

# MOHAWK VALLEY Country Editor

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**OCTOBER 1, 2022**

**FREE**

## IN THIS ISSUE:

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

*I appeal to you, brothers and sisters, in the name of our Lord Jesus Christ, that all of you agree with one another in what you say and that there be no divisions among you, but that you be perfectly united in mind and thought.*  
1 Corinthians 1:10

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<b>Englander Arcadia PT</b> <b>\$1079</b> <small>QUEEN SET was 1299</small> <small>TWIN SET was 999 Sale \$849</small> <small>FULL SET was 1099 Sale \$949</small> <small>KING SET was 1699 Sale \$1389</small>	<b>Englander Longfield PT 2-sided</b> <b>\$1229</b> <small>QUEEN SET was 1399</small> <small>TWIN SET was 1099 Sale \$949</small> <small>FULL SET was 1299 Sale \$1149</small> <small>KING SET was 1799 Sale \$1599</small>	<b>Englander Plymouth Firm or Plush 2-sided</b> <b>\$1389</b> <small>QUEEN SET was 1599</small> <small>TWIN SET was 1199 Sale \$1069</small> <small>FULL SET was 1399 Sale \$1279</small> <small>KING SET was 1999 Sale \$1799</small>	<b>Englander Cool Grey Sofia Gel Memory</b> <b>\$1499</b> <small>QUEEN SET was 1699</small> <small>TWIN XL SET was 1299 Sale \$1149</small> <small>FULL SET was 1599 Sale \$1395</small> <small>KING SET was 2099 Sale \$1799</small>

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## 'Music in the Midst of Madness' performance set for Oct. 1

A "Music in the Midst of Madness: Respite from the Turmoil of the Civil War" performance will take place Oct. 1 at 7:30 p.m. at Glen Conservancy Hall, 1538 State Highway 161, Fultonville (Hamlet of Glen).

Wanda Burch, historian and writer from Glen, has received a 2022 individual artist grant from Saratoga Arts for "Music in the Midst of Madness," a performance of readings and music chronicled in letters and

memoirs during the American Civil War. Burch will present excerpts from letters written by soldiers and their families, accompanied by historian/musician Ronald Burch and vocalist Gisella Montanez Case. Song sheets will be available for audience participation.

For further information contact Burch at ronwan@capital.net or 518.281.4937.

Saratoga Arts made this program possible through the Community Arts Regrant

program, funded by the New York State Council on the Arts with the support of the

Office of the Governor and the NYS Legislature.



Wanda Burch



Ron Burch

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## Escape planning for older adults

Join NFPA® in celebrating the 100th anniversary of Fire Prevention Week™ (FPW). This year's FPW campaign, "Fire won't wait. Plan your escape™", works to educate everyone about simple but important actions they can take to keep themselves and those around them safe from home fires.

Today's homes burn faster than ever. You may have as little as two minutes (or even less time) to safely escape a home fire from the time the smoke alarm sounds. Your ability to get out of a home during a fire depends on early warning from smoke alarms and advance planning.

More fire safety information can be found at [nfpa.org](https://nfpa.org):

- Home Escape Plan Grid (English and Spanish)
- Family Action Plan (English and Spanish)

### Home Fire Escape Planning & Practicing

It is important for everyone to plan and practice a home fire escape. Everyone needs to be prepared in advance so that they know what to do when the smoke alarm sounds. Given that every home is different, every home fire escape plan will also be different.

Have a plan for everyone in the home. Children, older adults and people with disabilities may need assistance to wake up and get out. Make sure that someone will help them!

### Smoke Alarms

Smoke alarms sense smoke well before you can, alerting you to danger. Smoke alarms need to be in every bedroom, outside of the sleeping areas (like a hallway) and on each level (including the basement) of your home. Do not put smoke alarms in your kitchen or bathrooms.

Choose an alarm that is listed with a testing laboratory, meaning it has met certain standards for protection.

For the best protection, use combination smoke and carbon monoxide alarms that are interconnected throughout the home. These can be installed by a qualified electrician, so that when one sounds, they all sound. This ensures you can hear the alarm no matter where in your home the alarm originates.

### Importance of Fire Prevention

In a fire, mere seconds can mean the difference between a safe escape and a tragedy. Fire safety education isn't just for school children.

Teenagers, adults and the elderly are also at risk in fires, making it important for every member of the community to take some time every October during Fire Prevention Week to make sure they understand how to stay safe in case of a fire.

On [nfpa.org](https://nfpa.org), you'll find loads of educational resources to make sure that every person knows what to do in case of a fire. The site has everything from apps to videos to printable information and much more, to make sure you have the resources you need to keep your family, your community and your community safe.

### About Fire Prevention Week

Since 1922, the NFPA has sponsored the public observance of Fire Prevention Week. In 1925, President

Calvin Coolidge proclaimed Fire Prevention Week a national observance, making it the longest-running public health observance in our country. During Fire Prevention Week, children, adults and teachers learn how to stay safe in case of a fire. Firefighters provide lifesaving public education in an effort to drastically decrease casualties caused by fires.

Fire Prevention Week is observed each year during the week of Oct. 9 in commemoration of the Great Chicago Fire, which began on Oct. 8, 1871 and caused devastating damage. This horrific conflagration killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures and burned more than 2,000 acres of land.



This year's 100th anniversary FPW Fire Prevention Week (FPW) campaign, called "Fire won't wait. Plan your escape," works to educate everyone about simple but important actions they can take to keep themselves and those around them safe from home fires.

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## Bus trip planned by Herkimer County Historical Society on Oct. 8

The Herkimer County Historical Society will be hosting a bus trip to the Genesee Country Village and Museum on Oct. 8. The tour will be departing from Clinton and Herkimer. Cost is \$80 per person. Due to COVID, each person will be required to provide their vaccination card showing they have completed their vaccination requirements at the time reservations are made. During the trips everyone must follow all

COVID mandates on and off the bus. Call 315.866.6413 or visit [Herkimercountyhistory.org](http://Herkimercountyhistory.org).

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Munger Confectionery.

The Herkimer County Historical Society is located at 400 North Main St. in Herkimer and is open weekdays from 10 a.m. - 4 p.m. For more information, call 315.866.6413 or visit [Herkimercountyhistory.org](http://Herkimercountyhistory.org).

## Milk quality, understanding that PPD and a peek into future milk prices

CCE's Central NY Dairy, Livestock and Field Crops Team (CNYDLFC), in collaboration with CCE Delaware County, the Watershed Agricultural Council and Worcester Creameries, is hosting a meeting for area dairy producers. The event will take place Oct. 11 from 10:45 a.m. - 2:30 p.m. at the Quality Inn, 5206 NY-23, Oneonta. For information and how to register, go to [tinyurl.com/mr8n-7vh8](http://tinyurl.com/mr8n-7vh8).

The program features Dr. Christopher Wolf, the E.V. Baker Professor of Agricultural Economics at Cornell University. He will discuss how the farm milk price is determined and how to understand that Producer Price Differential (PPD).

After lunch, Dr. Mike Zurawski, DVM, from Cornell's Quality Milk Pro-

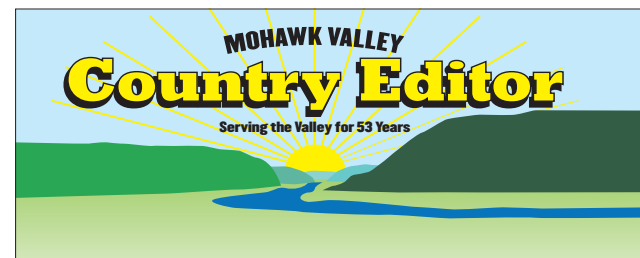
duction Services (QMPS) program, will discuss how dairy producers can lower their somatic cell count and keep it low. Some milk quality premiums still exist and producers should be able to capture them.

Then Wolf will discuss what dairy producers can expect from future market conditions and what the likelihood of Dairy Margin Coverage (DMC) payments will be.

Registration is required by Oct. 5. The cost is \$10 per person and includes lunch. Register by contacting Kim Holden at CCE Delaware County at 607.865.7090 or [kmh19@cornell.edu](mailto:kmh19@cornell.edu).

For more information contact the CNYDLFC Program at [cnydlfc@cornell.edu](mailto:cnydlfc@cornell.edu) or 315.866.7920.

*When does Today come  
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## A “Dummy Light vs. Logic”

By now you are probably aware of all the so-called “logical” reasons the ‘Dummy light’ will not be returned to its revered spot in the center of Wagner Square: (1) It is an obstructive traffic control device and it is a pain in the neck to navigate around; (2) It is not a state approved traffic device; (3) It needs constant repair because it continues to get hit; (4) They cannot find an insurance company to cover a liability issue, should one arise; (5) Because of #4 a lawsuit against the Village might end up as a suit against the Trustees personally; (6) And because it is only one of three lights left in the country, there is no incentive to retain it since the others will probably outlive this one.

If you not only consider these reasons, there might not be a reason for going further. But what really begs the question is: Do we always make decisions solely on simple logic? The answer, of course, is no, we do not.

Consider the gateway to the Village from the north. Why was the Thruway overpass at Church Street rebuilt with clear-span I-beams thereby eliminating the multitude of former concrete support columns? Probably to give a grander view of the Village as you approach it. Was it logical to replace substantial materials with something that simply made you feel better? Apparently, because there has not been a wholesale replacement of other overpass supports in the area and of the same age.

How about the river bridge from Palatine to Canajoharie? Were the enhancements of the ironwork, lights, flags and extra concrete work necessary logically? If you want logic in bridges, look to the east at the Fonda/Fultonville bridge. It works fine, but which bridge do you want? Further to the east is the pedestrian bridge in Amsterdam. Where is the logic to a bridge that essentially goes nowhere while at the same time trying to dream up reasons to search out the bridge in the first place.

Sometimes even logic fails us. How about the gathering spot in the pavilion in the river park in Canajoharie. This was built a few feet from a consistently droning Thruway and across the river from whistle-blowing, hundred-car freight trains.

To answer some of the logic questions is to look at the nearly 100 years the light did stand in the intersection. The Wagner Square intersection is not a high speed intersection. Traffic is slow at the very least. Damage to the light has been minimal over the years.

Because it is a slow intersection, it is hard to imagine what kind of lawsuit could be created to cause the Village grief. Typically we do not insure events that have a very low chance of happening. Have there been any such lawsuits in the last 96 years?

As far as the State goes, there appears to be some reluctance by the State to mess with local issues, unless, of course, the Trustees ask for help. Picture if you will, four or five huge aluminum or steel poles with long arms that reach into the center of the intersection, or worse, some form of truncated round-about. The current Board of Trustees want to do something but they do not want to take responsibility for the decision.

The Trustees have made the dummy light a public issue. They purposefully delayed repairing and returning the light to its historical setting. They continue to talk about it, fomenting petitions both for and against it. They intend to create a committee to study it further. Remembering that a moose is a horse designed by a committee, we are left to wonder whether there will be clarity down the road or is this just lip service to the democratic process?

If there is not a clear path to a resolution of this issue, maybe it could be solved by returning to what worked for 96 years. Change for the sake of change should not be an option. Yes, sometimes simple logic will get the job done, but will we be happy with the results?

**Sincerely,  
Earl F. Spencer  
Canajoharie**





## Central Valley CSD Foundation to host Bingo event

The Central Valley Central School District Foundation will host a prize Bingo event on Oct. 23 at 2 p.m. at the Crowley-Barnum American Legion Post 25 in Mohawk.

"We are very excited to bring back this family-friendly event," said Molly Bonnell, foundation publicity chair. "It's a great way to spend a Sunday afternoon with family and friends while also supporting the students in our district."

Admission is \$10 per person, with the opportunity to purchase more bingo boards at the door. The event will feature 10 games and will include prizes such as gift cards, electronics and more.

Bonnell urges anyone who is interested in attending the event to purchase tickets ahead of time.

"We limit this event to 200 people to ensure the comfort of everyone," she said. "This event has always sold out, so we are encouraging folks to get their tickets as soon as possible."

Advance sale tickets can be purchased by calling Foundation President JoAnn Duga at 315.894.3116.



*Sometimes I like to yell 'Bingo' just to hear the disappointment.*



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## Working from home? This lifesaving upgrade protects you from fires

(BPT) – Do you work from home? Did you know home fires can become deadly in just minutes? Your work building probably has a fire sprinkler system to help people escape safely and contain fires, but many residential homes do not have this important, life-saving feature.

This is even more concerning when you consider the numerous ways the American home is evolving. Not only are more people working remotely and therefore spending more time at home, but multigenerational households are increasing, meaning younger and older people who are more at risk during a fire are all living together.

What's more, today's homes feature open-concept designs and furnishings made from synthetic materials, which can be highly flammable. A fire can become deadly in less than two minutes, according to the Home Fire Sprinkler Coalition (HFSC), and synthetic materials burn quickly and produce deadly, poisonous smoke.

If you have smoke alarms and are working from home along with your family, only having two minutes to evacuate your home when you hear the alarm is challenging. This is made even more difficult if small children, elderly adults and pets are in the home.

### Smoke Detectors vs. Fire Sprinklers

Smoke detectors help save lives by producing an alarm when they sense smoke. These are an essential part of any home, and local building codes require them in every bedroom and living space. Smoke detectors are an important safety feature that help alert you to any type of smoke, whether that be overcooking something in the oven or an accidental home fire.

Fire sprinklers also help save lives but are different and provide a deeper level of protection from potentially deadly home fires. Unlike smoke detectors, fire sprinklers activate

only when the surrounding temperatures reach a certain level, plus only the sprinkler closest to the fire will activate. Fire sprinklers are designed to contain the fire and limit the smoke produced, which allows occupants time to escape.

A fire sprinkler system can also help limit the damage from a fire. A home fire sprinkler flows 10 - 26 gallons of water per minute, according to HFSC, and the property loss in a sprinklered home fire is a small fraction of the typical loss in a home without sprinklers.

### Adding a Fire Sprinkler to an Existing Home

Adding a fire sprinkler to a new home is as easy as asking your builder. However, if you live in an existing home, there are retrofit options. One that is gaining attention among homeowners for its flexibility is Uponor AquaSAFE. This system

uses crosslinked polyethylene (PEX) pipe to combine the fire sprinkler system with the home's cold-water plumbing system.

