

FREE

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- FONDA 200
- HOME IMPROVEMENT



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LETTER TO THE EDITOR

Dummy light fate tabled

On Sept. 6, the Village of Canajoharie Board announced that the resolution to form a committee designed to recommend a spot to memorialize the dummy light was tabled.

Reasons cited were a request made from Janet Stanley, president of the Canajoharie-Palatine Bridge Chamber of Commerce, suggesting they not move forward, leave it

alone and table the matter when hopefully cooler heads will prevail. The other reason cited was very few people requested to be included on said committee. The way Stanley

sees it for now, the light is safe and sound and there is still hope for her return.

Avoiding common canning mistakes

Caution! Any of the following major mistakes may result in botanical food poisoning.

Major Canning Mistakes – Potentially Deadly

- Making up your own canning recipe. Without scientific testing, you will not know how long the product needs to be processed to be safe.
- Adding extra starch, flour or other thickener to recipe. This will slow the rate of heat penetration into the product and can result in undercooking.
- Adding extra onions, chilies, bell peppers or other vegetables to salsas. The extra vegetables dilute the acidity and can result in botulism poisoning.
- Using an oven instead of water bath for processing. The product will be under-processed since air is not as good a conductor of heat as water or steam. The jars also may break or explode.
- Not making altitude adjustments. Since boiling temperatures are lower at higher altitudes, the products will be under-processed. Pressure canning requires adding more pounds of pressure while waterbath canning requires more processing time.
- Not venting pressure canner. Lack of venting can result in air pockets (cold spots) which will not reach as high a temperature as is needed.

- Not having dial-type pressure canner gauges tested annually. If the gauge is inaccurate, the food may be under-processed and therefore unsafe.
- Failure to acidify canned tomatoes. Not all tomatoes have an adequate acid level (pH), especially if the vine is dead when tomatoes are harvested. This can result in botulism poisoning.
- Cooling pressure canner under running water. Calculations as to processing time include the residual heat during the normal cool-down period as part of the canning process. Hurrying this process will result in under-processed food; siphoning of liquid from the jars and jar breakage may also occur.
- Letting food prepared for "hot pack" processing cool in the jars before placing them in the canner for processing. The heat curves are based on the food being hot at the beginning of the processing. The product could be under-processed. Note: Canned meat, vegetables or salsa which is under-processed can cause botulism

Minor Canning Mistakes – Economic Loss, But Results Not Deadly

- Use of mayonnaise jars. The thinner walls of the glass may break, especially if used in a pressure canner, and it may be more difficult to obtain a good seal. However, if it seals, it is safe to use.

- Use of paraffin on jams and jellies. Small air holes in the paraffin may allow mold to grow. Also, paraffin can catch on fire if overheated during preparation. If preserves do have mold growth, the recommendation is not to eat the product, but discard it.

- Cooling too slowly after removing from canner. (Example: stacked jars close together.) There is a group of harmless organisms called thermophiles that can survive canning. If bottles are held hot for long periods, they can produce acid (fermentation). This results in the defect known as "flatsour." This is harmless but produces an undesirable flavor.

- Storing food longer than recommended. Keeping foods longer than recommended or storing them at temperatures above 70° F for an extended period of time will decrease the quality and the value of some nutrients, but the product will be safe to eat. A darkening of fruits and change in texture is often a result as well.

The general guidelines for safe food preservation really are not difficult to follow. Just make certain to always use an up-to-date, scientifically tested recipe, follow it exactly and make the altitude adjustments for time or pressure. If you have specific questions, read more at tinyurl.com/28rnc6rc or contact your local Extension office.

Source: Utah State University




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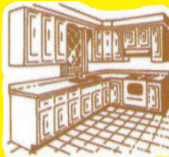
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Bake Sale for Bob Borst set for Sept. 17

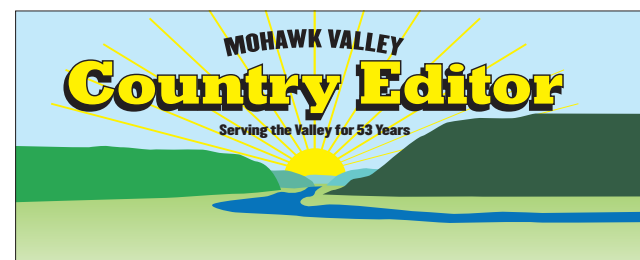
The Grace Church of St. Johnsville will be hosting a bake sale to benefit Bob Borst on Sept. 17 at 10 a.m. at the church, 20 Center St., St. Johnsville. Come out and help us help Bob pay down his hospital bill from last winter. Donations will be accepted.

Bob had a stroke and was taken to Ellis Hospital – where he contracted COVID. He spent 53 days there, nine of which he was in a coma

and had to be put on a ventilator. He then went to rehab for 30 days.

Let's see if we can all come together and help Bob get back on his feet.

Contact Grace Church, 20 Center St., St. Johnsville, NY 13452. If you have questions, call Linda Hart at 518.774.2033.



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The benefits of building a strong core

Fitness professionals recognize the importance of a well-balanced workout. Much like a diet that includes foods from each of the major food groups can provide the balance of nutrients and vitamins bodies need to achieve optimal health, a workout routine that includes an assortment of strength and cardiovascular exercises is the recipe for a fit and healthy body.

Core exercises are a vital component of a well-rounded workout. Core exercises can help individuals build sculpted abdominal muscles, and while that's a goal for many core devotees, the benefits of core exercises extend well beyond the cosmetic.

• **Build a strong, healthy back:** The International Association for the Study of Pain reports that lower back pain has been the leading cause of years lived with disability across the globe since 1990. Lower back pain can be debilitating,

but core exercises strengthen muscles in the core, including those in the back. The Mayo Clinic notes that core exercises train muscles in the pelvis, lower back, hips and abdomen to work together, creating greater balance and stability and contributing to a healthy back.

• **Make daily life easier:** Individuals may not realize it, but their cores play a vital role in performing a great number of daily tasks. Core muscles are activated when doing everything from taking out the trash to getting dressed. If those muscles are weak, the cumulative effect of that weakness can add up and contribute to aches, pains and other health problems. Strong core muscles make daily tasks easier and less taxing on the body, providing both short- and long-term benefits.

• **Become a better athlete:** Core training has long been a key component of professional athletes' exercise reg-

imens, and it's just as beneficial to amateur athletes as well. The Harvard Medical School notes that a strong core powers a host of athletic activities, including golf, tennis, cycling, running, swimming and team sports like baseball and volleyball. A strong core also benefits outdoor enthusiasts who love to kayak and hike difficult terrain.

• **Sculpt abdominals:** The cosmetic benefits of building a strong core should not be overlooked, as individuals might gain additional motivation to keep exercising and eating right when they see desirable results in the mirror. Core exercises strengthen and sculpt abdominal muscles, creating a win-win situation for anyone who wants to get healthy and look good doing it.

Core exercises are vital to building a healthier, stronger body.



The benefits of core exercises extend well beyond the cosmetic.

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(byo - chair) Indoor service: Winter and inclement weather Glen Town Hall, 7 Erie Street, Fultonville Community Outreach is very important to us 518 853-3311</p> <p>FULTONVILLE REFORMED CHURCH Corner of 5S & 30 Pastor Jane Hubschmitt Sunday School 10 AM Family Worship 10:30 AM</p>	<p>GLEN GLEN REFORMED CHURCH 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>HERKIMER SS PETER and PAUL ORTHODOX CHURCH Fr Vasil Dubee & Fr Dn Demetrius Richards 305 Main Rd., Herkimer Phone 315-866-3272 Saturday Vespers - 5 PM (spring/summer months) 4 PM (fall/winter months) Sunday Divine Liturgy 9:30 AM Sundays</p> <p>TEMPLE BETH JOSEPH 327 N. Prospect St. Phone 866-4270 Friday 7 PM</p> <p>ST. FRANCIS de SALES CHURCH Rev. Mark Cunningham, Pastor 219 N. Bellinger St. Phone 866-4282 Saturday Vigil Mass 4 PM Sunday Mass 8 AM</p> <p>CHURCH OF SAINTS ANTHONY and JOSEPH 229 S. Main St. Phone 866-6373 Sunday Mass 10 AM No Saturday Vigil</p> <p>REDEEMER CHURCH Pastor Michael Servello 931 Herkimer Rd., Utica, NY 13503 Phone 792-4748 Saturday 6 PM • Sunday 9 & 11 AM</p> <p>OAK RIDGE FREE METHODIST CHURCH Pastor Chris Schumske 838 W. German St. Worship Service for adults & children 8:30 AM & 10:30 AM with Ridgekids for the children (0-5th grade) Phone 866-0575</p> <p>UKRAINIAN ORTHODOX CHURCH OF ST. MARY'S PROTECTRESS 326 Moore Ave. Sunday Divine Liturgy 10 AM Holy Day Liturgy 9 AM Phone 866-1336</p> <p>NEW LIFE CHURCH Pastor David Hayner 337 Protection Ave. Phone 866-1164 • www.nlc-mc.org Worship 10 AM Wednesday Worship 6:30 PM</p> <p>THE SALVATION ARMY Lieutenants Derrick and Heather Purvis 431 N. Prospect St. Phone 866-1240 Facebook.com/TheSalvationArmyHerkimer Sunday School 10 AM Morning Worship 11 AM</p> <p>FIRST UNITED METHODIST CHURCH OF HERKIMER AND LITTLE FALLS Pastor Joelle Faulks Prospect St & Park Ave. Sunday Worship and Sunday School 9 AM</p>	<p>HERKIMER REFORMED CHURCH 102 Church St. Phone 866-1523 Worship 9:30 AM Shepherd's Table: Tuesday 11:30-12 PM</p> <p>TRINITY EVANGELICAL LUTHERAN CHURCH Corner of West German & Henry Streets Phone 315-866-6474 Sunday Worship Services 10 AM in person and virtually on Zoom, YouTube & Facebook Bible Studies Thursday mornings 10 AM on Facebook</p> <p>THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS 317 Gros Blvd., East Herkimer 315-866-8095 Sunday Sacrament Meeting 10 AM Sunday School/Primary 11 AM - Visitors welcome - Family History Center, open by appointment</p> <p>ILION ILION COMMUNITY CHURCH Pastor Dean Mabry 44 Central Plaza Sunday Worship 10 AM Child Care/Kids Church Available ilionchurch.com</p> <p>SAINT AUGUSTINE'S EPISCOPAL CHURCH 78 2nd Street Phone: 680-322-1034 or 315-895-0363 Email: staugustine3@gmail.com Sunday Services at 10 AM</p> <p>FIRST PRESBYTERIAN CHURCH 90 Morgan St., Ilion, NY, 13357 Reverend Richard Riggle Bible Study 9:30 AM Church Service 10:30 AM 315-894-2070</p> <p>FIRST BAPTIST CHURCH 8 Second Street Reverend John Partise Wednesday Mid Week Service 7 PM Sunday Morning 11 AM</p> <p>JESUS NEVER FAILS COMMUNITY CHURCH Reverend Hans Drews 1161 Elizabethtown Rd., Ilion, NY 13357 518-568-7983 hansandrosaline@yahoo.com Sunday Service 11 AM</p> <p>MORNING STAR UNITED METHODIST CHURCH 36 Second Street Pastor Joelle Faulks Sunday Worship 10:30 AM November 1 - May 1 4224 Acme Rd, Frankfort May 1 - November 1 36 Second Street, Ilion</p> <p>ANNUNCIATION CHURCH 109 West Street, Ilion, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 4 PM (November - April); Sunday 11:30 AM; Monday & Wednesday 9 AM</p>
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CHURCH SERVICE DIRECTORY

