

OCTOBER 8, 2022



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A2 • October 8, 2022

MOHAWK VALLEY COUNTRY EDITOR

E. multilocularis detected in New York State

This year, the Fish and Wildlife Disease Lab at SUNY College of Environmental Science and Forestry (SUNY-ESF) identified adult Echinococcus multilocularis parasites within the gastrointestinal tracts of two hunter-killed coyotes from Dutchess County and one coyote from Montgomery County. E. multilocularis was first identified in the state in 2018, through the detection of parasite DNA in coyote fecal samples from Fort Drum. The three new cases were confirmed through genetic sequencing and morphological identification of the adult parasites. Further genetic analysis of these parasites revealed that they are most closely related to the European variant of the species, which is of veterinary and medical concern due to the increased zoonotic potential of this variant over the native North American genetic strain.

E. multilocularis is a small tapeworm that typically infects wildlife but can be transmitted to humans, where it causes the disease echinococcosis, which can be fatal if left untreated. This parasite requires an intermediate host and definitive host to complete its lifecycle. Definitive hosts for the parasite are canines such as covotes, foxes, wolves and domestic dogs; small mammals such as mice and voles function as intermediate hosts. The parasite's eggs are shed in the feces of an infected definitive host, where they are immediately infective and can contaminate the environment, vegetation and the body/fur of the host.

Intermediate hosts become infected through ingesting the eggs, which hatch within the body and start to grow large hydatid (fluid filled) cysts that contain the larval parasite. These cvsts are metastatic and can grow through budding, resulting in the proliferation of the cysts within the body of the infected host. Canids become infected through eating the cysts present in the body of an infected intermediate host, and the larvae will mature into adult tapeworms within the host's digestive tract.

Human infection occurs

through the accidental ingestion of the parasite eggs, resulting in the development of the larval stage of the parasite in an infected person's body. The eggs can be found on anything that may have been contaminated with the feces of an infected canid. Areas an infected canid may frequent could have the eggs present in water or on vegetation and produce. The eggs can also be stuck on the fur or body of the animal. After eggs are ingested, hydatid cyst growth and metastasis can lead to serious illness or death from interference with

Precautionary measures should be taken by anyone who interacts with wild canids following the detection of *Echinococcus* across the state. Hunters and trappers should wear gloves while handling wild canid carcasses. Disposal of carcasses where domestic or wild scavengers cannot access them also helps to decrease transmission. Wildlife rehabilitators and veterinary workers should be especially careful handling fecal matter from wild or feral canids.

Dog owners can reduce their dog's exposure to the par-

asite through restricting interactions with wildlife, preventing them from consuming animal carcasses and starting regular deworming schedules. Veterinarians who suspect *E. multilocularis* should call the NYS Department of Ag & Markets' Division of Animal Industry at 518.457.3502.

Preventative measures can be taken to avoid ingestion of E. multilocularis eggs. The NYS Department of Health and CDC recommend the following precautions:

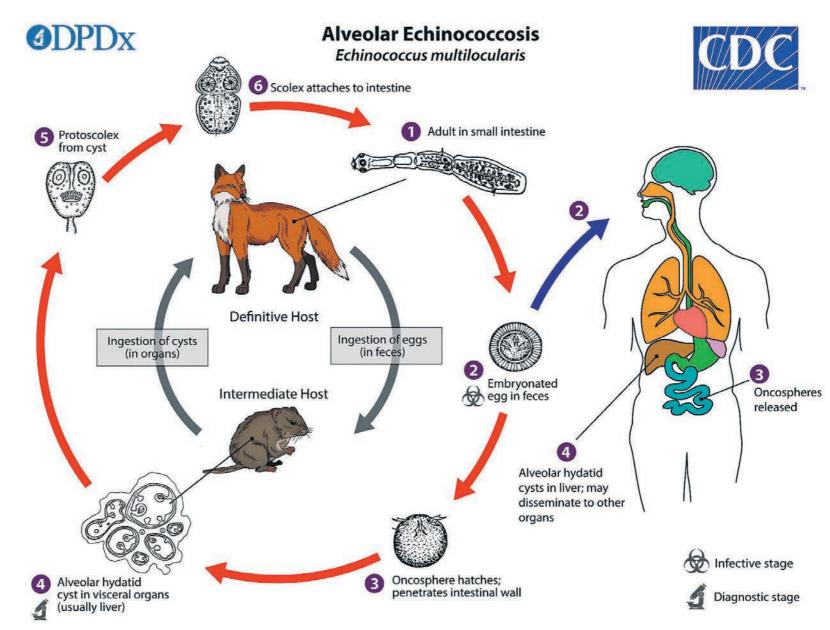
• Prevent infection in domestic animals by limiting their abili-

ty to have contact with infected animal carcasses, hunting their own prey or eating viscera from wild animals. Regularly deworm dogs and have them checked for tapeworms.

- Hunters can dispose of animal viscera and carcasses so that domestic or wild animals cannot have access to it.
- Wear gloves and wash hands after handling feral dogs or wild canids (and their carcasses).
- Prevent wild and domestic canids access to gardens where produce and herbs are grown.

- Wash all fruits, vegetables and herbs thoroughly before eating them to remove any potential fecal contamination.
- Avoid eating undercooked
 nexts.
- Treat infected animals as instructed by your veterinarian.
 Wear protective equipment (gloves) when handling fecal samples at a veterinary clinic.

Further information can be found at tinyurl.com/bdfd3kj6. For more information on the parasite in New York or how to support the current surveillance efforts, contact Corinne Conlon at clconlon@esf.edu.









Potential warning signs for breast cancer

Breast cancer is the most commonly occurring cancer in women across the globe. According to the World Cancer Research Fund International, there are more than 2.26 million new cases of breast cancer in women in 2020. Such figures are sobering, but it's important to recognize that breast cancer survival rates have improved dramatically in recent decades, providing hope to the millions of women who may be diagnosed with the disease in the years to come.

Various factors have helped to improve breast cancer survival rates, and education about the disease is certainly among them. Women are their own greatest allies against breast cancer and learning to spot its signs and symptoms is a great first step in the fight against this potentially deadly, yet treatable disease.

Knowing your body

The American Cancer Society urges women to take note of how their breasts normally look and feel. That knowledge is vital because it helps women recognize when something does not look or feel good to the touch with their breasts. Screening alone may not be sufficient, as the ACS notes that mammograms do not find every breast cancer.

Signs and symptoms

When women are well acquainted with how their breasts look and feel, they're in better position to recognize any abnormalities, which may or may not be indicative of breast cancer. The ACS reports that the following are some potential warning signs of breast cancer.

- A new lump or mass: The ACS indicates that this is the most common symptom of breast cancer. A lump or mass that is cancerous is often painless, but hard and has irregular edges. However, lumps caused by breast cancer also can be soft, round and tender. Some even cause pain.
- **Swelling:** Some women experience swelling of all or part of a breast even if they don't detect a lump.
- **Dimpling:** The skin on the breast may dimple. When this occurs, the skin on the breast sometimes mimics the look of an orange peel.

- Pain: Pain on the breast or nipple could indicate breast can-
- **Retraction:** Some women with breast cancer experience retraction, which occurs when the nipple turns inward.
- **Skin abnormalities:** Breast cancer may cause the skin on the breast to redden, dry out, flake, or thicken.
- **Swollen lymph nodes:** Some women with breast cancer experience swelling of the lymph nodes under the arm or near the collarbone.

The presence of any of these symptoms merits a trip to the doctor. Women with these symptoms should not immediately assume they have breast cancer, as the ACS notes that various symptoms of breast cancer also are indicative of non-cancerous conditions that affect the breasts. Only a physician can diagnose breast cancer, which underscores the importance of reporting symptoms to a doctor immediately.



Women are urged to report any abnormalities in their breasts to a physician immediately.

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A4 • October 8, 2022 MOHAWK VALLEY COUNTRY EDITOR

Bassett Healthcare Network named to Forbes Best-in-State Employers List for 2022

Bassett Healthcare Network has been named to the Forbes list of Best-in-State Employers 2022. This prestigious award is presented by Forbes, renowned American business publication, and Statista Inc., the world-leading statistics portal and industry ranking provider.

America's Best-in-State Employers 2022 have been identified based on survey results from approximately 70,000 Americans working for companies in the U.S. that have more than 500 employees. Across 25 industry sectors, 1,380 employers were ranked among the top employers, including Bassett Healthcare Network.

"Bassett is delighted to be recognized on the Forbes list of Best-in-State Employers 2022," said Dr. Tommy Ibrahim, president and CEO of Bassett Healthcare Network. "We are committed to becoming a national leader in rural health as well as a best place to work and practice. This award reaffirms the important efforts we take every day to prioritize our caregivers and practitioners - they are the heartbeat of our organization and the reason we provide outstanding care to our patients and communities.

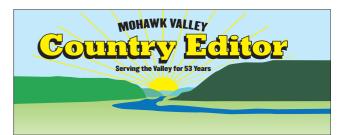
Bassett Healthcare Network has prioritized vast efforts over the past couple of years to improve employee and organizational culture in the wake of COVID-19 and institutional restructuring. The health system has invested nearly \$50 million in pay increases for its workforce after undertaking a full compensation analysis for its caregivers and practitioners. Additionally, a recent grant from the Scriven Foundation is allocating \$82 million to resources for Bassett's recruitment and retention of clinicians and nurses, which includes expanding benefits, housing, clinical and virtual tools, childcare, educational opportunities and much more.

In addition to significant compensation and benefit expansion initiatives over the past year, Bassett has responded to increased workplace violence, investing in a new security response system at all locations - one of the first health systems in the country to do so - providing nearly all employees with a wearable alert button attached to their ID badges to summon security in emergency situations. This, coupled with a broad public campaign speaking out against caregiver violence, has highlighted Bassett as an employer taking a stand against workplace violence in New York State and nationwide.

Bassett has also been working to build innovative strategic partnerships with companies like Optum, which is offering new professional paths for employees while providing Bassett with infrastructure and resources for support services like information technology, analytics, billing and call center operations. In addition, Bassett's new collaboration with Masonic Medical Research Institute (MMRI) and longstanding eight decades-long partnership with Columbia University are propelling forward Bassett's deeply rooted commitment to rural health, fostering opportunities for clinical research professionals.

The Forbes Best-in-State Employer evaluation was based on direct and indirect recommendations from employees who were asked to rate their willingness to recommend their own employers to friends and family. Employees were also asked to evaluate other employers in their respective industry and state that stood out either positively or negatively.

"This distinction is exciting," said Christine Pirri, chief people and diversity officer at Bassett Healthcare Network. "Knowing our employees are consistently recommending Bassett as a best place to work is meaningful. The incredible and pioneering work happening across our network every day is being recognized - and this is amazing news not only for the talented caregivers and practitioners who serve our organization, but also for the patients who rely on us for care across Central



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2022 Saint Kateri Canonization Anniversary & Indigenous Peoples Weekend

The Saint Kateri Tekakwitha National Shrine & Historic Site recently announced the program of events for the 2022 Saint Kateri Canonization Anniversary and Indigenous Peoples Weekend. This year's celebration is taking place Oct. 8 and 9 and honors both Saint Kateri's Catholic faith and her Mohawk heritage as well as all Native peoples. The schedule of events follows. Join this celebration of Saint Kateri's life, faith and lasting inspiration.

October 8

1 p.m. – Official opening of museum exhibit on Saint Kateri's life: "Tracing the Steps of Kateri Tekakwitha: From 17th Century Orphan to 21st Century Saint." This will be followed by a talk by Dr. Damian Costello, NAIITS – "The Strength of Saint Kateri and Nicholas Black Elk, Servant of God"

2:30 p.m. – Official release of "The Holy Tapestry of Saint Kateri Tekakwitha's Life," a coloring book written and designed by Karla Aurora Kozach. Author book signing in the gift shop.