Rather than a traditional standalone system that uses CVPC piping with separate plumbing, AquaSAFE systems require roughly half the fittings and connections. This means less time, less construction and less cost. In a multipurpose AquaSAFE system, the sprinkler head is just another water-supply outlet, like a faucet or showerhead, which connects with the cold-water plumbing system to access fresh water. The benefit: As long as your home's plumbing is functioning, you know the fire safety system is as well.

Flexible PEX piping makes it easier for contractors to install these systems into existing walls and ceilings, so there's minimal impact to the home's aesthetic and maximum protection from fires. Learn more at [uponor.com](http://uponor.com).

### Invest in Safety Features

As lifestyles are continuing to evolve and more people of different ages are living together as well as working remotely, homes are being used more frequently and in new ways. It's important to not only consider functional upgrades, but safety features as well. A fire sprinkler system adds to your home's value and may help you get a discount on your homeowner's insurance, not to mention the most important benefit of all, the peace of mind that everyone in your home is safe.



Installing a fire sprinkler system in your home may help people escape the fire safely.

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# CHURCH SERVICE DIRECTORY

<p><b>AMES</b> <b>AMES - SPROUT BROOK UMC</b> 613 Latimer Hill Rd., Ames, NY 13317 518-673-3495 Pastor Jan Markle Sunday Service 9 AM</p> <p><b>CORNERSTONE BAPTIST CHURCH</b> Pastor Todd Lozier Sunday AM Service 10 AM Sunday School/Adult Small Groups 11:15 AM Sunday Evening 6 PM Wednesday PM Service 7 PM Via Zoom email us for the link Youth Group Sunday Evenings during the school year. Family Night - First Sunday Evening of the month from Oct - May 7274 State Highway 10, Ames, NY 13317 www.cornerstoneames.com info@cornerstoneames.com 518-673-3405</p> <p><b>AMSTERDAM</b> <b>THE TIME FOR TRUTH MINISTRIES</b> PO Box 351, Amsterdam, NY 12010 Phone 518-843-2121 Cell 518-774-8558</p> <p><b>CANAJOHARIE</b> <b>CHURCH OF THE GOOD SHEPHERD</b> 26 Moyer St., Canajoharie 518-673-3440 The Rev. Virginia L. Ogden, Rector Sunday Worship 9:30 AM with Communion Church Email: churchgoodshep26@gmail.com Website: www.churchgoodshepherd.com</p> <p><b>UNITED METHODIST CHURCH OF CANAJOHARIE</b> 50 E. Main St. 518-673-2717 Jesus says - "Come Unto Me" Join us - Special Music Ministry, Beautiful Surroundings, Friendly People Sunday Service 10:30 AM Email: umc673@frontiernet.net Communion Last Sunday of the Month</p> <p><b>ST. JOHN'S &amp; ST. MARK'S LUTHERAN CHURCH</b> 143 Church St., Canajoharie 518-673-2224 Pastor A. Elisabeth Aurand Remote &amp; In-Person Sunday Worship 11 AM; email for link stjmc-canajoharie.org office@stjm-canajoharie.org</p> <p><b>REFORMED CHURCH OF CANAJOHARIE</b> 15-19 Front St., Canajoharie 518-673-2816 Rev. Matt Draffen Sunday 9 AM Christian Education 9:20 Choir Practice 10 AM Worship Nursery provided Fellowship hour follows worship</p> <p><b>FAITH, HOPE AND LOVE CHURCH</b> Rev. David W. Bowley, Pastor Sundays, 5 PM at the Upstate Chapel 63 Cliff St, Canajoharie Call 518-673-5128 or see Facebook "Faith, Hope and Love Christian Church" and our website http://faithhopeandlovechurch.com</p>	<p><b>NEW BEGINNINGS BIBLE CHURCH</b> 63 Cliff St., Canajoharie, NY 13317 Pastor Larry Alkinburgh 518-848-4816 pastor@newbeginningsbc.org Sunday School 9:15 AM Worship Service 10:30 AM</p> <p><b>CHERRY VALLEY</b> <b>CHERRY VALLEY ASSEMBLY OF GOD</b> 37 Alden St., Cherry Valley 607-264-3306 Pastor David Carpenter, Jr. Sundays 9:30 AM</p> <p><b>ST. THOMAS THE APOSTLE CATHOLIC COMMUNITY</b> 1 Church St., Cherry Valley 607-264-3779 Masses Sunday mornings at 8:30 AM &amp; 11 AM</p> <p><b>GRACE EPISCOPAL CHURCH</b> 24 Montgomery St., Cherry Valley 315-858-4016 Fr. Kyle Grennen, Rector Holy Eucharist 11 AM Sunday school 11 AM Active youth group - call for details Facebook: Grace Episcopal Church Cherry Valley</p> <p><b>COLD BROOK</b> <b>COLD BROOK</b> <b>UNITED METHODIST CHURCH</b> 467 Main St. Sunday Worship 10:30 AM</p> <p><b>NEW LIFE CHAPEL OF THE AEA</b> 3447 St. Rt. 8 Pastors: Rev. Gail &amp; Rev. Mike Jay 315-826-7115 Sunday Worship 10:30 AM Intercessory Prayers Tuesday 7 PM (please call to confirm)</p> <p><b>DOLGEVILLE</b> <b>NEW HOPE CHRISTIAN FELLOWSHIP</b> Pastor Peter Spiak 32 Spencer St. • 315-429-3630 Sunday School 9:30 AM Sunday Worship 10:30 AM Tuesday Bible Study 7 PM</p> <p><b>GRACE BAPTIST CHURCH OF DOLGEVILLE</b> Pastor Len Byerly 12 Van Buren St. Morning Worship 11-12:30 PM Lunch 12:30-2 PM Afternoon Worship 2-3 PM</p> <p><b>DOLGEVILLE UNITED METHODIST CHURCH</b> Pastor Matt Worley 21 N. Helmer Ave. Church Phone 315-429-7381 Sunday Church Service Oppenheim @ 10 AM Dolgeville @ 11 AM</p> <p><b>DOLGEVILLE CHRISTIAN FELLOWSHIP</b> Pastor Marvin Isum 3 Elm St. Phone 315-429-8390 Sunday Worship 10:30 AM Mid-week Service Tuesday 7 PM www.dolgevillechristianfellowship.org</p> <p><b>UNITED LUTHERAN PRESBYTERIAN PARISH</b> 26 E. Faville Ave. Worship 11 AM</p>	<p><b>ST. JOSEPH'S ROMAN CATHOLIC CHURCH</b> 31 N. Helmer Ave., Dolgeville, NY Phone 315-823-3410 Sunday Mass 9AM</p> <p><b>EAST SCHUYLER</b> <b>CHRISTIAN ASSEMBLY OF SCHUYLER</b> Pastor Mark Sowersby 3659 Route 5, East Schuyler Sunday Worship 10:30 AM Wednesday Night 6:30 PM Phone 315-895-0926 Christianassemblyofschuyler.com</p> <p><b>EPHRATAH</b> <b>EPHRATAH REFORMED CHURCH</b> 140 Co. Hwy. 140, Ephratah, NY To live and share Jesus Christ both locally and globally. Everyday. Everywhere. Everyone. Pastor Jeff Hindrliter Sunday School for all ages 10 AM September-June Sunday Morning Worship 11 AM Prayer &amp; Praise Thursdays 7 PM</p> <p><b>ESPERANCE</b> <b>ESPERANCE PRESBYTERIAN CHURCH</b> 129 Church St., Esperance NY 12066 Sunday Worship 9:30 am Rev. Bert Mayne Simple, friendly, conservative worship in a beautiful 1824 sanctuary</p> <p><b>FONDA</b> <b>SAINT CECILIA CHURCH</b> 26 Broadway, Fonda 518-853-4195 Sunday Worship 9 AM</p> <p><b>NATIONAL KATERI TEKAKWITHA SHRINE AND INDIAN MUSEUM</b> 3636 St. Hwy. 5, PO Box 627 Fonda, NY 12068-0627 518-853-3646 Weekly Masses: Sat. 4:30 PM, Sun. 10:30 AM friars@katerishrine.com www.katerishrine.com</p> <p><b>FORT PLAIN</b> <b>AMAZING GRACE BAPTIST CHURCH</b> 131 Clark Rd., Fort Plain 518-568-7606 Pastor Frank Calabrese Sunday School 10 AM, Morning Service 11 AM, Sun. &amp; Wed. Eve. Service 6 PM, Youth Group Wed. 6:30 PM, Sat. Visitation 10 AM www.amazinggracebc.org</p> <p><b>GRANDVIEW BAPTIST CHURCH</b> 15 Washington St., Fort Plain 518-993-9929 Pastor Sean Morin Sunday School 10 AM Morning Service 11 AM Bible Study &amp; Prayer Meeting, Wednesday 6:30 PM</p> <p><b>ST. PAUL'S LUTHERAN CHURCH</b> 36 Lydius St., Fort Plain, NY 13339 518-993-2040 Pastor Jonathan Litzner 405-250-8395 Church Service 11 AM</p>	<p><b>ST. JOHN'S LUTHERAN CHURCH</b> 774 St. Hwy. 163, Fort Plain, NY 518-705-7552 Rev. David A. Johnson, Ph.D. Sunday Worship 9 AM, Sunday School 10 AM, Ladies Aid W.E.L.C.A. Handicapped Accessible</p> <p><b>REFORMED CHURCH OF FORT PLAIN</b> 165 Canal St., Fort Plain, NY 13339 518-993-4302 fortplainrca@yahoo.com Rev. Nancy E. Ryan Worship 11 AM, AA meetings Mon. &amp; Tues. 7 PM, Emergency Food Pantry 518-993-4302</p> <p><b>VICTORIOUS LIFE CHURCH RMI FELLOWSHIP</b> 104 Main St. &amp; 431 St. Hwy. 80 Fort Plain, NY 518-993-3102 Sunday School 9 AM, Morning Worship 10:30 AM, Youth Group 5 PM, Evening Worship 7-8 PM</p> <p><b>FORT PLAIN UNITED METHODIST CHURCH</b> 39 Center St., Fort Plain Audie Miller, Lay Supply Pastor Church Office 518-993-3863 Kitchen 518-993-3464 ALL WELCOME, Worship Service 11AM</p> <p><b>OUR LADY OF HOPE R.C. CHURCH</b> 115 Reid St., Fort Plain, NY 13339 Parish Office 518-993-3822 ourladyofhope@frontier.com Mass Schedule: Saturday, 4 PM; Sunday, 9:30 AM; Confessions: Sat. 3 &amp; by appointment Please call parish office for Holy Day schedule</p> <p><b>FREYSBUSH UNITED METHODIST CHURCH</b> Freysbush Rd., Fort Plain 518-429-9936 or 518-424-8488 Worship 9 AM, Sunday School 10 AM ALL ARE WELCOME</p> <p><b>FRANKFORT</b> <b>OUR LADY QUEEN OF APOSTLES</b> 414 Frankfort St., Frankfort, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 4 PM (May - October); Sunday 9 AM; Tuesday &amp; Thursday 9 AM</p> <p><b>FULTONVILLE</b> <b>FONDA FULTONVILLE UNITED METHODIST CHURCH</b> Pastor Kathy Reese Sunday worship and Sunday school 10AM Outdoor service: 11 Montgomery Street, Fultonville, May-Early Sept. (byo - chair) Indoor service: Winter and inclement weather Glen Town Hall, 7 Erie Street, Fultonville Community Outreach is very important to us <b>518 853-3311</b></p> <p><b>FULTONVILLE REFORMED CHURCH</b> Corner of 5S &amp; 30 Pastor Jane Hubschmitt Sunday School 10 AM Family Worship 10:30 AM</p>	<p><b>GLEN</b> <b>GLEN REFORMED CHURCH</b> State Hwy 161 in the Hamlet of Glen 4 miles South of Fultonville glenreformed@nycap.rr.com Sunday Worship at 9. Sunday School immediately following Children's Message</p> <p><b>HERKIMER</b> <b>SS PETER and PAUL ORTHODOX CHURCH</b> Fr Vasil Dubee &amp; Fr Dn Demetrius Richards 305 Main Rd., Herkimer Phone 315-866-3272 Saturday Vespers - 5 PM (spring/summer months) 4 PM (fall/winter months) Sunday Divine Liturgy 9:30 AM Sundays</p> <p><b>TEMPLE BETH JOSEPH</b> 327 N. Prospect St. Phone 866-4270 Friday 7 PM</p> <p><b>ST. FRANCIS de SALES CHURCH</b> Rev. Mark Cunningham, Pastor 219 N. Bellinger St. Phone 866-4282 Saturday Vigil Mass 4 PM Sunday Mass 8 AM</p> <p><b>CHURCH OF SAINTS ANTHONY and JOSEPH</b> 229 S. Main St. Phone 866-6373 Sunday Mass 10 AM No Saturday Vigil</p> <p><b>REDEEMER CHURCH</b> Pastor Michael Servello 931 Herkimer Rd., Utica, NY 13503 Phone 792-4748 Saturday 6 PM • Sunday 9 &amp; 11 AM</p> <p><b>OAK RIDGE FREE METHODIST CHURCH</b> Pastor Chris Schumske 838 W. German St. Worship Service for adults &amp; children 8:30 AM &amp; 10:30 AM with Ridgekids for the children (0-5th grade) Phone 866-0575</p> <p><b>UKRAINIAN ORTHODOX CHURCH OF ST. MARY'S PROTECTRESS</b> 326 Moore Ave. Sunday Divine Liturgy 10 AM Holy Day Liturgy 9 AM Phone 866-1336</p> <p><b>NEW LIFE CHURCH</b> Pastor David Hayner 337 Protection Ave. Phone 866-1164 • www.nlc-mc.org Worship 10 AM Wednesday Worship 6:30 PM</p> <p><b>THE SALVATION ARMY</b> Lieutenants Derrick and Heather Purvis 431 N. Prospect St. Phone 866-1240 Facebook.com/TheSalvationArmyHerkimer Sunday School 10 AM Morning Worship 11 AM</p> <p><b>FIRST UNITED METHODIST CHURCH OF HERKIMER AND LITTLE FALLS</b> Pastor Joelle Faulks Prospect St &amp; Park Ave. Sunday Worship and Sunday School 9 AM</p>	<p><b>HERKIMER REFORMED CHURCH</b> 102 Church St. Phone 866-1523 Worship 9:30 AM Shepherd's Table: Tuesday 11:30-12 PM</p> <p><b>TRINITY EVANGELICAL LUTHERAN CHURCH</b> Corner of West German &amp; Henry Streets Phone 315-866-6474 Sunday Worship Services 10 AM in person and virtually on Zoom, YouTube &amp; Facebook Bible Studies Thursday mornings 10 AM on Facebook</p> <p><b>THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS</b> 317 Gros Blvd., East Herkimer 315-866-8095 Sunday Sacrament Meeting 10 AM Sunday School/Primary 11 AM - Visitors welcome - Family History Center, open by appointment</p> <p><b>ILION</b> <b>ILION COMMUNITY CHURCH</b> Pastor Dean Mabry 44 Central Plaza Sunday Worship 10 AM Child Care/Kids Church Available ilionchurch.com</p> <p><b>SAINT AUGUSTINE'S EPISCOPAL CHURCH</b> 78 2nd Street Phone: 680-322-1034 or 315-895-0363 Email: staugustine3@gmail.com Sunday Services at 10 AM</p> <p><b>FIRST PRESBYTERIAN CHURCH</b> 90 Morgan St., Ilion, NY, 13357 Reverend Richard Riggle Bible Study 9:30 AM Church Service 10:30 AM 315-894-2070</p> <p><b>FIRST BAPTIST CHURCH</b> 8 Second Street Reverend John Partise Wednesday Mid Week Service 7 PM Sunday Morning 11 AM</p> <p><b>JESUS NEVER FAILS COMMUNITY CHURCH</b> Reverend Hans Drews 1161 Elizabethtown Rd., Ilion, NY 13357 518-568-7983 hansandrosaline@yahoo.com Sunday Service 11 AM</p> <p><b>MORNING STAR UNITED METHODIST CHURCH</b> 36 Second Street Pastor Joelle Faulks Sunday Worship 10:30 AM November 1 - May 1 4224 Acme Rd, Frankfort May 1 - November 1 36 Second Street, Ilion</p> <p><b>ANNUNCIATION CHURCH</b> 109 West Street, Ilion, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 4 PM (November - April); Sunday 11:30 AM; Monday &amp; Wednesday 9 AM</p>