<p>JOHNSTOWN CHURCH OF THE NAZARENE 3316 St. Rt. 29 W, Johnstown, NY 12095 Offices: 518-762-2982 Cell: 857-523-8417 Pastor, Rev. Mark Fowler Sunday Morning Service 11 AM Sunday School for All Ages 10 AM</p> <p>JOHNSTOWN FIRST PRESBYTERIAN CHURCH 37 South Market St. Johnstown, NY 12095 518-762-8263 office@johnstownpresbyterian.org Pastor George W. 'Blake' Blakesley Church Service 10:30 AM in person, Zoom and Facebook Please call for more information about our free community lunch, thrift store & personal care shelf.</p> <p>LASSELLSVILLE LASSELLSVILLE UNITED METHODIST CHURCH State Hwy. 29 Pastor Robert A. Lindsay Worship: Sunday 9:30 AM Sunday School to start soon</p> <p>LITTLE FALLS FIRST BAPTIST CHURCH 555 Albany St. 315-823-3392 Morning Worship 9:45 AM Rev. Chris J. Wintermute, Lead Pastor Rev. William Whalen, Associate Pastor Nursery (infants through age 4) Meet and Greet Sunday at 8:00 AM Sunday School Classes 8:30 AM (nursery through adult) **Our Service is aired on 100.3 FM, 91.1 FM & 88.7 FM on Sundays from 11-12 with a 1 week delay. **LIVE on Facebook: "gingerleecase" account- 9:45 am on Sundays</p> <p>ST. PAUL'S UNITARIAN UNIVERSALIST CHURCH Minister Jeffrey J. Frank Mark Bunce, Organist 565 Albany St., Little Falls, NY Phone 315-823-2284 Sunday Service & Religious Education 10 AM</p> <p>FIRST ASSEMBLY OF GOD Senior Pastor Timothy Parisi 559 E. Jefferson St. Phone 823-4043 • firstaglf@gmail.com Sunday Morning All Worship 10 AM Thursday Bible Study 6:30 PM</p> <p>HOLY FAMILY PARISH OF THE ROMAN CATHOLIC COMMUNITY OF LITTLE FALLS Father Brian Slezak 763 E. Main St., Little Falls, NY Phone 315-823-3410 Saturday Vigil Mass 4 PM Sunday Mass 10:30 AM</p> <p>HOLY TRINITY LUTHERAN CHURCH 512 E. Gansevoort St. Sunday School 9:15 AM Sunday Worship 9:30 AM Wednesday Worship 11 AM & 6 PM</p>	<p>EMMANUEL EPISCOPAL CHURCH 588-594 Albany St. Sunday Schedule: High Mass, Rite II 10 AM Nursery & Sunday School 9:45 AM (Sept.-May) Fellowship Coffee Hour 11:15 AM Choir Rehearsal 11:30 AM Holy Day Masses as announced Confessions by appointment</p> <p>FIRST PRESBYTERIAN CHURCH 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>INGHAMS MILLS BAPTIST CHURCH Rev. Gary L. Busch, Pastor Sunday Worship Service 10 AM 443 Inghams Mills Rd. Little Falls, NY 13365 Pastor's Phone (315) 717-9936</p> <p>THE HOLY SPIRIT POLISH NATIONAL CATHOLIC CHURCH 618 E. Gansvoort St., Little Falls, NY 315-823-0793 Father Rafal Dadello Mass at 11 AM on Sunday www.holyspiritpncc.org</p> <p>MARSHVILLE MARSHVILLE EVANGELICAL CHURCH Route 10 South Pastor Mark Fowler Worship Sunday 9 AM</p> <p>MIDDLEVILLE MIDDLEVILLE UNITED METHODIST CHURCH 24 Fairfield St. Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 8:30 AM Thursday Bible Study 2 PM</p> <p>MOHAWK DENNISON CORNERS COMMUNITY CHURCH Pastor Donald King 219 Robinson Rd. • Phone 866-5215 Sunday: Sunday School 9:45 AM Morning Worship 11 AM Evening Worship 6 PM Wednesday Prayer 7 PM</p> <p>MOHAWK REFORMED CHURCH Rev. Brian Engel, Pastor 20 S. Otsego St. Phone 866-4292 Email mohawkpastor@verizon.net Follow us on Facebook Morning Worship: 10:30 AM Sept. - June • 9:30 AM July-Aug. Youth Sunday School (Pre-K - Sr. High) 9 AM Adult Sunday School (Men, Women & Couples) 9:30 AM September - June</p> <p>EMMANUEL BIBLE CHURCH Pastor Gary Wilcox 54 W. Main St. • Phone 717-3011 Worship and Word: Sunday 10:30 AM Fellowship Lunch: 12:30 PM Discipleship Hour: Sunday 1:30 PM Bible Study & Prayer: Wednesday 6 PM</p>	<p>CHURCH OF THE BLESSED SACRAMENT Sr. Mary Jo Tallman, CSJ, Parish Life Director Rev. Leo Potvin, Sacramental Minister 71 E. Main St. Phone 866-1752 Sunday Mass 9:30 AM</p> <p>CHRISTIAN BIBLE CHURCH H. Ed Reed, Pastor/Teacher 167 Ward Rd. • Phone 858-1282 www.christianbiblechurch.us Sunday School 9 AM Sunday Worship 10 AM Wednesday Bible Study & Prayer Meeting 7 PM</p> <p>THE WORD CHRISTIAN CENTER Pastor Dan Annutto 27 E. Main St. • Phone (315) 985-3596 Sunday Services at 10 AM Intercession - Tuesdays at 6 PM</p> <p>NELLISTON VALLEY ALLIANCE CHURCH 85 E. Main St., Nelliston 518-993-3458 Pastor Ken Gies Sunday School (all ages) 9:15 AM, Sunday Worship 10:30 AM, Wed. Praise & Prayer 7 PM, Fri. Youth Group 7 PM (7-12th grade)</p> <p>NEWPORT FIRST BAPTIST CHURCH OF NEWPORT 7497 Main Street Pastor's Phone 315-790-1877 Sunday Worship at 9:45 AM</p> <p>UNITED METHODIST Pastor Robbin Harris • Phone 845-8730 Morning Service 11:15 AM</p> <p>KUYAHOORA COMMUNITY CHURCH Pastor Dwayne Durand West Canada Valley High School Auditorium 5447 St. Rt. 28 Mailing Address PO Box 50 Middleville, NY 13406 Phone 315-292-1303 www.kuyahorracc.org Weekly Service Sunday 10:08 AM</p> <p>ST. JOHN THE BAPTIST CATHOLIC CHURCH St. John the Baptist Parish 7516 N. Main St. • Phone 845-8017 Saturday Vigil 4 PM Sunday Mass 8:30 AM</p> <p>OPPENHEIM OPPENHEIM UNITED METHODIST CHURCH 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>PAINES HOLLOW PAINES HOLLOW UNITED METHODIST Lay Servant Gregg Sponburgh Rtes. 167 & 168 • 315-866-1128 Worship 9-10AM</p> <p>PALATINE BRIDGE TRINITY EVANGELICAL LUTHERAN CHURCH OF STONE ARABIA 5430 St. Hwy. 10, Palatine Bridge, NY Pastor A. Elisabeth Aurand Sunday In Person Worship 9 AM; email for link office@stjm-canajoharie.org 518-673-2224</p> <p>THE HOUSE OF ZION, INC. 580 Dillenbeck Rd., Palatine Bridge 518-577-3069 Pastors Richard & Denise Allen Saturday Morning Worship Service 11:30 AM Listen to UMT on live radio 97.5FM the 1st Sunday of every month 3-4 PM</p> <p>RANDALL RANDALL CHRISTIAN COMMUNITY CHURCH NY Rte. 5S Sunday Service 10:30 AM Worship Leader Darlene Spaulding</p> <p>RICHFIELD SPRINGS CHURCH OF CHRIST UNITING PO Box 896, Richfield Springs, NY 13439 Rev. Casey Bradley • 315-858-1553 Service: Sunday 9:15 AM Church School: Sunday 9:30 AM</p> <p>RICHFIELD SPRINGS BIBLE CHURCH 19 Church St., Richfield Springs, NY 13439 Rev. David Tosi • 315-858-0564 Sunday School (all ages) 10 AM Wor- ship Service 11 AM & 7 PM Wednesday - Prayer & Praise Call for info on various Youth Ministries www.richfieldspringsbiblechurch.org</p> <p>SALISBURY CENTER FULL GOSPEL ASSEMBLY OF GOD Pastor Robert Brent 106 Plant Road Sunday Worship 11 AM with Children's Church offered during the service</p> <p>SALISBURY CENTER UNITED METHODIST CHURCH 2545 State Route 29 Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 10 AM Thursday Bible Study 6 PM</p> <p>SLOANSVILLE SCHOHARIE VALLEY GOSPEL CHURCH Pastor Pat Andreoli 133 Sprakers Rd., Sloansville, NY 518-864-5397 svgchurch@gmail.com Wednesday Prayer 6 PM; Sunday Morning Bible Study 9:45 AM; Worship Service Sunday Morning 10:30 AM</p>	<p>SPRAKERS CHRISTIAN CHURCH OF CHARLESTON FOUR CORNERS 1380 E. Lykers Rd., Sprakers 518-922-9088 Pastor Brett Popp Sunday School (ages 3-adult) 9:45 AM Worship 11 AM Sunday Prayer Meeting 5:30 PM Thu. Evening of Encouragement & Community Kid's Bible Club 6:30 PM</p> <p>THE CHRISTIAN CHURCH OF RURAL GROVE 170 Rural Grove Rd., Sprakers, NY 12166 518-922-7831 Pastor Joshua Fetterhoff pastorjosh@ruralgrovechurch.org Sunday School (all ages) 9:45 AM, Morning Service 11 AM, Eve. Service 6 PM, Wed.-Family Night 7 PM, "Where Bible Teaching is Fundamental"</p> <p>REFORMED CHURCH OF SPRAKERS 112 Sprakers Hill Rd. Rev. Nancy Ryan Worship ~ 9 AM All Welcome!!!</p> <p>CURRYTOWN REFORMED CHURCH 829 St. Hwy. 162, Sprakers 518-922-8422 Rev. Donald Hoaglander Visiting Pastor Jane Hubschmitt 518-705-2201 Sunday School 9:15 AM Worship Service 10 AM</p> <p>RIVER OF JUBILEE CHURCH 5057 St. Hwy. 5 S, Sprakers, NY 12166 Pastor: Gail Adamoschek Pastor: Steve Adamoschek 518-322-1427 / 518-224-4455 Sunday Service 10 AM Children's Church Available Other Learning Opportunities Available Visit us on Facebook</p> <p>SPRINGFIELD CENTER ST. MARY'S EPISCOPAL CHURCH 7690 Rt. 80, Springfield Center 315-858-4016 Fr. Kyle Grennen, Priest-in-Charge Sunday Eucharist, 9:30 AM Coffee - Fellowship follows service Holy Days - as announced</p> <p>FIRST BAPTIST CHURCH Springfield Center, NY Rev. Terence Brant 607-264-3035 Sunday School 10 AM Morning Worship 11 AM Wed. night Bible Study 7 PM</p> <p>ST. JOHNSVILLE BETHESDA FELLOWSHIP 34 S. Division St., St. Johnsville, NY 13452 518-568-2678 Summer Schedule Sunday Worship 10 AM Wed. Worship and Prayer 6 PM</p>	<p>ST. PAUL'S LUTHERAN CHURCH 32 W. Main St., St. Johnsville, NY (next to NBT Bank) 518-568-3007 Church 518-568-2405 Parsonage Rev. David Johnson Sunday Worship 10:30 AM, Tues. Bible Bungee-Jumping 7 PM, "Bible Study" that actually makes sense! A Vibrant, Welcoming Community of Faith & Vision</p> <p>SEEKER'S FELLOWSHIP 14 Park Place, St. Johnsville, NY 13452 518-568-7700 • Pastor Mike Yezierski Sunday Worship 6 PM, Tues. Prayer 7 PM, Bible Study 7 PM (Wed., Thurs. & Fri.) We teach the fullness of God's Word, a life of holiness for the believer, and salvation for all who trust in Christ's sacrifice.</p> <p>JOY FELLOWSHIP 296 Co. Hwy. 119, St. Johnsville, NY 13452 518-568-3217 • William Hayes, Pastor Joyce Loughran, Assistant Pastor Sunday School 9 AM, Morning Worship 9:30 AM Wednesday Evening Worship 6:30 PM</p> <p>ST. JOHN'S METHODIST CHURCH 7 East Main St., St. Johnsville, NY 13452 Pastor Corey Jones 518-568-7983 • 315-866-8626 Worship Sunday 3 PM</p> <p>EVERLASTING JOY BELIEVERS FELLOWSHIP 14 Park Place (in with Seekers Fellowship) St. Johnsville, NY 13452 315-858-2112 • Pastor Carolee Coye Sunday Service 10 AM</p> <p>ST. JOHN'S REFORMED CHURCH 68 W. Main St., St. Johnsville 518-568-7396 Faithfully Following Jesus Christ Sunday Worship 10:30 AM</p> <p>GRACE CHRISTIAN CHURCH Pastor Michael Torres 20 Center St., St. Johnsville, NY 13452 518-775-0366 Email gccpastor2021@gmail.com</p> <p>STRATFORD STRATFORD UNITED METHODIST CHURCH 1511 State Route 29A Sunday Worship 8:30 AM Broadcast on 95.9 FM within 2 miles of church Pastor Matt Worley</p> <p>LIGHTHOUSE BAPTIST CHURCH 1524 St. Rt. 29A, PO Box 114 Stratford, NY 13470-0114 315-429-8854 • Pastor Martin Smith Sunday Morning Worship 10:30 AM; Wed. Eve. Prayer Meeting 6 PM; 2nd & 4th Sunday Dinner following Morning Service with Afternoon Service following dinner "Old-Fashioned Bible Preaching"</p> <p>TRIBES HILL SACRED HEART CATHOLIC CHURCH 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
Holidays						
5th - Labor Day						
11th - Patriot Day						
22nd - Fall Begins						

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 Overdose fact sheets are available on The Family Counseling Center's (located in Gloversville) website at 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.