4:30 p.m. – Vigil Mass with Saint Kateri relic, celebrated by the Most Rev. Bishop Douglas Lucia of Syracuse, Vicar Provincial Fr. Gary Johnson, OFM Conv., and Fr. Joe Angelini, OFM Conv., with a talk during service by Sister Kateri Mitchell, SSA. Music provided by the Akwesasne Mohawk Choir.

October 9

10:30 a.m. – Mass with Saint Kateri relic, celebrated by the Most Rev. Bishop Douglas Lucia of Syracuse, Vicar Provincial Fr. Gary Johnson, OFM Conv., and Fr. Joe Angelini, OFM Conv., with a talk during service by Sister Kateri Mitchell, SSA. Music provided by the Akwesasne Mohawk Choir

11:30 a.m. - Annual burning of prayer petitions

Kateri Tekakwitha was a young Mohawk woman who lived in the 17th century. She converted to Christianity and was baptized and lived the bulk of her life at the site of what is now the Saint Kateri Shrine and National Historic Site. She is the first Native American saint in the U.S. and Canada, and the National Shrine was created to honor Kateri and the Native peoples north and south of the border.

For more information about Saint Kateri or the Shrine or Historic Site, contact info@katerishrine.org or visit katerishrine.org.

Herkimer College to host open house

Herkimer County Community College will host an open house on Oct. 22 from 10 a.m. - noon. Prospective students and families will have the opportunity to tour the campus, meet faculty and staff and learn about academic programs, transfer and career opportunities, sup-

port services, financial aid, on-campus housing, athletics, campus life and more.

Registration is available at herkimer.edu/openhouse. Walk-ins are also welcome. For more information, contact the Admissions Office at 315.574.4028 or admissions@herkimer.edu.

Rev. Virgil Stokes speaking at two churches

Rev. Virgil Stokes will be the guest speaker at Faith, Hope and Love Christian Church on Oct. 25 at 6:30 p.m. at Upstate Chapel, 63 Cliff St., Canajoharie, and on Oct. 28 at 7 p.m. at Believer's Family Church, 150 S. Comrie Ave., Johnstown.

Stokes is a pastor, evangelist, author and founder of Abundant Heart Ministries and Faith Ministry Training Institute. His in-person, printed, audio and online teaching is used in churches and prisons, on Native American reservations and in Panama and Mexico. The pastors of the churches he is speaking at have been greatly impacted by his ministry and friendship for 37 years.

Before entering the ministry, Stokes was an addict and alcoholic and later a mental health nurse. His experience, knowledge, sense of humor and God-given message makes any meeting special. Plus, his "boss," Lord Jesus, is the same person He was in Bible times – a powerful healer, deliverer and friend

Upstate Chapel seats 200 and has a ramp and a high ceiling with fans. Believer's Family Church also has a ramp. All are

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518-673-2717 Jesus savs - "Come Unto Me" Join us Special Music Ministry, Beautiful Surroundings, Friendly People Sunday Service 10:30 AM Email: umc673@frontiernet.net Communion Last Sunday of the Month

ST. JOHN'S & ST. MARK'S LUTHERAN CHURCH

143 Church St., Canajoharie 518-673-2224 Pastor A. Elisabeth Aurand Remote & In-Person Sunday Worship 11 AM; email for link stjm-canajoharie.org office@stim-canaioharie.org

REFORMED CHURCH OF CANAJOHARIE

15-19 Front St., Canajoharie 518-673-2816 Rev. Matt Draffen Sunday 9 AM Christian Education 9:20 Choir Practice 10 AM Worship Nursery provided Fellowship hour follows worship

FAITH. HOPE AND LOVE CHURCH

Rev. David W. Bowley, Pastor Sundays, 5 PM at the Upstate Chapel 63 Cliff St, Canajoharie Call 518-673-5128 or see Facebook "Faith, Hope and Love Christian Church' and our website http://faithhopeandlovechurch.com

NEW BEGINNINGS BIBLE CHURCH

63 Cliff St., Canajoharie, NY 13317 Pastor Larry Alkinburgh 518-848-4816 pastor@newbeginningsbc.org Sunday School 9:15 AM Worship Service 10:30 AM

CHERRY VALLEY CHERRY VALLEY ASSEMBLY OF GOD

37 Alden St., Cherry Valley 607-264-3306 Pastor David Carpenter, Jr. Sundays 9:30 AM

ST. THOMAS THE APOSTLE CATHOLIC COMMUNITY

1 Church St., Cherry Valley 607-264-3779 Masses Sunday mornings at 8:30 AM & 11 AM

GRACE EPISCOPAL CHURCH

24 Montgomery St., Cherry Valley 315-858-4016 Fr. Kyle Grennen, Rector Holy Eucharist 11 AM Sunday school 11 AM Active youth group - call for details Facebook: Grace Episcopal Church Cherry Valley

COLD BROOK COLD BROOK

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467 Main St. Sunday Worship 10:30 AM

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Pastors: Rev. Gail & Rev. Mike Jay 315-826-7115 Sunday Worship 10:30 AM Intercessory Prayers Tuesday 7 PM (please call to confirm)

DOLGEVILLE NEW HOPE CHRISTIAN FELLOWSHIP

Pastor Peter Spiak 32 Spencer St. • 315-429-3630 Sunday School 9:30 AM Sunday Worship 10:30 AM Tuesday Bible Study 7 PM

GRACE BAPTIST CHURCH OF DOLGEVILLE

Pastor Len Byerly 12 Van Buren St Morning Worship 11-12:30 PM Lunch 12:30-2 PM Afternoon Worship 2-3 PM

DOLGEVILLE UNITED METHODIST CHURCH

Pastor Matt Worley 21 N. Helmer Ave Church Phone 315-429-7381 Sunday Church Service Oppenheim @ 10 AM Dolgeville @ 11 AM

DOLGEVILLE CHRISTIAN FELLOWSHIP

Pastor Marvin Isum 3 Elm St. Phone 315-429-8390 Sunday Worship 10:30 AM Mid-week Service Tuesday 7 PM www.dolgevillechristianfellowship.org

UNITED LUTHERAN

PRESBYTERIAN PARISH 26 E. Faville Ave Worship 11 AM

CATHOLIC CHURCH

31 N. Helmer Ave., Dolgeville, NY Phone 315-823-3410 Sunday Mass 9AM

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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

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131 Clark Rd., Fort Plain 518-568-7606 Pastor Frank Calabrese Sunday School 10 AM Morning Service 11 AM, Sun. & Wed. Eve. Service 6 PM, Youth Group Wed. 6:30 PM, Sat. Visitation 10 AM www.amazinggracebc.org

GRANDVIEW BAPTIST CHURCH

15 Washington St., Fort Plain 518-993-9929 Pastor Sean Morin Sunday School 10 AM Morning Service 11 AM Bible Study & Prayer Meeting Wednesday 6:30 PM

ST. PAUL'S LUTHERAN CHURCH

36 Lydius St., Fort Plain, NY 13339 518-993-2040 Pastor Jonathan Litzner 405-250-8395 Church Service 11 AM

ST. JOHN'S LUTHERAN CHURCH

774 St. Hwy. 163, Fort Plain, NY 518-705-7552 Rev. David A. Johnson, Ph.D. Sunday Worship 9 AM. Sunday School 10 AM, Ladies Aid W.E.L.C.A. Handicapped Accessible

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165 Canal St., Fort Plain, NY 13339 518-993-4302 fortplainrca@yahoo.com Rev. Nancy E. Ryan Worship 11 AM, AA meetings Mon. & Tues. 7 PM, Emergency Food Pantry 518-993-4302

VICTORIOUS LIFE CHURCH RMI FELLOWSHIP

104 Main St. & 431 St. Hwy. 80 Fort Plain, NY 518-993-3102 Sunday School 9 AM Morning Worship 10:30 AM, Youth Group 5 PM, Evening Worship 7-8 PM

FORT PLAIN UNITED METHODIST CHURCH

39 Center St., Fort Plain Audie Miller, Lay Supply Pastor Church Office 518-993-3863 Kitchen 518-993-3464 ALL WELCOME, Worship Service 11AM

OUR LADY OF HOPE R.C. CHURCH

115 Reid St., Fort Plain, NY 13339 Parish Office 518-993-3822 ourladyofhope@frontier.com Mass Schedule: Saturday, 4 PM; Sunday, 9:30 AM; Confessions: Sat. 3 & by appointment Please call parish office for Holy Day schedule

FREYSBUSH UNITED METHODIST CHURCH

518-429-9936 or 518-424-8488 Worship 9 AM, Sunday School 10 AM ALL ARE WELCOME

FRANKFORT OUR LADY QUEEN OF APOSTLES

414 Frankfort St., Frankfort, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule Saturday 4 PM (May - October); Sunday 9 AM; Tuesday & Thursday 9 AM

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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 **518 853-3311**

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Corner of 5S & 30 Pastor Jane Hubschmitt Sunday School 10 AM Family Worship 10:30 AM

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CHURCH OF SAINTS ANTHONY and JOSEPH

229 S. Main St. Phone 866-6373 Sunday Mass 10 AM No Saturday Vigil

REDEEMER CHURCH

Pastor Michael Servello 931 Herkimer Rd., Utica, NY 13503 Phone 792-4748 Saturday 6 PM • Sunday 9 & 11 AM

OAK RIDGE FREE METHODIST CHURCH

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UKRAINIAN ORTHODOX CHURCH OF ST. MARY'S PROTECTRESS

326 Moore Ave. Sunday Divine Liturgy 10 AM Holy Day Liturgy 9 AM Phone 866-1336

NEW LIFE CHURCH

Pastor David Havner 337 Protection Ave. Phone 866-1164 • www.nlc-mc.org Worship 10 AM Wednesday Worship 6:30 PM

THE SALVATION ARMY

Lieutenants Derrick and Heather Purvis 431 N. Prospect St. Phone 866-1240 Facebook.com/TheSalvationArmyHerkimer Sunday School 10 AM Morning Worship 11 AM

FIRST UNITED METHODIST CHURCH OF HERKIMER AND LITTLE FALLS

Pastor Joelle Faulks Prospect St & Park Ave Sunday Worship and Sunday School 9 AM

HERKIMER REFORMED CHURCH

102 Church St Phone 866-1523 Worship 9:30 AM Shepherd's Table: Tuesday 11:30-12 PM

TRINITY EVANGELICAL **LUTHERAN CHURCH**

Corner of West German & Henry Streets Phone 315-866-6474 Sunday Worship Services 10 AM in person and virtually on Zoom YouTube & Facebook Bible Studies Thursday mornings 10 AM on Facebook

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

317 Gros Blvd., East Herkimer 315-866-8095 Sunday Sacrament Meeting 10 AM Sunday School/Primary 11 AM - Visitors welcome Family History Center open by appointment

<u>ILION</u> ILION COMMUNITY CHURCH

Pastor Dean Mabry 44 Central Plaza Sunday Worship 10 AM Child Care/Kids Church Available ilionchurch com

SAINT AUGUSTINE'S **EPISCOPAL CHURCH**

78 2nd Street Phone: 680-322-1034 or 315-895-0363 Email: staugustine3@gmail.com Sunday Services at 10 AM

FIRST PRESBYTERIAN CHURCH

90 Morgan St., Ilion, NY, 13357 Reverend Richard Riggle Bible Study 9:30 AM Church Service 10:30 AM 315-894-2070

FIRST BAPTIST CHURCH

8 Second Street Reverend John Partise Wednesday Mid Week Service 7 PM Sunday Morning 11 AM

JESUS NEVER FAILS COMMUNITY CHURCH

Reverend Hans Drews 1161 Elizabethtown Rd., Ilion, NY 13357 518-568-7983 hansandrosaline@yahoo.com Sunday Service 11 AM

MORNING STAR UNITED METHODIST CHURCH

36 Second Street Pastor Joelle Faulks Sunday Worship 10:30 AM November 1 - May 1 4224 Acme Rd. Frankfort May 1 - November 1 36 Second Street, Ilion

ANNUNCIATION CHURCH 109 West Street, Ilion, NY

Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 4 PM (November - April); Sunday 11:30 AM: Monday & Wednesday 9 AM

COLLIS True Value HARDWARE

Help Is Just Around The Corner 104 N. Main St., Herkimer - 315-866-0826



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True Value Hardware

73-77 N. Main St. Dolgeville 315-429-9761



Thomas C. Whitcomb, Owner Phone 315-823-1320

CHURCH SERVICE DIRECTORY

<u>JOHNSTOWN</u> Church of the Nazarene

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

JOHNSTOWN FIRST PRESBYTERIAN CHURCH

37 South Market St.
Johnstown, NY 12095
518-762-8263
office@johnstownpresbyterian.org
Pastor George W. 'Blake' Blakesley
Church Service 10:30 AM in person,
Zoom and Facebook

Please call for more information about our free community lunch, thrift store & personal care shelf.