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<p><b>JOHNSTOWN</b> <b>CHURCH OF THE NAZARENE</b> 3316 St. Rt. 29 W, Johnstown, NY 12095 Offices: 518-762-2982 Cell: 857-523-8417 Pastor, Rev. Mark Fowler Sunday Morning Service 11 AM Sunday School for All Ages 10 AM</p> <p><b>JOHNSTOWN FIRST</b> <b>PRESBYTERIAN CHURCH</b> 37 South Market St. Johnstown, NY 12095 518-762-8263 office@johnstownpresbyterian.org Pastor George W. 'Blake' Blakesley Church Service 10:30 AM in person, Zoom and Facebook Please call for more information about our free community lunch, thrift store &amp; personal care shelf.</p> <p><b>LASSELLSVILLE</b> <b>LASSELLSVILLE</b> <b>UNITED METHODIST CHURCH</b> State Hwy. 29 Pastor Robert A. Lindsay Worship: Sunday 9:30 AM Sunday School to start soon</p> <p><b>LITTLE FALLS</b> <b>FIRST BAPTIST CHURCH</b> 555 Albany St. 315-823-3392 Morning Worship 9:45 AM Rev. Chris J. Wintermute, Lead Pastor Rev. William Whalen, Associate Pastor Nursery (infants through age 4) Meet and Greet Sunday at 8:00 AM Sunday School Classes 8:30 AM (nursery through adult) **Our Service is aired on 100.3 FM, 91.1 FM &amp; 88.7 FM on Sundays from 11-12 with a 1 week delay. **LIVE on Facebook: "gingerleecase" account- 9:45 am on Sundays</p> <p><b>ST. PAUL'S UNITARIAN</b> <b>UNIVERSALIST CHURCH</b> Minister Jeffrey J. Frank Mark Bunce, Organist 565 Albany St., Little Falls, NY Phone 315-823-2284 Sunday Service &amp; Religious Education 10 AM</p> <p><b>FIRST ASSEMBLY OF GOD</b> Senior Pastor Timothy Parisi 559 E. Jefferson St. Phone 823-4043 • firstaglf@gmail.com Sunday Morning All Worship 10 AM Thursday Bible Study 6:30 PM</p> <p><b>HOLY FAMILY PARISH OF THE</b> <b>ROMAN CATHOLIC COMMUNITY OF</b> <b>LITTLE FALLS</b> Father Brian Slezak 763 E. Main St., Little Falls, NY Phone 315-823-3410 Saturday Vigil Mass 4 PM Sunday Mass 10:30 AM</p> <p><b>HOLY TRINITY LUTHERAN CHURCH</b> 512 E. Gansevoort St. Sunday School 9:15 AM Sunday Worship 9:30 AM Wednesday Worship 11 AM &amp; 6 PM</p>	<p><b>EMMANUEL EPISCOPAL CHURCH</b> 588-594 Albany St. Sunday Schedule: High Mass, Rite II 10 AM Nursery &amp; Sunday School 9:45 AM (Sept.-May) Fellowship Coffee Hour 11:15 AM Choir Rehearsal 11:30 AM Holy Day Masses as announced Confessions by appointment</p> <p><b>FIRST PRESBYTERIAN CHURCH</b> Pastor Tamara Razzano 16 Jackson St. Phone: 315-823-3004 Email lffirstpres@gmail.com www.presbylf.org Sunday Worship 10 AM Sunday School 10 AM</p> <p><b>INGHAMS MILLS BAPTIST CHURCH</b> Rev. Gary L. Busch, Pastor Sunday Worship Service 10 AM 443 Inghams Mills Rd. Little Falls, NY 13365 Pastor's Phone (315) 717-9936</p> <p><b>THE HOLY SPIRIT POLISH</b> <b>NATIONAL CATHOLIC CHURCH</b> 618 E. Gansvoort St., Little Falls, NY 315-823-0793 Father Rafal Dadello Mass at 11 AM on Sunday www.holyspiritpncc.org</p> <p><b>MARSHVILLE</b> <b>MARSHVILLE EVANGELICAL CHURCH</b> Route 10 South Pastor Mark Fowler Worship Sunday 9 AM</p> <p><b>MIDDLEVILLE</b> <b>MIDDLEVILLE UNITED</b> <b>METHODIST CHURCH</b> 24 Fairfield St. Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 8:30 AM Thursday Bible Study 2 PM</p> <p><b>MOHAWK</b> <b>DENNISON CORNERS</b> <b>COMMUNITY CHURCH</b> Pastor Donald King 219 Robinson Rd. • Phone 866-5215 Sunday: Sunday School 9:45 AM Morning Worship 11 AM Evening Worship 6 PM Wednesday Prayer 7 PM</p> <p><b>MOHAWK REFORMED CHURCH</b> Rev. Brian Engel, Pastor 20 S. Otsego St. Phone 866-4292 Email mohawkpastor@verizon.net Follow us on Facebook Morning Worship: 10:30 AM Sept. - June • 9:30 AM July-Aug. Youth Sunday School (Pre-K - Sr. High) 9 AM Adult Sunday School (Men, Women &amp; Couples) 9:30 AM September - June</p> <p><b>EMMANUEL BIBLE CHURCH</b> Pastor Gary Wilcox 54 W. Main St. • Phone 717-3011 Worship and Word: Sunday 10:30 AM Fellowship Lunch: 12:30 PM Discipleship Hour: Sunday 1:30 PM Bible Study &amp; Prayer: Wednesday 6 PM</p>	<p><b>CHURCH OF THE BLESSED</b> <b>SACRAMENT</b> Sr. Mary Jo Tallman, CSJ, Parish Life Director Rev. Leo Potvin, Sacramental Minister 71 E. Main St. Phone 866-1752 Sunday Mass 9:30 AM</p> <p><b>CHRISTIAN BIBLE CHURCH</b> H. Ed Reed, Pastor/Teacher 167 Ward Rd. • Phone 858-1282 www.christianbiblechurch.us Sunday School 9 AM Sunday Worship 10 AM Wednesday Bible Study &amp; Prayer Meeting 7 PM</p> <p><b>THE WORD CHRISTIAN CENTER</b> Pastor Dan Annutto 27 E. Main St. • Phone (315) 985-3596 Sunday Services at 10 AM Intercession - Tuesdays at 6 PM</p> <p><b>NELLISTON</b> <b>VALLEY ALLIANCE CHURCH</b> 85 E. Main St., Nelliston 518-993-3458 Pastor Ken Gies Sunday School (all ages) 9:15 AM, Sunday Worship 10:30 AM, Wed. Praise &amp; Prayer 7 PM, Fri. Youth Group 7 PM (7-12th grade)</p> <p><b>NEWPORT</b> <b>FIRST BAPTIST CHURCH</b> <b>OF NEWPORT</b> 7497 Main Street Pastor's Phone 315-790-1877 Sunday Worship at 9:45 AM</p> <p><b>UNITED METHODIST</b> Pastor Robbin Harris • Phone 845-8730 Morning Service 11:15 AM</p> <p><b>KUYAHOORA COMMUNITY CHURCH</b> Pastor Dwayne Durand West Canada Valley High School Auditorium 5447 St. Rt. 28 Mailing Address PO Box 50 Middleville, NY 13406 Phone 315-292-1303 www.kuyahorracc.org Weekly Service Sunday 10:08 AM</p> <p><b>ST. JOHN THE BAPTIST</b> <b>CATHOLIC CHURCH</b> St. John the Baptist Parish 7516 N. Main St. • Phone 845-8017 Saturday Vigil 4 PM Sunday Mass 8:30 AM</p> <p><b>OPPENHEIM</b> <b>OPPENHEIM</b> <b>UNITED METHODIST CHURCH</b> Route 29 Pastor Matt Worley 315-429-7381 Worship 10 AM Sundays, Totally Awesome God-TAG time 6:30 PM Wednesdays beginning in Oct., Sunday School 9 AM beginning September 18th</p>	<p><b>PAINES HOLLOW</b> <b>PAINES HOLLOW</b> <b>UNITED METHODIST</b> Lay Servant Gregg Sponburgh Rtes. 167 &amp; 168 • 315-866-1128 Worship 9-10AM</p> <p><b>PALATINE BRIDGE</b> <b>TRINITY EVANGELICAL LUTHERAN</b> <b>CHURCH OF STONE ARABIA</b> 5430 St. Hwy. 10, Palatine Bridge, NY Pastor A. Elisabeth Aurand Sunday In Person Worship 9 AM; email for link office@stjm-canajoharie.org 518-673-2224</p> <p><b>THE HOUSE OF ZION, INC.</b> 580 Dillenbeck Rd., Palatine Bridge 518-577-3069 Pastors Richard &amp; Denise Allen Saturday Morning Worship Service 11:30 AM Listen to UMT on live radio 97.5FM the 1st Sunday of every month 3-4 PM</p> <p><b>RANDALL</b> <b>RANDALL CHRISTIAN</b> <b>COMMUNITY CHURCH</b> NY Rte. 5S Sunday Service 10:30 AM Worship Leader Darlene Spaulding</p> <p><b>RICHFIELD SPRINGS</b> <b>CHURCH OF CHRIST UNITING</b> PO Box 896, Richfield Springs, NY 13439 Rev. Casey Bradley • 315-858-1553 Service: Sunday 9:15 AM Church School: Sunday 9:30 AM</p> <p><b>RICHFIELD SPRINGS BIBLE CHURCH</b> 19 Church St., Richfield Springs, NY 13439 Rev. David Tosi • 315-858-0564 Sunday School (all ages) 10 AM Wor- ship Service 11 AM &amp; 7 PM Wednesday - Prayer &amp; Praise Call for info on various Youth Ministries www.richfieldspringsbiblechurch.org</p> <p><b>SALISBURY CENTER</b> <b>FULL GOSPEL ASSEMBLY OF GOD</b> Pastor Robert Brent 106 Plant Road Sunday Worship 11 AM with Children's Church offered during the service</p> <p><b>SALISBURY CENTER</b> <b>UNITED METHODIST CHURCH</b> 2545 State Route 29 Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 10 AM Thursday Bible Study 6 PM</p> <p><b>SLOANSVILLE</b> <b>SCHOHARIE VALLEY</b> <b>GOSPEL CHURCH</b> Pastor Pat Andreoli 133 Sprakers Rd., Sloansville, NY 518-864-5397 svgchurch@gmail.com Wednesday Prayer 6 PM; Sunday Morning Bible Study 9:45 AM; Worship Service Sunday Morning 10:30 AM</p>	<p><b>SPRAKERS</b> <b>CHRISTIAN CHURCH OF</b> <b>CHARLESTON FOUR CORNERS</b> 1380 E. Lykers Rd., Sprakers 518-922-9088 Paster Brett Popp Sunday School (ages 3-adult) 9:45 AM Worship 11 AM Sunday Prayer Meeting 5:30 PM Thu. Evening of Encouragement &amp; Community Kid's Bible Club 6:30 PM</p> <p><b>THE CHRISTIAN CHURCH</b> <b>OF RURAL GROVE</b> 170 Rural Grove Rd., Sprakers, NY 12166 518-922-7831 Pastor Joshua Fetterhoff pastorjosh@ruralgrovechurch.org Sunday School (all ages) 9:45 AM, Morning Service 11 AM, Eve. Service 6 PM, Wed.-Family Night 7 PM, "Where Bible Teaching is Fundamental"</p> <p><b>REFORMED CHURCH OF SPRAKERS</b> 112 Sprakers Hill Rd. Rev. Nancy Ryan Worship ~ 9 AM All Welcome!!!</p> <p><b>CURRYTOWN REFORMED CHURCH</b> 829 St. Hwy. 162, Sprakers 518-922-8422 Rev. Donald Hoaglander Visiting Pastor Jane Hubschmitt 518-705-2201 Sunday School 9:15 AM Worship Service 10 AM</p> <p><b>RIVER OF JUBILEE CHURCH</b> 5057 St. Hwy. 5 S, Sprakers, NY 12166 Pastor: Gail Adamoschek Pastor: Steve Adamoschek 518-322-1427 / 518-224-4455 Sunday Service 10 AM Children's Church Available Other Learning Opportunities Available Visit us on Facebook</p> <p><b>SPRINGFIELD CENTER</b> <b>ST. MARY'S EPISCOPAL CHURCH</b> 7690 Rt. 80, Springfield Center 315-858-4016 Fr. Kyle Grennen, Priest-in-Charge Sunday Eucharist, 9:30 AM Coffee - Fellowship follows service Holy Days - as announced</p> <p><b>FIRST BAPTIST CHURCH</b> Springfield Center, NY Rev. Terence Brant 607-264-3035 Sunday School 10 AM Morning Worship 11 AM Wed. night Bible Study 7 PM</p> <p><b>ST. JOHNSVILLE</b> <b>BETHESDA FELLOWSHIP</b> 34 S. Division St., St. Johnsville, NY 13452 518-568-2678 Summer Schedule Sunday Worship 10 AM Wed. Worship and Prayer 6 PM</p>	<p><b>ST. PAUL'S LUTHERAN CHURCH</b> 32 W. Main St., St. Johnsville, NY (next to NBT Bank) 518-568-3007 Church 518-568-2405 Parsonage Rev. David Johnson Sunday Worship 10:30 AM, Tues. Bible Bungee-Jumping 7 PM, "Bible Study" that actually makes sense! A Vibrant, Welcoming Community of Faith &amp; Vision</p> <p><b>SEEKER'S FELLOWSHIP</b> 14 Park Place, St. Johnsville, NY 13452 518-568-7700 • Pastor Mike Yezierski Sunday Worship 6 PM, Tues. Prayer 7 PM, Bible Study 7 PM (Wed., Thurs. &amp; Fri.) We teach the fullness of God's Word, a life of holiness for the believer, and salvation for all who trust in Christ's sacrifice.</p> <p><b>JOY FELLOWSHIP</b> 296 Co. Hwy. 119, St. Johnsville, NY 13452 518-568-3217 • William Hayes, Pastor Joyce Loughran, Assistant Pastor Sunday School 9 AM, Morning Worship 9:30 AM Wednesday Evening Worship 6:30 PM</p> <p><b>ST. JOHN'S METHODIST CHURCH</b> 7 East Main St., St. Johnsville, NY 13452 Pastor Corey Jones 518-568-7983 • 315-866-8626 Worship Sunday 3 PM</p> <p><b>EVERLASTING JOY</b> <b>BELIEVERS FELLOWSHIP</b> 14 Park Place (in with Seekers Fellowship) St. Johnsville, NY 13452 315-858-2112 • Pastor Carolee Coye Sunday Service 10 AM</p> <p><b>ST. JOHN'S REFORMED CHURCH</b> 68 W. Main St., St. Johnsville 518-568-7396 Faithfully Following Jesus Christ Sunday Worship 10:30 AM</p> <p><b>GRACE CHRISTIAN CHURCH</b> Pastor Michael Torres 20 Center St., St. Johnsville, NY 13452 518-775-0366 Email gccpcastor2021@gmail.com</p> <p><b>STRATFORD</b> <b>STRATFORD UNITED</b> <b>METHODIST CHURCH</b> 1511 State Route 29A Sunday Worship 8:30 AM Broadcast on 95.9 FM within 2 miles of church Pastor Matt Worley</p> <p><b>LIGHTHOUSE BAPTIST CHURCH</b> 1524 St. Rt. 29A, PO Box 114 Stratford, NY 13470-0114 315-429-8854 • Pastor Martin Smith Sunday Morning Worship 10:30 AM; Wed. Eve. Prayer Meeting 6 PM; 2nd &amp; 4th Sunday Dinner following Morning Service with Afternoon Service following dinner "Old-Fashioned Bible Preaching"</p> <p><b>TRIBES HILL</b> <b>SACRED HEART CATHOLIC CHURCH</b> 111 3rd Ave., Tribes Hill 518-829-7301 Mass Saturday 4 PM</p>
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## How to stay mentally sharp after retirement

