM, Fri. Youth Group 7 PM (7-12th grade)</p> <p><b>NEWPORT</b> <b>FIRST BAPTIST CHURCH</b> <b>OF NEWPORT</b> 7497 Main Street Pastor's Phone 315-790-1877 Sunday Worship at 9:45 AM</p> <p><b>UNITED METHODIST</b> Pastor Robbin Harris • Phone 845-8730 Morning Service 11:15 AM</p> <p><b>KUYAHOORA COMMUNITY CHURCH</b> Pastor Dwayne Durand West Canada Valley High School Auditorium 5447 St. Rt. 28 Mailing Address PO Box 50 Middleville, NY 13406 Phone 315-292-1303 www.kuyahorracc.org Weekly Service Sunday 10:08 AM</p> <p><b>ST. JOHN THE BAPTIST</b> <b>CATHOLIC CHURCH</b> St. John the Baptist Parish 7516 N. Main St. • Phone 845-8017 Saturday Vigil 4 PM Sunday Mass 8:30 AM</p> <p><b>OPPENHEIM</b> <b>OPPENHEIM</b> <b>UNITED METHODIST CHURCH</b> Route 29 Pastor Matt Worley 315-429-7381 Worship 10 AM Sundays, Totally Awesome God-TAG time 6:30 PM Wednesdays beginning in Oct., Sunday School 9 AM beginning September 18th</p>	<p><b>PAINES HOLLOW</b> <b>PAINES HOLLOW</b> <b>UNITED METHODIST</b> Lay Servant Gregg Sponburgh Rtes. 167 &amp; 168 • 315-866-1128 Worship 9-10AM</p> <p><b>PALATINE BRIDGE</b> <b>TRINITY EVANGELICAL LUTHERAN</b> <b>CHURCH OF STONE ARABIA</b> 5430 St. Hwy. 10, Palatine Bridge, NY Pastor A. Elisabeth Aurand Sunday In Person Worship 9 AM; email for link office@stjm-canajoharie.org 518-673-2224</p> <p><b>THE HOUSE OF ZION, INC.</b> 580 Dillenbeck Rd., Palatine Bridge 518-577-3069 Pastors Richard &amp; Denise Allen Saturday Morning Worship Service 11:30 AM Listen to UMT on live radio 97.5FM the 1st Sunday of every month 3-4 PM</p> <p><b>RANDALL</b> <b>RANDALL CHRISTIAN</b> <b>COMMUNITY CHURCH</b> NY Rte. 5S Sunday Service 10:30 AM Worship Leader Darlene Spaulding</p> <p><b>RICHFIELD SPRINGS</b> <b>CHURCH OF CHRIST UNITING</b> PO Box 896, Richfield Springs, NY 13439 Rev. Casey Bradley • 315-858-1553 Service: Sunday 9:15 AM Church School: Sunday 9:30 AM</p> <p><b>RICHFIELD SPRINGS BIBLE CHURCH</b> 19 Church St., Richfield Springs, NY 13439 Rev. David Tosi • 315-858-0564 Sunday School (all ages) 10 AM Wor- ship Service 11 AM &amp; 7 PM Wednesday - Prayer &amp; Praise Call for info on various Youth Ministries www.richfieldspringsbiblechurch.org</p> <p><b>SALISBURY CENTER</b> <b>FULL GOSPEL ASSEMBLY OF GOD</b> Pastor Robert Brent 106 Plant Road Sunday Worship 11 AM with Children's Church offered during the service</p> <p><b>SALISBURY CENTER</b> <b>UNITED METHODIST CHURCH</b> 2545 State Route 29 Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 10 AM Thursday Bible Study 6 PM</p> <p><b>SLOANSVILLE</b> <b>SCHOHARIE VALLEY</b> <b>GOSPEL CHURCH</b> Pastor Pat Andreoli 133 Sprakers Rd., Sloansville, NY 518-864-5397 svgchurch@gmail.com Wednesday Prayer 6 PM; Sunday Morning Bible Study 9:45 AM; Worship Service Sunday Morning 10:30 AM</p>	<p><b>SPRAKERS</b> <b>CHRISTIAN CHURCH OF</b> <b>CHARLESTON FOUR CORNERS</b> 1380 E. Lykers Rd., Sprakers 518-922-9088 Pastor Brett Popp Sunday School (ages 3-adult) 9:45 AM Worship 11 AM Sunday Prayer Meeting 5:30 PM Thu. Evening of Encouragement &amp; Community Kid's Bible Club 6:30 PM</p> <p><b>THE CHRISTIAN CHURCH</b> <b>OF RURAL GROVE</b> 170 Rural Grove Rd., Sprakers, NY 12166 518-922-7831 Pastor Joshua Fetterhoff pastorjosh@ruralgrovechurch.org Sunday School (all ages) 9:45 AM, Morning Service 11 AM, Eve. Service 6 PM, Wed.-Family Night 7 PM, "Where Bible Teaching is Fundamental"</p> <p><b>REFORMED CHURCH OF SPRAKERS</b> 112 Sprakers Hill Rd. Rev. Nancy Ryan Worship ~ 9 AM All Welcome!!!</p> <p><b>CURRYTOWN REFORMED CHURCH</b> 829 St. Hwy. 162, Sprakers 518-922-8422 Rev. Donald Hoaglander Visiting Pastor Jane Hubschmitt 518-705-2201 Sunday School 9:15 AM Worship Service 10 AM</p> <p><b>RIVER OF JUBILEE CHURCH</b> 5057 St. Hwy. 5 S, Sprakers, NY 12166 Pastor: Gail Adamoschek Pastor: Steve Adamoschek 518-322-1427 / 518-224-4455 Sunday Service 10 AM Children's Church Available Other Learning Opportunities Available Visit us on Facebook</p> <p><b>SPRINGFIELD CENTER</b> <b>ST. MARY'S EPISCOPAL CHURCH</b> 7690 Rt. 80, Springfield Center 315-858-4016 Fr. Kyle Grennen, Priest-in-Charge Sunday Eucharist, 9:30 AM Coffee - Fellowship follows service Holy Days - as announced</p> <p><b>FIRST BAPTIST CHURCH</b> Springfield Center, NY Rev. Terence Brant 607-264-3035 Sunday School 10 AM Morning Worship 11 AM Wed. night Bible Study 7 PM</p> <p><b>ST. JOHNSVILLE</b> <b>BETHESDA FELLOWSHIP</b> 34 S. Division St., St. Johnsville, NY 13452 518-568-2678 Summer Schedule Sunday Worship 10 AM Wed. Worship and Prayer 6 PM</p>	<p><b>ST. PAUL'S LUTHERAN CHURCH</b> 32 W. Main St., St. Johnsville, NY (next to NBT Bank) 518-568-3007 Church 518-568-2405 Parsonage Rev. David Johnson Sunday Worship 10:30 AM, Tues. Bible Bungee-Jumping 7 PM, "Bible Study" that actually makes sense! A Vibrant, Welcoming Community of Faith &amp; Vision</p> <p><b>SEEKER'S FELLOWSHIP</b> 14 Park Place, St. Johnsville, NY 13452 518-568-7700 • Pastor Mike Yezierski Sunday Worship 6 PM, Tues. Prayer 7 PM, Bible Study 7 PM (Wed., Thurs. &amp; Fri.) We teach the fullness of God's Word, a life of holiness for the believer, and salvation for all who trust in Christ's sacrifice.</p> <p><b>JOY FELLOWSHIP</b> 296 Co. Hwy. 119, St. Johnsville, NY 13452 518-568-3217 • William Hayes, Pastor Joyce Loughran, Assistant Pastor Sunday School 9 AM, Morning Worship 9:30 AM Wednesday Evening Worship 6:30 PM</p> <p><b>ST. JOHN'S METHODIST CHURCH</b> 7 East Main St., St. Johnsville, NY 13452 Pastor Corey Jones 518-568-7983 • 315-866-8626 Worship Sunday 3 PM</p> <p><b>EVERLASTING JOY</b> <b>BELIEVERS FELLOWSHIP</b> 14 Park Place (in with Seekers Fellowship) St. Johnsville, NY 13452 315-858-2112 • Pastor Carolee Coye Sunday Service 10 AM</p> <p><b>ST. JOHN'S REFORMED CHURCH</b> 68 W. Main St., St. Johnsville 518-568-7396 Faithfully Following Jesus Christ Sunday Worship 10:30 AM</p> <p><b>GRACE CHRISTIAN CHURCH</b> Pastor Michael Torres 20 Center St., St. Johnsville, NY 13452 518-775-0366 Email gccpcastor2021@gmail.com</p> <p><b>STRATFORD</b> <b>STRATFORD UNITED</b> <b>METHODIST CHURCH</b> 1511 State Route 29A Sunday Worship 8:30 AM Broadcast on 95.9 FM within 2 miles of church Pastor Matt Worley</p> <p><b>LIGHTHOUSE BAPTIST CHURCH</b> 1524 St. Rt. 29A, PO Box 114 Stratford, NY 13470-0114 315-429-8854 • Pastor Martin Smith Sunday Morning Worship 10:30 AM; Wed. Eve. Prayer Meeting 6 PM; 2nd &amp; 4th Sunday Dinner following Morning Service with Afternoon Service following dinner "Old-Fashioned Bible Preaching"</p> <p><b>TRIBES HILL</b> <b>SACRED HEART CATHOLIC CHURCH</b> 111 3rd Ave., Tribes Hill 518-829-7301 Mass Saturday 4 PM</p>
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# Community Calendar

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

October 2022						
S	M	T	W	T	F	S
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5
<b>Holidays</b>						
10th - Columbus Day / Indigenous Peoples' Day						
31st - Halloween						

November 2022						
S	M	T	W	T	F	S
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10
<b>Holidays</b>						
6th - Daylight Saving Time Ends						
8th - Election Day						
11th - Veterans Day						
24th - Thanksgiving						

## SEPTEMBER 20

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

**Herkimer County Historical Society tour of the historic Fort Herkimer Church** at 6 p.m., Route 5S, Mohawk. Free.

## SEPTEMBER 21

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

**Senior Citizens Pinochle Card Party** 12:30 – 4 p.m. at Arkell Center in Canajoharie. \$2 donation - prizes and refreshments. Want to sub? call Terry 518.673.5635.