LASSELLSVILLE LASSELLSVILLE UNITED METHODIST CHURCH

State Hwy. 29 Pastor Robert A. Lindsay Worship: Sunday 9:30 AM Sunday School to start soon

LITTLE FALLS FIRST BAPTIST CHURCH

555 Albany St.
315-823-3392
Morning Worship 9:45 AM
Rev. Chris J. Wintermute, Lead Pastor
Rev. William Whalen, Associate Pastor
Nursery (infants through age 4)
Meet and Greet Sunday at 8:00 AM
Sunday School Classes 8:30 AM
(nursery through adult)
**Our Service is aired on 100.3 FM,
91.1 FM & 88.7 FM on Sundays from
11-12 with a 1 week delay.
**LIVE on Facebook: "gingerleecase"
account- 9:45 am on Sundays

ST. PAUL'S UNITARIAN UNIVERSALIST CHURCH

Minister Jeffrey J. Frank Mark Bunce, Organist 565 Albany St., Little Falls, NY Phone 315-823-2284 Sunday Service & Religious Education 10 AM

FIRST ASSEMBLY OF GOD

Senior Pastor Timothy Parisi 559 E. Jefferson St. Phone 823-4043 • firstaglf@gmail.com Sunday Morning All Worship 10 AM Thursday Bible Study 6:30 PM

HOLY FAMILY PARISH OF THE Roman Catholic Community of Little Falls

Father Brian Slezak 763 E. Main St., Little Falls, NY Phone 315-823-3410 Saturday Vigil Mass 4 PM Sunday Mass 10:30 AM

HOLY TRINITY LUTHERAN CHURCH

512 E. Gansevoort St. Sunday School 9:15 AM Sunday Worship 9:30 AM Wednesday Worship 11 AM & 6 PM

EMMANUEL EPISCOPAL CHURCH

588-594 Albany St. Sunday Schedule: High Mass, Rite II 10 AM Nursery & Sunday School 9:45 AM (Sept.-May) Fellowship Coffee Hour 11:15 AM Choir Rehearsal 11:30 AM Holy Day Masses as announced Confessions by appointment

FIRST PRESBYTERIAN CHURCH

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

INGHAMS MILLS BAPTIST CHURCH

Rev. Gary L. Busch, Pastor Sunday Worship Service 10 AM 443 Inghams Mills Rd. Little Falls, NY 13365 Pastor's Phone (315) 717-9936

THE HOLY SPIRIT POLISH

618 E. Gansvoort St., Little Falls, NY 315-823-0793 Father Rafal Dadello Mass at 11 AM on Sunday www.holyspiritpncc.org

MARSHVILLE MARSHVILLE EVANGELICAL CHURCH

Route 10 South Pastor Mark Fowler Worship Sunday 9 AM

MIDDLEVILLE MIDDLEVILLE UNITED METHODIST CHURCH

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

MOHAWK DENNISON CORNERS COMMUNITY CHURCH

Pastor Donald King 219 Robinson Rd. • Phone 866-5215 Sunday: Sunday School 9:45 AM

Sunday School 9:45 AM Morning Worship 11 AM Evening Worship 6 PM Wednesday Prayer 7 PM

MOHAWK REFORMED CHURCH Rev. Brian Engel, Pastor

20 S. Otsego St.
Phone 866-4292
Email mohawkpastor@verizon.net
Follow us on Facebook
Morning Worship:
10:30 AM Sept. - June • 9:30 AM July-Aug
Youth Sunday School (Pre-K - Sr. High)
9 AM
Adult Sunday School (Men. Women

EMMANUEL BIBLE CHURCH

& Couples) 9:30 AM

Pastor Gary Wilcox
54 W. Main St. • Phone 717-3011
Worship and Word: Sunday 10:30 AM
Fellowship Lunch: 12:30 PM
Discipleship Hour: Sunday 1:30 PM
Bible Study & Prayer: Wednesday 6 PM

CHURCH OF THE BLESSED SACRAMENT

Sr. Mary Jo Tallman, CSJ, Parish Life Director Rev. Leo Potvin, Sacramental Minister 71 E. Main St. Phone 866-1752 Sunday Mass 9:30 AM

CHRISTIAN BIBLE CHURCH

H. Ed Reed, Pastor/Teacher 167 Ward Rd. • Phone 858-1282 www.christianbiblechurch.us Sunday School 9 AM Sunday Worship 10 AM Wednesday Bible Study & Prayer Meeting 7 PM

THE WORD CHRISTIAN CENTER

Pastor Dan Annutto 27 E. Main St. • Phone (315) 985-3596 Sunday Services at 10 AM Intercession - Tuesdays at 6 PM

<u>NELLISTON</u> Valley alliance church

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

NEWPORT FIRST BAPTIST CHURCH OF NEWPORT

7497 Main Street Pastor's Phone 315-790-1877 Sunday Worship at 9:45 AM

UNITED METHODIST

Pastor Robbin Harris • Phone 845-8730 Morning Service 11:15 AM

KUYAHOORA COMMUNITY CHURCH

Pastor Dwayne Durand West Canada Valley High School Auditorium 5447 St. Rt. 28 Mailing Address PO Box 50 Middleville, NY 13406 Phone 315-292-1303 www.kuyahorracc.org Weekly Service Sunday 10:08 AM

ST. JOHN THE BAPTIST CATHOLIC CHURCH

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

<u>Oppenheim</u> Oppenheim United Methodist Church

Route 29
Pastor Matt Worley
315-429-7381
Worship 10 AM Sundays,
Totally Awesome God-TAG time 6:30 PM
Wednesdays beginning in Oct.,
Sunday School 9 AM beginning
September 18th

PAINES HOLLOW PAINES HOLLOW UNITED METHODIST

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

PALATINE BRIDGE TRINITY EVANGELICAL LUTHERAN CHURCH OF STONE ARABIA

5430 St. Hwy. 10, Palatine Bridge, NY Pastor A. Elisabeth Aurand Sunday In Person Worship 9 AM; email for link office@stjm-canajoharie.org 518-673-2224

THE HOUSE OF ZION, INC.

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

RANDALL RANDALL CHRISTIAN COMMUNITY CHURCH

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

<u>RICHFIELD SPRINGS</u> Church of Christ Uniting

PO Box 896, Richfield Springs, NY 13439 Rev. Casey Bradley • 315-858-1553 Service: Sunday 9:15 AM Church School: Sunday 9:30 AM

RICHFIELD SPRINGS BIBLE CHURCH 19 Church St.,

Richfield Springs, NY 13439
Rev. David Tosi • 315-858-0564
Sunday School (all ages) 10 AM Worship Service 11 AM & 7 PM Wednesday
- Prayer & Praise
Call for info on various
Youth Ministries
www.richfieldspringsbiblechurch.org

SALISBURY CENTER FULL GOSPEL ASSEMBLY OF GOD

Pastor Robert Brent 106 Plant Road Sunday Worship 11 AM with Children's Church offered during the service

SALISBURY CENTER UNITED METHODIST CHURCH 2545 State Route 29

Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 10 AM Thursday Bible Study 6 PM

SLOANSVILLE SCHOHARIE VALLEY GOSPEL CHURCH

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

SPRAKERS Christian Church of Charleston Four Corners

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

THE CHRISTIAN CHURCH OF RURAL GROVE

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

REFORMED CHURCH OF SPRAKERS

112 Sprakers Hill Rd. Rev. Nancy Ryan Worship ~ 9 AM All Welcome!!!

CURRYTOWN REFORMED CHURCH

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

RIVER OF JUBILEE CHURCH

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

SPRINGFIELD CENTER ST. MARY'S EPISCOPAL CHURCH 7690 Rt. 80, Springfield Center

7690 Rt. 80, Springfield Center 315-858-4016 Fr. Kyle Grennen, Priest-in-Charge Sunday Eucharist, 9:30 AM Coffee - Fellowship follows service Holy Days - as announced

FIRST BAPTIST CHURCH

Springfield Center, NY Rev. Terence Brant 607-264-3035 Sunday School 10 AM Morning Worship 11 AM Wed. night Bible Study 7 PM

ST. JOHNSVILLE Bethesda fellowship

34 S. Division St., St. Johnsville, NY 13452 518-568-2678 Summer Schedule Sunday Worship 10 AM Wed. Worship and Prayer 6 PM

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

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

SEEKER'S FELLOWSHIP

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

JOY FELLOWSHIP

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

ST. JOHNSVILLE METHODIST CHURCH

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

EVERLASTING JOY

BELIEVERS FELLOWSHIP
14 Park Place (in with Seekers Fellowship)
St. Johnsville, NY 13452
315-858-2112 • Pastor Carolee Coye
Sunday Service 10 AM

ST. JOHN'S REFORMED CHURCH

518-568-7396 Faithfully Following Jesus Christ Sunday Worship 10:30 AM

GRACE CHRISTIAN CHURCH Pastor Michael Torres

20 Center St., St. Johnsville, NY 13452 518-775-0366 Email gccpastor2021@gmail.com

STRATFORD STRATFORD UNITED METHODIST CHURCH

1511 State Route 29A Sunday Worship 8:30 AM Broadcast on 95.9 FM within 2 miles of church Pastor Matt Worley

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

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

TRIBES HILL SACRED HEART CATHOLIC CHURCH

111 3rd Ave., Tribes Hill 518-829-7301 Mass Saturday 4 PM



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12 Willett St., Ft. Plain, NY 13339 **518-993-3834** A8 • October 8, 2022 MOHAWK VALLEY COUNTRY EDITOR

Community Calendar



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 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. - 1p.m. and 3-6 p.m. Pick-up at the Third St. door. \$9.

Canajoharie Senior Citizens Club Meeting 1:30 p.m. Play BINGO. Contact Program Director Joan Cimino at 518.673.4408.

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

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 Tickets are limited.

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

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

November 2022								
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Holidays 6th - Daylight Saving Time Ends 8th - Election Day 11th - Veterans Day 24th - Thanksgiving								

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 or call

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 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/mr8n-7vh8 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.

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Holidays							
18th - Hanukkah Begins in the evening 21st - Winter Begins 25th - Christmas							

Senior Citizens Pinochle Card Party 12:30 to 4 p.m. \$2 donation - prizes and refreshments. Want to sub? Call Terry at 518.673.5635.

OCTOBER 13

Alzheimer Caregiver Support Group Meeting 10-11a.m. at Arkell Community Center, Canajoharie. Group meets on the second Thursday of each month. Call 518.673.4408 for information.

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., llion. 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 for further information.

Rummage Sale. Saturday 12-4 p.m. Sunday 9 a.m.-12 p.m. Trinity Lutheran Church, Stone Arabia, Route 10 N, Palatine Bridge. Call Kathy Schlotzhauer at 518.673-5443.