If asked to describe how they envision retirement, many professionals might reference travel, time spent with grandchildren and various recreational pursuits. Few, if any, would mention cognitive decline. However, cognitive decline poses a significant threat to aging men and women, especially during retirement.

Researchers have long since recognized that certain cognitive abilities begin to decline with advanced age, even among elderly individuals who are healthy. However, despite that decline, the CDC notes that dementias like Alzheimer's disease are not an inevitable part of aging. In fact, the CDC estimates that as many as 40% of dementia cases may be prevented or delayed. In addition, the CDC reports that it's not uncommon for routine memory, skills and knowledge to stabilize or even improve as the brain ages.

That's good news for retirees who want to spend their post-work life pursuing their passions and hobbies. Individuals also can embrace some strategies to stay mentally sharp in retirement.

• **Consider delaying retirement.** Even if early retirement is a dream, it might be better to work a little longer than you had planned. A 2021 study published in the journal *SSM - Population Health* found that postponed retirement is beneficial to cognitive function for all genders, races/ethnicities, educational levels and professional status. The study reported that individuals who waited until age 67 to retire experienced less cognitive decline than those who retired prior to turning 67.

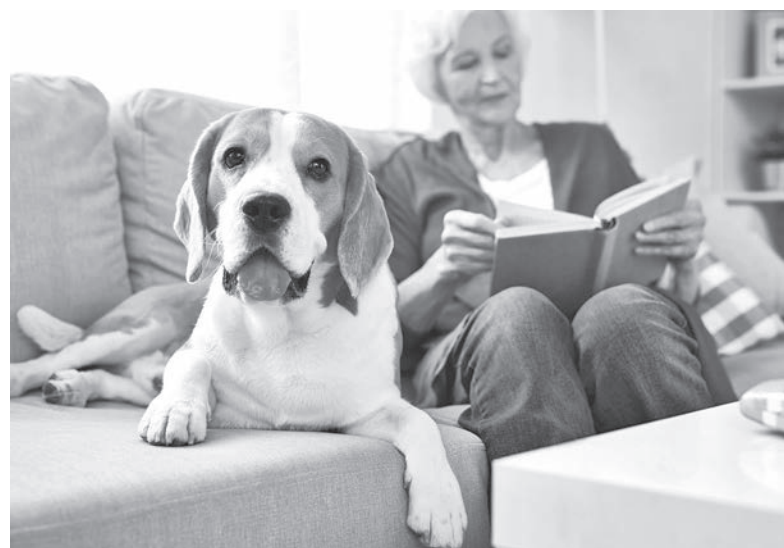
• **Make exercise part of your retirement routine.** A lack of structure may seem enticing to individuals who have spent decades working. However, many retirees find that little structure loses its appeal quickly after calling it quits. When creating a new routine in retirement, include regular exercise. According to the Mayo Clinic, studies indicate that people who are physically active are less likely to experience a decline in their mental function. So daily exercise not only gives retirees something to do, but also benefits their brains.

• **Enroll in an adult education course.** A 2014 study published in the journal *JAMA Neurology* examined the association between lifetime intellectual enrichment and cognitive decline in the older population. The study's authors found that higher levels of late-life cognitive activity were associated with

higher levels of cognition. The study's authors concluded that lifetime intellectual enrichment might delay the onset of cognitive impairment. Retirees can look into adult learning programs at local colleges and universities to see if anything piques their interest.

Retirement can be everything professionals hope it will be, especially for those who make a concerted effort to maintain optimal cognitive function after they call it a career.

*Individuals can embrace some strategies to stay mentally sharp in retirement.*



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caught at it."  
- Gene Perret -*

Country Chuckles by Jonny Hawkins



*"I planted 100 acres of maize ... now, I have a corner on the market."*



## Autism Awareness Bowling raises money for Arc Herkimer

The fifth annual Tom Bergen Memorial Autism Awareness Bowling Tournament took place earlier this year, raising money for Arc Herkimer's Autism Program, which provides supports and services to individuals with disabilities and their families.

This year's event raised \$4,000 for Arc Herkimer, helping to purchase computers, tablets, headphones and protective cases for the agency's day habilitation services.

Each year, the event is spearheaded by Tammy Helmer-Bergen, guardianship coordinator at Arc Herkimer, to honor her son, Tom, who had autism and passed away suddenly in 2016. Tom enjoyed bowling, was an advocate for autism awareness and a dedicated volunteer at Arc Herkimer for more than 16 years. He also had a mind for electronics and enjoying dabbling in technology.

"Tammy has been donating money in memory of her son for many years, and understands that having updated electronics, such as those with a touch screen, allows people we support of all ages and abilities to engage in technology at some level," said Jessica Lamanna, supports and services director, Arc Herkimer. "Overall, the new equipment will aid staff in working with individuals on personalized goals that help boost independence and maintain skills they already have while having fun."



L-R: Tammy Helmer-Bergen, Guardianship Coordinator; Dylan Mundorff; Kathleen Walsh and Jessica Lamanna, Supports and Services Director.  
Photo courtesy of Arc Herkimer



# FaBOOulous October Specials

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# Community Calendar

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

## SEPTEMBER 28

**A Pipeline to Apprenticeship Virtual Job Fair** 11 a.m.-1 p.m. Program help people with a disability connect to pre-apprenticeship training. Questions? Contact Sommer Edwards at 315.207.6951 ext. 133 or sedwards@working-solutions.org. Register at pvapi.premiervirtual.com/ s/xm621W

**"Social Security: The Unconventional Truth for a Better Retirement"** 6-7 p.m. at Johnstown Public Library. For individuals ages 55-70. Guest speaker John Kalil, Social Security Claiming Strategist and President of Retirement Solutions, LLC. Limited to 25 participants. Advance registration required. To RSVP, contact the Library at 518.762.8317. **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.

**40th Anniversary Volunteer Appreciation and Recruitment reception** 5-7 p.m. at Mohawk Valley Center for the Arts, 401 Gallery, Canal Place, Little Falls. RSVP at 315.823.0808 or mvca@finearts@icloud.com by Sept. 26.

**The Family Counseling Center of Fulton County Fall Gala** 5:30 -8:30 p.m. First-ever fundraising gala. Goal is to raise \$50,000 for the agency. Full details including ticket sales is available at [www.thefamilycounselingcenter.org](http://www.thefamilycounselingcenter.org). Tickets to the event are \$75 per person.

## 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.

## SEPTEMBER 30 - OCTOBER 1

**Herkimer College Fall Fest & Alumni Weekend.** Herkimer Generals Athletic Hall of Fame Induction Ceremony on Friday. Events continue through Saturday. Visit [tinyurl.com/4x24j2yf](http://tinyurl.com/4x24j2yf)

## 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.

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

**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](http://www.herkimer.edu/fallfest). A full schedule of events can be found at [www.herkimer.edu/fallfest](http://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.

**4-H Dog and Handler Skills Class for Youth.** The upcoming 6-week course starts with mandatory orientation class on Oct. 2 at 2 p.m. at CCE Education Center, 123 Lake Street, Cooperstown. The cost of the course is \$40. Participating dogs must be at least three months of age. Youth must be at least eight years old. For more information visit [ccescholarie-otsego.org/events](http://ccescholarie-otsego.org/events) or to register, call CCE at 607.547.2536 ext 225 or email Teresa Adell at tla47@cornell.edu.

**Touch-a-Truck Day** 10 a.m. - 2 p.m. at Becker's Farm. 420 Columbia Turnpike, Rensselaer. Firetruck, bucket truck, tractor, police car and more plus food and kid activities. Contact Kiwanis Club of East Greenbush by visiting [egkiwanis.weebly.com](http://egkiwanis.weebly.com)

**Music In The Midst Of Madness: Respite from the Turmoil of the Civil War** performance 7:30 p.m. at Glen Conservancy Hall, 1538 State Highway 161, Fultonville (Hamlet of Glen). For further information contact Burch at [ronwan@capital.net](mailto:ronwan@capital.net) or 518.281.4937.

## 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.

December 2022						
S	M	T	W	T	F	S
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7
<b>Holidays</b>						
18th - Hanukkah Begins in the evening						
21st - Winter Begins						
25th - Christmas						

## 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](http://www.herkimer.edu/fallfest). A full schedule of events can be found at [www.herkimer.edu/fallfest](http://www.herkimer.edu/fallfest).

**4-H Dog and Handler Skills Class for Youth.** The upcoming 6-week course starts with mandatory orientation class on Oct. 2 at 2 p.m. at CCE Education Center, 123 Lake Street, Cooperstown. The cost of the course is \$40. Participating dogs must be at least three months of age. Youth must be at least eight years old. For more information visit [ccescholarie-otsego.org/events](http://ccescholarie-otsego.org/events) or to register, call CCE at 607.547.2536 ext 225 or email Teresa Adell at tla47@cornell.edu.

**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.

## OCTOBER 4

The Cybersecurity and Infrastructure Security Agency within the U.S. Department of Homeland Security is hosting a 2-hour **Security Webinar** 10 a.m. - 12 p.m. to enhance awareness of, and response to, an active shooter incident. Registration is free and participation is based on a first come, first served basis with a limit of 350 participants. Registration will close as soon as the event reaches capacity or no later than Oct. 3 at noon. For more information email CISA-Active Shooter Preparedness at [ASWorkshop@CISA.DHS.GOV](mailto:ASWorkshop@CISA.DHS.GOV) or visit [cisa.gov/active-shooter-preparedness](http://cisa.gov/active-shooter-preparedness). Visit [tinyurl.com/2p8hbjsj](http://tinyurl.com/2p8hbjsj)

## OCTOBER 6

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

## OCTOBER 6 - 8

**Fort Plain Free Library fall book and rummage sale.** 10 a.m. to 5 p.m. Thursday and Friday. 9 a.m. to noon Saturday. On the grounds of the library at the corner of River and Willett streets. To donate books or for more information, contact 518.993.4646 or [fpfl@mvls.info](mailto:fpfl@mvls.info) or visit the 19 Willett St. library.

## OCTOBER 7

**Black and White Hero Sale** at Ilion Masonic Temple, 118 Morgan St., Ilion. Call 315.269.6493 to order. Pick-up times 11 a.m. - 1 p.m. and 3-6 p.m. Pick-up at the Third St. door. \$9.