## 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.

## SEPTEMBER 23

**Traditional Irish Music Duo** to perform at 7 p.m. at the Irish Cultural Center of the Mohawk Valley at 623 Columbia Street in Utica. Tickets are \$20 in advance available through Eventbrite at tinyurl.com/yc6p-3dwz or by calling 315.827.4291. Tickets will be \$25 at the door.

## SEPTEMBER 24

**Benefit for Alan and Linda Crouse** 1-5 p.m. \$10. Food (2-4 p.m.). Music. Raffles. Gun raffles.50/50. Bake sale. Call Aubrey Cheny at 518.491.5918 or Joan Kark-Wren at jkarkwren@leepub.com or 518.249.2531.

## SEPTEMBER 24-25

**The Remsen Barn Festival of the Arts.** Saturday 10 a.m. – 6 p.m. Sunday 10 a.m. – 5 p.m. on Main Street in the historic Welsh town of Remsen, 12 miles north of Utica on Route 12. Admission is free. Plenty of parking on and off site. It is one of the northeast's premier festivals. No pets allowed. Visit the festival website at www.remsenbarnfestival.org

## SEPTEMBER 28

**Senior Citizens Pinochle Card Party** 12:30 – 4 p.m. at Arkell Center in Canajoharie. \$2 donation - prizes and refreshments. Want to sub? call Terry 518.673.5635.

## SEPTEMBER 29

**Business After Hours GPO Federal Credit Union - Ilion.** For more information, call Herkimer County Chamber of Commerce at 315.866.7820.

## SEPTEMBER 30

**Senior Citizens club meets** 1 p.m. at Arkell Center in Canajoharie. Directly following at 1:30 p.m. John DeValve will have a slide show of Local Birds. For more information, call Joan Cimino at 518.673.4408.

## OCTOBER 1

**2nd Annual Fall Craft Fair** 10 a.m. to 4 p.m. at Cullen Pumpkin Farm, 587 Cullen Road, just outside the village of Richfield Springs. Coordinated by the Church of Christ Uniting, Richfield Springs and benefits their annual fundraising efforts. For information contact fallcraftfair@yahoo.com or Carla at 315.858.1451.

**14th Annual Car Show at the Herkimer College Fall Fest & Alumni Weekend** noon to 4 p.m. Area motorists are invited to show off their retro rides. Contest and awards ceremony to follow at 3 p.m. The car show is free to join, but pre-registration is requested. Interested vehicle owners can sign up at www.herkimer.edu/fallfest. A full schedule of events can be found at www.herkimer.edu/fallfest.

## 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 mroffice@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.

## SEPTEMBER 9 AND 10

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

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

Come enjoy a full day of celebration at the **Canajoharie Street Fair!** (exit 29). Starting at 10 am, visit unique vendors & food trucks, enjoy music all day, a parade at 1:00, fire dept waterball competition at 2:30, and fireworks to cap off a great day in the beautiful Mohawk Valley.

## 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 laid-back 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 12

**Amateur Radio Association Entry level Technician Class licensing course** at the Town of German Flatts building on Route 5S adjacent to the old Fort Herkimer Church between Herkimer and Little Falls. Classes run each Tuesday from 6-9 p.m. except holidays or inclement weather. For more information, or to sign up, contact Chris Bouck at 315.429.3927 or email at [cbouck01@twcny.rr.com](mailto:cbouck01@twcny.rr.com) or Don Peterson at 315.868.3283.

**Social Security Seminar at Amsterdam Free Library** at 6-7 p.m. A financial education seminar entitled, "Social Security: The Unconventional Truth for a Better Retirement" for individuals ages 55-70. Program is designed to help attendees learn how to maximize their Social Security benefits prior to collecting them. Free to attend. Seating limited. Registration required. To RSVP, contact the library at 518.842.1080.

**Herkimer County Community College Board of Trustees meeting** 6 p.m. in the Robert McLaughlin College Center (RMCC) building, room 282/283.

## SEPTEMBER 14

**Senior Citizens Pinochle Card Party** 12:30 – 4 p.m. at Arkell Center in Canajoharie. \$2 donation - prizes and refreshments. Want to sub? call Terry 518.673.5635.

## SEPTEMBER 14 & 15

**Overdose Awareness virtual event.** NYS Department of Health will be leading event to honor the lives of individuals lost or severely injured due to drug overdose. More information is available at [tinyurl.com/a7p2r7j7](http://tinyurl.com/a7p2r7j7) Overdose fact sheets are available on The Family Counseling Center's (located in Gloversville) website at [www.thefamilycounselingcenter.org/stay-informed/](http://www.thefamilycounselingcenter.org/stay-informed/).

## 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.

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

**Comedy Show** at the Irish Cultural Center of the Mohawk Valley Museum, 623 Columbia St., Utica 7 p.m. Featuring the Kevin Flynn - Fear of Heights Comedy Show. A funny and moving one-man show about an Irish-American kid's phobias, family life, and the meaning of success. Admission is \$30. Tickets can be purchased through Eventbrite at [tinyurl.com/dvjpyub4](http://tinyurl.com/dvjpyub4)

## SEPTEMBER 16

**Gary Van Slyke performs Labor Day Songs** 1:30 p.m. at Arkell Center in Canajoharie. For more information, call Joan Cimino at 518.673.4408.

## SEPTEMBER 17

**Emerging Leaders United Fall Clean-Up** 9:30-11:30 a.m. Meeting location: Rome. Exact meeting location will be emailed to volunteers after they register. Community clean-up must register by Sept. 12. Register at [tinyurl.com/ps9t92mm](http://tinyurl.com/ps9t92mm). Limited volunteer spots are available. Questions? Contact SelmaL@unitedwaymv.org

**International Red Panda Day** at Utica Zoo. Visitors to the zoo's own recently returned red panda Mei Lin's habitat will also be presented with educational information and action steps to help halt threats of extinction to this beloved species. Visit [redpandanetwork.org](http://redpandanetwork.org)

## SEPTEMBER 16-18

**Robert B. Schlather SQSPCA Golf Weekend** at the Otsego Golf Club. Registration is \$60 per golfer. To reserve a tee time, call the OGC at 607.547.9290. Call 607.547.8111 or email [info@sqspca.org](mailto:info@sqspca.org) with any questions. Donations may be made at [sqspca.org/donate/](http://sqspca.org/donate/)

## SEPTEMBER 17

**Emerging Leaders United Fall Clean-Up** 9:30-11:30 a.m. Meeting location: Rome. Exact meeting location will be emailed to volunteers after they register. Community clean-up must register by Sept. 12. Register at [tinyurl.com/ps9t92mm](http://tinyurl.com/ps9t92mm). Limited volunteer spots are available. Questions? Contact SelmaL@unitedwaymv.org

**International Red Panda Day** at Utica Zoo. Visitors to the zoo's own recently returned red panda Mei Lin's habitat will also be presented with educational information and action steps to help halt threats of extinction to this beloved species. Visit [redpandanetwork.org](http://redpandanetwork.org)

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



# BUSINESS FOCUS

## Sportsman's Den and D&D's Pet Supplies has all of your hunting, fishing and pet supply needs

The Sportsman's Den and D&D's Pet Supplies has a very clear and concise message for those who know exactly what they are looking for. The business is your local one-stop shop for all of your hunting, fishing and pet supply needs.

Owner Tanya Towne retired from the U.S. Army in 2009 before earning her associate's degree in business in the

spring of 2011. Once she had that educational background, she purchased her first brick-and-mortar store in Fort Plain, carefully observing her local community and determining what it needed to thrive. She matched that to her personal skills, knowledge and experience and the Sportsman's Den came to be. The pet side of the business, D&D's Pet Supplies, was included into Towne's enterprise three years later.

A family-owned and operated business, the two facets cater to hunters, fishers and outdoors lovers—as well as those who love their furry friends at home. This September will mark their 11th year in business.

"I'd like to think my customer service and my personal hands-on help set me apart," Towne said. "We welcome everyone and do our best to help them or offer suggestions if we cannot. This is not a job for me. This is my livelihood, so it's very important to me how customers are treated."

Despite some economic challenges, such as rising prices and competition, Towne is incredibly proud of making her business succeed for 11 years—and she's hoping it will thrive for many more years.

"I've made many friendships and relationships over the years and they are a lot of what keeps me motivated to keep trying," she said.

Towne has plans for her business future, including looking to relocate and revamp, creating a fresh start in a location where she can downsize some areas and upsize others. "Change is scary, but not always bad!" she said.

She is looking forward to continuing being an active part of the community, growing more relationships and expanding her customer base. And she wants to thank all those that have supported her business thus far.

The Sportsman's Den and D&D's Pet Supplies can be reached at 518.993.1010. They are located at 36 Canal St., Fort Plain, and they are open Monday - Friday from 10 a.m. - 6 p.m. You can also get more information at thesportsmansden-ny.com.