OCTOBER 14-16

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

OCTOBER 15

Harvest Turkey Dinner at Church of Christ Uniting, 22 Church St. Richfield Springs. 1st seating: 4-5:15 p.m. 2nd seating 6-7:15 p.m. Take-outs: pick up between 4:30-5:30 p.m. \$14. Dinners by reservation only. Deadline Oct. 11. For reservations call 315.796.1644 or 315.858.1451.

Greater Oneonta Historical Society Fall Walking Tour of downtown Oneonta. The tour will leave from the Oneonta History Center (183 Main Street) at 3 p.m. Donations accepted. Rain date Oct. 16.

Benefit for Preston Dingman 2-6 p.m. at South Minden Firehouse, State Highway 163. All proceeds go tp Preston Dingman to help with the medical costs needed for Preston to come home. There will be a Chinese auction, bake sale and 50/50. Food is provided. \$10 admission 9 years and up. Donations accepted. Call Charlotte 518.368-6522 or Savannah 518.410.6241.

OCTOBER 16

Adult and Family-Friendly Halloween-Themed Paint and Sip Class 2 p.m. at Irish Cultural Center of the Mohawk Valley Museum 623 Columbia Street, Utica. Paint and Sip Class for adults, teens and children aged six and over. Jill Rae Vennara will lead the class in creating a beautiful Halloween-themed work of art on canvas. Register via Eventbrite.com or by calling 315.827.4291. Class size limited. Children must be accompanied by an adult, who may or may not be painting. Cost is \$20 for children six through 15; \$40 for ages 16 and over.

OCTOBER 19

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

Senior Citizens Pinochle Card Party 12:30 to 4 p.m. \$2 donation - prizes and refreshments. Want to sub? Call Terry at 518.673.5635.

OCTOBER 21

Fundraiser for Community Youth Center Inc. 7-8 p.m. at Trinity Lutheran Church, Stone Arabia, Route 10 N, Palatine Bridge. Event in support of our community. Mark Fowler sings hits of the 40's, 50's and 60's. Meet the director of the center, Janice Dillenback. Lots of music, food and fun. Come join us. Call Mark Fowler 857-523-8417.

Canajoharie Senior Citizens Club Meeting 1:30 p.m. at Arkell Community Center, Canajoharie. Pat Beyer from Palatine Literary Society will speak on their Back Pack Program. Contact Program Director Joan Cimino at 518.673.4408.

OCTOBER 20

Chicken Schnitzel Dinner 4-7 p.m. or sold out at Emmanuel Episcopal Church, The Parish Hall, 594 Albany St., Little Falls. \$14. Eat in, take out or walk ins. Free deliveries to Herkimer and Little Falls. Call 315.741.4672 to reserve dinner.

OCTOBER 22

Herkimer College Open House 10 a.m. to 12 p.m. For prospective students and families. Registration is available online at www.herkimer. edu/openhouse. For more information, contact the Admissions Office at 315.574.4028 or admissions@herkimer.edu.

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

OCTOBER 21-23

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

OCTOBER 23

Central Valley Central School District Foundation Bingo event 2 p.m. at Crowley-Barnum American Legion Post 25, Mohawk. Admission is \$10 per person. Buy advance sale tickets by calling Foundation President JoAnn Duga at 315.894.3116. Tickets are limited.

OCTOBER 25

Herkimer County Historical Society Book Talk 6:30 p.m. at the Society's location on N. Main St., Herkimer. The author of the featured book, Haunted Adirondacks, will discuss haunting and ghosts of the Adirondacks and Central New York.

Rev. Virgil Stokes guest speaker 6:30 p.m. at Faith, Hope and Love Christian Church, Upstate Chapel, 63 Cliff Street, Canajoharie. Call Pastor David or Norma Bowley at 518.673.5128 if you have questions.

OCTOBER 26

Senior Citizens Pinochle Card Party 12:30 to 4 p.m. \$2 donation - prizes and refreshments. Want to sub? Call Terry at 518.673.5635.

OCTOBER 27

Business After Hours Mohawk Valley Community Market. For more information, call Herkimer County Chamber of Commerce at 315.866.7820.

Rev. Virgil Stokes guest speaker at Believer's Family Church, 150 S. Comrie Ave, Johnstown at 7 p.m. Call Pastor David or Norma Bowley at 518.673.5128 if you have questions.

OCTOBER 29

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

Friends of German Flatts Town Park Pre-Holiday Craft Show 10 a.m. to 4 p.m. at the German Flatts Town Park, next to Ft. Herkimer Church, 555 Route 5S, Mohawk. Event will be held in the Community Center Building. Free admission. For further information contact: Carol Vercz 315.866.6791 or pvercz@twcny.rr.com

Sues Crews Line Dancers Halloween Dance 10:30 a.m. at Arkell Community Center, Canajoharie. Contact Program Director Joan Cimino at 518.673.4408.

Create felted creatures at View

Are you looking for a creative activity perfect for you and the kids? Join renowned fiber artist Mallory Zondag and View, the Center for Arts and Culture in Old Forge, for an amazing fiber arts workshop focused around creating one-ofa-kind wool creations using the technique of needle felting on Oct. 8.

Two different sessions will be available, one designed for kids and one for adults. The kids' Mini Felted Monsters workshop runs from 10 a.m. - noon and will allow your child to create a one-of-a-kind creation straight from their imaginations with a guided hand. The adult Felted Creatures workshop is from 1 - 4 p.m. and gives everyone the opportunity to create a special creature of their

These workshops will demonstrate the process and techniques used in creating a three-dimensional felted figure. Students will take home a one of a kind felted creature as well as a brand new appreciation for fiber arts. Mallory will lead each workshop with step-by-step demonstrations, then have participants try creating their own creature with her guidance. Students of all ages will enjoy creating a unique and mystical felted sculpture while learning a new skill they can share with the rest of the family.

The Mini Felted Creatures workshop is \$55 for members and \$65 for guests. The adult Felted Creatures workshop is \$90 for members and \$105 for guests. Pre-registration is required for both classes, as space is limited. Register online at View Arts.org/workshops.

Zondag is a mixed media fiber artist. She graduated from Pratt Institute with honors, a BFA in fashion design and a minor in art history. While at Pratt she focused on creating handmade one-of-a-kind textiles for her collections. Since graduating, she has built a career as an independent artist and arts educator. Zondag has exhibited in galleries and participated in artist festivals, residencies and collective shows in New York and Pennsylvania.

Join fiber artist Mallory Zondag for a fiber arts workshop focused around creating one-of-a-kind wool creations.

Halloween Cookie

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 315-867-1	1204.
Monday	Tuesday	Wednesday	Thursday	Friday
Shaved Roast Beef on a Bun Baked Beans • Cauliflower Fruit Cocktail	Chicken & Biscuits Mashed Potatoes Country Blend Vegetables Brownie	Lasagna Tossed Salad Garlic Roll Cookie	Macaroni & Cheese Green Beans Stewed Tomatoes & Zucchini Frosted Birthday Cake	Pot Roast Boiled Potatoes Dill Carrots Ambrosia
CLOSED FOR COLUMBUS DAY	11 Beef Stew with Vegetables Wax Beans Biscuit Cookie	Cheesy Ham & Rice Casserole Broccoli Brussel Sprouts Sherbet	Turkey with Gravy Stuffing Squash Glazed Lemon Cake	Chicken Florentine Noodles Red Cabbage Banana
Pork Chop Au Gratin Potatoes Green Beans Pineapple	18 Tuna Noodle Casserole Beets Peas Pudding	Oktoberfest! Kielbasa with Sauerkraut German Potato Salad Green Beans • Black Forest Cake	Parmesan Crusted Chicken Scalloped Potatoes Broccoli Cookie	Pulled Pork on a Bun Baked Beans Zucchini Gelatin
Ziti with Meatballs Italian Blend Vegetables Garlic Roll Pears	Chicken Patty on a Bun with Lettuce Coleslaw • Tomato Bisque Soup Cookie	Turkey Tetrazzini Over Pasta Peas Brownie	Meatloaf Mashed Potatoes Mixed Vegetables Tropical Fruit	Chicken & Wild Rice Casserole Corn • Stewed Tomatoes Apple Crisp
Fish on a Bun O'Brien Potatoes Spinach		All Meals Served with If you are not going to	·	

please call the office at 315-867-1204 at least a day in advance.

A10 • October 8, 2022

Community support appreciated





Alan and Linda Crouse and Lee Newspapers would like to thank friends and family who showed so much support for this benefit and to all the local businesses who donated items to be raffled off. A special thank you to the Canajoharie Moose Lodge for hosting the benefit, the Burnt Hills Melody Makers and Steve Douglas for providing the music. It was all truly appreciated! God bless you all!















HOME IMPROVEMENT

How to approach a basement remodel

A fully finished and functional basement is a dream for many homeowners. Such a space, when completed, can serve as an entertainment space, a man cave, an artist's studio or any number of additional functions.

Despite their usefulness. finished basements are something of a rarity. In an analysis of data from the U.S. Census Bureau's Survey of Construction, the National Association of Home Builders® found that only around 24 percent of single-family homes built in 2018 have Homeowners basements. who do not currently have a finished basement but are considering such a project can approach the remodel with a few key factors in mind. Careful consideration of these factors can ensure the project is budget-friendly

and worthy of homeowners' investments.

Investment value: Conventional wisdom among home renovation and real estate experts suggests that a basement remodel is best if done to satisfy current inhabitants and not necessarily to appeal to prospective buyers once the home is put up for sale. Remodeling magazine reports that a midrange basement remodel costing around \$70,000 will provide a return of around \$49,000 (or 70 percent) at resale. Though that's not a poor return on investment, homeowners who are remodeling a basement solely for the potential ROI at resale can find other projects that provide a greater return.

· Foundation: The foundation of the home must garner ample consideration before beginning a basement remodel. tain foundation issues. soft conas crete, cracked or curved outside walls and cracks in the flooring, are indicative of significant issues with the foundation. These issues can be costly to address, and they must be rembefore edied basement the remodel can begin.

Existing space: Some homeowners may have bought their homes with partially finished basements or even finished areas that they simply want to remodel. In such in-



Finished basements are valuable spaces.



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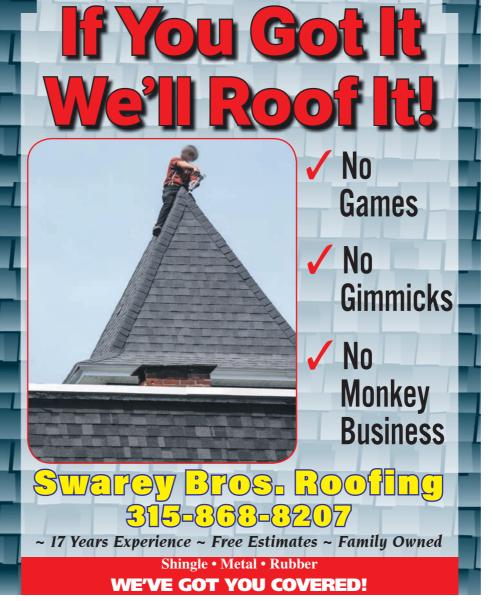
Also Installing Seamless Gutters We carry insurance for roofing. 100% satisfaction guarantee.

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stances, a pre-remodel inspection from a licensed home inspector can save homeowners lots of money and heartache over the long haul. Partially finished or even aging finished basements might not have been renovated in adherence to codes, which could lead to costly violations down the road. An inspection in advance of a remodel can give homeowners an idea of what they will need to do to bring the basement up to code. Local officials also can provide a list of necessary permits and a detailed description of requirements to ensure the remodeled basement adheres to code.

· Soil: Soil surrounding the home should be tested prior to beginning the project. Radon is an odorless gas found in soil that the U.S. Environmental Protection Agency notes can increase individuals' risk for lung cancer. Radon can seep into basements and increase that risk even further if it is present at elevated levels in the soil surrounding a home. Radon tests are simple and inexpensive, and no basement remodel project should begin without first conducting such a test.