## OCTOBER 7 - 8

**Fort Plain Reformed Church Rummage Sale,** 165 Canal St., Fort Plain. 10 a.m. - 7 p.m. Friday. 10 a.m. - 12 p.m. Saturday. Bag Sale, \$5, \$10 and \$20. Bag Sale \$2, \$5 and \$10. Donations accepted Tuesday Oct. 4 from 10 a.m. - 6 p.m. Call 518.993.2134.

## OCTOBER 8

**Herkimer County Historical Society 4 Bus Trip Genesee Country Village and Museum.** Departing from Clinton and Herkimer. \$80 per person. Due to COVID each person will be required to provide their vaccination card showing they have completed their vaccination requirements at the time reservations are made. During the trips everyone must follow all COVID mandates on and off the bus. To register, call 315.866.6413 or visit [herkimercountyhistory.org](http://herkimercountyhistory.org)

**Herkimer County Historical Society Investigating History with Agent Paranormal** 6:30-12 a.m. Investigator tours of Historic Herkimer Jail from 9 p.m.-11 p.m. for \$25 each. \$45 VIP tours include lecture, tour of Historical Society and Historic Jail. Contact Peg Warner at 315.866.6413 10 a.m.-4 p.m. or [herkimerhistory@yahoo.com](mailto:herkimerhistory@yahoo.com) Tickets are limited.

## OCTOBER 9

**Briege Murphy - Singer- Songwriter from Co. Armagh,** Ireland 1 p.m. at Irish Cultural Center of the Mohawk Valley - Museum, 623 Columbia St., Utica. Afternoon of beautiful folk ballads from Co. Armagh by Murphy. Admission is \$15. Tickets can be purchased through Eventbrite at [tinyurl.com/2p842s8m](http://tinyurl.com/2p842s8m)

**Brunswick Grange Tailgate Sale** 7:30 a.m. - 12:30 p.m. at Schaghticoke Fairgrounds, Rt. 67 & 40, Schaghticoke. Always first Sunday of May and first Sunday in October. Vendors will have various varieties of chickens, ducks, geese, pigeons, veggies, plants and other agricultural items. For more information, contact Alice Grimsley at [tedallycat@aol.com](mailto:tedallycat@aol.com) or call 518.279.9113.

**Fort Plain Chapter DAR (Daughters of the American Revolution) Open House / Guest Speaker** 2-4 p.m. at Fort Plain DAR Chapter House (Isaac Paris 1786 Mercantile & Home). Guest Speaker: Ann Peconie Director of the Walter Elwood Museum in Amsterdam. She will speak at 2:30 p.m. about "The Yerdon Family of the Mohawk Valley". For more information, call 518.774.3384—if no answer, leave a message with your name and number.

**Chinese Auction, Chicken Barbecue and Car Show** 11 a.m.-2 p.m. at Poland Fire Station #1 (Rt. 8, between Poland and Cold Brook). Chinese Auction tickets sell noon until 3:45 p.m. Drawings: 4 p.m. - You don't need to be there to win. Chicken barbecue noon until sold-out. Take-out or eat-in (limited seating). Car and Truck Show 11 a.m. - 2 p.m. Registration Fee: \$10. Awards - 2 p.m. 50/50 Raffle Door Prizes for show participants.

## OCTOBER 11

**American Red Cross Blood Drive** 12-6 p.m. at St. John's St. Mark's Church, 143 Church St., Canajoharie. Schedule an appointment by calling 1.800.RED CROSS or go to [www.redcrossblood.org](http://www.redcrossblood.org) and enter sponsor code: StJohnsStMarksCanajoharie.

**Milk quality, understanding that PPD! and a peek into future milk prices meeting** 10:45 a.m. to 2:30 p.m. at the Quality Inn, 5206 NY-23, Oneonta. For information and how to register, go to [tinyurl.com/mr8n7vh8](http://tinyurl.com/mr8n7vh8) Registration is required by Oct. 5. \$10 per person. Includes lunch.

## OCTOBER 12

**Evening with Doug Ayres Jr.** at the Fort Plain Free Library at the corner of Willett and River streets 6:30 p.m. Longtime area residents will remember the late Douglas Ayres Jr. as an educator, historian, animal lover, benefactor and friend. Local historian Eileen Chambers will revisit his legacy with "An Evening with Doug Ayres Jr." Free in-person program. Call 518-993-4646 for more information.

**Town of Palatine Open House** 5-7 p.m. at 15 Dutchtown Plaza, Palatine Bridge. A public thank you and a chance to see what the Town of Palatine has accomplished with an old Pizza Hut building that sold at tax auction for under \$100. Help celebrate the new town building location. Free cider and donuts. Unlimited free parking.

## OCTOBER 13-15

**Rummage Sale** Oct.13 and 14 10 a.m. - 5 p.m., Oct. 15 10 a.m. - 12 p.m. Bake Sale also Oct. 13 in the Parish Hall 10 a.m. until sold out. Lots of Christmas items for sale in the Parish Hall. Bag Day is Oct. 15. Two bags for \$3. St Augustine, upstairs, 78 Second St., Ilion. Parking is available at Annunciation Church around the corner on West St.

## OCTOBER 14-15

**Sixth Annual Basket Raffle** 11 a.m.-5 p.m. at Mohawk Reformed Church, 20 South Otsego Street, Mohawk. Many themed baskets and gift cards. Contact 315.866.4292 or [mroffice@verizon.net](mailto:mroffice@verizon.net) for further information.

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



## Falling Footsteps winners announced

The Falling Footsteps Road Edition 5K and 1 Mile Walk took place recently at the Richfield Springs Community Center. This year's exclusive event sponsor is the Canadarago Lake Improvement Association.

The event is part of the 22nd Annual Route 20 Road Challenge. Participants ran/walked scenic country roads, starting and ending from the Community Center on Ann Street.

Prizes were awarded for the top three in each age group, depending on the number of registrants for each class. All registrants received a commemorative beverage glass with the event sponsor's name engraved on it. Proceeds will benefit programming at the Richfield Springs Community Center.

**Overall Male:** Charlie Holister

**Overall Female:** Julie Skramko

**14 and Under:** Male 1st place: Lorenzo Reisen; Female 1st place: Nadia Buttermann

**15 - 19:** Female 1st place: Savannah Algerin

**30 - 39:** Male 1st place: Joe Davis, Male 2nd place: Dan Buttermann; Female 1st place: Sarah Rathbun, Female 2nd place: Jess Powers, Female 3rd place: Mindy Tyler

**40 - 49:** Male 1st place: Matt Downs, Male 2nd place: Alex Gifford; Female 1st place: Amanda Conklin; Female 2nd place: Joy Gifford; Female 3rd place: Jaime Reisen

**50 - 59:** Male 1st place: Jeff Conklin, Male 2nd place: Joe Kukenburger; Female 1st place: Jennifer Caloia, Female 2nd place: Amy Markowicz, Female 3rd place: Suzanne Gould

male 3rd place: Suzanne Gould

**60 - 69:** Male: 1st place: Bruce Daly; Female 1st place: Patty Seifreid, Female 2nd place: Jean Kosina, Female 3rd place: Mary Pustay

**70 - 79:** Male 1st place: Ross Jones; Female 1st place: Sue Will



Runners and walkers of all ages participated in the 22nd Annual Route 20 Road Challenge.

# OCTOBER

## 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
<b>3</b> Shaved Roast Beef on a Bun Baked Beans • Cauliflower Fruit Cocktail	<b>4</b> Chicken & Biscuits Mashed Potatoes Country Blend Vegetables Brownie	<b>5</b> Lasagna Tossed Salad Garlic Roll Cookie	<b>6</b> Macaroni & Cheese Green Beans Stewed Tomatoes & Zucchini Frosted Birthday Cake	<b>7</b> Pot Roast Boiled Potatoes Dill Carrots Ambrosia
<b>10</b> <b>CLOSED FOR COLUMBUS DAY</b>	<b>11</b> Beef Stew with Vegetables Wax Beans Biscuit Cookie	<b>12</b> Cheesy Ham & Rice Casserole Broccoli Brussel Sprouts Sherbet	<b>13</b> Turkey with Gravy Stuffing Squash Glazed Lemon Cake	<b>14</b> Chicken Florentine Noodles Red Cabbage Banana
<b>17</b> Pork Chop Au Gratin Potatoes Green Beans Pineapple	<b>18</b> Tuna Noodle Casserole Beets Peas Pudding	<b>19</b> Oktoberfest! Kielbasa with Sauerkraut German Potato Salad Green Beans • Black Forest Cake	<b>20</b> Parmesan Crusted Chicken Scalloped Potatoes Broccoli Cookie	<b>21</b> Pulled Pork on a Bun Baked Beans Zucchini Gelatin
<b>24</b> Ziti with Meatballs Italian Blend Vegetables Garlic Roll Pears	<b>25</b> Chicken Patty on a Bun with Lettuce Coleslaw • Tomato Bisque Soup Cookie	<b>26</b> Turkey Tetrazzini Over Pasta Peas Brownie	<b>27</b> Meatloaf Mashed Potatoes Mixed Vegetables Tropical Fruit	<b>28</b> Chicken & Wild Rice Casserole Corn • Stewed Tomatoes Apple Crisp
<b>31</b> Fish on a Bun O'Brien Potatoes Spinach Halloween Cookie	<p><i>All Meals Served with Milk and Bread Daily.</i></p> <p><i>If you are not going to be home for a meal, please call the office at 315-867-1204 at least a day in advance.</i></p>			



# Pumpkin auction draws a crowd

Both the weather and turnout were great for the recent pumpkin auction at Mohawk Valley Produce Auction (MVPA). This year’s auction saw over 1800 lots, including 1597 bins of pumpkins. Buyers came from Connecticut, New Jersey, Pennsylvania, Massachusetts, Vermont and all across New York.

For the first time the auction was done as a double auction, with the auctioneers working two side by side aisles. Eli Martin said although there was a bit of confusion at first, the responses he’s gotten back have all been very positive, and it moved the auction along much quicker.



*This young one was amazed by the pumpkins larger than she is. The orange one weighed approximately 450 lbs. and sold for over \$800. The white one, weighing approximately 665 lbs., went for \$1100.*

The highest selling lot was a giant white pumpkin that sold for \$1100. The buyer will use it as an attraction for their farm store.

The MVPA will continue their Monday, Wednesday, Friday auctions through October.

Martin would like to give a personal thank you to the growers who brought the produce, the buyers who travelled to bring it home and the people working the auction. “It took a lot of people working together to make it work.”

*Photos by  
Joan Kark-Wren  
and William Wren*



*Buyers look over the bins of pumpkins and gourds.*



*Pumpkin snowmen, pumpkin planters, painted pumpkins and corn wreaths were among a variety of creative handcrafted items auctioned as well.*



*Over 1,800 lots of pumpkins, squashes and gourds were auctioned off.*



*The auction drew a large crowd from multiple states.*



# FARM, HOME & GARDEN

## Three easy ways to enjoy living color in your outdoor space this fall

(BPT) - As temperatures drop and seasons turn, that doesn't mean you have to give up on the vivid blooms you love so much in your yard. Strategically adding seasonal plants that can withstand cooler weather is a great way to bring color and dimension to outdoor spaces, enhancing your curb appeal into the autumn months.

To educate and inspire, the plant and gardening experts at Ball Horticultural Company share simple tips, top trends and standout plants that are ideal for fall:

### Pollinator plants in traditional autumn hues

There's no easier way to add autumn atmosphere to your entryway, walkways and flower boxes than with the warm hues of rich yellows and sunny oranges. Blooms in these colors convey happiness and warmth, making them beautifully

eye-catching. Some plants in these tones are especially attractive to bees and butterflies, helping create pollinator-friendly spaces.

For example, award-winning Echinacea Artisan Yellow Ombre is a native-type prairie plant that attracts songbirds, bees and butterflies throughout fall, and into winter. It's drought tolerant and low maintenance, making it a no-brainer for colorful autumn gardens. Another great option as the weather cools is Achillea Milly Rock Yellow Terracotta. This perennial has a breathtaking golden-orange color that is perfect for fall because it is frost tolerant, plus it attracts pollinators while resisting hungry rabbits and deer.

### Moody blues are trending for fall

While yellow and orange are quintessential fall colors, you can add an on-trend



Strategically adding seasonal plants that can withstand cooler weather is a great way to bring color and dimension to outdoor spaces, enhancing your curb appeal into the autumn months.

element to your outdoor space with Spreading Pansy Cool Wave Blue. The stunning dark, moody blue hue plays nicely when combined with a jewel-toned autumn

palette. It is also a standout choice by itself, reflecting the cooler weather, crisp air and clear night skies associated with the fall months.

The vibrant shade of solid

blue is beautiful in planters and hanging baskets, as well as in landscaping and window boxes. This sun-loving variety is a spreading pansy, meaning it can serve as great

groundcover, as well. You can enjoy this pansy in fall, and with superior overwintering hardiness, it's the earliest pansy to return in the spring.

### Create dimension through floral shapes

Color is one important aspect of landscape design, but to really elevate your outdoor appeal, consider dimension as well. Creating variables in plants through shape and texture adds visual interest, bringing new depth to a space. To create this, mix florals with greenery and don't be afraid of nontraditional flower shapes.

The perfect example is Celosia, which features blooms in unique shapes such as plumes, spikes or wavy crests. You can create any outdoor aesthetic you desire with varieties available in yellow, orange, red and dark purple. Each adds texture and dimension, pairing well with mums and other popular autumn florals.

Whether it's containers, window boxes or several strategic places in your landscaping, you can update your home for the fall season and boost your curb appeal with fall flowers. A dash of color and texture will help your home be a standout on the block.

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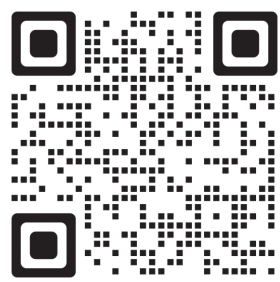
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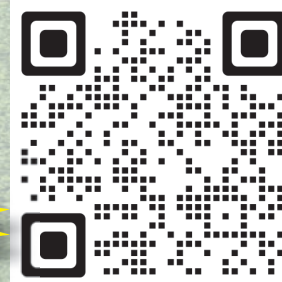


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# BUSINESS FOCUS

## Crosswinds Farm & Creamery

Crosswinds Farm & Creamery is a diverse, grass-based dairy and livestock farm located in the heart of the Finger Lakes. They bottle their own milk, make their own dairy products and raise their own beef, pork and laying hens.