Golumpki 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

SEPTEMBER 16

Greater Oneonta Historical Society special exhibition, Town & Gown: SUNY Oneonta and the Local Community, Past and Present, exploring SUNY Oneonta's long history of partnership and collaboration with the Oneonta community. Town & Gown opens on Friday, Sept. 16 in the Oneonta History Center's (183 Main Street) Brzozowski Special Exhibition Gallery and the Buckingham and SUNY Oneonta Alumni windows. The exhibit will remain on display until Saturday, Nov. 12. The Oneonta History Center is open Tuesday – Friday 12 - 4 p.m. and Saturdays 10 a.m. - 4 p.m. by suggested donation.

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
Holidays						
10th - Columbus Day / Indigenous Peoples' Day						
31st - Halloween						

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 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 with any questions. Donations may be made at 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/ps9t-92mm. Limited volunteer spots are available. Questions? Contact SelmaL@united-waymv.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

Grace Church of St. Johnsville bake sale to benefit Bob Borst 10 a.m. at the church, 20 Center St., St. Johnsville. Help pay down Bob's hospital bill from last winter. Donations will be accepted. Bob had a stroke. Contact Grace Church, 20 Center St., St. Johnsville, NY 13452. Questions: Call Linda Hart at 518.774.2033.

The Bluegrass, Brews & Barbecue Festival noon-8 p.m. at Canal Place in Little Falls. For more information, visit www.littlefallsbluegrassfestival.com, or contact David Warner at dave@littlefallsbluegrassfestival.com or 315.508.5310.

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.

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
Holidays						
6th - Daylight Saving Time Ends						
8th - Election Day						
11th - Veterans Day						
24th - Thanksgiving						

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.

Readiness to Purchase Farmland educational webinar 7-9 p.m. Register online at tinyurl.com/2m5jvfbe

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 25

The Revisions Barbershop Quartet and The Dreamcatchers concert 2 p.m. Presented by the Stone Arabia Preservation Society at the Stone Church in Stone Arabia, located at 5414 State Highway 10, Palatine Bridge. Free will donation. Refreshments served.

"250 Years of Music" concert 3 p.m. at Palatine Church, Route 5. Celebrating the 250th anniversary of the church. Songs of various genres from each decade 1750-2020 will be sung and played by local musicians, including Lauri Broady, Chiarra Morris, Will Ryan, Orion Pratt, David Bowley and Thomas Kee, in addition to a lot of singing by the audience. Come to this special "Musical Potpourri XIII", organized by Norma Bowley. Free. An offering will be received to benefit the Palatine Church which has been newly restored to a more original design with more seating and visibility.

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 motorheads 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.

29th Annual Fall Outreach Banquet of the Fellowship of Christian Farmers International Mohawk Valley Chapter at the Lake Delta Bible Conference Center, 6420 Pillmore Drive, Rome. Buffet style dinner at 7:30 p.m. Cost is \$17 per person. For reservations call 315.736.5964 by Sept. 27.

OCTOBER 1 & 2

Fort Klock Historic Restoration Revolutionary War encampment, "Interrupted Harvest: 1781 Valley Raids." Featuring an interpretation of "rural life under threat," showcasing a daily autumn routine on a fortified Mohawk Valley farm during autumn 1781. The afternoon battle will begin at 2 p.m. on Saturday and 1 p.m. on Sunday, and the battle is based on an Aug. 6, 1781 raid on a nearby fortified homestead in the Mohawk Valley. The Saturday afternoon programming will feature "Forts and Fortified Homes". Sunday afternoon programming will include "Loyalist Women". Children's activities include games, militia drills and quill writing. Fort Klock open both days 10 a.m. - 4 p.m. with no admission fee except to tour the fort. Donations welcome. Fort Klock is located at 7203 State Hwy. 5, St. Johnsville. For more information contact Private Lee at 518.762.0010.

OCTOBER 2

Cars Along the Mohawk Car/Truck Show 11 a.m.-3 p.m. at Erie Canal RV Campground, 44 Bridge St., St. Johnsville. Car Show contact: Don Dingman at 518.568.7697 or 315.901.9002 (Cell). Or Chris Arduini at 518.332.6537. Proceeds to Benefit Montgomery Co. Veterans Services.

14th Annual Car Show at the Herkimer College Fall Fest & Alumni Weekend noon to 4 p.m. Area motorheads 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.

Benefit for children of Trina Gaudons 2-6 p.m. at the American Legion at 43 W. Main St., Mohawk. Benefit for two children who tragically lost their mom. Ziti Dinner, basket raffle, bake sale, 50/50. \$10 per person. Children under 5 are free. Call Judy at 315.866.2861 for advance tickets or questions.

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



Scenes from the Fonda Fair

Photos by Rebecca Veldman

(left) Gas up! Jim Williams of Schoharie collects antique engines and old farm equipment. He enjoys tuning them up and showing folks how farmers used to get kernels off the cob then grind them up for chicken feed.

(right) Bill Knowlton of Fonda was a crowd favorite with his delivery of “Chattahoochee” by Alan Jackson in the karaoke competition.



The rock band Dusk ‘Til Dawn, which plays hits from the ‘50s and ‘60s, country and rock ‘n’ roll, from the Albany area, rocked the house with their rendition of the Georgia Satellites’ “Keep Your Hands to Yourself.”



The FunTrack Model Railroad Club of Frankfort comes to the fair every year. Lorenzo and John hand-paint intricate houses to create a mini world for their trains to travel through. They even have a motorized tornado that has swept up cows!



Every year Phil Singer of Amsterdam gets a truckload of sand delivered to the entranceway of the fairgrounds. He chooses sand that is the perfect consistency for sculpting a creation that takes all weekend to perfect.



Bryan and Andrea Salisbury of Esperance with carbon steel machetes that took 35 hours to make in their blacksmith shop. Bryan was on the show “Forged in Fire” last year.



(above) Michael Sparling of Perry creates cartoon for kids out of their scribbles.
(below) Dawson (6) and Karson (5) of Fort plain loved their masterpieces.



Best in Show – Michael Wren and Becky Veldman of Fultonville got a Best in Show ribbon for their giant horseradish root.



Tony’s Concessions LLC of Rotterdam Junction was serving up massive blooming onions with ranch and horseradish.



Patty and Joe Lapan of Fultonville got the whole family together to go to the fair – four generations!



Rosair’s Royal Racers makes the trek from Florida every year to dazzle the crowd with their speedy swine.

BENEFIT

**Saturday,
September 24th
• 1-5PM •**

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2-4PM**

**50/50
Raffle**

\$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
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Leatherstocking Council, BSA welcomes new assistant Scout executive

The Leatherstocking Council, BSA has announced that Abby Lukach has been hired as its assistant Scout executive. She was previously with Longhouse Council, BSA based in Syracuse, where she served as development director.

"We are very excited Abby has joined our leadership team," said Matthew Dziedzic, Leatherstocking Council board president. "She has achieved an impressive level of success while working with volunteers and our local youth programs will benefit greatly from her skill set and experience."

Lukach has had a passion for Scouting since her days as a Venture Scout in the Longhouse Council where she earned the Silver Award in 2009. In 2012 she earned a Bachelor of Professional Studies in Recreation, Adventure Travel and Ecotourism at Paul Smith's College then in 2014 a master's in management of Leisure Services at SUNY Cortland. She then began her career with the Boy Scouts of America in January of 2015 with Longhouse Council as a district executive. In 2018 she was promoted to senior district executive, then development director. As a development director she managed all the councils' fundraising initiatives including the well-known SCOUT-POWER event.

As assistant Scout executive, Lukach will work in tandem with the Scout Executive Ray Eschenbach. She will give leadership to field operations to support and grow the Scouting move-

ment in the Leatherstocking Council.

From 1950 through 1966, only 18,256 Silver Awards have been awarded by BSA.

The Leatherstocking Council, BSA (leatherstockingcouncil.org) provides character development programs and leadership skills training to approximately 3,000 Scouting families across the counties of Delaware, Herkimer, Madison, Oneida, Otsego, Schoharie and parts of Lewis and Hamilton counties.



Abby Lukach



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Bluegrass music comes to Little Falls Sept. 17

The Bluegrass, Brews & BBQ Festival, co-sponsored by the City of Little Falls Tourism Committee and the Little Falls Youth and Family Center, released the details of their bluegrass event with a free, continuous music concert on Sept. 17 from noon - 8 p.m. at historic Canal Place in Little Falls. It will be a Saturday filled with music, food and fun.

"We're really excited about continuing to bring the bluegrass genre to our community with four extraordinary bands this year, some coming from the Finger Lakes area and Brooklyn, believe it or not," commented Event Director David E. Warner.

Bluegrass music originated in the 1940s with Bill Monroe and the Bluegrass Boys and has withstood the test of time with an enthusiastic following of more than 20 million fans. It's typically played on acoustic stringed instruments and is a sub-genre of country music with roots in traditional English, Irish and Scottish ballads and in traditional blues and jazz.

According to Mayor Mark Blask, "Little Falls has become known as a regional festival destination. The social and economic benefits derived from our community-supported arts and cultural events cannot be underestimated. The bluegrass festival is another great opportunity to showcase our city and celebrate its unique cultural lifestyle."

The 2022 festival headliner, Dirty Blanket, is known for combining an array of influences with a passion for creating original music.

They have been touring the American Northeast, making names for themselves on the festival circuits and in cities like New York, D.C., Baltimore, Burlington and beyond. To date, they've played events with some of the highest-profile names in bluegrass: the Del McCoury Band, the Infamous String Dusters, Jeff Austin Band, Kitchen Dwellers and more.

Warner stated, "We have an incredible lineup for audiences this year with Cincinnati Creek's toe-tapping melodies starting off the festival at noon. The talented performer and songwriter Andrea Asprelli, along with Jason Borisoff, entertains at 2 p.m. with her unique blend of new grass and rustic Appalachian tones. The Brothers Blue enter the stage at 4 p.m. with their fresh hybrid sounds of country, bluegrass, Cajun and Irish music. And, capping off the event, our headliner, Dirty Blanket at 6 p.m."

When it comes to festival food and drink, fans will be delighted with the variety and quality to choose from throughout the day. There will be plenty of barbecue, hamburgers, hot dogs, gyros, tacos, ice cream, frozen drinks,

beer and moonshine. Participants include Rock Valley Brewing, Herkimer's DikinDurt Distillery and Woodland Farm Brewery.