Finished basements are valuable spaces. Homeowners who want to finish or remodel their basements should consider a host of factors before beginning the renovation.





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A14 • October 8, 2022 MOHAWK VALLEY COUNTRY EDITOR

DINING & ENTERTAINMENT

Scare up a haunted house at home

Everyone deserves a good scare come Halloween. Some people sit down to horror movie marathons, while others page through thrilling books from famed horror writers such as Stephen King and Dean Koontz. However, handson scares can be just as effective, which probably accounts for the popularity of haunted hayrides and haunted corn mazes.

Homeowners looking to provide their own share of scares to friends and family - or to create a scream-worthy tableau for the visiting public to enjoy - can consider some of these haunted house ideas.

Create a **Spooky Ambiance**

The fear of the unknown can be a powerful force. In many horror scenes, suspense is built by what audiences cannot see. Borrow this idea when creating the mood for your haunted house. Dim lighting by way of red or black outside bulbs will help increase the shadows and camouflage any decorations that may not be completely realistic in the light of day. In addition to lighting, create a playlist of creepy sounds. Consider how effective those grandfather clock bell tolls were at evoking fear in season four of "Stranger Things." Pick your spooky sounds, whether it's animals or something more supernatural.

Narrow Down a Theme

Decide which type of scenes you'll want to depict and maintain continuity throughout. Graveyards, monstrous realms, insane asylum, or evil fairy tale creatures can serve as inspiration for a theme. Once a theme has been chosen. you can build props, decorations, lighting and other effects around it.

Enlist Some Live-Action Help

Gather a bunch of volunteers who can be on hand to staff your haunted house, particularly if you're opening up your property to the neighborhood for a night or two, or if you're hosting a party. Each volunteer should be dressed and acting according to the theme. A mix of stationary decorations with creepy people moving about can really set a haunted house

Create 'Bloody' **Candles**

Purchase white pillar

candles and get one long, red candle as well. Over a protected surface, melt the red candle and drizzle "blood" trickles over the white candles from the tops and down the sides. These candles can be

placed around your haunted house **Spooky Silhouettes**

Back-lit silhouettes made of cardboard or another thick paper can cause haunted house visitors to take a second look.

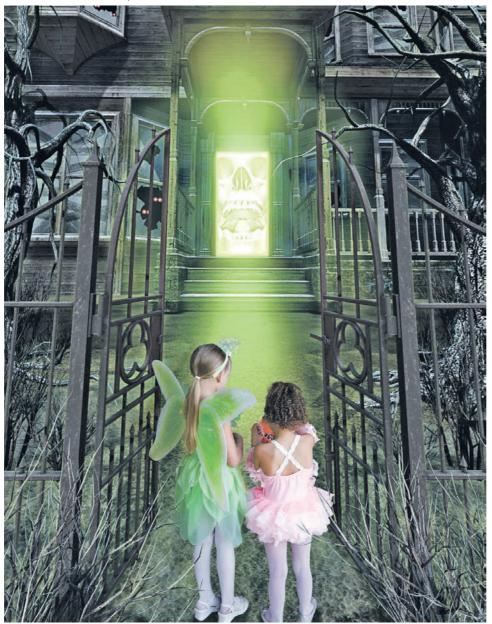
Prop them up in windows or place them at the end of dark hallways to create the feeling that someone is watching. You'll be sure to get pulses rising.

Gather Old Dolls

Dolls can be creepy characters, and older dolls may appear even more haunted and spooky. Set up an old baby bassinet with a bunch of worn dolls found at various antique stores or garage sales. Work them into your theme or let them be scary all on their own.

Once your haunted house is complete, set up a clearly marked path so visitors know where to walk. Create different scenes along the path to have a scare around every corner. The haunted house will receive rave reviews in no time

"When witches go riding, and black cats are seen, the moon laughs and whispers, 'tis near Halloween."



Homeowners looking to provide Halloween scares to friends and family can consider making their own haunted house adventure.







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DINING & ENTERTAINMENT

Helping wild bumblebee queens overwinter

by Laura Johnson, Extension Pollinator Support Specialist, UVM

Wild bees are important pollinators for our crops, gardens and wild plants. In Vermont there are over 350 types of wild bees, including 17 different species of bumblebees.

Bumblebees are efficient pollinators that are especially important for spring crops, such as early blooming berries and tree fruits. But by late autumn, a colony that may range in size from 50 - 500 bees will have all died except for a single new queen.

As with all bees, the queens depend on pollen, nectar, clean water and

safe nesting sites for survival, all of which are limited resources in our managed landscapes. In addition, there is strong competition among species for these resources.

Queen bees will be one of the first visitors of spring crops, hungry after a long winter. To help them survive the winter, here are some things gardeners and landowners can do.

Leave blooms standing until the first hard frost. To gain enough body mass for winter survival, bees require a lot of pollen and nectar. Leaving plants up as far into autumn as possible, ideally until they are killed by frost, provides a good source of both.

Established rodent burrows are known nesting sites for bumblebees. Maybe all those voles tunneling through your landscape have a saving grace?

Consider reduced mowing and avoid cutting back ornamental bunch grasses. Don't rake up fallen leaves and skip the winter brush pile burn party. All these provide

great rodent burrow materials and locations where bumblebee queens can nest during winter months.

Man-made structures can also become wild habitat. Whether it's your 1800s stone wall reminiscent of New England sheep farming, an old foundation or your new \$30,000 retaining wall, each provides protective cracks and crevices where bumblebees can find shelter.

Consider conserving historical structures on your land. Or cultivate new habitat by taking rocks picked from your property to make a rock pile where bumblebee queens can nest as they enter diapause, a state of dormancy, for winter.

Offering pollen, nectar and water sources late into autumn and abundant and diverse undisturbed shelters for nests will help ensure each queen's survival and early season pollination services next spring.



Man-made structures such as stone walls or old foundations provide protective cracks and crevices where bumblebees can find shelter.



To gain enough body mass for winter survival, bees require a lot of pollen and nectar so leaving plants up far into the fall provides a good source of both.

Photos by Laura Johnson





A16 • October 8, 2022



Emily St. Clair won the Stewart's gift card for answering the Freddy Bear riddle correctly. The riddle was: "What can you hold in your left hand but not your right?" The correct answer was "Your right elbow (or hand)."













FIND FREDDY BEAR EVERY WEEK IN THE COUNTRY EDITOR - SOLVE HIS RIDDLE AND EMAIL BECKY MAUK AT BMAUK@LEEPUB.COM TO WIN AN AWESOME PRIZE!

Let caution reign when kids are in the kitchen

Parents go to great lengths to keep their kids safe. From the moment a woman first learns she's pregnant to the day teenagers head off to college, parents make myriad decisions in the name of keeping their children safe.

Homes are safe havens for families, but dangers still lurk around every corner and inside every cabinet. That's especially true in the kitchen. Real estate professionals often note the importance of kitchens. According to Realtor. com, kitchen remains the most mentioned room in home listings. Nearly 70% of listings on the home buying and selling website mentioned kitchens, while less than 50% mentioned hedrooms

Families spend a lot of time in their kitchens, so it's no surprise these gathering spaces routinely attract curious kids. Kitchen safety is essential in every home, but it's especially important in homes with young children. The following are some areas of the kitchen where parents can

Parents go to great direct their focus as they ngths to keep their kids try to keep their children safe.

· Beneath the sink -Many families store cleaning products beneath their kitchen sinks. But that can prove hazardous if parents cannot prevent kids from accessing this area. According to the National Capital Poison Center, a disproportionate percentage of the millions of poison exposures in the U.S. each year affect children younger than six. It might be convenient to store cleaning products beneath the kitchen sink, but such products should be kept higher up in cabinets kids cannot reach until they're old enough to know it's not safe to ingest these cleaners.

• Stoves – Stoves pose a significant safety risk to youngsters, even when they're not in use. When the stove is being used, make sure kids do not go near electric or gas burners, where curious hands may reach up and get burned. Kids also should be taught to steer clear when their parents are

cooking on the stove top, as hot oil from pans can spray out and harm youngsters who aren't paying attention. Parents also can install knob covers that prevent curious kids from turning burners on when no one is looking.

• **Dishwasher** – Dishwashers may not seem threatening, but they can pose a safety risk to youngsters. The American

Academy of Pediatrics notes that children should not be allowed to load and unload dishwashers until they are between the ages of seven and nine. Knives and forks in dishwashers can be sharp, posing a safety risk to curious youngsters. When loading the dishwasher, make sure the blades and prongs of knives and forks are facing downward, and never

preload detergent, which can be harmful to kids if ingested. Always make sure the dishwasher is securely closed when in use so kids cannot open the door and potentially suffer burns from hot water.

• Countertops - Cutlery sets kept in blocks on countertops should be stored away from the edge of the counter, ideally along a back wall that kids cannot reach. In addition, countertop appliances like coffee machines, toasters, blenders and slow cookers should be kept beyond the reach of young children.

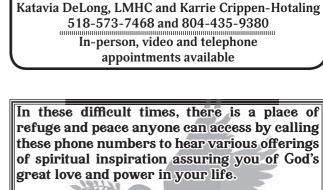
Families spend a lot of time in their kitchens, where curious kids can easily find trouble. Parents can reduce kids' risk for kitchen accidents and injuries with some simple safety strategies.











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A18 • October 8, 2022 MOHAWK VALLEY COUNTRY EDITOR

Country Editor

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

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Legal Notices

PLEASE TAKE NOTICE that

a special meeting of the Board of Commissioners of the German Flatts Fire District will take place at 7:45 PM on the evening of Thursday, October 20, 2022 at the Mohawk Village Hall, 28 Columbia Street, Mohawk, NY. The purpose of the meeting pursuant to Town Law Section 105 is to present the preliminary 2023 budget to all interested residents and to receive and act on any comments offered reguarding said budget. All concerned citizens of the German Flatts Fire District are invited to attend this meeting. By order of the Board of Fire Commissioners German Flatts Fire District, Mohawk, NY.

MOHAWK VALLEY COUNTRY EDITOR

Country Editor

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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.

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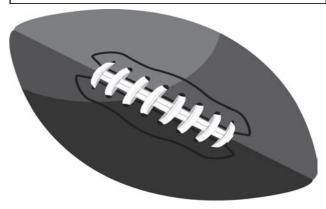
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A20 • October 8, 2022 MOHAWK VALLEY COUNTRY EDITOR

The different types of lodging accommodations

When seeking accommodations for vacations or business trips, travelers have a number of lodging options to choose from. Choosing the right accommodation in any given situation involves understanding the differences between your options.

Motel

Motels are get-friendly options geared toward motorists. As the American highway system was developed in the early 20th century, motels fulfilled the cross-country traveler's need for roadside stops. In fact, the "mo" in "motel" refers to "motor." Motels are built for short stays and tend to have rooms that open up into parking lots for ease of use.

Hotel

Hotels cater to people who will be staying a few nights. They often feature spacious lobbies and some amenities, such as swimming pools or exercise rooms. Some hotels have restaurants attached to them. Hotels are among the most popular accommodations. According to the travel resource Dauntless Jaunter, hotels are categorized according to a "star" rating system.

• 1-star: This is a bare

- essentials hotel that offers just the basics with no extra bells and whistles.
- · 2-star: A two-star hotel is usually reasonably priced and has minimal services and amenities and a neutral decor.
- 3-star: This hotel is meant to offer an above-average stay as far as options and amenities. Modern conveniences can be expected at three-star properties.
- 4- and 5-star: These hotels offer deluxe service and guests can expect luxury amenities and a wide range of offerings at these properties. However, they also can expect to pay more for accommodations.