"We feed our local community. We have an on-farm scoop shop and retail store, we attend area farmers markets and special events and we ship direct to your door," said co-owner Sarah Morrow. "Our customers care about where their food comes from, how it is raised and that it is both delicious and nutritious!"

The farm has been in business for 20 years, but Sarah has been farming forever. She grew up on her family's farm in the Hudson Valley before attending Cornell to study animal science and ag business. She started farming at Crosswinds in 2003, and within a few years realized she and her partner Charles needed to sell direct-to-consumer in order to be a viable small farm business. They started making cheese in 2012, and have grown and evolved since that point. In 2022, they expanded by purchasing a second farm which includes their own creamery and retail store.

"Growing up on my family's farm instilled a love for farming, particularly Brown Swiss cows, and pride in feeding our country when most people have no connection to where their food comes from," Sarah said. "I knew I wanted to have a small dairy, and needed to find a way to make it profitable. We now process all the milk produced on the farm and by transitioning to grass-fed cattle have minimal outside input costs."

She admitted operating a small farm, a processing facility and a store is a huge challenge but it's also a goal they've worked for years to reach. Balancing rising input costs (such as energy, packaging and ingredients) against their product prices has been particularly challenging in 2022. And constantly maintaining food safety and product quality and managing employees, equipment and animals are all challenges too.

Crosswinds Farm raises and milks Brown Swiss cows, who are 100% grass-fed. They then process all of their milk in their on-farm creamery, either into bottled milk, cheese, yogurt or gelato. Sarah said their cheeses are Alpine-style cheeses, the traditional style that Brown Swiss milk has been used for centuries.

Their vision for the future includes plans to add more meal options that feature their meats as well as dairy products and to continue to increase the products offered at their retail store.

Luckily, those in the Mohawk Valley won't necessarily have to drive all the way to Ovid, NY, to try their tasty treats – Crosswinds Farm & Creamery is participating in this year's Little Falls Cheese Festival, taking place Oct. 1 from 10 a.m. - 5 p.m.

To learn more about the farm, visit [crosswindsfarm-creamery.com](http://crosswindsfarm-creamery.com), follow them on social media @crosswindsfarmcreamery or call 607.327.0363. Their farm store is open Mondays 4 - 7 p.m., Wednesdays and Thursdays from 1 - 7 p.m. and Fridays and Saturdays from 11 a.m. - 7 p.m.



*Sarah and Charles Morrow milk Brown Swiss cows to make Alpine-style cheese. Find them at the Little Falls Cheese Festival!*



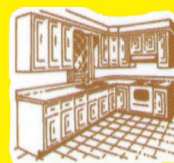
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## DINING & ENTERTAINMENT

### Fort Plain Chapter DAR open house

The Fort Plain Chapter DAR (Daughters of the American Revolution) will host an open house/guest speaker event on Oct. 9 from 2 - 4 p.m. at the Fort Plain DAR Chapter House (Isaac Paris 1786 Mercantile & Home).

The guest speaker is Ann Peconie, director of the Walter Elwood Museum in Amsterdam, who will speak at 2:30 p.m. on "The Yerdon Family of the Mohawk Valley." Information will be shared during house tours. Light refreshments will be served. Follow current New York State COVID safety protocols.

The DAR Chapter House is located at the end of a driveway on the upper part of Mohawk Street near where Mohawk and Lydius streets meet, across from St. Paul's Lutheran Church in Fort Plain. For more information, call 518.774.3384. If there's no answer, leave a message with your name and number.



The Fort Plain DAR Chapter House (Isaac Paris 1786 Mercantile & Home) is located inside the village of Fort Plain near where Mohawk and Lydius Streets meet across from St. Paul's Lutheran Church.

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# HOME IMPROVEMENT

## Five fall home maintenance tips: What you don't do can cost you

(BPT) - While home maintenance may seem pricey, being proactive about home upkeep can save more money by preventing expensive repair or replacement costs in the future - not to mention safeguarding against damage to your home. The hard part is knowing how often and what type of maintenance to do, and where to start.

According to State Farm, fall is the perfect time to take care of many jobs, whether by yourself or by hiring

professionals. Here are some top maintenance tasks to help protect the largest investment you have - your home.

### 1. Check your smoke detectors

According to the National Institute of Standards and Technology (NIST), 96% of homes are now installed with smoke detectors. However, nearly 20% of them have non-working smoke alarms. The NIST estimates that if every home had working smoke alarms, deaths from U.S. residential fires could

drop 36%. Why aren't these smoke detectors working? Primarily missing or dead batteries. Smoke detector batteries need to be replaced at least annually, not just when they chirp. The average claim from a home fire according to State Farm is \$57,000. So buy some batteries and replace those old ones.

### 2. Trim your trees

Little known fact, you're responsible for the damage if a tree on your property falls on a neighbor's house. Or if



Smoke detector batteries need to be replaced at least annually, not just when they chirp.

a dead branch damages your home, it can result in a homeowner's insurance claim, meaning you have to pay

the deductible. For peace of mind, trim the trees on your property every fall. Find tips on tree trimming at State-Farm.com/simple-insights/residence. If you prefer hiring a professional, contact your local State Farm agent and they can help you find an arborist with community roots.

### 3. Check washing machine hoses

Did you know a washing machine hose holds 70 pounds of pressure? If it fails, it can spray 650 gallons of water per hour into your home. So if you're away for the weekend and a hose bursts, you may open the door to the equivalent of a 20-foot by 40-foot in-ground pool's worth of water, which can damage floors, drywall and personal items. Between June 2021 and June 2022, State Farm paid nearly \$36.7 million to help customers recover from damage due to washing machine hose bursts, with an average claim of over \$12,000. Hose maintenance is easy: Inspect the hot and cold washing machine supply lines monthly, looking for blisters, worn tubing, cracks or loose connections. It's best to replace supply hoses every 3-5

Five 22

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## Gourds, squashes and pumpkins, oh my!

Halloween takes place during a time of year characterized by earthen-colored chrysanthemums, leaf-lined walkways and crisp autumn air. As colorful as the costumes children wear for trick-or-treating may be, nature's beauty is unsurpassed this time of year, and the scores of pumpkins, gourds and squashes on display only add to that colorful melange.

The Cucurbitaceae family may be best known for pumpkins, squash and gourds, but there actually are 800 species that belong to this family. While they share many of the same properties, these fruits each have their own unique attributes.

The main differences between squashes, gourds and pumpkins is their intended purposes – whether they're ornamental or edible.

### Squash

Squashes come in summer and winter varieties. Winter ones do not actually grow in the winter; in fact, they're harvested in late summer and early fall, but the name references the

hard shell casing that protects the tender pulp inside. Zucchini are summer squash because their outer flesh is tender, while butternut, acorn, spaghetti, and hubbard squashes are winter squashes because they feature a tough skin. Even though it takes some effort to crack that shell, the dense, nutrient-rich flesh inside is well worth the workout.

### Gourds

Gourds are essentially ornamental squashes; they aren't cultivated for eating. Instead they are bred to look beautiful and unique in autumn centerpieces. Types of gourds include autumn wing gourd, warted gourds, turban gourds, and bottle gourds. Each gourd is unique in its shape and color.

### Pumpkins

Pumpkins come in ornamental and edible varieties. Even though all pumpkins can be consumed, some taste better than others. Small pumpkins tend to be decorative because, according to Nutritious Life, they do not

have enough meat inside to make them worthy of cooking. However, sugar pumpkins are best for baking and cooking favorite recipes, states the resource Pumpkin Nook.

The festive hues and flavors of squashes, gourds and pumpkins are one more thing that makes Halloween and autumn special.

## Five from 21

years.

### 4. Conduct a generator safety check

A portable generator is handy equipment for when the power goes out, and reg-

the system and saving on energy costs. According to HomeAdvisor, replacing an HVAC system costs from \$5,000 to \$10,000. To save money and extend the life of

you and your family. These regular maintenance tasks will help reduce the likelihood of unpleasant surprises - and costs - to help give you peace of mind.



The National Institute of Standards and Technology (NIST) reports that 96% of homes are now installed with smoke detectors. However, nearly 20% of them have non-working smoke alarms.

ular maintenance will ensure that it works when you need it. First, always unplug and turn off all power to the generator. Examine the AC wiring and alternator to clear dirt and debris. Inspect the air intake system and replace the air filter. Oil in your generator needs to be changed every 25 hours of running, or one year unused. When you're ready to use the generator, take it outside to a well-ventilated area before starting up. Generators produce carbon monoxide from the exhaust and can cause serious injury or death if used indoors, in a garage (including with open doors) or even on a porch.

### 5. Maintain your HVAC

One of the most critical items to maintain is your heating, ventilation and air conditioning (HVAC) system. Regular maintenance helps keep the system in working order, extending the life of

your system:

- \* Change air filters regularly. Set a reminder every few months to replace filters. Dirty filters can impede airflow and make the HVAC system work harder, decreasing efficiency and increasing energy costs.

- \* Schedule regular maintenance checks (spring/fall) from your local HVAC professional. Some HVAC companies and local utilities have service programs where you pay a monthly or annual fee and they will conduct semi-annual maintenance checks. Pros will check the thermostat, clean or replace filters, lubricate moving parts, check refrigerant levels, inspect the condenser and coils and investigate unusual noises. Reach out to your local State Farm agent for a list of reliable HVAC pros.

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## How to find the right vacation rental

How to find the right vacation rental

Vacations present an opportunity to get away from the hustle and bustle of daily life, often recharging mind and body in the process. In fact, using vacation time can reduce stress and improve overall health.

While there is a certain measure of work that goes into vacation planning, and for some it can be stressful to coordinate all of the details, vacationing benefits tend to exceed the hassle of planning. Anxiety can be avoided or at least reduced by finding optimal accommodations. For many, that includes a vacation home rental. Individuals can consider these tips when selecting a vacation rental.

### Why a Vacation Rental?

There are many different accommodations available for week-long getaways or shorter excursions. Oftentimes vacationers prefer a little more space than a standard hotel room can provide. A vacation home rental can be the type of place that prioritizes space and distance from others – something that has become even more valuable during the global pandemic.

Another advantage to a vacation rental is the ability to prepare some or all of the meals on the property. That can help corral expenses normally reserved for dining out for three meals a day. Instead, vacationers can pick one or more opportunities for special meals at restaurants and then cook “at home” for the remainder.

### Do Your Research

Travelers accustomed to staying in chain hotels and other resorts likely know what they are getting from the accommo-



dations. That's because these properties pride themselves on consistency. Whether you stay at a Marriott or Hyatt in

one place or another, you'll find similar furnishings, space and offerings.

When it comes to vacation rentals, things are a little less predictable. However, scouring reviews on sites that advertise vacation rentals or relying on the experiences of people you know increases the likelihood that you'll find unique and satisfying vacation rentals.

### Prioritize Needs & Wants

Vacation rentals can be narrowed down by your desired amenities and features. For example, you can search by the number of bedrooms or for rentals that are pet-friendly if you're bringing a companion animal along. Maybe you need a property that is close to transportation or has shopping nearby? Make a list of desired items and then choose properties that check most, if not all, of those boxes.

### Verify Allowances

A beachfront property commands a premium price, as do rentals that are adjacent to specific points of interest or in major cities. If you're willing to stay farther away, you likely can save a considerable amount of money. Investigate parking options, public transportation or if beach towns allow golf cart rentals to make reaching amenities easier.

### Check All Rental Policies

Read through rental agreements before diving in. Items to look at include cancellation policies and whether or not penalties will be charged. Some rentals pass cleaning fees on to the renters or require deposits that will be returned only if there is no damage to the property.

### Ask for the Exact Address

Rental property advertisements post the best angles in photos to help disguise any shortcomings. Close-ups of the home may not showcase the neighborhood in which its located. By having the exact address in advance, you can do a street view on Google, Apple or another online map and see what is around the property – including how close it really is to amenities. “Near the beach” can be anything from one street to a few miles away.

### Consider Exemplary Hosts

Services like Airbnb and VRBO are two of the leading vacation home rental businesses. Airbnb has a category of Superhosts, who must boast at least a 4.8 rating to qualify. Superhosts tend to provide superior hospitality and respond to messages quite readily. Similarly, VRBO has Premier Hosts. They also consistently provide great experiences for guests. Choosing hosts with these ratings can help you feel more confident that you'll be getting a desirable rental.

Vacation home rentals often are a good option when spending time away. It's easier than ever to find properties that will meet travelers' needs.

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

**Mon. Sept. 19th** – Sold 263 head – Cull Dairy ave. \$.68 top cow \$82, cull beef cows \$.67 – \$1.18, Bulls/Steers \$.85 – \$1.24, Organic cull Dairy \$.59 – \$.75, bull calves top \$1.25 top beef calf \$2.95, heifer calves \$.30 top beef calf \$2.30, Dairy feeders \$.74 – \$.83, feeder heifers \$.79 – \$1.06, feeder bulls \$.74 – \$1.02, Lambs 46#-62# \$1.00 – \$2.48, Cull Sheep \$.85 – \$1.25, Kid Goats up to \$175, Dairy Milking age top \$2050, Bred heifers \$1600, Open heifers \$1200.

**Sat. Oct. 1st** – 10:30 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. Complete listing and pictures on our website.

**Mon. Oct. 3rd** – Normal Monday Sale & Monthly Fat Cow & Feeder Sale. Special: Small Beef Herd consisting of 20 head – 7 cow/calf pairs, balance feeders – Health issues forces this sale.

**Mon. Oct. 10th** – Normal Monday Sale & Monthly Heifer Sale. Special: Tioga County Dairy – Selling 30 Milking age cows ave. 60# in tank 4.0F 3.1P SCC 175,000. Nice young herd mostly Holsteins, few Jerseys and Jersey Cross.