Tanya Towne and her dog Dakota pose for a quick photo outside of the Sportsman's Den and D&D's Pet Supplies. The two facets of the business cater to hunters, fishers and outdoors lovers—as well as those who love their furry friends at home.

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# BENEFIT

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**Canajoharie Moose Lodge #853**  
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**Bake Sale**

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Available  
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**50/50  
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**\$10/Ticket**

**Advance Tickets Available at Lee Newspapers or at Lee's Shops at Wagner Square - Also At The Door**

Lee Newspapers will be hosting a benefit for one of its long-time employees, Alan Crouse, and his wife Linda. Alan, a dedicated and valuable employee who has been with Lee Newspapers for over 36 years, and Linda, who left the business after over 20 years to care for grandchildren, both have mounting medical bills. Due to current health issues, Alan is unable to work full-time.

**For more information contact  
Aubrey Cheny at 518-491-5918 or Joan Kark-Wren at  
jkarkwren@leepub.com or 518-673-0141**



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## CNY Farm Progress Show 2022

Sept. 9 and 10 will mark the return of the Central NY Farm Progress Show for its 45th anniversary. Held annually in the fall on Robinson Road, Mohawk, at the beautiful LenLo Farm, this Farm Progress Show is sure to please everyone who attends; farmers, hobby farmers and non-farmers alike.

Anchoring the vendors

are the big equipment dealers who bring a wide array of tractors, field implements and parts along with great deals on those items.

Other businesses bring their wares which support the farming community; milking machines and parts, large and small animal items, feed, health and beauty products. Other treasures such as

toys, crafts, insurance, pole buildings, photos and honey or maple can be found when you walk around.

Entertainment comes in the form of the very popular Nelson Brothers Band. The Dairy Ambassadors will be hosting their annual ice cream social on Friday

CNY 14



The Central NY Farm Progress Show features a bale throwing contest which is lots of fun.

**ANNOUNCEMENT!!!**

**2022 Central New York**

**FARM  
PROGRESS  
SHOW**

**SEPTEMBER 9 & 10**

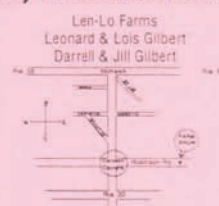
**Friday 9:00 A.M. - 4:00 P.M.**

**Saturday 9:00 A.M. - 4:00 P.M.**

**Len-Lo Farms - Robinson Rd., Mohawk**



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**Sponsored by: The Central New York Farm Progress Show Committee, Inc.**

**Email: cnyfarmshow@gmail.com / www.cnyfarmprogressshow.net**

**Contact Dick at dick@preskyins.com for show information.**



## CNY from 13

at noon. Ice cream is donated by Stewart's Shops and is sure to be a hit with everyone. A bale throwing contest with several age categories and awards is lots of fun. An antique tractor show is a pleasant trip down memory lane and is a great way to bring the generations together.

No event would be complete without food.

Chicken and pulled pork lunches from Scotty's Smokehouse Bar-Be-Que, Salamone's Pizza, fried dough, chicken tenders and the West Winfield Federated Church's home-made pie for dessert make for a special day at the Central NY Farm Progress Show on Friday Sept. 9 and Saturday Sept. 10 on Robinson Road, Mohawk from 9 a.m. to 4 p.m. daily.



Big equipment dealers will bring a wide array of tractors, field implements and parts along with great deals on those items.

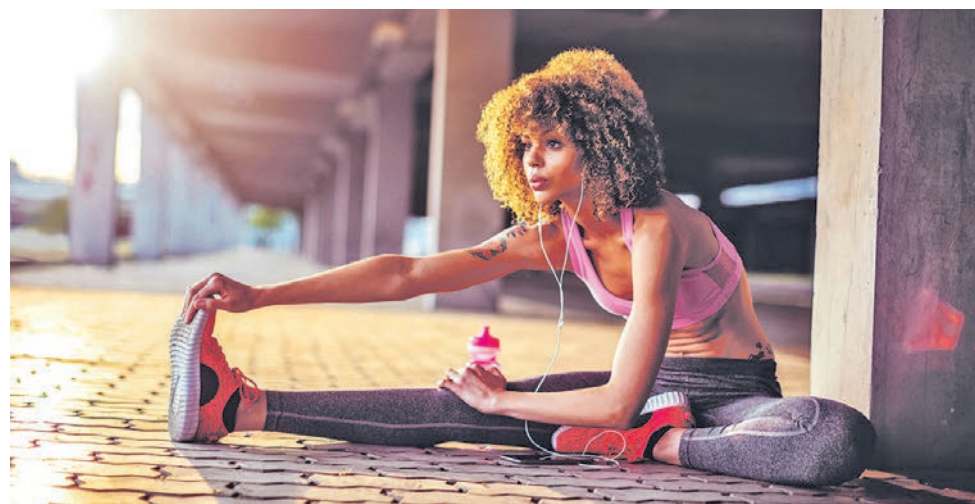
Photos by Mimi S. Wheeler

## How to navigate the confusion around stretching

Fitness and healthcare professionals generally agree that stretching is an important component of an effective workout regimen. However, there remains some confusion as to when to stretch and which stretches athletes should perform to maintain optimal health and flexibility. For example, Harvard Medical School notes that stretching was once believed necessary to warm up muscles and prepare them for activity. However, the Mayo Clinic now notes that stretching should not be considered a warmup activity. Rather, the general consensus among healthcare professionals is that individuals should first warm up their bodies for five to 10 minutes with some light exercise, such as low-intensity walking or jogging. In addition, the Mayo Clinic notes that some research has suggested that

event stretching adversely affects athletes' performance. That may be a concern for competitive athletes and can add to the confusion non-competitive fitness enthusiasts have about the importance of stretching.

Individuals who exercise to improve their overall health can stretch after their five- to 10-minute warmup and then again after completing their cardio and strength training. Competitive athletes can consult their coaches and trainers about when to stretch and which stretches to perform. When stretching, all people, including competitive athletes and individuals who exercise as part of their healthcare routines, should focus on proper form. Numerous online tutorials indicate how to stretch the various muscle groups in a way that improves flexibility and decreases injury risk.



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**CRAFT FAIR 2022**

**SEPTEMBER 10 & 11**

**Saturday & Sunday**  
 9am-4pm      10am-3pm

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## Fort Klock 49th Annual Craft Fair

Talented crafters and artisans from New York and beyond will show their homemade creations at the Fort Klock Craft Fair, Sept. 10-11.

Held each year the second weekend of September at Fort Klock, this craft fair is one of the best in the Northeast. Handmade items include painted slate, candles, lotions, soaps, maple and honey products, glassware, wooden flags, spices, jewelry, knitted and crocheted items, suncatchers, framed prints, wooden utensils, ornaments, Christmas, Halloween and Fall décor, dog treats, baked goods and so much more!

The Corner Office food truck with hot dogs, hamburgers, fries and more will be here on Saturday and Sunday. There will also be donuts from the Carrot Barn, chili, pulled pork and other food items available at the Fort on

Saturday.

Craft Fair hours are 9 a.m. – 4 p.m. Saturday and 10 a.m. – 3 p.m. on Sunday.

Free admission and free parking!

Fort Klock is located at 7203 Rt. 5, St. Johnsville.

For more information call 518.568.7779 or 518.649.2531, or visit [www.fortklockrestoration.org](http://www.fortklockrestoration.org)

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2020 Jeep Compass Latitude 22,590 Miles, Stock # AM239696T ..... \$27,000



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2014 Ford F150 XLT 124,445 Miles, Stock # AMB48832T ..... \$ 21,038



2015 Ford F-150 Lariat Super Cab, 92,720 Miles, Stock # AMD00048T ..... \$25,200



2019 Ford Escape Titanium 28,094 Miles, Stock # FNB42942T ..... \$28,816



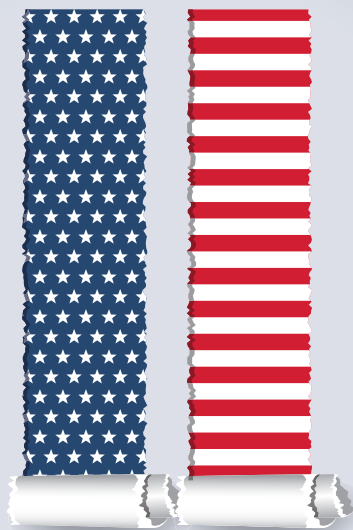
2019 Ford Escape SEL 35,474 Miles, Stock # FNB43501P ..... \$25,770



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## ★ ★ ★ PATRIOT DAY



**SEPTEMBER 11, 2001**  
WE WILL NOT FORGET

## 14th Annual Car Show at the Herkimer College Fall Fest

Registration is now open for the 14th annual car show at the Herkimer College Fall Fest and Alumni Weekend. The festival will be held on Saturday, Oct. 1 from 12 - 4 p.m.

Area motorheads are invited to show off their retro rides in the main campus parking lot. All variety of antique and classic cars, trucks and motorcycles are eligible to participate, with a contest and awards ceremony to follow at 3 p.m.

The show is free to join, but pre-registration is requested. Interested vehicle owners can sign up at [www.herkimer.edu/fallfest](http://www.herkimer.edu/fallfest).

Fall Fest will also feature horse-drawn wagon rides, cartoon caricatures, balloon sculptures, music by DJ "Red Hot 'n Wild", Ninja Warrior obstacle course, and much more.

A full schedule of events can be found at [www.herkimer.edu/fallfest](http://www.herkimer.edu/fallfest). All events are open to the public and free, unless otherwise indicated.