Extended Stay/ **Efficiency Suites**

Extended stay properties offer competitive rates for travelers who will need to remain at the hotel for a longer period of time than the average trip or desire more room. Extended stay rooms and efficiency suites are large and have features like small apartments, including kitchenettes and living areas.

Hostel

geared Hostels are toward the traveler who needs a place to stay on a limited budget. Hostels often offer communal accommodations with shared rooms and bathroom facilities at very low costs, according to the hospitality resource Professional Connector.

Bed & Breakfast

Bed and breakfast establishments typically are converted family homes or large guest houses that feature a number of bedrooms. Owners rent eat breakfast in the dining room, sometimes alongside other guests. It's a communal experience and one that lends a more family feel to traveling.

Inn

Inns usually are smaller than chain hotels and tend to be family-owned. They offer charm and cozy appeal to guests, but that may come at the expense of in-room amenities.

Airbnb

A relative newcomer to the accommodations arena, an Airbnb is a residential property that hosts renters, often on a shortprivate apartments, condos, homes or vacation properties that owners temporarily sublet to travelers. While Airbnb is the name of a registered rental marketplace company (airbnb.com), the term often is used for any property that follows the same model, including options from companies like VRBO and HomeAway. Airbnb is an abbreviation that stands for "air mattress bed and breakfast."

Traveling can be customized based on the type of accommodations travel-



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Mon. Sept. 26th - Sold 222 head - Cull Dairy ave. \$.69 top cow \$1.15, cull beef cows \$.74 - \$85, Bulls/Steers \$.85 - \$1.20, Grassfed Organic Bull \$1.04, Organic cull Dairy \$.50 - \$.85, Grassfed cull dairy \$.27 - \$.83, bull calves top \$1.50 top beef calf \$3.20, heifer calves \$.30 top beef calf \$2.25, Dairy feeders \$.34 - \$1.04, feeder heifers \$.74 - \$1.20, feeder steers \$.76

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. 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. Herd #2: Mike Kraeger Dairy Milking herd Dispersal- Due to Health reasons Mike has decided to shut down one milking facility and the herd is being sold in its entirety. 50 head of Freestall - parlor Trained Holsteins all milking age in all stages of lactation ave. 57#/day 3.9/3.0 with SCC 200,000. These cows have been running with a bull. Also selling 10-15 heifer calves from this Dairy. Other consignments: 2 registered Milking Shorthorn heifers both sired by Footloose - one confirmed preg to Sexed Ricochet and one on service to Comanche. And a Reg. Brown Swiss heifer.

(4-H project) born 12/7/21 sired by Lucky Claas, Dam GP83, 2D: VG88. Another load from Mithva Farms selling 2 milking age, bred & open heifers all registered or Elig to register - sired by Simplicity-P, Trilogy, McCutchen Morris, Allegiant-P, Peak Tropic plus more- just way overstocked and need to make room

Fri. Oct. 14th - Morrisville, NY - 39th Annual Magic of Morrisville Autumn Review Sale. Selling a great group of Registered All Breed Dairy Heifers (no milking age this year). Catalog will be posted soon for more details! Come out and support the students and tack into some great pedigrees! GPS address: Morrisville College Belgian Draft Horse Center - 3500 Eaton Road Eaton, NY 13334.

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

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. THIS SALE IS FULL WE CAN NO LONGER TAKE ANY CONSIGNMENTS. What a line up again this year watch for some real fancy young milking age, bred heifers and some show age to take home and develop! Great consignments from Pineland, Millborne, Colebrook, Martin-Place, Morrill Dairy, Kuperus Meadows, Den-Rein, Hobby-Acres, Canary Dairy, Hill-Over, Ovaltop, Woodmansee, Locust-Vale plus more great herds. We will be selling Holsteins, Brown Swiss, Jerseys, Ayrshire, Guernseys and some Reg. Holstein Service bulls. Many opportunities here for everyone! Watch future ads with sale highlights. Mon. Oct. 31st - Normal Monday Sale.

<u>2023 - Sat. Mar. 25th</u> - 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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Can you guess what the bigger picture is?

ANSWER: TACOS

Healthy snacks for trick-or-treaters

Halloween is a festive day for children and adults alike. However, the abundance of candy and chocolate offered on and around Halloween can compromise diets designed to keep people healthy. According to the CDC, obesity prevalence in the U.S. was 20.7% among children ages 6 - 11 and 22.2% among 12- to 19-year-olds from 2017 to 2020. That's a significant concern for parents, even during a time of year when candy and other sugary foods take center stage.

Everyone can do their part to keep kids on a healthy track this Halloween by offering more nutritious fare to trick-or-treaters. While homemade treats used to reign supreme, concerns about contamination and/or food allergies have convinced most people to offer pre-packaged items. Here are some ideas.

- Fruit juice boxes that are 100% juice
- Sugar-free gum
- Fruit cups with fruit juice rather than light or heavy syrups
- Packaged sliced apples
- Bags of air-popped popcorn (light or free of butter)
- Bags of baked chips or pretzels
- Whole grain granola bars or trail mixes
- Boxes of raisins or dried cranberries
- Snack packs featuring crackers or sliced vegetables and dips, like hummus

Non-food giveaways can make trick-or-treaters smile as

well. Individuals can find options that fit their budgets. Stores or online retailers that sell party favors or trinkets or stores with wholesale or bulk options may provide the best bang for your buck.

- Stickers
- Pencils (including scented varieties)
- Marker sets
- · Bouncy balls
- Fidget toys
- Spooky accessories, like vampire teeth or spider rings
 - Silly string cans
- Modeling clay, play doughs or kinetic sands

Halloween doesn't have to be bogged down by extra sugar and unhealthy options. While those treats can be eaten in moderation, trick-or-treaters can enjoy a variety of nutritious fare as well.



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Weekly **SUDOKU**

by Linda Thistle

1			5				6	
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	1			9				3
		5			7		4	
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		9	6	5		4		

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

DIFFICULTY THIS WEEK: ◆

♦ Moderate ♦ ♦ Challenging

♦♦♦ HOO BOY!

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MAGIC MAZE ● COMPLETE

WORDS WITH A BAR

DAXVSQNKIFDAXVT QOMJHFCAYSWURPN LJHFDBZXVNTRQOM KIH(WHEELBARROW)F DBZLYWLKVITRNQO KNLNEIDLCRKIIMY HRFRDRSCEAEAAUE ZXAAAWROVBBBGIL USRBEGRABRRRRR QONMKLUMBARAAAA

IHFESODABRABBB Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Bar-back Barbados Barbarians Barbell

Barber Bard Bargain Barge

Unlisted clue hint: A FARM BUILDING

Bark Barley Barrel

Barium Isobar Lumbar Wheelbarrow

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King Crossword

ACROSS

- 1 Piratic quaffs 5 605, in old
- Rome 8 Last write-up 12 Like some
- vaccines 13 Ecol. watch-
- dog Stratagem
- 15 Turkey's most populous city
- Actress Falco 18 Second of two
- Church keyboards
- Six, in Sicily
- Harvest 23 Fireplace resi-
- due 26 Society new-
- 28 Golf great
 - label Sam Coach Ewbank
- 33 Passing craze Capital on a 58 Wee bit
- fiord 36 Cardiff's
- country 38 "Uh-huh"
- 40 Kids' game Antitoxins
- 43 French article 45 Juan's pals
- Cease-fires
- Track assign-51
- ment
- 52 Brazil's most populous city

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 - 11 Casual tops
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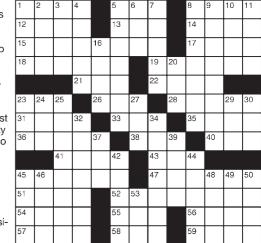
59 Old U.S. gas

brand

Stir up

DOWN

- 5 a mission
- 6 PC's brain
 - 27 Inlet Bravery 29 Carte lead-in
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- 54 Karaoke prop Pizza sauce 55 Brit. record
- 56 Bridal cove most popu-57 Writer lous city

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45 - mater 46 Hurt severely 48 Poolroom

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"No seats"

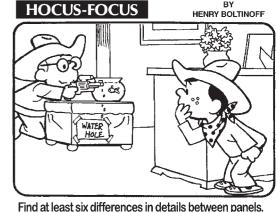
32 "Stayin' Alive"

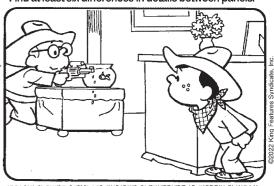
- supply
- 49 Yale students 50 Without help
- 53 "I Rock"

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Differences: 1. Hat is different. 2. Sign is missing. 3. Vase is smaller. 4. Arm is hidden. 5. Bandanna is different. 6. Picture frame is moved.

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My kid swallows a dime and I cough up

fifty dollars."

Area GREAN LACER **GETIDS TRIHM TODAY'S WORD**

SCRAMBLERS

Home Country

by Slim Randles

teve, the cowboy on the board of directors of the Mule Barn truck stop's philosophy counter and world dilemma think tank, swears on his coffee it happened.

"Tourist guy got off the train the other day when I was down there picking up a friend," Steve said.

"He asked me if I was a real cowboy, and I allowed I probably was, because I wasn't smart enough to get a real job. So he asked if I minded if he asked me some questions.

Steve sipped his coffee. "I said, 'Shoot' and the guy says he wondered why we wore these big ol' hats

with the wide brims. So I explained to him they give us shade in summer and keep the rain and snow off our faces, and told him we could give the horse a drink by putting water in them.

Then he thanked me and asked why we wore chaps. So I explained how they protected our legs from cactus and thorns, you know.

"He asked about wild rags like this one," he said, touching the blue silk scarf around his neck. "I told him it filtered dust and we could tie our hats down with it in a high wind."

"Sounds reasonable," Doc said, "but I thought everybody knew that. Television and Westerns and all that."

"Well, yeah," Steve said. "Me, too. But I think this guy was from a city somewhere and didn't watch TV or eat anything that ever had a pulse. Looked kinda puny. But he was real friendly.

"So then he asked me

about saddle horns. Wanted to know if they honk. This guy was really green, you know? He wanted to know about ropes and spurs, all kinds of questions like that. I did my best to answer him, too. Finally he says, 'Tell me why you cowboys always wear tennis shoes.'

"So I told him we didn't want anyone thinking we were truck drivers."

Even the truck drivers laughed at that one. Then These pages sponsored by



they threw cracker packets at Steve.

Brought to you by the used saddles which look older than dirt at elpasosaddleblanket.com.

Raising rabbits

by Andrew Haman

ccording to Encyclopedia Britannica, the rabbit's "natural geographic range in the Western Hemisphere encompasses the middle latitudes." In the East, rabbits are found in parts of Africa, India and Asia. Domesticated rabbits descend from the European rabbit.

Rabbits are a welcome addition to any farm or homestead - they are raised for meat and breeding stock (and sometimes for their wool). They make great pets and often they are used as project animals through youth programs such as 4-H.

It's important if you are planning to raise rabbits - especially as pets - that you understand their needs and what it looks like to provide basic care. Rabbits are highly social animals and very intelligent - they need a clean environment and stimulation to keep them happy and engaged, as well as a healthy,

well-rounded diet. UMass Amherst's Cooperative Extension has a great article at tinyurl.com/e23jjje7 about rabbit enclosures. The Royal Society for the Prevention of Cruelty to Animals also has a great brochure on rabbit shelters, nutrition and general care - which you can access at tinyurl.com/mspcaa9y.

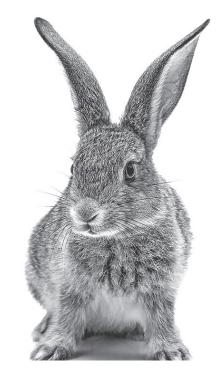
Caring for and being responsible for a pet can be an enriching activity for a child or teenager. Maybe that's through day-to-day life on the farm, or through a youth program like 4-H. The 4-H programs are structured under the belief that kids learn best through a hands-on approach - through their mentors' guidance, they work through various projects in agriculture, science, health and more. Rabbits make a perfect project for your child. Visit 4-h.org for more information about how you and your child can start your 4-H journey.