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

**Mon. Oct. 17th** – Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale.

**Mon. Oct. 24th** – Normal Monday sale & Monthly Organic Day.

**Sat. Oct. 29th** – 11:30 AM – Fall Premier All Breeds Sale. Selling 120 Head of Registered All Breed Dairy Cattle. Call early to get your group featured. This sale is starting to fill quick let us know if you have anything you would like to sell.

**Mon. Oct. 31st** – Normal Monday Sale.

### UPCOMING SALES:

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

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- 2 Breeding Age Bulls
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**518-921-2016**  
Auction Zip # 18971

**All Announcements Day of Sale Take Precedence Over Advertising**



# Country Editor

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360 Deer-Butchering & Hides  
370 Dogs  
410 Electrical  
415 Employment Wanted  
440 Farm Machinery For Sale  
445 Farm Machinery Wanted  
447 Farm Market Items  
460 Fencing  
470 Financial Services  
480 Fish  
483 Flooring  
494 For Lease  
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500 For Sale  
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525 Fruits & Berries  
527 Furniture  
529 Garage Sales  
530 Garden Supplies  
535 Generators  
537 Gifts  
575 Greenhouse Supplies  
585 Guns  
587 Hair Styling  
589 Hardware  
600 Health Care/Products  
605 Heating  
610 Help Wanted  
653 Hotel / Motel  
683 Jewelers  
700 Lawn & Garden  
711 Lessons  
760 Lumber & Wood Products  
790 Maple Syrup Supplies  
805 Miscellaneous  
810 Mobile Homes  
811 Monuments  
812 Multi Media  
813 Music  
815 Motorcycles  
817 Nails  
820 Nurseries  
910 Plants  
950 Real Estate For Sale  
955 Real Estate Wanted  
960 RVs & Motor Homes  
975 Rentals  
980 Restaurant Supplies  
1040 Services Offered  
1075 Snowblowers  
1080 Snowmobiles  
1096 Sports  
1109 Thrift  
1140 Trailers  
1147 Trains  
1148 Travel  
1165 Trees  
1170 Truck Parts & Equipment  
1180 Trucks  
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1190 Vegetable  
1200 Veterinary  
1205 Wanted

## Announcements

### ADVERTISING DEADLINE

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*The Country Editor*

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or **518-673-0111**

or email [classified@leepub.com](mailto:classified@leepub.com)

## Announcements

RANDY'S RIDGE, Ilion, Closing Oct. 1st. No fall activities. Free house plants. 315-894-0250.

### ★ ★ ★ ★ ★

#### ADVERTISERS

Get the best responses from your advertisements by including the age, condition, price and best calling hours. Also, we always recommend insertion for at least 2 issues for maximum benefits. DEADLINE for placing ads is FRIDAY at 2:00 PM- Week Prior to Each Friday Dated Paper. Call Peg at 1-800-836-2888 or 518-673-0111

**BANNERS: VINYL** - Single Sided - Double Sided, various sizes. Set up, sales tax, & shipping additional. Call Lee Newspapers Inc. at 518-673-0171 [commercialprint@leepub.com](mailto:commercialprint@leepub.com)

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

**CHECK YOUR AD - ADVERTISERS** should check their ads on the first week of insertion. Lee Newspapers shall not be liable for typographical, or errors in publication except to the extent of the cost of the first weeks insertion of the ad, and shall also not be liable for damages due to failure to publish an ad. Adjustment for errors is limited to the cost of that portion of the ad wherein the error occurred. Report any errors to 800-836-2888 or 518-673-0111.

## Announcements

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2x4x8' to 16' .....\$4.00-\$6.75  
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### For Rent

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ILION: Available October 1st. 1 bedroom, 2nd floor apartment. Hardwood floors, enclosed porch, deck, parking, \$535 plus utilities, security deposit required. 315-867-0197.

2 BEDROOM, 1BATH new, modern apartment for rent in Fort Plain Duplex, new bath, new kitchen, \$1,100. Call Joe 518-993-5027

HERKIMER: Available October 20th, 2 or 3 bedroom second floor apartment, off street parking, \$695 month plus very reasonable utilities, security deposit required. 315-867-0197

### For Sale

FOR SALE: Drop leaf table \$65.00; wooden kitchen chairs (3) \$45.00; several wall pictures \$7.00 each; pail of crayola crayons \$5.00. Many more items: Contact Louise: 315-894-8557 leave message if no answer OR email [louise@crossettres.com](mailto:louise@crossettres.com)

UTILITY TRAILER black with drop gate, 4x6, \$350.00 firm; window air conditioner, \$65; Lrg & X-lrg Hollister shirts, like new; 3 Silvanian flat TV's, \$40-\$45; Brother's printer with disc, new \$15.00; walnut desk, \$15.00; 2 toaster ovens, 1 Hamilton Beach, \$15.00 each; bicycles different sizes, call for info. 315-894-1335

**RAFFLE TICKETS** - 100-\$35, 250-\$60, 500-\$65, 1,000-\$80. Other quantities available. Set up, sales tax, & shipping additional. Call Lee Newspapers Inc. 518-673-0171 or email [commercialprint@leepub.com](mailto:commercialprint@leepub.com)

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### Legal Notices

NOTICE OF FORMATION OF RUBY RENTALS LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on June 22, 2022. Office location: Fulton County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC: PO Box 348, Gloversville, NY 12078. Purpose: for any lawful purpose.

### Lumber & Wood Products

PINE LUMBER FOR SALE: 1x10's, 1x12's, 2x4's in stock. Benny's Sawmill, 236 Argersinger Road, Fultonville







# Community raises more than \$575K for nonprofits during Mohawk Valley gives

The Community Foundation of Herkimer and Oneida Counties hosted its first 24-hour day of giving, "Mohawk Valley Gives," on Sept. 20 to benefit local nonprofits serving the two counties. The community came together and raised more than \$600,000 in 24 hours from more than 1,800 unique donors and over 2,800 individual donations. These numbers are expected to continue to climb as donations were accepted until online until Sept. 30.

The top earners for the giving day are as follows and the full list of results can be found at [givemv.org](http://givemv.org):

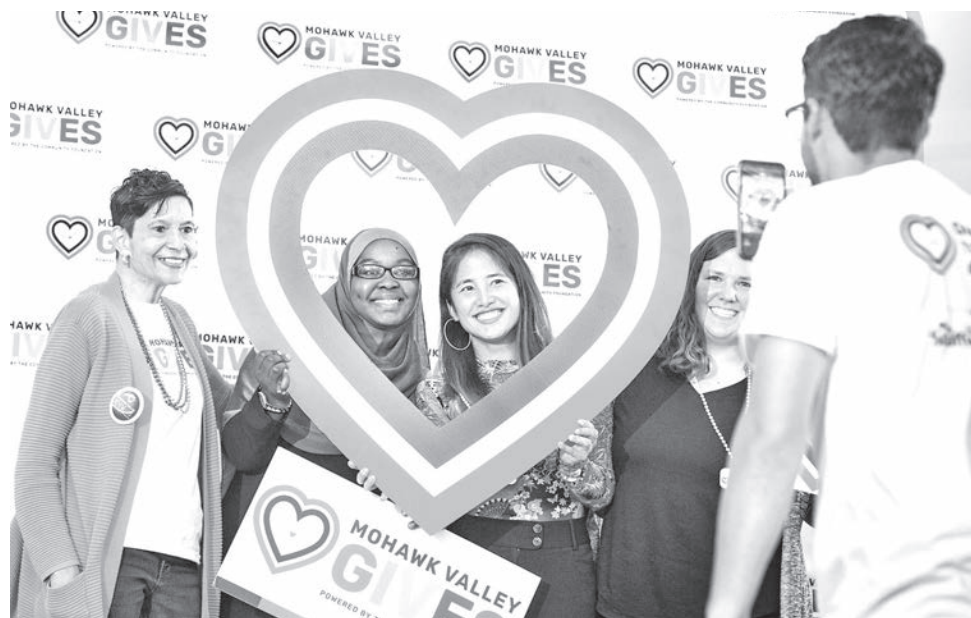
- Anita's Stevens Swan Humane Society – \$38,595

- The Project Fibonacci Foundation – \$38,203

- Mohawk Valley Center for the Arts – \$23,705

"To say that our community showed up for this giving day would be a total understatement," said Alicia Fernandez Dicks, president/CEO of the Community Foundation. "This was our first year of Mohawk Valley Gives and we are blown away by the enormous generosity shown by thousands of individuals and the amazing work that nonprofits did to solicit support for their organizations."

Throughout the course of the day, the Community Foundation awarded more than 70 prizes to participating nonprofits with the



The Community Foundation of Herkimer & Oneida County held their first annual Mohawk Valley Gives from their offices on Tuesday, Sept. 20 in Utica. Photos by Nancy L Ford



Mohawk Valley Gives was supported throughout the community.

generous support of Mohawk Valley Gives sponsors, as well as members of its Board of Trustees. Visit [givemv.org/prizes](http://givemv.org/prizes) to see the list of winners. Organizations also accessed matches and challenges throughout the day to add to their total dollars raised.

"Mohawk Valley Gives greatly exceeded our expectations. We were amazed at the planning, preparation and coordination the Community Foundation put into this event," said Dana Kelsey, assistant director of 4 Elements Studio. "Because of this, 4 Elements Studio was able to extend our outreach and

gain new supporters. We are truly humbled by the generosity our community showed to us and our fellow area nonprofits. With the funds raised from this giving day we will be able to positively impact more members of our community and continue pursuing our mission to make art accessible to everyone."

A project of the Community Foundation, Mohawk Valley Gives was presented by Staffworks and M&T Bank and was made possible by many area sponsors.

Mohawk Valley Gives is set to become an annual giving day in the community.



The first 24-hour day of giving called "Mohawk Valley Gives" raised more than \$600,000, exceeding expectations.

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## How to help houseplants survive a long winter

As fall gradually gives way to winter, gardeners expend ample energy preparing their flowers and plants for the months ahead. Plants may be pruned to increase the likelihood that they will return in full bloom come the spring, while lawns may be aerated so cool-season grasses can get the nutrients,

water and oxygen they need when the temperatures dip. But what about houseplants? Do indoor houseplants need the same type of pre-winter TLC that outdoor plants need before winter arrives?

As the seasons change, so, too, do the conditions outside. And those conditions affect indoor houseplants much like they do lawns, gardens and trees. So it's vital that people with houseplants do not overlook the need to keep houseplants going strong as fall gives way to winter.

### Location

Hours of daylight shorten in winter, which means some houseplants won't get as much sun as they were accustomed to over the last several months. That means plants may need to be re-located closer to windows

where they can make the most of each day's sunlight. However, it's important that there's ample distance between the plant and the window, especially when winter temperatures get especially cold. If the plants are too close to a window on cold days, they could freeze. Keep them close enough to the windows to get ample sunlight but far enough away so they don't get too cold. In addition, keep plants away from drafty windows as well as heating vents, as extreme temperatures are not conducive to healthy houseplants.

### Watering

Watering needs also may change when the temperatures drop. The indoor plant experts at Pistils Nursery in Oregon note that all houseplants need less water in winter. In fact, overwatering in winter can be especially harmful to indoor plants. Plant owners can try decreasing the frequency of their watering by half each winter and see how the plants respond.

### Cleaning

Cleaning plants is another way to help them survive a long winter. Dust settles in many homes in winter, when windows tend to remain closed for months on end and fresh air isn't circulating around the house as much as it is in spring and summer. Pistil's Nursery notes that dust inhibits a plant's ability to photosynthesize, thus compromising its ability to make it through a winter unscathed. Better Homes & Gardens recommends using a soft-bristle paintbrush, a toothbrush or pipe

cleaner to remove dust from African violets and other fuzzy-leaved plants. Gently washing plants with a paper towel or cloth that's been moistened with water can remove the dust. Oils and polishes should not be used to make leaves shine, as these substances can block pores on the plant.

Houseplants may need some extra attention in winter as hours of daylight dwindle and indoor conditions make it hard for plants to survive.



*It's vital that people with houseplants do not overlook the need to keep houseplants going strong as fall gives way to winter.*

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The Office for the Aging will hold a short public hearing about senior services and a representative from Herkimer County Public Health will provide information and administer Flu and COVID 19 boosters. Please bring your insurance card if you would like to receive a vaccination.

**Date: Thursday, October 27, 2022**

**Time: 10 AM – 12:30 PM**

**Location: Francesca's Banquet Hall & Catering  
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**To reserve a seat call 315-867-1121,  
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This information brought to you by NY Connects, your link to Long Term Services and Supports; [www.herkimercounty.org](http://www.herkimercounty.org), then departments, then Office for the Aging; phone 867-1121.



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- Canajoharie Golf Country Club
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- Fell Off The Truck
- Lee's Shops at Wagner Square
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- One Stop & Shop
- Shults Market & Deli
- Smoker's Choice
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- Cherry Valley Hardware
- Cherry Valley Market
- Cherry Valley Post Office
- Mirabito
- The Teepee • Tryon Inn

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- Big M • Chester's Sunoco
- Dolgeville Public Library
- George Lumber
- Southern Girl Diner • Stewart's

#### East Springfield

- Kelly's Deli • Turnpike Auto Sales

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- Brittany's Diner
- Royal Mountain Inn

#### Esperance

- Dollar General • Hannaford
- Stewart's

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- Dollar General • Fairway Oil
- Kateri Shrine
- Stewart's • Winner's Circle

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- Dutchman Enterprises • 5S Diner
- Fort Plain Public Library
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- 7M Supply • Save A Lot
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- Sportsman's Den • Stewart's (Both)
- True Value
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- Melrose Grocery

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- Bonitas
- Café at Stone Mill
- Circle K/Nice N Easy
- Dollar General • George Lumber
- Keep Making Suds Laundromat
- Kinney Drugs
- Little Falls Antique Center
- Little Falls Library
- Little Falls Lumber
- Mangia Macrinas
- Paca Gardens • Price Chopper
- RD's Redemption • Runway Sunoco
- Sam's Deli • Showcase Antiques
- Stewart's • Travelodge

#### Mayfield

- Food & Fuel

#### Middleville

- Stewart's

#### Mohawk

- Family Dollar
- Smoker's Choice
- Fastrac
- Village Market
- Mohawk Post Office

#### Nelliston

- Midvale Vet • Q's Mart

#### Newport

- Bradford Library
- Newport Marketplace
- Village Laundry & Car Wash

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- Country Farms
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#### Palatine Bridge

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# AUTOMOTIVE

## How to prepare your car for winter

Summer and fall can stake their claim as road trip season, and even devoted drivers may admit that winter is generally a less desirable time to take to the open road. The elements factor heavily into that reputation, as fewer hours of daylight, snow and ice are just some of the variables that can make it less enjoyable and potentially more dangerous, to drive in winter.