For more information about the Bluegrass,

Brews & BBQ Festival, visit littlefallsbluegrassfestival.com or contact David Warner at dave@littlefallsbluegrassfestival.com or 315.508.5310.



The Brothers Blue are one of the bands on tap for the Sept. 17 Bluegrass, Brews and BBQ Festival in Little Falls.

Submitted photo

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Herkimer College announces new staff appointments

Herkimer County Community College recently made three new staff appointments.

Ann Prior of Mohawk has been appointed to the position of librarian. Prior has been a part-time reference

librarian at Herkimer College and Mohawk Valley Community College. She also has served as a technology and

access services librarian at MVCC and as an archivist at St. Paul's Catholic Church in Whitesboro and at Theodore Roosevelt Center, Dickinson State University in Dickinson, ND. Prior holds a bachelor's degree in American studies from Siena College. She also holds master's degrees in library and information studies and school librarianship from the University at Buffalo.

Award seven times and has been recognized with two lifesaving merit awards. McMahon is also a graduate of Zone 5 Law Enforcement Academy. In addition, he holds several certifications including a Law Enforcement General Topics Instructor accreditation.



(L - R) Nicholas Laino, senior vice president for administration and finance; Jason McMahon, assistant director of campus safety; Herkimer College President Cathleen McColgin; and Timothy Rogers, campus safety director. Photos courtesy of Herkimer College

Anthony DeLuca '13 of Frankfort has been appointed financial aid office assistant. DeLuca was previously a fitness center technician and a COVID testing attendant at Herkimer College. He also is a coach for the men's and women's bowling teams. DeLuca holds an associate degree in sports management from Herkimer College.

Jason McMahon of Ilion has been appointed assistant director of campus safety. McMahon has served as a campus peace officer at Herkimer College since 2006. He has received the Herkimer County Stop DWI



Ann Prior

Frankfort Harbor Fest
At The Historic Frankfort Marina

Saturday, September 24th

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- Salamone's

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The Frankfort Schuyler Class of '82 will be holding their 40 year class reunion at the Harbor Fest at 4PM

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2018 Ford Explorer XLT 71,640 Miles,
Stock # FNB73916T \$ 28,585



2020 Ford F-150 XLT 35,569 Miles, Stock #
FNB71365T \$41,800



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OPENING

National Adoption Weekend is Sept. 16 - 17

The Susquehanna Society for the Prevention of Cruelty to Animals (SQSPCA) and Best Friends Animal Society, a leading animal welfare organization working to save the lives of cats and dogs in America's shelters by 2025, are teaming up for another adoption campaign to encourage people to choose to adopt, not buy, their next pet.

"We were so grateful to have this opportunity presented to us right now," said SQSPCA Executive Director Stacie Haynes. "Here in this region, we do not always mirror state and national trends when it comes to overcrowding and the number of folks needing to surrender their pets, but this time we are."

"Thanks to Best Friends, our adoption fees on Friday, Sept. 16 and Saturday, Sept. 17 will be discounted, with \$50 off on dogs and \$20 off on cats. The goal of this partnership is to move animals out of the shelter and into new homes, to make room for animals waiting to come in."

The SQSPCA is open Tuesday- Saturday from 11 a.m. - 5 p.m. with evening hours on Thursdays from 5 - 7 p.m. Adoptable pets can be viewed at sqspca.org. Adoption fees include spay/neuter, core vaccines, flea/tick treatment, microchip, deworming and more.

Recent data released by Best Friends showed that U.S. shelters were seeing an increase in animal intakes and a decrease in pet adoptions from shelters. This has steadily turned into a crisis in the animal welfare community, where many shelters are over capacity. SQSPCA staff have seen a 29% increase in stray animals and pets surrendered by owners since June 1 of this year.

Anyone considering adding a new pet to their family can make a difference by choosing to adopt instead purchasing their pet.

"There is a growing shelter crisis across the country and the animal welfare community won't just sit by and let innocent pets die," said Julie Castle, CEO of Best Friends Ani-

mal Society. "In fact, it's quite the opposite. We're joining forces with our vast network of shelters and rescues across the country to host our third National Adoption Weekend since May to incentivize people to get out and adopt."

Due to recent problems such as staffing shortages, limited shelter hours, decreased volunteers and reduced adoption events, the time is now to help save lives by adopting a pet.

"We have proof that national promotions like the first two adoption weekends we did in May and July work," said Castle. "Our July National Adoption Weekend saw close to 10,000 animals adopted in a three-day period."

That's why the SQSPCA is compelled to be a part of the upcoming National Adoption Weekend.

"Our challenge with overcrowding is that, when it happens, we are limited as to how we can help people who have to surrender their pets, or people in need of emergency boarding. Right now, we have a waiting list for both cats and dogs. This means when folks call for assistance, we may not be able to help them immediately. We do what we can in the meantime to offer aid beyond the walls of our shelter but what we need more than anything right now is free kennel space," Haynes explained.

The SQSPCA is located at 5082-5088 State Hwy. 28, Cooperstown. Appointments to meet animals are advised to avoid wait times by calling 607.547.8111, but walk-ins are also welcome. For more information or to donate, visit sqspca.org or follow @SQSPCA on Facebook to learn more.



Photo courtesy of Best Friends Animal Society

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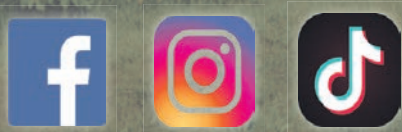
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Rabid skunk identified in Newport

Herkimer County Public Health received lab results on Sept. 7 that a skunk killed on Sept. 2 in the Town of Newport has tested positive for rabies.

The skunk was trying to enter a residence and was

aggressive toward humans and pets on the property. The property owner killed the skunk and submitted it via Herkimer County Public Health for rabies testing.

You can protect your family and pets from rabies by being sure to:

1. Vaccinate your pets against rabies. Upcoming clinics are listed below.

2. Spay or neuter all pets to reduce the number of strays.

3. Do not feed strays or handle unknown animals, wild or domesticated.

Remind children and adults to avoid any contact with unknown animals. If a bat is found in a house, and there is a possibility it had contact with a person or an animal in the

house, call Public Health and we will make arrangements to have the bat tested if necessary.

Herkimer County Public Health would like to remind the public to check your pet's rabies vaccination records to make sure that they are up to date. If they are not up to date, make an appointment with their vet or Public Health as soon as possible to have them vaccinated against rabies. Herkimer County Public Health is hosting the following upcoming rabies clinic:

• Oct. 6 at the Little Falls Town Garage, 478 Flint Ave Ext., Little Falls from 5:30 - 7 p.m.

Call Public Health at 315.867.1176 if you have any questions or concerns, or visit our website at herkimercounty.org.



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Farmland purchasing education event

CCE Oneida and Herkimer Counties, with the support of American Farmland Trust and the Regional Navigator Project, are hosting a free Readiness to Purchase Farmland educational webi-

nar on Sept. 22 from 7 - 9 p.m.

This webinar is for anyone who is looking to purchase farmland. It will provide information on how to value what you need from the farmland you

are looking for, determine what you can afford in farmland, and finance a land purchase.

Register online at tinyurl.com/2m5jvbe.

Did you know?

Shopping is foremost on the minds of many people come the holiday season. When considering loved ones and acquaintances while making holiday shop-

ping lists, tangible gifts, such as clothing or items for the home, may be the first things that come to mind. However, experiential gifts also merit consideration.

Experiential gifts are those that focus on experiences rather than items. These can include anything from a horseback riding adventure to a spa day to concert tickets to getting behind the wheel of a racecar. Experiential gifts can be tailored to people's interests. A 2014 study by researchers at San Francisco State University showed people tend to

realize greater well-being from life experiences and consider them to be a better way to spend their money. Overall satisfaction tends to be greater with gifted experiences than with material things. Furthermore, the Harris Group found that 72% of Millennials actually want to spend more money on experiences rather than things.



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Fun ways to utilize social media in your wedding

Young couples tying the knot today grew up with social media, so it's no great surprise that so many want to utilize various platforms when planning their weddings. In fact, the Brides 2018 American Wedding Survey found that 87% of brides turned to the social media platform Pinterest for inspiration when planning their weddings.

On the surface, modern wedding ceremonies and receptions may look similar to the nuptials of yesteryear. However, engaged couples have increasingly incorporated social media into their weddings, and the following are some fun and creative ways to embrace that trend.

- **Create a social media photo booth:** Guests may take more pictures at modern weddings than the photographers who were hired to document the happy couple's big day from start to finish. Social media boards are digital screens that display social media walls. Live event social media boards collect and curate content from social media channels and display it on a single digital screen. Users, in this case a couple's guests, simply use a predetermined hashtag when posting photos and the images are then displayed on digital screens in real time. This can be a fun way to engage guests during the reception.

- **Livestream the wedding:** Livestreams became very popular during the pandemic, when couples getting married had to pare down their guest lists in order to adhere to social distancing guidelines. But livestreams can continue to be used after the pandemic, as there will always be guests who can't make it to the wedding. Facebook Live was a go-to social media platform for livestreaming weddings during the pandemic, and it can be utilized to involve loved ones in the festivities even if they can't be there in person. Livestreaming via social media may be especially useful for couples who



want to enjoy destination weddings, which tend to be small affairs due to travel constraints.

- **Hashtag the wedding:** A couple-specific hashtag can serve as something akin to a wedding album, only it's one everyone can easily access via the couple's chosen social media platform. Encourage guests to hashtag photos from the wedding so everyone can have a good time looking back on the ceremony and reception once the day has come and gone.

- **Plan with your party:** Social media can be as fun, inclusive and useful when planning the wedding as it can during

the wedding itself. Brides and grooms can create their own private Pinterest boards and share them with the wedding party. Everyone can then use the private board to bounce ideas off each other. Couples can infuse a little fun into the Pinterest board by encouraging their groomsmen and bridesmaids to post outrageous outfit ideas or submit sing-along song requests to be played during the reception.

Social media is a big part of modern couples' lives, so it makes sense for them to find fun ways to incorporate various platforms into their weddings.

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Art-based extracurricular activities

Students looking to expand their extracurricular horizons need look no further than the arts. Art-related extracurricular activities can enhance lessons learned in the classroom and provide a way to explore creative pursuits to help relieve stress and improve focus.

Art-based extracurricular activities are easy to find. Consider these ideas to get started.

• **Visit an art museum** – Those lucky enough to live close to an art museum can wander through the past or get artists' interpretations of the future. Many museums sponsor extracurricular activities for young artists, but even periodic visits using a student pass can provide all the inspiration creative young people need. Museums showcase everything from paintings to

sculptures to historical artifacts, so it's possible to find a specially curated collection that appeals to any artist's interests.



• **Enroll in an art course** – Students who enjoy art can improve their skills by taking art classes and courses that extend lessons learned during the school day. Perhaps a student wants to hone his or her skills in a particular medium? An art class can do that and even expand on lessons learned in the classroom.

• **Attend arts-related camps** – Summer camps come in all shapes and sizes, including ones geared around artistic endeavors. When school lets out for the summer or other breaks during the year, students can hang around with like-minded peers in specialty art camps.

• **Try other artistic activities** – The arts include everything from music instruction to acting in a play or musical to participating in a choral ensemble. Some children like to experience art through culinary endeavors. Students should not limit themselves to one activity.

Dabbling in all sorts of activities may inspire students to pursue new interests.

• **Find art in daily life** – One does not need to be enrolled in a regimented program to enjoy art. Children can engage in art-related hobbies on their own at home or in the community. Find art in collecting leaves and flowers, building sand castles, taking photographs or just about any other creative endeavor.

Arts-related extracurricular activities can be the perfect way to pass time outside the classroom.

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Mon. Sept. 19th – Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale. Special: Powder Springs Farm Complete Dispersal – Selling 60 Head of Registered & Grade (Mostly Registered) Brown Swiss – 35 milking age with 15 in 1st or 2nd lactation and 15 heifers all ages. Cows are ave. 50#/day with 4.15F 3.29P and SCC 193,000. This herd is feed corn silage, Balage and a little grain.

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.

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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.