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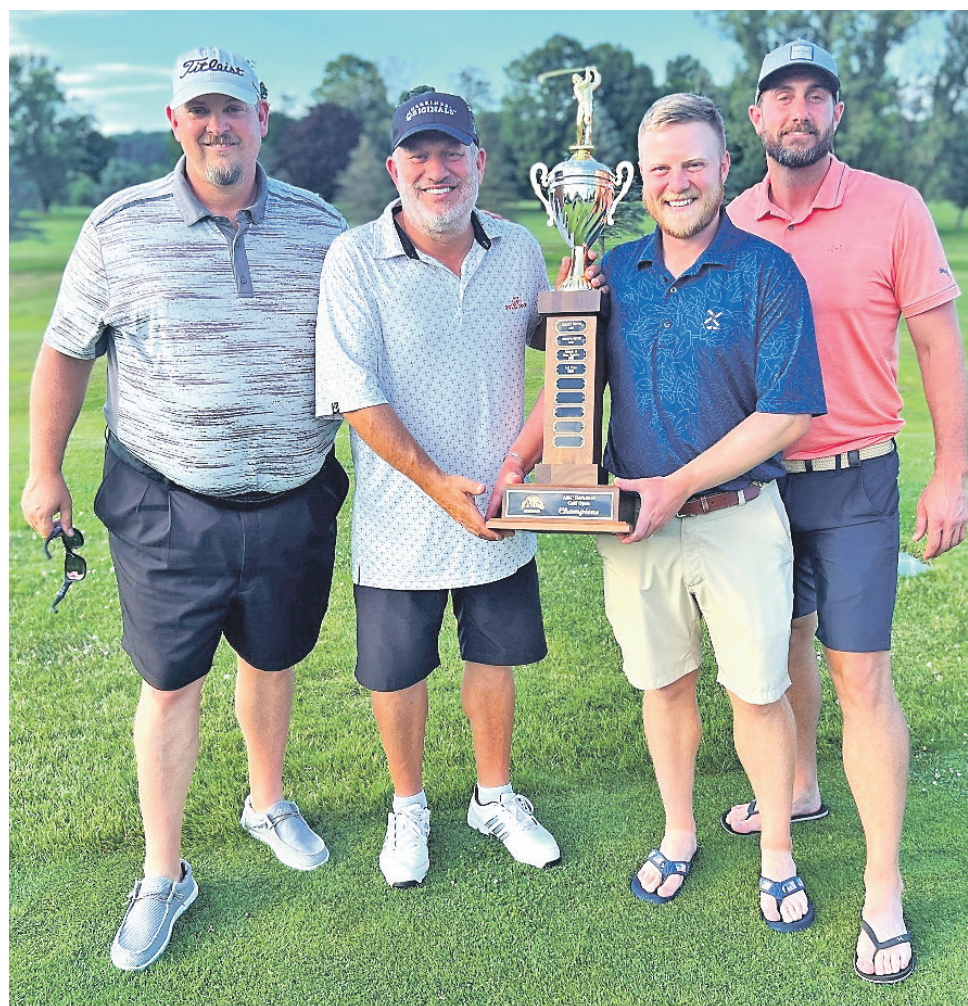
## Arc Herkimer Golf Open held at MV Golf & Event Center

The sun was shining down on Arc Herkimer on Aug. 1, as the agency held its annual golf open at the MV Golf & Event Center.

The gorgeous summer day was celebrated by 144 golfers who enjoyed 18 holes of captain & crew golf, along with golf bag valet services, "tee party" food stations every three holes on the course, all-day beverages, a grand dinner buffet, and commemorative gifts. Other activities of the day included men's and ladies' longest drive, closest to the pin, hole-in-one, and putting contests.

"The Arc Herkimer Golf Open is a fantastic fundraising event that not only helps us raise crucial funds for our supports and services, but also provides us with a chance to connect with the community," says Kevin Crooley, President/CEO at Arc Herkimer. "We are fortunate to host the tournament at our MV Golf & Event Center, one of our seven divisions, where we are able to provide exciting employment and program opportunities to individuals with disabilities."

The tournament's winning team was also the event Championship Sponsor, Alera Group – Relph Benefit Advisors.



The winning team of the 2022 Arc Herkimer Golf Open, Alera Group – Relph Benefit Advisors. Pictured (L-R): Paul Metcalf, Scott Flansburg, Kyle Crooley and Ian Walsh. Photo courtesy of Arc Herkimer

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# HOME IMPROVEMENT

## Gift ideas for the family do-it-yourselfer

Home improvement projects enable homeowners to transform their homes into their ideal living spaces. According to iProperty Management, most homeowners in the U.S. spent between \$5,000 and \$10,000 improving their homes in 2018. And it doesn't stop there, as home improvement sales are projected to reach \$465 billion in 2022.

Various renovation projects are best left to the professionals. However, many homeowners are eager to get their own hands dirty with various projects, large and small. Having the right tools and gear on hand can make projects go all the more smoothly. Holiday shoppers can consider these ideas as they seek to ensure DIYers have all they need to get the job done.

• **Painting time-savers:** Painting requires some basic essentials, from paint trays to rollers to brushes. Projects can be made more efficient with innovative products that help save time and reduce mess. One such item is a paint brush cover, which snaps over wet paintbrushes between coats so they won't dry out or require rinsing. Brushes that cut in easily and others with flexible handles for getting in tight places also

make painting projects that much easier.

• **Cordless drill:** A mechanical drill makes easy work of assembly projects and general renovations that require screws as fasteners. A cordless rechargeable drill will be easy to maneuver when handling projects away from outlets. Going cord-free also reduces the risk of trips and falls on errant cords.

• **Lawn care subscription service:** Home improvements extend to the exterior. In addition to mowers, trimmers and garden shears, DIYers may benefit from subscription products that improve on property care. These formulations are customized to the specific needs of homeowners' lawn or landscaping greenery and are shipped right to their door.

• **Rotary tool kit:** This is one of the most versatile tools homeowners can have on hand. A rotary tool can engrave, grind, sharpen, polish, cut, carve and more depending on the accessory attachment.

• **Multi-use ladder:** A ladder is a necessity for various projects inside and outside the home. One that can transform into an A-frame, scaffold system, staircase ladder and other

configurations helps ensure maximum safe reach for the job at hand.

• **Composter:** Whether you use an indoor kitchen composter or one designed for outdoor use, being able to generate one's own compost is great for avid gardeners. Compost, often called "black gold," is made from kitchen scraps, leaves and other items that break down into a rich fertilizer.

• **Tool box/tool organizer:** Tool storage is a market all its own. It runs the gamut from rolling metal storage containers to plastic or metal boxes to canvas bags to plastic molded curated kits. Tool organizer kits also come at various price points, so it's easy for shoppers to choose one that fits their budgets.

• **Organizing units:** Organizing units are available in pre-fabricated kits that are easily assembled when needed, as well as custom-made products that are installed by a professional. They may be an option for a handy person looking to organize tools and other items for home repairs.

Do-it-yourselfers can be even more handy with tools geared toward their interests and repair needs.

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**Today's Tip**

# MASTER STROKES

BY PHIL FRANK WITH TOP 100 GOLF INSTRUCTORS

Have you ever hit a ground ball up the middle? It could be a hit in baseball but not in the game of golf. A "ground ball" would mean you hit the ball "thin" (topping the ball, hitting it above its equator), that's a maddening shot when golfing. A properly hit ball with an iron from a fairway lie should be hit with a descending blow, below the equator that leaves a slight divot after the ball has been struck. To correct thin shot, pay attention to where your head and eyes are at address. Make sure your head and eyes are both behind the golf ball, not even with it or especially not ahead of it. The slight adjustment will pay off big-time for the thin hitter, and you may begin to get some divots and solid ball striking.

**Being "Thin" Isn't Always Good!**

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

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## Amsterdam Free Library to Host Social Security Seminar

The Amsterdam Free Library is offering a financial education seminar entitled, "Social Security: The Unconventional Truth for a Better Retirement" on Monday, Sept. 12 at 6 p.m. for individuals ages 55-70. This one-hour financial education program is designed to help attendees learn how to maximize their Social Security benefits prior to collecting them.

The event is being presented as a community service by Guest Speaker John Kalil, LUTCF, a Social Security Claiming Strategist and the President of Retirement Solutions, LLC. The program is open to the public and free to attend. Seating is limited and advance registration is required. To RSVP, contact the library at 518.842-1080.

September 11, 2001

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# DINING & ENTERTAINMENT

## Increased surrenders, hoarding situation put pressure on SQSPCA

SQSPCA lead veterinarian Julie Huntsman, DVM, with Stuart. Photos courtesy of Susquehanna SPCA



For the first time ever, the Susquehanna Society for the Prevention of Cruelty to Animals in Cooperstown has lengthy waiting lists for both cats and dogs. Shelter staff have seen a 29 percent increase in stray animals and pets surrendered by owners since June 1 of this year, in keeping with an emerging and alarming nationwide trend. And with this influx of homeless animals has come something the SQSPCA rarely sees a lot of—puppies!

"We are in the process of taking in more than a dozen Australian cattle dog mixes, most of which are from 2-5 months old," said SQSPCA Executive Director Stacie Haynes. "These puppies are part of a hoarding case. All of them have arrived literally crawling with fleas. They are severely under socialized and have never seen the inside of a house."

While puppies are highly sought after by adopters and generally find new homes very quickly, the timing could not be worse.

"Like most shelters



Some of the puppies admitted recently to the SQSPCA.

throughout the region, the state and even across the country, the SQSPCA is full of adoptable cats and dogs," Haynes explained. "At the same time, adoptions have slowed down considerably. We are overwhelmed, and there are still more puppies and adult dogs from this group to be admitted to the shelter."