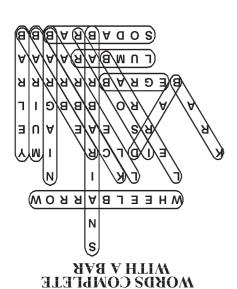
Maybe you are starting to raise rabbits for meat. It is possible to butcher rabbits on your farm for at-home/per-

sonal consumption. A great article at tinyurl.com/554cf8fm from Mississippi State University Cooperative Extension covers the process in detail. Any meat that will be processed for sale to the public needs to meet state or local health standards. However, in most of the contexts we're talking about here, that won't apply to raising a few animals on your farm or homestead for personal consumption. All that's required is an ample workspace, the right knives and saws and a good chest freezer.

If you are not comfortable processing the meat yourself, you can typically work with a butcher or custom meat processor in your area.

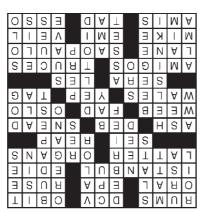
No matter what your rabbit raising journey looks like, they are a unique addition to any farm or homestead and they will burrow your way right into your heart.





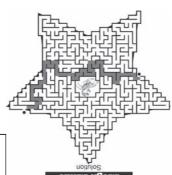
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Answer **Meekly SUDOKU**



Solution time: 24 mins. Answers

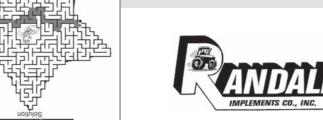
- King Crossword



MAGICIAN Τοσαγ's Word

3. Digest; 4. Mirth 1. Range 2. Clear uoiinios

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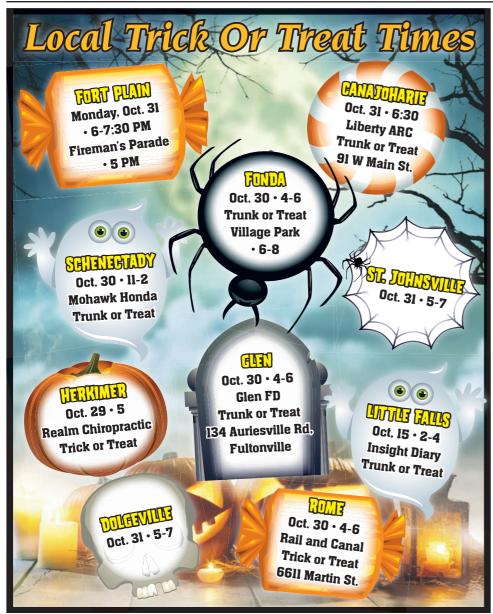
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EXPLORE FORT PLAIN

Fort Plain village history

Casper Lipe settled the fort's property around 1730, constructing a stone house overlooking a stream in the Palatine German tradition. On the high plateau hilltop above these homes is the site of Revolutionary War Fort Plain, the northwest exterior blockhouse and the entire fortified hilltop complex. Evidence suggests a fort was originally constructed on the southeast corner of the hilltop during the first French & Indian War around 1740. It protected the local settlers as well as the Mohawk Indian Castle of "Canajohari" located on the adjacent Sand Hill.

Early in the Revolutionary War, the Continental Army was assigned to nearby Fort Plank, a fort located about three miles southwest of Fort Plain. That fort, with its view of the Cherry Valley hills, was ideally suited to guard the southerly approaches to the valley. By the summer of 1780, Gen. Robert Van Rensselaer had made Fort Plain his new headquarters in the valley. Van Rensselaer had been given command of the battered Tryon County Militia after the death of Gen. Nicholas Herkimer at the Battle of Oriskany. The new general, however, was not well received in his new position. When the valley came under attack at Stone Arabia and again at

Klock's Field, Van Rensselaer failed to act properly. The severe criticism and court martial which followed discouraged use of the name "Fort Rensselaer" and the military headquarters became known, for a time, as Fort Plain instead.

The following winter Governor Clinton,

with the blessing of General Washington, asked Marinus Willett to take command of the Upstate New York forces. Willett, utilizing Fort Plain as his headquarters, was given the task of coordinating the defense of the Mohawk Valley. Through a system of couriers he maintained communications with all points in the valley. This system allowed for the guick response of forces where needed. The Patriot victories at New Dorlach (Sharon Springs) and Johnstown are both attributable to this strategy.

Fort Plain is also responsible for launching a failed attack on British-held Fort Ontario in Oswego. Under secret orders from General Washington, Marinus Willett departed Fort Plain in January 1783 to seize Fort Ontario in a surprise nighttime raid. Losing its way in the freezing night, the army failed to surprise the fort and was forced to return to Fort Plain without accomplishing its mission.

In July of that same year, with a peace treaty looming on the horizon, General Washington decided to visit Fort Plain. He arrived to the cheers of the fort's garrison on July 28, 1783. The fort continued in use as a military storehouse until about 1810 when the last of the fort's buildings, the northwest blockhouse, was taken down. The property once again became part of the Lipe farm. Timber and stone remnants of the fort were incorporated into other buildings as the modern village of 19th century Fort Plain took shape.

Source: tinyurl.com/2p94htbb







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OCTOBER 2022

HHS Student Council: Elementary students in grades 4, 5 and 6 have the opportunity to be elected as representatives to the Elementary Student Council. To be eligible, students must complete an application and essay, detailing why they would like to represent their classmates on the council. Up next comes Campaign Week. The candidates may post flyers and posters in the hallways, talking up their qualifications-using witty slogans, funny pictures, and more. Finally, all candidates will have the chance to address the 4th-6th graders in an assembly, making a short speech about why they are the best candidate for the jobs. Electronic voting will be held, with the winners taking their offices at the first Elementary Student Council meeting of the year.

Free Meals for All: All students in the district will once again receive breakfast and lunch for free. To eat, students simply come through the line. Menus are available on our website, or in hard copy in the main offices. Alternate options to the main entree are always available. Questions or concerns regarding the district's meal programs can be sent to: lauri.broady@fortplain.org

New Athletics Website: Families are encouraged to visit our new site www.hilltoppersathletics.com for sports schedules, scores, profiles, photos and videos.

Mama Mia! Auditions: The Fort Plain-Canajoharie Drama Club will hold auditions for this year's musical on November 14th and 15th (pick one night to attend) at 6:30 pm in the auditorium at Canajoharie High School. Students from grades 7-12 are invited to audition and should come prepared to do a provided dramatic reading, as well as sing a short piece of a song of their choice. Any students interested in working behindthe-scenes should come to one of the nights to sign up and get materials.

Upcoming Events:

10/7 Conference Day: No School

10/10 Columbus Day: No School

10/12 Board of Education Mtg 7:00

10/19 Jr/Sr High Picture Day

10/31 Halloween

11/4 1st Marking Period Ends



A Message from the Superintendent: I am pleased to announce that I will host a series of Community Conversations throughout the school year, to foster dialogue between school community members and district leadership. The first Community Conversation will be held on Wednesday, October 12th from 5:00-6:00 p.m. in the Harry Hoag School library. Focus topics will be the FPCSD Vision and Communication Systems. Parents, guardians, families, students, community members and business owners are all welcome to participate. Questions, concerns and celebrations are all welcome for discussion. Future events will be held on January 11th and May 3rd. Sign up is not required, and I look forward to seeing you there.



SPECIAL BOARD OF EDUCATION EDITION

Meet the Board:

Todd McFee: President

Kimberly Keane: 1st Vice President Teresa Karker: 2nd Vice President

Jeffrey Jones David Przestrzelski Benjamin Trumbull Kaitlyn Webb

Board of Education Goals & Objectives: The Fort Plain CSD Board of Education has identified five enduring goals:

- * improve safety in our schools
- * improve student learning outcomes
- *build and maintain trusting relationships with students and their families
- *support social and emotional wellness for all school community members
- *ensure resonsible and strategic use of fiscal and human resources to best support the needs of our students

Board of Education Meeting Schedule 22-23:

October 12	Regular Meeting	7:00 p.m.
November 9	Regular Meeting	6:00 p.m.
December 14	Regular Meeting	6:00 p.m.
January 18	Regular Meeting	6:00 p.m.
February 15	Regular Meeting	6:00 p.m.
March 15	Public Hearing/Meetin	g 6:00 p.m.
April 5	Public Hearing/Meetin	g 6:00 p.m.
May 3	Budget Hearing/Mtg	7:00 p.m.
May 16	School Budget Vote 1:0	00-9:00 p.m.
May 16	Regular Meeting	7:00 p.m.
June 14	Regular Meeting	7:00 p.m.

Contact the Board of Education:

To contact the Board of Education, please email them at www.boe@fortplain.org

For questions, comments or concerns please contact the Board Clerk Becky Smith at 518-993-4000 #1000

For Board of Education policies, minutes and agendas visit www.fortplain.org and click on the "Board of Education" tab

Guidelines for Public Comment: The board welcomes public comment at its meetings. During the public comment portion of the meeting, the President may ask for brief comments from the public and set a time limit on such comments. Persons wishing to speak will identify themselves with name and address, any organization they may be representing at the meeting and the agenda topic they wish to discuss. Comments should be kept as brief as possible and relate to school matters. Speakers may be limited to five (5) minutes at the discretion of the Board President. After the open board meeting, the board will proceed to Executive Session. This portion of the meeting is not open to the public, as the Board will be discussing legal issues, appointments, resignations, and issues involving specific employees or students which are confidential. After Executive Session, the Board will reconvene and may take action on issues discussed in the session. The public is invited to return to this portion of the meeting, but they must leave the meeting room during the Executive Session.

Board of Education Committee Work: Members of the Fort Plain CSD Board of Education also serve as representatives of the Board on a number of committees,

teams, and commissions, including:

Audit Committee

Support Services Committee Curriculum Committee District Policy Committee Instructional Negotiations Team

School Related Professionals Negotiations Team

Safety Committee Athletic Council Recreation Commission

Hazlett Scholarship Committee

Child Nutrition Advisory Committee(Wellness)

2022-2023 School Board Objectives: The Board has identified key objectives for each of their goals, and will be working on achieving those objectives throughout the school year...

*Safety: update school safety plans, upgrade phone and alarm systems, conduct site evacuation drills, reinstate monthly Safety Committee meetings

*Learning Outcomes: provide faculty with professional development, address chronic student absenteeism, implement the PASS Program to increase academic achievement by student athletes

*Family Relationships: implement the use of Google classroom notifications, implement the use of monthly staff and family newsletters, redesign the athletic page on the website

*Social & Emotional Wellness: implement Tier III interventions for mental health concerns, provide faculty and staff with training to support the implementation of the NYS Social Emotional Learning Benchmarks at every grade level, reinstate the late bus twice a week to increase student participation in after school activities and help

*Fiscal Responsibility: design a fiscally responsible budget, successfully navigate a respectful and responsible School Related Professionals contract

B4 • October 8, 2022

MOHAWK VALLEY COUNTRY EDITOR

EXPLORE FORT PLAIN

How to show support for local nonprofits

Making a difference in one's community is a worthy goal. There are many paths a person can take to be a catalyst for change. One of the easiest ways to make positive change is to support nonprofit organizations.

Nonprofit organizations make it their missions to serve specific causes—whether those causes are the environment, a certain demographic of people, animals, schools, or social issues. Supporting nonprofit groups furthers a worthy cause and even benefits those who lend their support. According to Waterford.org, an equitable learning organization, supporting nonprofits can lead to a greater sense of happiness, improved mental health and a stronger sense of purpose and fosters a greater number of social connections. There are many different ways to be involved with nonprofit groups.