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The effects of cancer on the body are profound, which is why so many people want to implement as many measures as they can to reduce their risk of developing the disease. One of the vital steps to take is to increase physical activity.

A recent study from researchers at the American Cancer Society and the National Cancer Institute links exercise to a lower risk of specific types of cancer. People understand that exercise is important to health, but they may not know just how integral physical activity can be to cancer prevention and even recovery.

Physical activity includes walking, dancing, running, biking, swimming, engaging in sports activities and performing household chores. The National Cancer Institute says higher levels of physical activity lower cancer risk in these types of cancer:

- Bladder cancer
- Breast cancer
- Colon cancer
- Endometrial cancer
- Esophageal cancer
- Kidney cancer
- Gastric (stomach) cancer

There also is some evidence that suggests physical activity is associated with a reduced risk of lung cancer.

Exercise affects various biological factors, which is why it may help prevent cancer. For example, exercise can prevent high blood levels of insulin, which have been linked to breast and colon cancer progression. Furthermore, exercise can lower sex hormones like estrogen, which has been associated with cancer development and progression. Since overweight and obesity are major risk factors for cancer development, exercising can reduce overall weight and belly fat, which improves the odds of cancer avoidance. Chronic inflammation is associated with the development of cancer, and exercise helps lower this harmful type of inflammation too, says Partner MD. In addition, physical activity helps boost the immune system, which may help prevent cancer or assist in recovery.

The ACS says adults should get at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity physical activity each week, preferably spread throughout the week. For those who haven't exercised in a while, it is best to start exercising slowly and build up gradually. Examples of moderate-in-

tensity exercise include brisk walking, dancing, softball and doubles tennis. Vigorous activities include swimming, aerobic dance, running or jogging.

Exercise also is great for cancer survivors, as it can improve sleep quality and energy levels. It also helps the body repair

itself and may improve bone strength.

In addition to healthy eating, exercise is one of the key steps people can take to reduce cancer risk.

The National Cancer Institute says higher levels of physical activity lower cancer risk.



Herkimer County Office for the Aging

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

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



Roberta, Gabby and Zach from Stratford won the Freddy Bear Riddle with the correct answer to the riddle in the Sept. 3 issue. The riddle was: "What do you bury when it's alive and dig up when it's dead?" Answer: A plant. They won a gift certificate to Wagin' Tails Happy Dogs in Palatine Bridge.

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Fall Outreach Banquet scheduled Oct. 1

The 29th Annual Fall Outreach Banquet of the Fellowship of Christian Farmers International Mohawk Valley Chapter will be held on Oct. 1 at the Lake Delta Bible Conference Center, 6420 Pillmore Drive, Rome, NY.

Keynote Speakers will be Andy and Joan Mower of Holland Patent, NY. Andy and Joan are owner and operators of Performance Premixes in Holland Patent, NY. Both are active in their local church and support FCFI.

A buffet style dinner will be held at 7:30 p.m. Cost is \$17 per person. For reservations call 315.736.5964 by Sept. 27.

The Northern New York Chapter Dinner will be held on Friday Sept. 30 at 7 p.m. at Six Town Meeting House, Church St. Adams, NY. Contact the Porters at 315.778.5247. The meal will be a turkey dinner with all the trimmings. The cost is \$15.

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Keynote speakers Andy and Joan Mower of Holland Patent, NY

AUTOMOTIVE

Performance issues that can affect older cars



Many problems can affect older vehicles.

may expect. Not too long ago, drivers often commemorated the milestone of their vehicles reaching the 100,000-mile mark. However, data from Car and Driver indicate the average vehicle now lasts around 12 years or roughly 200,000 miles. More advanced electric or hybrid vehicles may be able to go even farther, with some capable of reaching as much as 300,000 miles.

According to a 2006 report from Consumer Reports, vehicles made in Japan and Korea have fewer problems per 100 vehicles than those made by American and European manufacturers, making them tops in vehicle longevity.

Thanks to advancements in technology, cars are more durable than ever, but that doesn't make them impervious

from AAA found that more than two-thirds of service calls were for vehicles a decade or older. Here's a look at some of the problems that can affect older vehicles.

Battery

The average car battery lasts between three and five years, according to Auto Zone. Batteries tend to show signs of wear at the four-year mark on average. Corrosion or dirt on battery terminals also can affect battery performance.

Electrical System

Electrical system issues can be caused by anything from burnt out car fuses to bad or faulty electrical connections and contacts. Corroded or loose screws, nuts and wires can cause electrical issues, which may be more common in older vehicles that have sig-

gas tank. An older vehicle may end up with a cracked hose that can cause a fuel leak. Hoses also may be compromised elsewhere in vehicles, so these points should be checked during routine maintenance.

Braking System

As with other moving parts on a car, the brake system wears down over time and parts will need to be replaced. Squealing, squeaking or a soft brake pedal are indicative of braking system issues and should be looked at by a mechanic promptly.

Obsolete Components

Modern vehicles are increasingly being controlled by computers. These computers handle a variety of features, in-

cluding navigation and pairing to mobile phones, among others. Over time, systems may no longer work if there are no computer updates available. That means Bluetooth pairing may no longer function, or maps may not be current for

GPS systems.

Cars and trucks have longer life spans due to technological advancements. However, age is still a factor in the deterioration of different vehicle systems.

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The suspension system is comprised of springs, tires, shock absorbers, struts, anti-sway bars and other parts that connect the vehicle to the wheels. Suspension systems regulate the amount of bouncing in the vehicle while on the road and make it manageable. Eventually, all suspension systems can and will wear out, and parts will need to be serviced or replaced.

Evaporative Emissions

The evaporative system consists of a network of hoses, canisters and valves. It helps vent pressure in the

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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.

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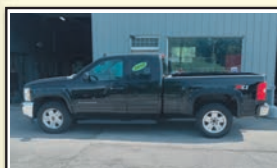
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53,000 reasons: Schedule released, tickets on sale for Fonda 200 Weekend

by Chris Moore

53,000 reasons.

The largest winner's share in Northeast Modified racing – \$53,000 – will be paid out at the legendary Fonda Speedway when the Bob Hilbert Sportswear Short Track Super Series Fueled by Sunoco invades for the Fonda 200 weekend, Thursday - Saturday, Sept. 15 - 17.

Advance three-day tickets, pit passes and golf cart/ATV permits are on sale now.

The Fonda 200 returns to the Track of Champions with more money on the line than ever before. The 2022 edition serves as Round #4 of the Halmar International Elite Series for the STSS, a six-race series paying the champion a whopping \$25,000. It also represents Round #9 of the River Valley Builders North Region, which rewards the champion \$15,000 for their efforts.

Three days of racing are on tap for the Montgomery County Fairgrounds.

The action starts on Sept. 15 with the Sunoco Modified Ultimate Underdog 33 taking place. Any driver unable to pick up a Modified victory at any speedway this season will be eligible to participate.

The Montgomery County Office of the Aging Limited Sportsman join the program, along with Open Practice for all other divisions participating during the weekend.

On Sept. 16, the STSS big-block/small-block Modifieds take part in 15-lap Qualifying Races for Saturday's main event.

Joining Modified Qualifying Races will be the CRSA Sprint Cars, the Algonkin Motel Pro Stocks, Stone Motorsports/Online Performance Street Stocks (\$500 to win, \$300 for second, \$200 for third) and Fonda Fair Four Cylinders.

Friday night's racing action will be followed by a post-race party with live music in the Entertainment Building on the fairgrounds.

All roads lead to the main event on Sept. 17. The STSS Modifieds take part in last chance races to set the final starting field for the \$53,000-to-win Fonda 200 headliner, paying \$1,000 to take the green flag.

The Swagger Factory Apparel STSS Crate 602 Sportsman join the Saturday program, battling for 25-laps in Round #6 of the Precision Hydraulic & Oil North Region.

Camper staging is set to begin at 8 a.m.

on Sept. 15, with parking being coordinated by Fonda Speedway staff.

Advanced weekend tickets are on sale at eventbrite.com/e/advanced-weekend-ticket-sales-covered-grandstand-2022-fonda-200-tickets-396482879967.

Advanced pit sales for Fonda Speedway members and non-members are available at tinyurl.com/4hmc9cra.

All golf cart and ATV permits can be purchased at tinyurl.com/mtxphcv7. All golf carts and ATVs to be used for the weekend must have a permit.

Campsite holders from 2021 have first right of refusal to renew their spots. An email has gone out to all '21 campsite holders. All remaining spots are now open to the public. If you camped at the Fonda 200 last year and did not receive an email, contact Angela Hanson at fondaspeedwayangela@gmail.com or call 518.915.4395.

Since 1953, the "Track of Champions" Fonda Speedway has hosted the best in stock car racing. Under the management of BD Motorsports Media LLC, the speedway operates weekly on Saturday nights from April - August, plus several special events. Fonda Speedway is located on the Montgomery County Fairgrounds off New York State Thruway Exit 28 at 21 S. Bridge St., Fonda.

Fonda Speedway is on the web at thefondaspeedway.com. To learn more, call the office at 518.915.4395, like Fonda Speedway on Facebook or follow the speedway on Twitter @thefondaspdwy or on Instagram @fondaspeedway.

To learn more about the Short Track Super Series Fueled By Sunoco, visit shorttracksuperseries.com, email bdmotorsportsmedia@gmail.com, check out Short Track Super Series on Facebook or @ShortTrackSS on Twitter or Instagram.

The Short Track Super Series is presented by American Racer/Lias Tire, Sunoco Race Fuel, Insinger Performance, FloSports, Bob Hilbert Sportswear, BDR Speed, Halmar International, River Valley Builders, Hurlock Auto & Speed, Velocita-USA, St. Lawrence Radiology, Franklin Products, Design for Vision & Sunglass Central, Belmont's Garage, Precision Hydraulic & Oil,



Photo courtesy of Short Track Super Series

53,000 from B1

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Schedule of Events

Sept. 15 – Sunoco Modified Ultimate Underdog 33 plus Montgomery County Office for Aging Limited Sportsman & Open Practice All Divisions

8 a.m.: Camper staging begins

9 a.m.: Camper parking begins (coordinated by Fonda Speedway staff)

4 p.m.: Gates open

5:45 p.m.: Drivers' meeting

6:15 p.m.: Hot laps for Ultimate Underdog 33 and Limited Sportsman – Open practice begins; Algonkin Motel Pro Stock practice; Ultimate Underdog 33 Modified hot laps (participating Modifieds only); Montgomery County Office for Aging Limited Sportsman hot laps (participating Limiteds only);

53,000 B3

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53,000 from B2

Swagger Factory Apparel Crate 602 Sportsman practice; Sunoco Modified practice; Street Stock practice; Four Cylinder practice; CRSA Sprint Car practice

7 p.m.: National anthem/opening ceremonies; Montgomery County Office for Aging Limited Sportsman (six laps); Ultimate Underdog 33 Sunoco Modified heat races (eight laps);

practice (Pro Stock, Crate 602 Sportsman, Modified, Street Stock, Four Cylinder, CRSA); Montgomery County Office for Aging Limited Sportsman Consolation (if needed, eight laps); Ultimate Underdog 33 Sunoco Modified Consolation (if needed, eight laps); track prep/brief break; Montgomery County Office for Aging Limited Sportsman Feature (20 laps); Ultimate Underdog 33 Sunoco Modified Feature (33 laps); practice (Pro Stock, Crate 602 Sportsman, Modified, Street Stock, Four Cylinder, CRSA)

Sept. 16 – Sunoco Short Track Super Series Modified qualifying races plus CRSA Sprint Cars, Algonkin Motel Pro Stocks, Stone Motorsports/Online Performance Street Stocks and Fonda Fair Four Cylinders

10 a.m.: Camper parking begins (coordinated by Fonda Speedway staff)

4 p.m.: Gates open

5:30 p.m.: Mandatory

drivers' meeting and Bob Hilbert Sportswear Short Track Super Series (STSS) Fueled by Sunoco Modified Qualifying Race draw

6 p.m.: CRSA Sprint Car Engine heat followed by hot laps; Algonkin Motel Pro Stock hot laps; CRSA Sprint Car hot laps; Sunoco STSS Modified hot laps; Street Stock hot laps; Four Cylinder hot laps