Since Aug. 24, the SQSPCA has received nine of the puppies. The shelter's staff and veterinarians are working tirelessly to keep up as animals come in.

"People visit our facility and see animals waiting to be adopted and eager to find their forever homes. What they don't see is how much work goes on behind the scenes before these animals can be made available to the

public," said Haynes.

"Dogs and cats arriving at the shelter go through a detailed intake process. All animals are dewormed, treated for external parasites, and vaccinated upon entry. They also receive thorough exams from our medical care team to determine if their condition warrants additional treatments and/or procedures. If animals come to us unaltered, they are spayed or neutered as soon as we can get them on the schedule," Haynes added.

Unfortunately, hoarding cases like this one are not unusual. This year alone the SQSPCA has taken in and/or helped more than 100 animals from similar situations, putting a strain on resources ranging from food and shelter supplies to medical and

animal care personnel.

"In 2021, we cared for just under 1,200 animals," explained Haynes. "This year we have already cared for 958 animals, and we have four more months to go. Our new facility and staff are really being put to the test and the budget is being stretched pretty thin."

Meanwhile the puppies, oblivious to these concerns, are already beginning to find new homes. Sheldon, Leonard, Howard and Mikey have been adopted or are with fosters. Bernadette and other littermates are awaiting surgery.

"As I mentioned, these pups have not been around people much, so we may have to start up our 'Fearful to Fearless' dog socialization program again if they are not adopted soon," Haynes added. "The program depends on assistance from the community to help turn extremely shy dogs into confident, loving pets through positive association and experiences."

"Volunteers are another valuable resource feeling the effects of high surrender rates and low adoption numbers," Haynes said.

The SQSPCA, located at 5082-5088 State Highway 28, Cooperstown, is open Tuesday through Saturday from 11 a.m. to 5 p.m. with new evening hours on Thursdays from 5-7 p.m. Appointments to meet animals are advised to avoid wait times by calling 607.547.8111, but walk-ins are also welcome. To donate, visit sqspa.org.

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## Sportsmanship principles all young athletes should know

Competitive sports have a lot to offer young people. In addition to exposing children to the thrill of competition, competitive sports can set a foundation for a lifetime of healthy living. One study published in the American Journal of Preventive Medicine in 2014 found that afterschool physical activity programs were the most effective strategy to reduce childhood obesity among children ages 6 - 12.

Competitive sports also teach valuable lessons about humility and respect. Sportsmanship is a vital and valuable component of competitive sports, and that's a lesson no athlete is too young to learn. Coaches and parents can work together to emphasize these principles of sportsmanship to young athletes.

- Always respect officials. In the era of instant replay in professional sports, criticism of officials has become more common. Such criticism can easily move from the professional to the amateur arena if players are not taught to always respect the officials. Unfortunately, many amateur sports officials continue to be

the victims of overaggressive behavior on the parts of coaches, parents and athletes, and many have simply chosen to walk away rather than subject themselves to abuse. Estimates from the National Association of Sports Officials indicates that the group's membership has dropped by more than 20% since March 2020. Coaches and parents can practice what they preach when teaching young athletes to respect officials at all times, regardless of how games unfold on the playing field.

- Respect the rules. Respect for officials should coexist with respect for the game itself. Every game has rules, and knowing and adhering to those rules is a vital component of good sportsmanship. Coaches and parents can set the tone for this by encouraging kids to play by the rules during the games, but also by adhering to rules governing practice times and offseason workouts when no one is watching too closely.

- Respect opponents. Showing respect for opponents is another principle of good sports-

manship. Social media provides a readily available platform for athletes to disparage their opponents before and after games. Such platforms have even proven too tempting to resist for some professional athletes. But showing respect for opponents, even in defeat, illustrates to parents and coaches that young athletes are mature and cognizant of the fact that participation in sports requires good sportsmanship.

- Respect coaches. Good sportsmanship also involves respecting coaches, even when they make decisions players and their parents do not necessarily agree with. That respect has been dwindling in recent years, and it's

contributing to a coaching shortage in youth sports. One survey of more than 200 coaches in the Syracuse area found that nearly 60% of coaches had considered quitting over conflicts with parents. Many coaches volunteer their time to teach young people the game, and players should be taught to respect coaches at all times. That includes those times when players feel like they aren't getting enough playing time or when they disagree with coaches' in-game decisions.

Sportsmanship is a vital component of sports participation. Teaching young athletes the principles of sportsmanship adds one more unique benefit to sports participation.

## Remsen Barn Fest

Don't miss The Remsen Barn Festival of the Arts on Saturday Sept. 24 from 10 a.m. - 6 p.m. and Sunday Sept. 25 from 10 a.m. - 5 p.m. on Main Street in the historic Welsh town of Remsen, 12 miles north of Utica on Route 12. Admission is free. Plenty of parking on and off site.

It is one of the northeast's premier festivals, featuring crafts of all kinds, farmers market, food for every taste and entertainment. Don't miss the hundreds of quality juried crafters offering jewelry, textiles, fashion accessories, woodcrafts, soaps, pottery, holiday items, furniture, glass, candles and more. Food vendors offer everything from hearty meals to sweet snacks. Farmers markets offer local honey, jams and jellies, gourmet spices and sauces, candy, fudge and local cheese curds. Visit the free quilt show at The Remsen Arts Center.

On Sunday at 2:30 p.m., all are welcome to experience the beauty of the Gymanfa Ganu (Welsh song fest) in the Stone Church on Prospect Street. The Baking Contest is at 10 a.m. Saturday at the Methodist Church. The Em-

porium Booth offers Welsh theme festival merchandise. The Corn Maze will be open Festival hours. No pets allowed.

Visit the festival website at [www.remsenbarnfestival.org](http://www.remsenbarnfestival.org)



### Book, Bake & Mum Sale


Thursday & Friday,  
Sept. 8th & 9th, 10 AM-6 PM Both Days

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## How to help student-athletes navigate social media

Scholastic sports participation benefits student-athletes in myriad ways. Competitive sports teach students how to cope with the thrill of victory and the agony of defeat, while providing firsthand experience that emphasizes the value of working with others in pursuit of a common goal. Student-athletes often apply these lessons long after their playing days have ended, benefitting from their experiences in competitive sports throughout their lives.

Athletes of all ages can relate to some of the common experiences of competitive sports. At one point or another, all competitive athletes must learn to handle losing. But modern student-athletes have a relatively recent phenomenon to contend with that was not around when their parents played sports: social media. Social media can connect people in ways that were previously unimaginable, but it also poses unique challenges to modern student-athletes. Parents and coaches can help student-athletes navigate social media so it does not adversely affect their scholastic sports experiences.

- Consider shuttering accounts during the season. In recent years, numerous professional athletes have bravely acknowledged their mental health struggles. For example, NBA All-Star Kevin Love has shared tales of his struggles with anxiety and depression. These issues confound many athletes and can be exacerbated by negative comments on social media, particularly after a loss. Student-athletes can avoid the negative aspects of social media by

avoiding it during the season.

- Emphasize the potential effects of athletes' own comments on social media. It's not just negative thoughts from disgruntled spectators that can make social media a minefield for young athletes. Student-athletes' own negative comments can have some lasting and unfortunate effects as well. A 2017 survey from the American Association of Collegiate Registrars found that 11% of respondents indicated they had denied admissions to an applicant based on social media content. Furthermore, an additional 7% acknowledged rescinding offers due to social media content. Fair or unfair, these decisions highlight the very real effects that comments made on social media can have on young people's futures. Sports often generates highly emotional responses, and parents and coaches can urge student-athletes to avoid voicing negative or knee-jerk reactions about opponents, officials or even games they're not involved in via social media. Such commentary could have unforeseen consequences that adversely affect student-athletes for years to come.

- Highlight how student-athletes can use social media to their benefit. Social media can be a minefield, but it also presents opportunities for student-athletes to showcase themselves in a positive light. Parents and coaches can emphasize how student-athletes can use social media to show good sportsmanship. Win or lose, urge athletes to praise their teammates and opponents after a big game. Posi-

tive commentary on social media can be just as beneficial to student-athletes as negative commentary can be harmful. Student-athletes who showcase their maturity and sportsmanship on social media can improve their stand-

ing among college coaches and admissions officers.

Student-athletes who learn to successfully navigate social media can reap the rewards of those efforts for years to come.



*Parents and coaches can help student-athletes navigate social media so it does not adversely affect their scholastic sports experiences.*

## The connection between appearance and self-esteem

Body image is defined as how people feel about the way they look. The Office on Women's Health says a healthy body

image makes a person feels comfortable in their body, while a negative body image can put a person at higher risk of depression and eating disorders. Mental health experts say that a person's thoughts about their appearance can affect how that person feels about themselves, which can affect self-esteem. A positive body image can result in high levels of self-esteem, fostering confidence and inspiring an individual to prioritize self-care. Conversely, a negative body image can result in lower self-esteem. Harsh criticism of oneself may lead to antisocial

behavior or even disregard for one's personal health. Fostering a positive body image and increasing self-esteem can involve a few strategies. InnerBody Research, a home health company, offers these tips:

- Avoid comparisons to social media and magazine images.
- Focus on the positive aspects of yourself, but learn to love every part of your body.
- Maintain a healthy routine, promoting physical and mental well-being.
- Set realistic expectations.
- Participate in activities you enjoy and surround yourself with supportive people.

Working with a therapist also can help improve body image and self-esteem.