In anticipation of adverse

driving conditions, vehicle owners can take various steps to prepare their cars and trucks for winter.

- Upgrade your wiper blades. Perhaps nothing is compromised more than visibility when driving in winter compared to other times of year. Snow makes it hard to see when driving, but fewer hours of daylight also can affect visibility. In fact, the Insurance Institute for Highway

Safety reports that approximately half of all fatal crashes occur between 6 p.m. and 6 a.m., even though the number of drivers on the road during those hours is considerably lower than it is during the daytime. The difficulty of driving at night is even more significant when wiper blades are not up to the task of keeping rain and snow off drivers' windshields. Prior to winter, inspect wiper blades and upgrade them, if necessary. Streaks left on a windshield are a telltale sign that blades need to be replaced.

- Purchase winter tires. Winter tires may not be necessary in regions with relatively mild winters. However, drivers accustomed to winters marked by heavy snowfall and/or icy roads should consider replacing their existing tires with winter tires. Many newer vehicles are now equipped with all-season tires, which the tire experts at Bridgestone note provide great performance but are not designed to handle extreme winter conditions like snow

and ice. Winter tires are specially designed to handle such conditions, making them a worthy investment for drivers who live in regions where it's not unusual to encounter snow and ice throughout the winter.

- Study up on your engine oil. Some vehicle manufacturers recommend different grades of oil depending on the range of temperatures a car or truck will be driven in. The owner's manual will likely indicate if the manufacturer recommends using a different type of engine oil in especially cold temperatures. Even if the manual does not include such a suggestion, drivers can seek the advice of a local mechanic.

- Schedule a pre-winter tuneup. Even if a vehicle is



As fall gives way to winter, drivers can take steps to keep their cars running strong and safe in the months ahead.

not due for a tuneup, it can be wise to have it looked over by a local mechanic before the arrival of harsh winter weather. A mechanic can check the radiator, hoses and other components that could be affected by especially cold weather in the months to come. If any issues are found, address them immediately.

After all, it's better to be proactive than leave yourself vulnerable to breakdowns or other issues once the mercury drops.

As fall gives way to winter, drivers can take steps to keep their cars running strong and safe in the months ahead.

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## Eight sights to see at fall harvest festivals

Just as summertime is synonymous with concerts and carnivals, fall is a prime time for its own opportunities for seasonal entertainment, such as harvest festivals. Certain features overlap between summer carnivals and fall festivals, but the latter offers some unique offerings as well. The following are some things to expect when fall festival season hits full swing.

### 1. Seasonal fare

Many fall harvest festivals are built on the foods harvested in the fall for that region. In Wisconsin, that may be cranberries, while in Massachusetts it could be oysters. Apples also turn up in many

areas starting in September. For those who can't wait to bite into food picked at the peak of its season, a fall harvest festival can't be beat.

### 2. Wagon rides

Farms and the tools of the farming trade are part of harvest festivals. Wagons transporting crops are a classic sight, even if they're no longer heavily relied upon on the farm. Rather than a cargo bed full of corn or apples, harvest festivals tote families around on wagon rides or on hay bale beds towed by tractors.

### 3. Apples galore

Candied and caramel apples and many other apple products feature prominently

at many harvest festivals. Apple fritters, apple turnovers, apple pies, fried apples, and others are bound to be sold by vendors, along with traditional fair foods, like funnel cakes.

### 4. Cider stations

Lemonade stands that are staples of summer give way to hot or cold cider offerings come the fall. Cold ciders are perfect for an unseasonably warm fall day while warm varieties are tailor-made for days when there's a chill in the air.

### 5. Pumpkin patches

Fall harvest organizers pick and display pumpkins in fields to make it easier for youngsters to find the perfect pumpkin for Halloween carv-

ings. It's a sea of orange this time of year, and things may get more colorful with non-edible gourds in shades of white or yellow.

### 6. Leaf-peeping opportunities

Some festivals are geared around chances to view the fall foliage that abounds in primarily rural areas. A mountain or forest backdrop adds vibrant color to any event. Coastal areas may set up fall foliage cruises that let guests see the leaves from a new perspective.

### 7. Corn mazes

Fall festivals set up adjacent to or on farms may have corn mazes for the kids. These mazes may be kept up throughout October and repurposed into haunted mazes for older kids looking to get a scare for Halloween.

### 8. Wine tastings

Many grape varieties are harvested in the fall, so fall harvest festivals may capitalize on that and invite local vineyards to set up tables providing tastings of their vintages. Vineyards also may host their own fall festivals, featuring sips and snacks with live music.

Fall offers a host of entertaining festivals geared around the harvest season. These festivals are ideal ways for people to see the sights and nibble on seasonal delights along the way.

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**by Slim Randles**

**I**t was like buzzards circling a body.

The Jones kid, Randy, was out in the Mule Barn parking lot with the hood up on his car. He was staring down into it the way a first-time parachutist would look out the airplane door. You never quite knew for sure what lay ahead.

“Looks like Randy’s got

problems,” said Steve.

“Let’s have a look,” said Dud.

So coffee was left to get cold and the entire Supreme Court of All Things Mechanical—Steve, Dud, Doc, Herb and Dewey—trooped out to see what was going on.

They formed a powerful semi-circle of wisdom around the youth and his

engine with folded arms and facial expressions that said, "It's okay, Kid. We're here."

Dewey spoke first. "Having trouble, Randy?"

"Won't start."

Doc, who has the most initials after his name, said "Give it a try."

Randy ground the engine but it wouldn't kick over.

"Stop! Stop!" Doc yelled. "Don't want to flood it."

All Doc knows about flooding is that the animals went on board, two by two.

“Randy, I think it’s the solenoid,” said Steve, looking wise.

“Doesn’t have one, Steve,” Randy said.

“Sure it does. All cars have solenoids.”

“Not the new ones. Haven’t made solenoids in years.”

Steve’s expression said, “Young punks, what do they know?” But his voice said, “Well, what do you know about that?”

“Need a jump?” Dewey asked.

“Got plenty of spark,” Randy said.

Randy looked at the older men and then bent to the engine and smiled. His voice came floating up over the radiator. “Might be the junction fibrillator. Or it could be a malfunction of the Johnson switch. If I rerun the wire from the organ housing to the pump by-pass, that might get it done.”

When Randy looked up, all the men had gone back in for coffee. He smiled and

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**C**ornell Cooperative Extension of Oswego County and CCE Harvest NY will be hosting a statewide conference on a native fruit called pawpaw (*Asimina triloba*). The conference is taking place Oct. 1 from 8 a.m. - 5:30 p.m. at the historic Kallet Theater in Pulaski, NY.

Pawpaw is the largest edible fruit native to North America. It looks tropical and has a flavor most commonly associated with mango and banana. Its natural habitat extends from Michigan and New York to as far south as northern Florida, and as far west as Oklahoma and Kansas. While the fruit looks and tastes tropical, it can withstand cold temperatures down to USDA hardiness zone 5 and can be grown alongside other fruits in Upstate New York. There are even historical records dating back to the 19th century showing that pawpaw was discovered in southern Oswego County near the Three Rivers Area. Today, however, most wild pawpaws are located in the western portion of the state. While pawpaws were grown by Indigenous Peoples in the past, sadly, they became North America's forgotten fruit.

Recently, new cultivars have allowed for

### *The pawpaw*

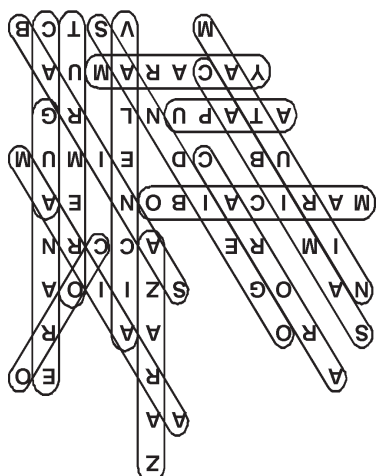
a niche industry to form and there is a lot of interest in seeing this native fruit return. Pawpaws are a wonderful crop with a lot of potential. In New York, the fruit begins to ripen in late September and continues through the first two weeks of October. One of the advantages of growing pawpaws is they are relatively pest free, making them attractive to small-scale ag producers. Beyond eating the fresh fruit, there are value-added products that can be made from pawpaw pulp, including pawpaw ice cream, jams and even alcoholic beverages. However, one of the key challenges of creating a niche industry in New York is the lack of education and awareness.

Most nursery managers, fruit growers, value-added producers and consumers are simply unfamiliar with this unique fruit. Therefore, the goal of the conference is to help bring the North American pawpaw out of the shadows. Conference organizers want to help fill in some important gaps in knowledge about this fruit and to lay out a vision for the future.

This conference will cover pawpaw history, best fruit production practices, nutrition, processing, value-added products and marketing. Some of our guest speakers will be recognized growers and researchers from across the country. Attendees will also be able to develop professional relationships and help build a network across New York. The cost to attend this all-day event is \$40 per person. Registration is

required and seating is limited. Registration includes entry into the conference and an opportunity to try fresh pawpaw fruit provided by the Cornell Orchard. Attendees will also be able to taste some value-added products including pawpaw jam and pawpaw ice cream. Registration fees do not include lunch or the after-hour pawpaw alcoholic samplings led by Kallet Theater. Once attendees have registered online, they will receive a follow-up email with the conference agenda. To learn more about the conference or to register go to [thatscooperativeextension.org/events/2022/10/01/new-york-state-pawpaw-conference](https://thatscooperativeextension.org/events/2022/10/01/new-york-state-pawpaw-conference).

For further information, contact Joshua Vrooman, ag educator for CCE Oswego, at [jwv33@cornell.edu](mailto:jwv33@cornell.edu) or 315.963.7286 ext. 200 or Anya Osatuke, small fruits specialist for CCE Harvest NY, at [aco56@cornell.edu](mailto:aco56@cornell.edu) or 607.752.2793.



## CITIES IN VENETIAN

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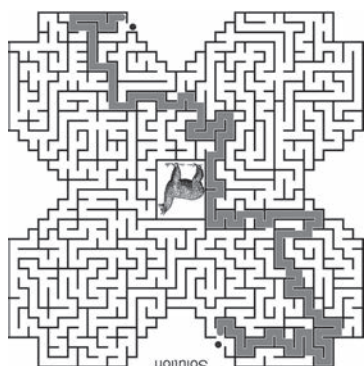
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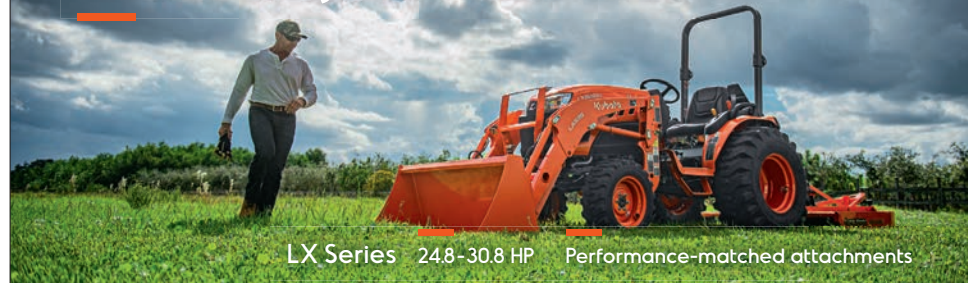
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**518-568-2416** Call & ask for Bob or Denise

**All Come with  
NYS Inspection**

**Bob Sitterly, Owner  
"I Don't Forget"**

• Hours: Mon.-Fri. 8:30a-5:00p • Sat. 8:30a-2:00p  
Robert Sitterly, Owner • Denise Sitterly, Office Manager



**2014 Nissan  
Murano S AWD**  
6 Cyl, Silver, AC, 135,626 Mi.  
**\$7,500**



**2014 Dodge  
Ram 1500**  
5.7 Motor, 4x4, Black, Will Sell Fast!  
**\$7,500**



**2014 Ford Focus**  
Red, Loaded w/ Real Leather,  
Power Sunroof, One Owner  
**\$6,250 Firm**



**2014 Chrysler Town  
& Country**  
7 Passenger  
**\$7,995**



**2016 Chevy  
Sonic LS**  
4 Dr, 4 Cyl, Blue, AC, 112,328 Mi.  
**\$7,500**



**2007 Volkswagen  
New Beetle Coupe**  
5 Cyl, Yellow, AC, 141,669 Mi.  
**\$4,500**



**2018 Ford  
Focus SE**  
Black, 52,278 Miles, Good Gas Mileage  
**\$9,500**



**2012 Ford  
F150 XLT 4x4**  
8 Cyl, Silver, AC, 206,024 Mi.  
**\$11,900**



**2012 Chrysler  
Town & Country**  
7 Pass, 6 Cyl, Black, AC, 208,822 Mi.  
**\$4,500**



**2014 Ford  
F150 STX 4x4**  
Super Cab, Silver, AC, 212,734 Mi.  
**\$12,900**



**2014 Nissan  
Rogue S AWD**  
4 Cyl, Blue, AC, 159,416 Mi.  
**\$8,500**



**2013 Ford  
Escape SE FWD**  
4 Cyl, White, AC, 138,582 Mi.  
**\$7,995**



**2012 Jeep  
Liberty Sport**  
4x4, 6 Cyl, White, AC, 162,561 Mi.  
**\$6,995**



**2012 Jeep  
Compass Limited**  
4x4, 4 Cyl, Red, AC, 153,512 Mi.  
**\$6,650**



**2009 Cadillac  
CTS Base**  
4 Dr, 6 Cyl, Red, AC, 119,893 Mi.  
**\$8,500**



**2011 Ford Fusion SE**  
4 Dr, 6 Cyl, Silver, AC, 159,632 Mi.  
**\$6,250**



**2012 Chevy Traverse LT AWD**  
6 Cyl, Gray, AC, 158,114 Mi.  
**\$7,500**