7 p.m.: Algonkin Motel Pro Stock heats (eight laps); CRSA

Sprint Car heats (eight laps); Street Stock heats (six laps); Fonda Fair Four Cylinder Feature (15 laps); consolations (Pro Stock, CRSA, then Street Stock); Algonkin Motel Pro Stock Feature (25 laps); brief break/track prep if necessary; STSS Modified Qualifying Race 1 (15 laps); STSS Modified Qualifying Race 2 (15 laps); STSS Modified Qualifying Race 3 (15 laps); STSS Modified Qualifying Race 4 (15 laps); CRSA Sprint Car Feature (20 laps); Stone Motorsports/Online Performance Street Stock Feature (20 laps – \$500 minimum to win)

10:30 p.m.: Live music in Entertainment Building

Sept. 17 – STSS Modified B-Mains and Fonda 200 plus Swagger Factory Apparel STSS Crate 602 Sportsman

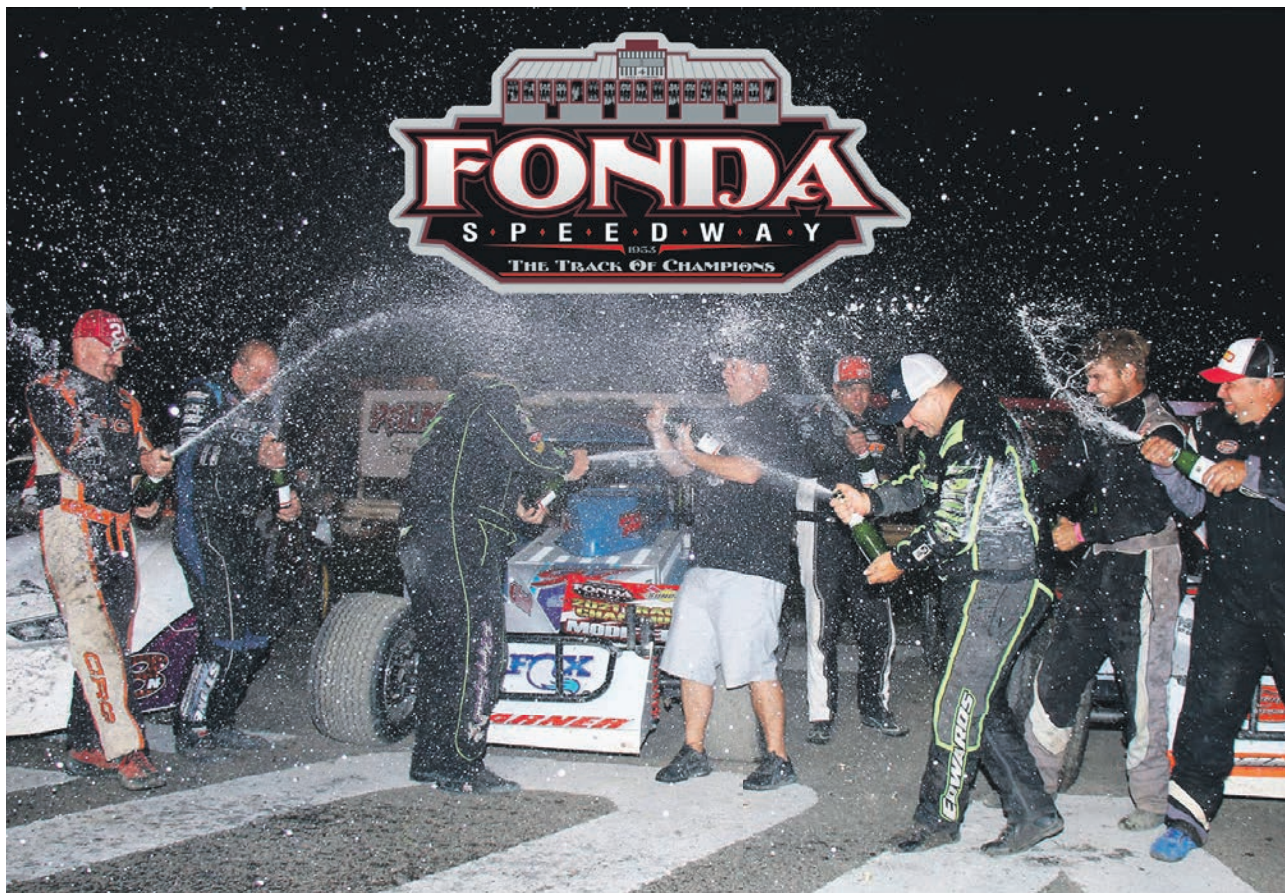
2 p.m.: Gates open

4 p.m.: Mandatory STSS drivers' meeting

5 p.m.: Hot laps for STSS Crate 602 Sportsman and STSS Modified

6 p.m.: STSS Crate 602 Sportsman heats (eight laps); Sunoco Modified B-Mains (12 laps); Swagger Factory Apparel Crate 602 Sportsman consolations (eight laps); brief break/track prep; STSS Crate 602 Sportsman Feature (25 laps); track prep for Fonda 200; Fonda 200 driver introductions; Canadian and American national anthems; STSS Modified Fonda 200 (200 laps, \$53,000 to win)

Sept. 18 – Fonda 200 rain date



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Memorable moments in Daytona 500 history

The inaugural Daytona 500 was held in 1959. Since then, the race has become one of professional racing's biggest and most popular events.

The Daytona 500 has produced its share of history and even tragedy. The following are some of the more memorable events from NASCAR's season-opening race:

- 1959: NASCAR pioneer Lee Petty wins the inaugural Daytona 500. If Petty's name sounds familiar to young racing enthusiasts, that's because he's the father of the iconic Richard Petty, who would become one of racing's most successful drivers and team owners. And in a testament to the adage "like father, like son," the younger Petty would win the Daytona 500 a record seven times.
- 1965: Typically a 200-lap race, the Daytona 500 is shortened to 133 laps in 1965. That marked the first such time the race did not finish 200 laps.
- 1968: In a thriller, Cale Yarborough wins his first Daytona 500 after executing a successful slingshot pass with just five laps to go. The move paved the way for Yarborough to win the race by 1.3 seconds. Yarborough overcame various obstacles during the race, including the failure of his car's primary ignition system in the first year that NASCAR teams employed such systems.
- 1974: The 1973 oil crisis, a situation that arose from the Yom Kippur War that led to an oil embargo targeting several western nations, affected the 1974 Daytona 500. As a result of the crisis, the Daytona 500 was shortened to 180 laps. Richard Petty won the race, becoming the first driver to win it in consecutive years.
- 1979: The 1979 Daytona 500 marks the first time the race is broadcast live on national television, reflecting the growing popularity of the sport.
- 1985: After finishing in the top five three straight times between 1982 and 1984, Bill Elliott put forth a dominant performance in 1985, leading for 136 of the 200 laps. A forced pit-stop for a broken headlight assembly almost derails Elliott's legendary effort, but the Georgia native overcomes that and a late caution flag to secure his first Daytona 500 victory.
- 1989: Despite having competed in the race 16 times, Darrell Waltrip had not had much luck etching his name into the Daytona 500 history books prior to 1989. But Waltrip's 17th start proved to be the charm as the veteran driver ran on fumes, stretching his final tank of fuel for 53 laps to win the race.
- 1990: Derrike Cope pulls off one of the greatest upsets in the history of the Daytona 500, earning his first victory and even his first top five finish.
- 1998: After years of frustration in Daytona, including a narrow loss to Cope in 1990, Dale Earnhardt finally wins the Daytona 500. During a slow drive through pit road after his victory,

Earnhardt is congratulated by his competition.

- 2001: Just three years after he finally won the Daytona 500, Earnhardt dies from injuries sustained in a crash on the final lap. Earnhardt was behind just two other drivers on the final lap, including his son, Dale Jr. But the elder Earnhardt lost control of his car after making contact with another car, crashing into a wall and suffering a fatal skull fracture.
- 2003: Rain shortens the race to just 109 laps, its shortest length ever. Michael Waltrip earns his second Daytona 500 victory.
- 2011: To mark the 10th anniversary of Earnhardt's death, the third lap of the 2011 Daytona 500 is designated as a silent lap in reference to the fallen legend's #3 car. Television and radio announcers remain silent throughout the lap as fans in attendance hold up three fingers.



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Godspeed to Dave Lape

The Northeast Dirt Modified Hall of Fame sends sincere condolences to the family and many friends of seven-time Fonda Speedway champion Dave Lape, from Canajoharie, who passed away after a long illness on Sept. 7 at age 75.

The legend began in 1964, with Lape moving up from go-karts to stock cars at the old Victoria Speedway outside Schenectady. He made the jump to the flashier Fonda Speedway – “the Track of Champions” – the following year, finally cracking the winner’s circle in ’69.



Once Lape got rolling, there was no stopping him. Over a span of five decades, from the 1960s to 2004, he racked up 191 feature wins at a dozen tracks in New York, Vermont and Quebec.

The championship titles followed; in addition to the seven Modified crowns at his home track of Fonda, Lape took three at Weedsport, two at Utica-Rome and one at Albany-Saratoga.

Lape was the overall Mr. DIRT Modified tour champion in 1977, wresting that title from a tough Will Cagle. He won Orange County Fair Speedway’s prestigious Eastern States 200 in 1984, and took DIRT’s July 4th weekend thriller at the storied New York State Fairgrounds mile in 1987. In total, Lape won 119 times under the DIRT banner.

In addition to his accomplishments behind the wheel, Lape was also a successful car builder, marketing his Champ Car chassis (the “Troyer Destroyer”) from 1982-96, and formed LAPCO to promote and produce special events alongside his good friend Andy Fusco. For nearly two decades, Lape served as a member of DIRT’s Appellate Board.

Lape was inducted into the Northeast Dirt Modified Hall of Fame in 2004; he was likewise honored by the New York State Stock Car Association in 2011.

Dave Lape’s Obituary

Dave W. Lape passed away peacefully with his loving wife by his side at their home. After a victory against Lyme meningitis and Guillain-Barre syndrome, he relearned to read, write and walk just in time to walk his daughter Jessica down the aisle. Unfortunately, the next battle against cancer was lost.



David was born in Amsterdam on Jan. 13, 1947 to Carmita (Donlon) and Warren Lape. A lifelong resident of Canajoharie, David quickly became immersed in the dirt racing scene thanks to the committed race fans he found in both his father and grandfather and the mentorship and tutelage of local car owner and mechanical master Bob Whitbeck.



After dominating the go-kart circuits during his formative years, David started his career as a modified driver in 1964. It was a career that wouldn’t just span time; it would define it. For 50 years, Lape became one of the most popular and recognizable individuals across the Northeast. No place was this more apparent than at his home track, the famed Fonda Speedway, where he garnered 99 career feature victories and seven modified track championships.

Nine years after his retirement at the end of the 2013 season, David is still third on the all-time win list at the historic Montgomery County oval.

Aside from being a driver, David was also a master fabricator.

Taking a page from the history book of childhood mentor Bob Whitbeck, Lape started Champ Car



Fabrications in 1983. The racecars he built and designed became wildly successful, so much so that at one point there were 23 of his cars in the pit area at Fonda Speedway on a Saturday night.

Yet for all of his exploits as a driver, a fabricator, a mentor and a promoter, David was an even more fantastic husband, father, grandfather, great-grandfather, friend and competitor. A venerable analog man in a digital world, David was someone that you could lean on in times of need; he wouldn’t hold your hand, yet in turn, he would never let you fall. That combination of toughness and compassion was rare, to say the least.

David is survived by his loving wife Jackie, daughters Jessica (Peter) Schwab and Stephanie (Ian) Crowe, grandchildren Nigel (Brianne) Skottke, Cameron Skottke and Katelyn Crowe, and his great-grandchildren Kaylee and Jaymes Skottke. He is pre-deceased by his parents Carmita and Warren Lape and his sister Mary Jane Trout.

The family requests that donations be made to the Fonda Speedway Museum Memorial Fund in memory of David Lape.