### Village Wide Garage Sale

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# Country Editor

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## Number / Classification

20 Air Compressors  
25 Air Tools  
35 Announcements  
45 Antiques  
55 Appraisal Services  
75 ATV  
80 Auctions  
82 Auto Body  
110 Bedding Plants  
120 Bees-Beekeeping  
130 Bird Control  
140 Books  
155 Building Materials/Supplies  
157 Building Repair  
160 Buildings For Sale  
161 Bulk Foods / Spices  
165 Business Opportunities  
170 Butchering Supplies  
173 Carpentry  
175 Cars, Trucks, Trailers  
180 Catalogs  
182 Catering  
190 Chain Saws  
195 Cheesemaking Supplies  
205 Christmas  
214 Clocks & Repair  
215 Collectibles  
216 Clothing  
235 Computers  
253 Consignment  
265 Construction Equipment For Rent  
275 Construction Machinery Wanted  
277 Construction Services  
280 Construction Supplies  
312 Crafts  
325 Custom Butchering  
330 Custom Services  
360 Deer-Butchering & Hides  
370 Dogs  
410 Electrical  
415 Employment Wanted  
440 Farm Machinery For Sale  
445 Farm Machinery Wanted  
447 Farm Market Items  
460 Fencing  
470 Financial Services  
480 Fish  
483 Flooring  
494 For Lease  
495 For Rent  
500 For Sale  
510 Fresh Produce, Nursery  
525 Fruits & Berries  
527 Furniture  
529 Garage Sales  
530 Garden Supplies  
535 Generators  
537 Gifts  
575 Greenhouse Supplies  
585 Guns  
587 Hair Styling  
589 Hardware  
600 Health Care/Products  
605 Heating  
610 Help Wanted  
653 Hotel / Motel  
683 Jewelers  
700 Lawn & Garden  
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760 Lumber & Wood Products  
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805 Miscellaneous  
810 Mobile Homes  
811 Monuments  
812 Multi Media  
813 Music  
815 Motorcycles  
817 Nails  
820 Nurseries  
910 Plants  
950 Real Estate For Sale  
955 Real Estate Wanted  
960 RVs & Motor Homes  
975 Rentals  
980 Restaurant Supplies  
1040 Services Offered  
1075 Snowblowers  
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## Announcements

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## Announcements

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Get the best responses from your advertisements by including the age, condition, price and best calling 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**

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**SAVE THE DATE:** Town of Palatine Open House at 15 Dutchtown Plaza. 5-7 PM on October 12th. All are invited. Coffee and donuts included.

## ★ ★ ★ ★ ★

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## Announcements

Articles of Organization of Diamond's Little Gems LLC under Section 203 of the Limited Liability Company Law. The purpose for which the Company was formed on 4/21/22 in Schoharie County is to engage in any lawful act or activity under the LLCL of the State of New York. The Secretary of State is designated as the agent of the LLC and the address of the company is 143 Cook Road, Schoharie, NY 12157.

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## Garage Sales

**LAWN SALE:** 177 Moyer St., Canajoharie. Fri-Sat. Sept. 16&17, 8am-4pm. Antiques, tools, furniture, glassware knick-knacks, junk.



**ANNUAL YARD SALE:** Esperance Historical Society Museum, 123 Church St., Esperance, Saturday, September 10, 9am - 3pm. Hot dog lunch, 11 am till gone. All purchases by donation to museum.

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## Six reasons for a check engine light

Modern vehicles utilize various technologies to ensure drivers remain as safe as possible behind the wheel. Technology also can alert drivers when their cars are in need of examination, and such is the case when the often dreaded "check engine" light comes on.

While a check engine indicator is seldom good news, it may not mean that expensive repairs are right around the corner. The following are six reasons why check engine lights come on and how to remedy these situations.

**1. Faulty/loose gas cap:** A faulty gas cap is one of the reasons a check engine light might turn on. A cap that is not tightly closed or one that is poorly sealed enables vapors to escape, which can trigger the light. Opening the gas cap and then resealing it tightly may help; otherwise, a replacement cap may be necessary.

**2. Faulty sensor:** Sometimes there is nothing wrong with the engine or other components, but the light sensor itself. The check engine light might come on because its sensor is corroded or not working properly.

**3. Oxygen sensor failure:** The oxygen sensor sends data to the vehicle's computer, which it uses to create the right mix of air and fuel to enter the engine's cylinders. The check engine light may come on when the sensor fails or registers a problem with the fuel/air mix.

**4. Ignition coils/spark plugs:** A check engine light may come on to warn drivers it is time to replace spark plugs and/or ignition coils. According to DigitalTrends, ignition coils generate the electricity needed for spark plugs to ignite the fuel and air mix in the cylinders. Worn coils or fouled plugs can cause any number of issues, including engine misfire.

**5. Catalytic converter issues:** The catalytic converter

heats up hydrocarbons and other emissions so that they turn into carbon dioxide and water vapor to help protect the environment, offers AutoZone. The converter usually does not fail on its own, but a mechanic can help diagnose what might cause the failure.

**6. Electronic powertrain controls:** Vehicles are large computerized devices with an array of sensors and modules that run powertrains. Any issues with these sensors, networks or modules can trigger the check engine light.

Depending on the make and model of a vehicle, a check engine light may require less urgency than a flashing light. It always helps to consult with the owner's manual to help determine issues. Automotive retail stores and mechanics can connect the car's computer to diagnostic equipment that will issue

a diagnostic trouble code (DTC) that can serve as a starting point to address check engine light issues.



**COUNTRY EDITOR**

Wap-dap, ba-da-dit-da-da

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# FARM, HOME & GARDEN

## Protect landscapes from wildlife and more over the winter

Landscapes are vulnerable to the elements during the cold weather months. Everything from de-icing products to hungry animals to the weight of snow can affect trees, shrubs and other plants.

Just because certain greenery will go dormant during the winter doesn't mean landscape maintenance ends when the mercury dips. Homeowners can take certain actions to win-

terproof their properties and safeguard landscapes, so they recover more readily when spring arrives.

• **Utilize barriers & deterrents** – When resources are scarce, animals will be on the hunt for anything that's edible and that includes whatever greenery is growing on a landscape. Physical barriers in garden beds and around trees can help prevent damage caused by moles, voles and deer. Line the bottom and sides of garden beds with garden cloth to prevent ground-burrowing animals from getting in from beneath, suggests the gardening resource I Must Garden.

Wrapping shrubs in burlap or covering them in temporary netting can deter deer that will seek accessible food sources over the winter. Erect fencing around new trees to keep deer away from the bark and lower branches.

Make the yard less attractive to deer and burrowers by opting for fat-based suet cakes to feed birds rather than loose seeds and berries in feeders, which herbivores will enjoy. Also, don't overwater or mulch landscapes too early. The loose soil and warmth of the mulch may entice moles and voles and other rodents to stick around in those areas and feed on plants.

• **Use a safer melting product** – Investigate options in snowmelt products, as traditional rock salt can injure buds and branches and kill lawns. In addition, avoid piling salted snow in one area of the landscape, as it will concentrate the salt in that spot. Spread out snow piles to help minimize the damage to delicate plants.

• **Secure saplings & juvenile plants** – Harsh winds and battering snow can damage young plants. Use stakes and lattices to secure them so they'll be better able to withstand the weather, suggests Total Landscape Management, a commercial and residential landscaping company.

Promptly remove snow from branches to help trees and shrubs; otherwise, the weight of ice and snow can break off branches and cause irreparable damage.

• **Erect a snow barrier** – Prior observation tends to educate homeowners about which areas of the landscape are most vulnerable to snow drifts and blustery winds. During winter, winds often blow in from a northeasterly direction, but each homeowner can make their own assessment. Put up a tarp between two stakes to serve as a "snow fence" that protects vulnerable areas of the landscape from blowing snow.

• **Keep plants cozy** – Wrap plants in burlap, garden blankets and plant domes to insulate them from cold weather and some animals. Move container plants into a garage or shielded area for winter.

Winter can place landscapes in peril. A few strategies can provide protection.

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## 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](mailto:jkarkwren@leepub.com)*



Gracee Marino and Grace Seeley of Dolgeville Girl Scout Troop #20145 built a shed to hold sports equipment for their Silver Award Project. People can visit the Salisbury playground, use the sports equipment inside and then return it for the next user. The girls hope this will inspire people, especially teenagers, to get outside and be active.



Peggy Shultz of Fultonville enjoyed her visit to the Utica Zoo this summer.

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- 52nd Annual -

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**Sat., Sept 24, 2022 • 9:30 AM**

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1:00 we will start Dairy followed by all other livestock.

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**Mon. Aug. 29th** – Sold 205 head – Cull Dairy ave. \$.70 top cow \$.88, cull beef cows \$.57 – \$.97, Bulls/Steers \$.84 – \$1.18, Grassfed Organic \$.57 – \$.81, Organic cull Dairy \$.62 – \$.77, bull calves top \$1.00 top beef calf \$2.95, heifer calves \$.30 top beef calf \$2.25, Dairy feeders \$.10 – \$1.00, feeder heifers \$.84 – \$1.26, Feeder steers \$.92 – \$1.29, Kid Goats up to \$145.

**Mon. Sept. 12th** – Normal Monday Sale & Monthly Heifer Sale. A group of Holstein open heifers.

**Mon. Sept. 19th** – Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale.

**Sat. Sept. 24th** – Sale held on the farm. 11 AM. GPS address: 6008 Dawson Road, Cortland, NY. Hilltop Divine Dairy – Complete Registered Holsteins & Jersey Dispersal. 130 head sell – Robot herd (Lely Robots). 57 Milking age, 73 heifers all ages – (24 Jerseys – 12 milking, 13 heifers). Cows are ave. 88#/day – RHA 28,000 4.19 3.1. SCC 160,000. A very impressive herd of cattle with Holstein pedigrees that go back to Chief Adeen and Cookiecutter MOM Halo with many that are backed by EX & high VG Dams. Sires represented: Cinderdoor, Brewmaster, Unix, Chelios, Solomon plus many more popular ones. The Jersey's are very impressive also a group that will not disappoint with solid pedigrees and popular sires. Catalog will be at ringside.

**Mon. Sept. 26th** – Normal Monday Sale & Monthly Organic Day.

### UPCOMING SALES TO WATCH FOR:

**Sat. Oct. 1st** – 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.

**Fri. Oct. 14th** – Morrisville, NY – Time to be determined. 39th Annual – Magic of Morrisville Autumn Review Sale.

**Sat. Oct. 29th** – Fall Premier All Breeds Sale. Selling 120 Head of Registered All Breed Dairy Cattle. Call early to get your group featured. This sale is starting to fill quick let us know if you have anything you would like to sell.

**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 heifers and cows!

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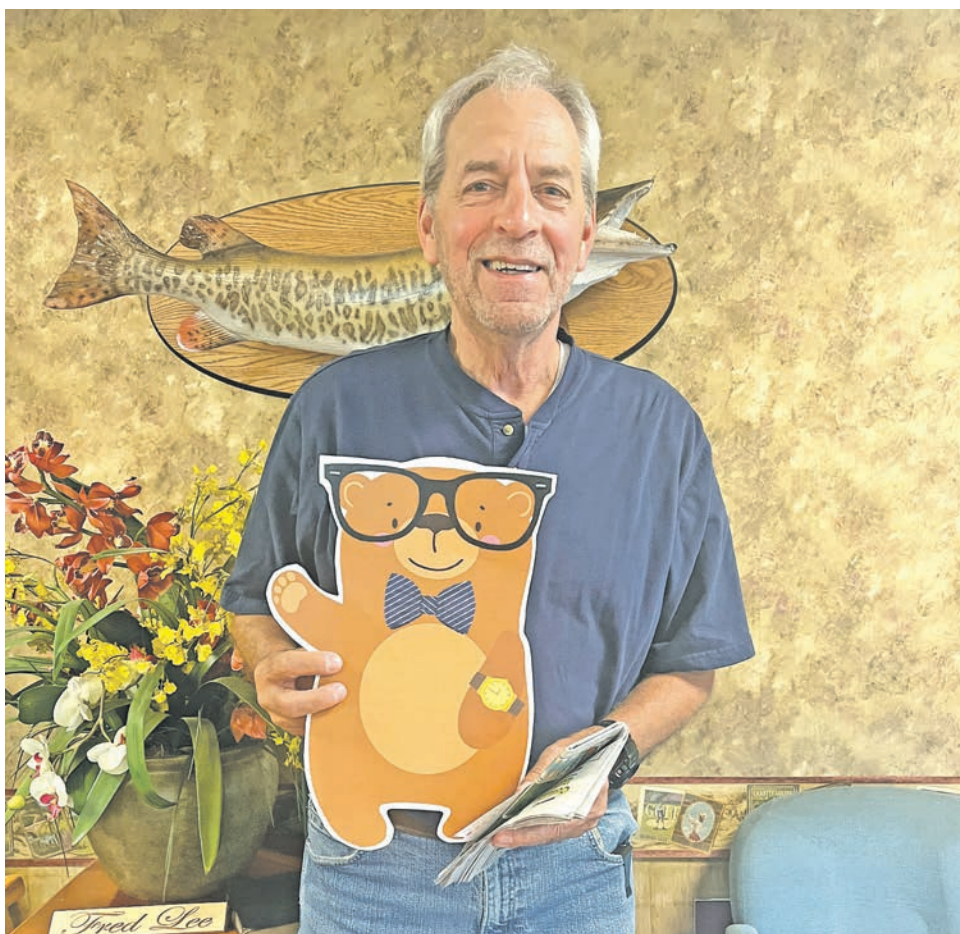
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Ken Nash was the winner of the Aug. 20 Freddy Bear riddle. He had the correct answer of 'history' to the riddle: You will always find me in the past. I can be created in the present but the future will never change me. What am I? He won two tickets to Adirondack Animal Land. Congratulations Ken!

## Mohawk Valley Produce Auction SPECIAL PUMPKIN SALE Thursday, September 15<sup>th</sup>

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**Schedule for this week only**

**Mon., September 12th - Normal Schedule**

**Wed., September 14th - Vegetables Only**

**Fri., September 16th - Back to Normal Schedule**

**Produce auctions every Monday, Wednesday & Friday  
10:00AM through October**

## Strategies that can improve reading comprehension

Strong reading comprehension skills are one of the foundations of a successful academic career. According to the Institute of Reading Development, students with strong reading comprehension skills get a big boost in all subjects, including math and science.

Though the benefits of reading comprehension are well documented, many students are struggling in this area of their academics. Officials with the National Center for Education Statistics note that, over the last decade, students have made no progress in reading performance. That likely comes as no surprise to seasoned educators, as data indicate students are reading less outside of school than they have in years past. Data from the National Assessment of Educational Progress indicates the percentage of public school students who said they read 30 minutes or more a day declined by 4% between 2017 and 2019, dipping below 50% overall in the latter year.

There's likely a multitude of reasons why students now read less than they used to. Parents concerned about their children's reading comprehension can try these strategies to bolster this highly valuable skill.

- Let kids read what they like. The tutoring professionals at Oxford Learning® report that 73% of students indicate they would read more if they found books they liked. Parents can address this issue by taking children to their local libraries and letting them choose which books to check out. The more practice kids get with reading, the more their comprehension skills develop.

- Read aloud to children. Various studies have found that reading aloud to children significantly benefits literacy development. One study from the National Association for the Education of Young Children found that listening to others read helps children develop key understanding and skills, including how stories are written. In addition, the Reading Rockets project, which aspires to bring reading research to life in the hopes of helping young children develop into strong, confident readers, notes that children can listen on a higher language level than they can read. That makes complex ideas more accessible.

- Ask questions when reading to children. When reading to children, parents can compound the benefits of this activity by asking youngsters questions about the book. Asking what, when, where, why and how can encourage children to look for answers to these questions while they're being read to. As students advance and then read more on their own, parents can encourage them to ask these questions of themselves (if they're not already doing so on their own). Asking and answering these questions is a great way to strengthen reading comprehension skills.

Strong reading comprehension skills can help students reach their academic potential. Parents can employ various strategies to help children bolster those skills.



*What do  
you have  
to break  
before  
you can  
use it?*



# Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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## MAGIC MAZE • NYMS

D	T	R	P	M	E	A	N	O	N	Y	M	K	I	F
M	D	B	H	P	Y	W	U	S	A	Q	E	O	M	K
M	Y	N	O	T	P	Y	R	C	I	H	R	F	M	D
B	Z	N	M	Y	N	O	R	A	P	Y	O	Y	Y	X
W	Y	U	O	Y	S	O	Q	M	O	P	N	M	N	N
M	L	J	N	R	N	H	F	D	Y	O	Y	C	O	A
Y	W	V	Y	Y	E	O	T	S	D	N	M	Q	T	P
N	L	K	M	I	H	T	R	U	O	Y	O	F	E	E
C	B	Z	Y	W	V	U	E	T	S	M	R	L	M	Q
M	Y	N	O	N	Y	S	N	H	E	P	N	M	O	L

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
Unlisted clue hint: A WORD OF LIKE MEANING

Acronym	Eponym	Hypernym	Paronym
Anonym	Heteronym	Hyponym	Pseudonym
Antonym	Holonym	Meronym	Retronym
Cryptonym	Homonym	Metonym	

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## King Crossword

### ACROSS

- 1 Beach accessory  
6 Altar promise  
9 Wd. modifier  
12 Blazing  
13 At once  
14 Singer Rawls  
15 Lightweight wood  
16 Old Pontiac  
18 More tightly packed  
20 "Star Wars" royal  
21 Photo, for short  
23 "Fresh Air" ainer  
24 Party beverage  
25 Unforeseen problem  
27 Say  
29 Elk's horn  
31 Wheel cover  
35 Playful sea critter  
37 Only  
38 Barber's tools  
41 Aug. and Sept.  
43 Knock  
44 Region  
45 Halloween sprite  
47 Young shopping center regular  
49 Milk dispens-

1	2	3	4	5	6	7	8	9	10	11
12					13			14		
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47				48			49		50	51
52				53			54			
55				56			57			

- er  
52 Paris summer  
53 Flamenco cheer  
54 Cat calls?  
55 Shelter  
56 Slugger Williams  
57 Actress Debra  
6 Loose news-paper ad  
7 Gloomy  
8 Have  
9 Sci-fi visitor  
10 Column style  
11 A son of Jacob  
17 Book jacket promos  
19 Sudden gush  
21 Unpaid TV ad  
22 Hostel  
24 Little, in Lille  
26 Worldwide  
28 Pulsate  
30 UFO crew  
32 Deep-fried frank  
33 Pie — mode  
34 Zing  
36 Acted badly?  
38 Caravan beast  
39 Emulate Lincoln  
40 Donnybrook  
42 Batter's dry spell  
45 Big wind  
46 Notion  
48 Decay  
50 Ram's ma'am  
51 Trio after Q