Dave Lape’s car sits outside the Riley Mortuary along with Kirsten Swartz’s slingshot. Kirsten, a senior at OESJ, raced his number in memory of him in Binghamton on Saturday and Glen Ridge Speedway on Sunday.

Local racing legends Jessica and Stewart Friesen live for the raceway

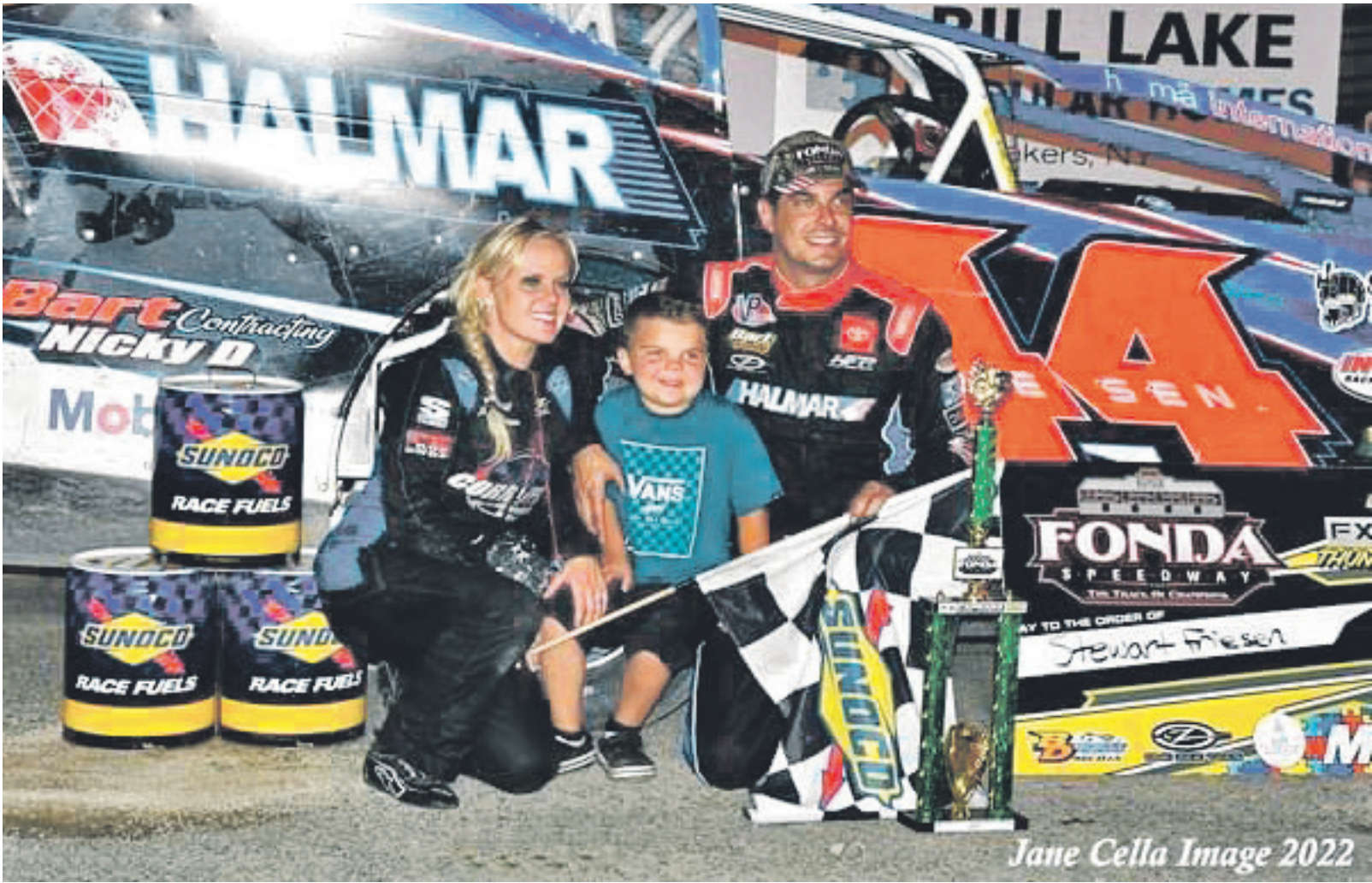
by Andrew Haman

Stewart Friesen is a full-time racer and competitor, from dirt track cars to trucks, and has been involved in racing for over 25 years. Jessica is involved in racing part-time and devotes the bulk of her time to her screen-printing business, including merchandise for the pair's racing team. Jessica has been involved in racing for 29 years.

Stewart grew up around racing. His family was heavily involved in the industry. An uncle worked as a promoter and his grandparents both owned and promoted for several local tracks. As early as age 7, Jessica was exposed to her dad's racing career as he raced modified and sportsman go-karts.

When asked who some of their heroes or racers they looked up to were, Stewart mentioned NASCAR's Jeff Gordon and local David Lape. Jessica noted Fonda local Pat Ward.

Some of the achievements Stewart is most proud of include logging multiple Super Dirt Week wins, a World of Outlaw Sprint win and multiple Truck Series wins. Jessica is a multi-tasker at heart and noted a point of pride in crew charting for Stew while



Local B8 The racing Friesen family.
Photos courtesy of Jane Cella Image.



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Local from B7

pregnant with their son. She has her own list of accolades, however: multiple sprint wins in her own car, including a top three World of Outlaw sprint and modified 360 Canadian Sprint Nationals wins.

What are some of the challenges they have faced? For Stewart, it's involved long hours in the shop and prepping cars – working his way up from humble beginnings as a local kid. That hard work was an investment, though, and it's paid off. The results

can be seen in the growing support and competition wins.

For Jessica, it was long hours traveling, networking for sponsors and funding and juggling a full-time job with their racing team. Like Stewart, her results speak for themselves and she is part of what drives their team forward.

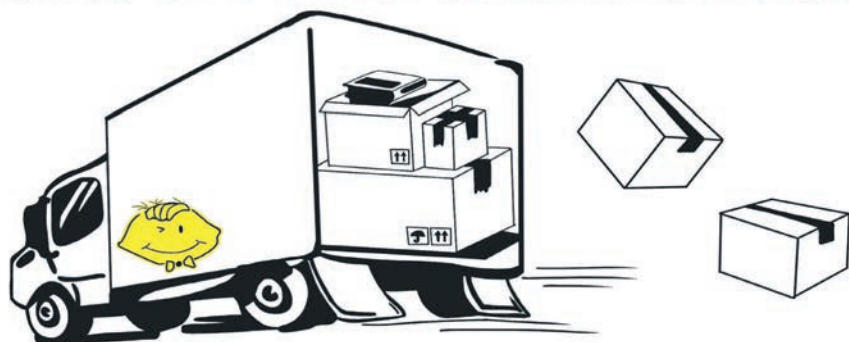
As a husband and wife duo, they are in every aspect a team – they are tough on each other but also benefit from a great support system in each other. They share the

same drive, work ethic and vision for the future. They never imagined they would be where they are now. Their goal is to enjoy every second and try to live in the moment.

What advice would they give to local youth interested in a life of racing? First, remember that it's tough. Be prepared for the challenges that will come your way. It is incredibly rewarding, but it takes a lot of invested time, a solid support system and a great work ethic to make it work. If you've got what it takes – anyone can make it.



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Fort Plain racer achieves his dream



Spencer (third from left) with his family, parents Fred and Linda, and his sister Kasey.

by Courtney Llewellyn

FORT PLAIN – Spencer Mang, 23, has fulfilled a dream he's had since he was 4. His aim was to race at the Pro National MX Weekend in Unadilla. And he has achieved that goal three times now.

"My dad raced motocross in the '90s, and I started when I was 4," Mang said. He competed in the various youth age groups as he was growing up, traveling around the Northeast to climb on his motocross bike to race around dirt tracks. He won his first local championship at age 11. In 2015 he raced in his first Loretta Lynn MX Amateur competition and his speed and agility led to him being listed in the top 40 racers in the country.

Country music may be the first thing that comes to mind when the name Loretta Lynn comes up, but Loretta Lynn MX (Motocross) is also a high-



Spencer, 23, has been racing since he was just 4 years old.

Photos courtesy of Spencer Mang

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ly respected name in the world of amateur motocross, "as well as being a platform for the very best in amateur motocross to show the major industry leaders what they've got," according to their website. Their annual Amateur Motocross Championship "draws the attention of the most important motocross sponsors looking for new talent and thousands attempt to qualify for Loretta's each year."

Mang has also competed within the Central New York Motocross Riders Association.

"I like the sport because it's all me," he said. "I like the independent aspect of it." He made sure to note he has a great group of sponsors supporting him on his journey, stating, "We support them,


they support us."

He started the process in 2018 to get his pro license, which involved earning 60 pro-am points in an 18-month period. Once he had it, his next major goal was to "make the gate" at Unadilla – competing with professional riders rather than amateur riders.

"Unadilla has nationally-recognized tracks for pros and amateurs," Mang explained. "I've been watching races there for so long, and now I get the chance to do it. It's a childhood dream come true. I enjoy having my friends and family cheer me on."

And after his racing career is over? Mang said he plans to head back to college with an eye on becoming a physical therapist.

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DINING & ENTERTAINMENT

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(Family Features) – Celebrating the last few days of summer with sizzling meals starts with tender, juicy cuts of meat that take center stage when dining on the patio or firing up the grill. Call over the neighbors or simply enjoy family time with your nearest and dearest by savoring the flavor of warm weather meals.

Steak enthusiasts and burger lovers alike can show off their summer cooking skills with these recipes for Southwest Steaks with Creamy Peppercorn Sauce and Parmesan-Herb Fries and Fried Lobster Po Boy Cheeseburgers from Omaha Steaks Executive Chef David Rose. Thick, juicy, marbled steaks are cooked to tender doneness and complemented by steakhouse-style fries while savory lobster is combined with all-American burgers.

For seafood connoisseurs, Grilled Shrimp Tostadas with Guacamole and Pico de Gallo offer an easy way to add shrimp to the menu. Just fire up the grill and allow seared seafood to mingle with fresh, homemade toppings for a light summertime bite.

Find more summer favorites at OmahaSteaks.com/Summer.

Fried Lobster Po Boy Cheeseburgers

Recipe courtesy of Omaha Steaks Executive Chef David Rose

Prep time: about 20 minutes

Cook time: about 20 minutes

Servings: 2

Pimento Remoulade:

1/2 cup mayonnaise

1 1/2 tablespoons minced pimentos

1 tablespoon Dijon mustard

1 tablespoon minced bread and butter pickles



Fried Lobster Po Boy Cheeseburgers

1 pepperoncino, seeded and minced

1/4 teaspoon smoked paprika

1/4 teaspoon garlic powder

1/4 teaspoon freshly ground black pepper

1 tablespoon freshly squeezed lemon juice

3 dashes hot sauce

Kosher salt, to taste

Fried Lobster Tails:

Vegetable oil, for frying

1/2 cup all-purpose flour

1/2 teaspoon kosher salt, divided

1/2 teaspoon freshly ground black pepper, divided

1/4 teaspoon garlic powder

1/4 teaspoon smoked paprika

1 large egg

1 tablespoon water

2 dashes hot sauce

1/4 cup potato chips, finely blended in food processor

1/3 cup panko breadcrumbs

1 tablespoon minced flat leaf Italian parsley

2 cold water lobster tails (5 ounces each)

Cheeseburgers:

1 pound ground beef

Salt, to taste

Freshly ground black pepper, to taste

2 tablespoons unsalted butter, at room temperature

2 brioche buns

2 slices cheddar cheese

3 leaves romaine lettuce, shredded

To make pimento remoulade: In small bowl, mix mayonnaise, pimentos, mustard, pickles, pepperoncino, paprika, garlic powder, black pepper, lemon juice and hot sauce until well-incorporated. Season with salt, to taste.

To make fried lobster tails: Preheat grill to 400° F and add oil to 10-inch cast-iron pan, about 1/2-inch deep.

In medium bowl, whisk flour, 1/4 teaspoon salt, 1/4 teaspoon pepper, garlic powder and smoked paprika until well-incorporated. Set aside.

In separate medium bowl, whisk egg, water and hot sauce. Set aside.

In third medium bowl, whisk potato chips, panko breadcrumbs and parsley until well-incorporated. Set aside.

Chef-worthy B12

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Chef-worthy from B11

Cut lobster tails in half lengthwise, remove meat from shell and season with remaining kosher salt and black pepper.

Toss halved lobster tails in flour mixture first, egg mixture second and potato chip mixture third, coating thoroughly.

Fry lobster tails 3 - 4 minutes on each side until golden-brown and cooked through. Close grill lid between flipping.

To make cheeseburgers: Preheat grill to 450° F using direct heat. Form ground beef into two 1/2-pound patties, each about 1/2-inch thick. Using thumb, make dimple in center of each patty to help cook evenly.

Season both sides of burger with salt and

pepper, to taste. Spread butter on each cut-side of buns.

Grill burgers 4 - 5 minutes per side for medium doneness.

Add one slice cheddar cheese on each burger, close lid and grill about 30 seconds to melt cheese. Remove patties from grill to clean plate. Place buns cut-side down on grill grates and toast 20 - 30 seconds, or until well toasted, being careful to avoid burning.

To assemble: Place desired amount of remoulade on buns. Place cheeseburgers on bottom buns. Top each with two fried lobster tail halves. Place handful shredded lettuce on lobster tails. Top with buns.

Grilled Shrimp Tostadas with Guacamole & Pico de Gallo

Prep time: 20 minutes

Cook time: 10 minutes

Servings: 4

Pico de Gallo:

3/4 cup Roma tomatoes, diced into 1/4-inch pieces

3 tablespoons white onion, diced into 1/4-inch pieces

1 tablespoon fresh cilantro, chopped fine

1 teaspoon jalapeno, minced fine, with seeds

1 teaspoon fresh lime juice

1/2 teaspoon sea salt

Guacamole:

2 medium avocados, peeled, seeded and chopped into 1/2-inch pieces

1 tablespoon fresh lime juice

1/4 cup pico de gallo

1 tablespoon fresh garlic, minced

1 tablespoon olive oil

1/2 teaspoon jalapeno, minced

1/2 teaspoon sea salt

Shrimp Tostadas:

12 ounces red shrimp,

thawed

2 tablespoons olive oil

1 teaspoon chili powder

1/2 teaspoon cumin

1 teaspoon salt

1 cup canned refried pinto beans or refried black beans

4 tostada flats

1 cup shredded romaine lettuce

1 cup guacamole

1 cup pico de gallo

2 tablespoons shredded

Cotija cheese

4 cilantro sprigs

4 lime wedges

To make pico de gallo: In bowl, mix tomatoes, onion, cilantro, jalapeno, lime juice and salt. Cover and refrigerate until ready to use.

To make guacamole: In bowl, mix avocados, lime juice, 1/4 cup pico de gallo, garlic, olive oil, jalapeno and salt. Cover and refrigerate until ready to use.

To make shrimp tostadas: In bowl, combine shrimp, olive oil, chili powder, cumin and salt. Marinate in refrigerator at least 15 minutes or up



Southwest Steaks with Creamy Peppercorn Sauce & Parmesan-Herb Fries



Grilled Shrimp Tostadas with Guacamole & Pico de Gallo

Chef-worthy B13



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Wagin' Tails Happy Dogs

Many are familiar with the phrase "as American as apple pie," but really, what's more American than a plump, tasty grilled hot dog, dressed up just the way you like it?

That's what owner Stuart Menzies is serving up at Wagin' Tails Happy Dogs, located in Palatine Bridge. To some folks, hot dogs are just another option at the family cookout or something you overpay for at a sporting event. That's not so at Wagin' Tails, where the aim is simply delicious, filling, freshly-grilled hot dogs.

Wagin' Tails Happy Dogs opened for business this year and is a passion project for its owner. "We cater to all who love hot dogs!" said Menzies.

Retired from full-time work, he wanted to be his own boss in opening up Wagin' Tails.

His goal is to bring crave-worthy hot dogs to the forefront of hungry diners' minds.

Wagin' Tails is special because every grilled hot dog is served with love. They start with high quality hot dogs and then let their customers' taste buds enjoy the ride. (Don't forget to try the secret recipe meat sauce!)

In addition to hot dogs, Menzies's cart also serves up pulled pork from the Stockyard.

Menzies really enjoys all the different people he meets from the wide variety of places they travel from while running his hot dog cart. In the future, he may like to add some additional menu items.

You can find Wagin' Tails Happy Dogs at 6034 State Route 5, Palatine Bridge (across from Price Chopper).

DINING & ENTERTAINMENT

Chef-worthy from B12

to 2 hours.

Preheat grill to medium-high heat. Clean and season grill grates. Grill shrimp 2 - 3 minutes per side until lightly charred and opaque.

Heat refried beans and spread 2 tablespoons beans on each tostada flat.

Spread shredded romaine lettuce on top of beans followed by guacamole and remaining pico de gallo.

Top each tostada with 3 - 4 grilled shrimp and sprinkle with Cotija cheese. Garnish each tostada with one cilantro sprig and one lime wedge.

Southwest Steaks with Creamy Peppercorn Sauce & Parmesan-Herb Fries

Recipe courtesy of Omaha Steaks Executive Chef David Rose

Prep time: 10 minutes

Cook time: 25 minutes

Servings: 2

Southwest Steak Rub:

1 tablespoon kosher salt
1 teaspoon black pepper
1 teaspoon dried thyme leaves
1 teaspoon smoked paprika
½ teaspoon ancho chili powder
½ teaspoon ground chipotle pepper
½ teaspoon garlic powder
½ teaspoon cumin

Parmesan-Herb Fries:

1 package (16 ounces) steakhouse fries
½ cup Parmesan cheese, freshly grated
1 tablespoon fresh thyme leaves, minced
1 tablespoon fresh rosemary leaves, minced
1 tablespoon fresh Italian parsley, minced

New York Strip Steaks:

2 New York strip steaks

Southwest steak rub

¼ cup grapeseed oil

2 ounces unsalted butter, cold

Peppercorn Cream Sauce:

½ cup brandy

¾ cup beef stock

½ cup heavy cream

2 teaspoons peppercorn medley, coarsely cracked

Salt, to taste

Pepper, to taste

To make Southwest steak rub: In small bowl, whisk salt, pepper, thyme, paprika, chili powder, chipotle pepper, garlic powder and cumin until fully incorporated.

To make Parmesan-herb fries: Preheat oven to 425° F. Place fries on baking rack on top of sheet pan; bake 25 minutes, or until golden-brown and crispy.

In medium bowl, mix Parmesan cheese, thyme, rosemary and parsley until fully incorporated. Remove fries from oven and toss with Parmesan herbs.

To make New York strip steaks: Season steaks generously with Southwest steak rub on both sides.

In cast-iron pan, add grapeseed oil and bring to high heat. Place steaks in pan and sear 3 - 4 minutes on both sides for medium-rare doneness.

Remove steaks from pan and rest 8 minutes; reserve oil in cast-iron pan.

*You can hold me in
your left hand but not
your right.
What am I?*



To make peppercorn cream sauce: Add brandy to reserved oil in cast-iron pan and reduce to 1/3 volume, about 1 minute.

Add beef stock and reduce by 1/3 volume, about 2 - 3 minutes.

Add heavy cream and cracked peppercorn medley to pan, bring to boil and reduce to simmer until thickened. Season with salt and pepper, to taste.

Source: Omaha Steaks

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SINCE 2018

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& Jason Borisoff**

**Dirty
Blanket**

**Noon-8 pm
Saturday
September
17th
2022**

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Fry Friday
Til 7**

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COUNTRY EDITOR

Wrap-dap, ba-da-did-da-da

**NEWS
WANTED!**

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PRESS RELEASES
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SPECIAL
OCCASIONS
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EVENTS**

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Weekly SUDOKU

by Linda Thistle

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

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 ● FOOTPRINTS AT GRAUMAN'S CHINESE THEATRE SINCE 2010

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: CARL AND ROB —

Aniston	Duvall	Mirren	Spears
Brooks	Fonda	Novak	Stiller
Cher	Goodman	Perry	Tarantino
Coppola	Lewis	Plummer	

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King Crossword

ACROSS

1 Milan's La —
6 Mops the deck
11 First game of the season
12 Fortune-telling decks
14 Gift giver's words
15 Not level
16 Italian "three"
17 Trombone part
19 Coach
20 Parseghian
22 Coup d' —
22 Summer on the Seine
23 Not kosher
24 Hose material
26 1955 Platters hit
28 — -di-dah
30 Pinnacle
31 "Pretty please?"
35 From the area
39 Writer
40 Kingsley
42 Highland hat
42 "Elephant Boy" actor
43 UV ray-block-ing stat
44 James —
46 Garfield
46 Stanley Cup org.

DOWN

1 Stylish
2 Breakfast
3 Whatever amount
4 Late July
5 As — (usually)

6 Pupil
7 Diminish
8 "Right you —!"
9 Emma of fiction
10 Sound system
11 Frequently
13 Major mix-up
18 "Am — blame?"
21 Bridge fees
23 Printing errors
25 Aye undoer
27 Texter's chuckle

29 Sites of rapid growth
31 Squander
32 Chevy model
33 Boost
34 Eg. and Syr., once
36 Big gorge
37 Loathes
38 Humdingers
41 Taj —
44 Out of the storm
45 Simple
48 Pro Bowl stats
50 Singer Sumac

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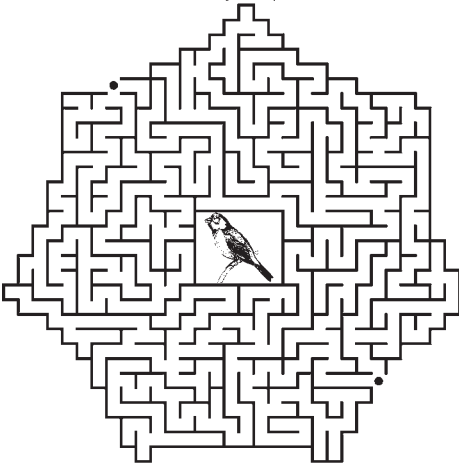
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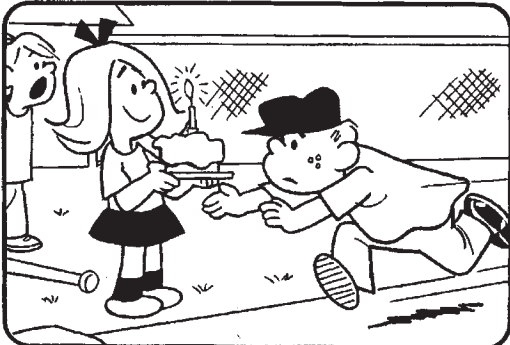
Mega Maze

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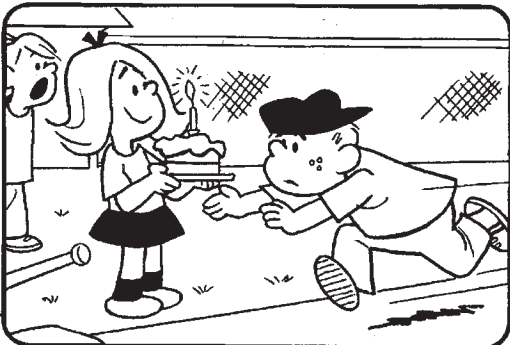


HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Bow is smaller. 2. Bat is moved. 3. Cake is different. 4. Cap is reversed. 5. Shirt is different. 6. Sneaker is different.

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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!

Tust
LIVEBEE
Revise
DIET
Cheat
NEWLIDS
Delicate
RENTED

TODAY'S WORD



"If we don't go, people will think we weren't

_____."

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Ladder Ramps - **\$7,600**



RHINO 18' - 10K
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Rough Rider - **Call**



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STEALTH 8.5'x19'
Predator 2 Place, No Front Door
\$15,900



STEALTH Cobra 7'x12'
\$12,200



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Stealth 7'x14' - 7K
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Stealth 7'x14' - 7K
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