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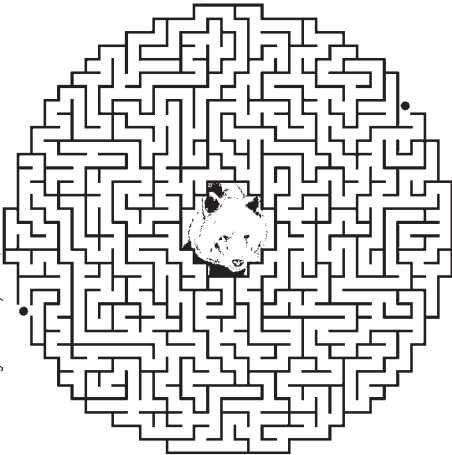
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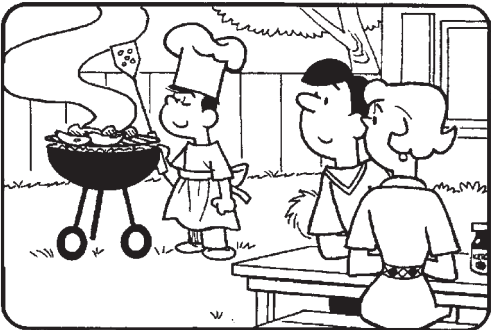
### Mega Maze

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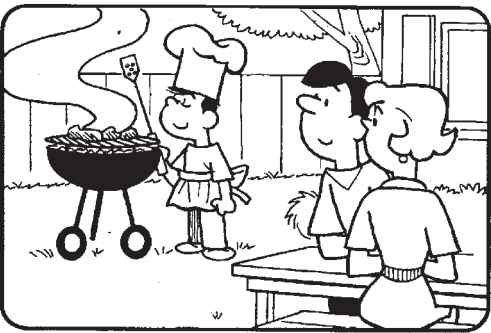


### HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Hot dogs are missing. 2. Spatula is smaller. 3. Apron is shorter. 4. Neckline is different. 5. Belt is different. 6. Bottle is missing.

### SCRAMBLERS

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

Guide				
DEALER				
Start				
BINGE				
Brief				
ROTHS				
Shame				
GAMITS				

TODAY'S WORD

\_\_\_\_\_



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# Home Country

by Slim Randles

The evening was one of those that come back to you time after time, year after long year. It comes back and whispers of how good life can be when you're well fed, enjoying life, and a good friend shares the front porch with you on a summer's evening.

It was that way with Doc and Steve the other night. Doc thought he might have to do a scientific paper on the soporific effects of ice tea, fried chicken, and corn on the cob. As long as it didn't take any effort.

So when this huge meal had been bull-snaked down, the two grinning friends came out to the porch to watch

## Marvelous milkweed

by Bonnie Kirn Donahue,  
Extension Master Gardener, UVM

Milkweed is a critically important plant for the monarch butterfly, which is threatened with extinction. The monarch caterpillar uses milkweed as its primary food source, and its powerful flowers provide nectar for countless butterflies, bees and insects.

If you stop and observe a milkweed plant in flower for even a short time, you will likely see a frenzy of insect activity, which instantly illustrates how important these plants are to nature.

Interested in providing a home for the monarch butterfly and beneficial insects in your garden? Milkweed is the answer!

One way is to preserve any existing patches of milkweed where you live. Instead of mowing the patch down, leave it

the sun go down behind the trees along Lewis Creek. The air had that orange and russet glow, and the breeze, that little one that caresses the neck, came slowly down from the hills and made their shirt collars wiggle ever so slightly.

It was like taking a dry bath in paradise.

Doc sidled up to one of the porch posts and gently tested it to see if it could hold the extra weight he was carrying with that meal. It stood fine, so he leaned against it seriously and looked out on the evening's warmth.

Steve, who was enjoying having a fine meal that someone else cooked for a change, leaned against the post on the other side of the steps.

And then they just stood quietly, watching the day make beautiful skies as it ended.

The shadow on the ground foretold the presence of

need prolonged exposure to cold winter temperatures to break their natural dormancy cycle, which stimulates germination in the spring.

For transplants, wait until early spring after the danger of frost has passed to plant. Autumn planting may not give them adequate time to get established before winter.

You can sow seeds in spring, but they will need to be cold-treated for a high germination rate. To do this, place the seeds in moist paper towels in a plastic bag or container in a refrigerator with the temperature at 40° F for a minimum of three weeks to three months.

It is important to purchase locally sourced seeds or plants. Place-specific genetic variations can develop by region, so sourcing your plants near where you live will have the most beneficial result.

When you think of

the circling bird. Doc and Steve paid no attention at first. Then a few minutes later, it was joined by two more circling birds over Doc's house.

"Buzzards," Steve mumbled.

"Yep," said Doc.

They circled some more.

"I think one of us should move a little ..." said Doc.

"Move?"

"Well ... to let them know ... you know."

Steve sighed, then glanced over at Doc. "Flip you for it."

**Brought to you by Saddle Up: Cowboy Guide to Writing, by Slim Randles. Check it out at Rio Grande Books.com.**

very place-based genetics, so it is especially important to source this species locally. It has dusty pink flowers and grows taller than the previous species at three to four feet tall. As indicated by the name, this milkweed prefers soils that are medium to wet in moisture and full sun.

Another native, whorled milkweed has delicate white flowers and can reach heights of one to 2.5 feet. You can plant this in full sun or part shade. It grows best in dry to medium dry soil conditions.

Interested in learning about how to plant milkweed by plant or seed? Check out the Monarch Joint Venture (<https://go.uvm.edu/milkweed>) for detailed instructions.

Considering its significance to the monarch and its magnet-like attractiveness to beneficial insects, milkweed is one of the most satisfying plants to grow in the garden. Whether you are tending an existing patch or planting your own, give this incredible plant a try. Nature will thank you.

Visit the Country Culture Facebook page.



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

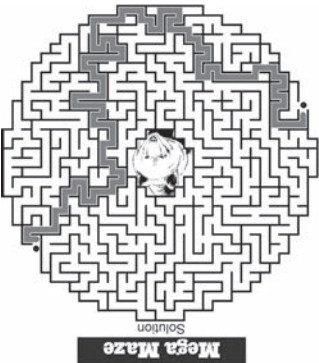
Answer

E	T	E	D	P	A	G	E	T
S	O	L	E	M	E	O	W	S
R	A	L	A	T	U	D	D	E
N	I	N	G	O	B	L	I	N
P	A	R	A	S	O	M	B	S
R	A	P	S	O	L	E	O	T
P	A	N	T	L	E	R	H	U
P	A	N	T	L	E	R	H	U
H	I	C	P	R	P	U	N	C
A	D	E	N	S	E	R	L	E
A	F	I	R	E	N	O	N	E
U	L	O	W	N	O	N	E	L
A	D	J	I	D	O	E	L	T

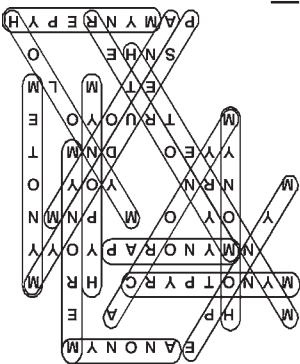
Solution time: 26 mins.

Answers

King Crossword



Mega Maze



SWAN

NEIGHBORS

Today's Word

3. Short; 4. Stigma

1. Leader 2. Begin

solution

SCRAMBLERS

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# Herkimer County Office for the Aging



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## COVID-19: Lifestyle Tips to Stay Healthy this Fall

- **Get Vaccinated and Mask Up**

If you have not been vaccinated, get vaccinated. If you have already been vaccinated get your booster. If you are 50 and older or are under 50 and have underlying health issues you are eligible for an additional booster. Talk to healthcare provider or pharmacist if you have questions.

Over 608 million COVID-19 vaccines have been administered and they have been proven to be safe and effective. Vaccines not only protect you but those around you.

Wear a mask when indoors if transmission is high in the area where you live.

As fall and winter approach people spend more time indoors, masks are increasingly important. Additionally, getting a flu shot, wearing masks, and washing hands frequently may lessen the impact influenza and COVID-19 may have together. (It's important to reduce the risk of catching both COVID-19 and the flu at the same time.)

- **Stay Active**

There are many ways to stay active to include walking, dancing, gardening, and biking. Being active helps you stay healthy and maintain a healthy weight.

- **Adequate Sleep**

Good sleep is essential to overall health.

According to The National Institutes of Health (NIH): "Immune system activation alters sleep, and sleep in turn affects the innate and adaptive arm of our body's defense system." While the amount of sleep needed for good health and optimum performance mostly depends on the individual, the CDC recommends adults age 18-60 get seven or more hours of sleep per night.

- **Diet and nutrition**

According to the CDC, whole foods like dark, leafy greens, oranges and tomatoes—even fresh herbs—are loaded with vitamins, fiber and minerals. Make it a habit to try to eat more whole nutritious foods instead of processed snacks or fast food.

- **Self-Care**

Make time to take care of yourself.

Be supportive and suggest the same for those close to you. Meditation, relaxation, quality time with family or friends, and personal care promote overall wellness.

- **Coping with Stress and Anxiety**

Positively cope with stress and anxiety induced by everyday life and dealing with the COVID-19 pandemic.

Positive coping mechanisms may include exercise, meditation, reading, or further developing certain skills or hobbies. Use this time to increase your daily repetition of these positive activities and develop new or even better routines than you may have adhered to prior to the pandemic.

- **Stay Connected**

Taking all these steps may improve overall health and wellness. Although eating nutritious foods, physical activity, adequate rest, and taking care of our mental health makes us more resilient, it's not a cure nor does it guarantee immunity from contracting COVID-19.



**Get vaccinated and Boosted!**

**It not only protects you but it protects others!**

**If you need assistance scheduling a vaccination**

**or you need transportation to an appointment, please call 315-867-1121.**