- Make financial donations. Nonprofit organizations require funding to meet their missions. Support from donors can cover operating costs and ensure missions are not stalled or canceled due to lack of funding.
- Engage in peer-to-peer fundraising. Sharing information about an organization with others and asking them to support the nonprofit is known as peer-to-peer fundraising. This can happen by word-of-mouth advertising on social media, asking for fundraising for a cause in lieu of traditional birthday or special event gifts, or sharing fliers or other advertisements around town. This type of fundraising is especially valuable because it does not require nonprofit organizations to allocate their own resources in order to generate donations.

Provide PTO time to willing volunteers. Business owners in a community can be sure their employees have adequate paid time off to volunteer with local nonprofits. A company may establish a set amount of hours or days per quarter or month that can be used for volunteerism in any aspect.



Financial support from donors can cover operating costs of non-profit organizations and ensure their missions in the community are met.

- **Sponsor an event.** While private individuals can sponsor events, the collective resources of a business or other group, such as a school, may be better equipped to spearhead a charity event.
- Participate in or attend an event. Even if you cannot donate or sponsor an event, you can still be involved. Showing up to support a cause can help raise awareness and inspire nonprofit workers and volunteers.

Individuals and businesses can support nonprofit groups in their communities in various ways and reap the rewards that such support produces.









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EXPLORE FORT PLAIN

Small Businesses – Why Shop Local?

by Haley Burns, Alabama A&M and **Auburn Universities**

People may often see the terms "shop local" or "buy small" used in several different advertisements, including on bumper stickers and in-store signs. These terms are also widely observed on Small Business Saturday, a shopping day held the Saturday after Thanksgiving. Beyond the feel-good nature of supporting neighborhood businesses, shopping local creates real and sustainable economic growth for communities. This is

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because of money concepts such as circulation and velocity. Essentially, when you shop local your money stays local. Shopping locally affects everything from employee wages and new job creation to the overall growth of the local economy.

Recycled Local Dollars

The Urban Conservatory's study, Thinking Outside the Box: A Report on Independent Merchants and the Local Economy, found that if people shifted 10 percent of their spending from chains to local businesses, it would create hundreds of millions of dollars a year in local economic activity. This is due in part to local and independent businesses that tend to source and hire vendors that are also independent. Many national and international chains outsource most of their jobs to other communities.

Another study by the American Booksellers Association, Civic Economics, and Local First Utah, supports this idea as well. It found that local shops returned 52 percent of their revenue back into the local economy whereas chain businesses only

invest 14 percent of revenue into local communities. As a result, local purchases do not only support that shop, but their suppliers as well.

Local Job Creation

Local businesses not only support other local companies, but they are more effective at creating local jobs when compared to national chains. When national chains move into a neighborhood, local jobs are often lost. Furthermore, small businesses owned by minorities or people of color are more likely to hire from within their communities, creating more jobs for groups more affected by unemployment. Shopping at small local businesses will directly support equitable job creation in local cities and towns.

Better Customer Service

Have you ever shopped at a local store or ordered something online from a small business? Chances are you received warm service, hand-wrapped products, and a unique touch you may not find in national chains. On the social media platform TikTok, for example, small business owners have gone

viral for their "Wrap Orders With Me" videos. These videos showcase the care and attention that goes into each purchase they process. In addition, these vendors add handwritten notes and thank you letters with each packaged order.

How to Find Local Businesses

Check out your local chamber of commerce directory.

Use social media sites to find businesses in your area.

Search your city or state at online commerce sites to find small business owners that create products near you.

Take a stroll through your downtown, main street or other commercial corridors and spot storefronts that are new and unique.

Can't Find What You **Need Locally?**

Online commerce makes it possible to buy clothing, home items, gifts, pet toys-almost anything you can think of-from a small business rather than going to an international chain. For instance, the next time you are book shopping, consider using small book vendors rather than large online chains. In this way, your dollars still support families, communities and individual book owners rather than publicly traded corporations.



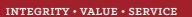
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MOHAWK VALLEY COUNTRY EDITOR

BUSINESS FOCUS

Pavlus Orchards

It's that time of year again. There's a nip in the air in the early mornings and at in the evenings. The leaves are changing colors. It's almost time to don our Halloween costumes. Before that, though, comes the quintessential Upstate autumn highlight – apple-picking season.

There are lots of goodies for everyone to enjoy at Pavlus Orchards, starting (of course) with the 13 different varieties of apples they grow. Visitors can either get their hands on ready-picked apples or head out into the orchards for U-pick. For the apple aficionados out there, they also offer apple cider and apple cider donuts.

If you want to mix it up a little, Pavlus Orchards also has pumpkins, potatoes and cheese, and to satisfy a sweet tooth, local honey and fudge. Welcoming the general public, they are open from September through December, Monday through Sunday from 10 a.m. - 5 p.m.

Pavlus Orchards, located in Fort Plain, is run by Ed Pavlus. The business has been up and running for 35 years, even though Ed got into the orchard business simply by chance. (He had previously worked at a telephone company for 42 years.) His love of the outdoors lured him into the apple trees.

If you and your friends and family also want to be lured outdoors during this apple-picking season, stop by Pavlus Orchards. They are located at 270 Hickory Hill Rd. in Nelliston, just over a mile off Route 5. You can also reach them at 518.993.2643.





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Greater Oneonta Historical Society Fall Walking Tour

GOHS and Otsego 2000 are sponsoring a walking tour of downtown Oneonta on Oct. 15. The tour will focus on opportunities and threats in the Oneonta Downtown Historic District, which the New York State Preservation League has named to its biannual "Seven To Save" list for 2022-23. GOHS members Bob Brzozowski

and Steve Yerly and Executive Director for Otsego 2000 Ellen Pope will lead the walk.

The tour will leave from the Oneonta

History Center, 183 Main St., at 3 p.m. and is by donation. In case of inclement weather on Oct. 15, the tour will take place on Oct. 16. Reservations are not required.

The importance of routine vehicle maintenance

Owning a car is a big responsibility. Drivers who plan to keep their vehicles for the long haul must emphasize maintenance if they want to keep adding miles to their odometers. In fact, the automotive information site Car-Advice says that routine maintenance may be the most important thing drivers can do for their vehicles.

A vehicle needs consistent care if it is to run efficiently. Maintenance also reduces the risk of roadside breakdowns and costly repairs. Here's a look at some of the benefits of staying on top of maintenance.

 Saves money: Even though maintenance costs money, sticking to a consistent maintenance schedule can save big bucks in the long run. For example, the cost of rotating and aligning tires is considerably less than repairing a car after a major blowout and paying for a tow and tire replacement.

• Improves performance and efficiency: Routine maintenance includes oil changes, filter changes and fluid topoffs. Such tasks keep engines running smoothly. Ignoring this routine maintenance can put engines in jeopardy of breaking down and adversely affect vehicle performance, diminishing fuel economy and leading to a sluggish ride.

• Identifies safety issues: Routine inspections and work performed by reputable service stations help drivers stay abreast of recalls or issues that can affect the safety of the vehicle.

· Maintains a maintenance record: When the time comes to sell the vehicle, having a log of routine maintenance indicates to potential buyers that the vehicle was well cared for.

· Keeps compliance: Vehicles covered under manufacturer's warranties typically need to be maintained in adherence to factory-recommended maintenance schedules. This ensures that the vehicle is in compliance and will be covered in the event of a warranty claim.



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- Speedway Gas Station
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Broadalbin

• Café in the Village

Buel

Buel Road Repair

Canajoharie Arkell Museum

- Berean Bean Betty Beavers
- Brotherhood Antiques
- Canajoharie Golf Country Club
- Cornerstone Baptist Church
- Fell Off The Truck • Lee's Shops at Wagner Square
- M'Lady Salon
- One Stop & Short
- Shults Market & Deli
- Smoker's Choice • The Tire Shop

Cherry Valley

- Cherry Valley Hardware Cherry Valley Market
- Cherry Valley Post Office
- Mirabito
- The Teepee Tryon Inn

Dolgeville

- Big M Chester's Sunoco

• Kelly's Deli • Turnpike Auto Sales

Ephratah

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- Roval Mountain Inn

- Dollar General Hannaford
- Stewart's

Fonda Cumberland Farms

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

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- (formerly Fort Plain Agway)
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- Dutchman Enterprises 5S Diner
- Fort Plain Public Library
- Pickle Hill Produce & Bulk
- 7M Supply Save A Lot
- Sleepy Forest Bakery
- Sportsman's Den Stewart's (Both)
- True Value
- Mohawk Valley Produce Auction

Frankfort

- ADK Food & Fuel Country Farms
- Melrose Grocery

Fultonville

- Dunkin Donuts McDonald's
- Michael's Diner
- Onvo Travel Plaza
- Randall Implements

Glen

- Country Metals • Glen Country Store
- Dolgeville Public Library George Lumber
- Southern Girl Diner Stewart's

East Springfield

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- - Sam's Deli Smoker's Choice
 - - Subway in Sunoco
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- The Emporium True Value
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- Stewart's
- Cliff's
- · Beer Belly Bob's
- Sorrento's
- Colonial Laundroma
- Dollar General

Johnstown

- Clyde's Stop & Shop
 Gulf
- Harvey's Pet
- Miss Johnstown Diner Price Chopper
- Ruby & Quiri Stewart's • Super 8 • Whitey's Wemple & Edick's

Little Falls Ace Hardware

- Ann Street Restaurant & Deli
- 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
- I ittle 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

- Newport
- Newport Marketplace

- Palatine Bridge • Ace Hatchet Hardware
- Country Farms Laundromat

Bradford Library

• Below Zero • Big Lots Courtney's Grooming

Nelliston

- Village Laundry & Car Wash

Palatine Nursing Home • Price Chopper • Stewart's Tractor Supply

Palatine Bridge

Poland

• Circle K Nice N Easy • Stewart's

- **Richfield Springs**
- Aubuchon Hardware
- Cassidy's Diner • Dollar General • Kinney Drugs

• Price Chopper • Stewart's

- Salisbury
- Covered Bridge Convenience
- Kirby Library Nichols Country Store

Spruce Creek Campground (summer)

Sharon Springs • LOG House Minimart • Stewart's

Sloansville

• Mobil • Sloansville Wine & Liquors

- **Sprakers**
- Ayres Memorial Animal Shelter
- Byler's Custom Cabinets Sprakers Post Office

Sprakers Produce Stockvard

Stratford

• East Canada Stop & Shop

- St. Johnsville
- Bridge Street Diner C.H. Burkdorf Country Farms • Dollar General
- Kinney Drugs Monte Grab & Go St Johnsville Marina St. Johnsville Rehab
- & Nursing Home

 Stewart's

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MOHAWK VALLEY COUNTRY EDITOR

Can breast cancer be prevented?

Breast cancer occurs when there is rapid growth of mutated (cancerous) cells in the tissues of the breasts, and potentially in the surrounding skin and lymph nodes. Various factors contribute to the development of cancer, including genetics, gender, environmental exposure to certain materials and lifestyle choices like diet and exercise.

While there are steps women can take to lower their risk of developing breast cancer, there is no way to completely prevent the disease. Even preventative surgical removal of the breasts, known as prophylactic mastectomy, cannot eliminate every breast cell, leaving open the possibility that breast cancer can develop. The Siteman Cancer Center reminds people

that these strategies can help to lower breast cancer risk as much as possible:

- Limit alcohol consumption, or do not drink at all.
- Maintain a healthy weight.
- · Eat plenty of fruits and vegetables.
- Breastfeed, if possible.
- Don't smoke, as smoking is related to the formation of 15 different cancers.
- Engage in regular exercise, aiming for at least 30 minutes per day.
- Avoid hormone contraceptive products, particularly after the age of 35, and weigh the pros and cons of hormonal

menopause treatment.

- Schedule and undergo regular mammograms.
- Speak with a doctor about your family history of breast cancer and take added precautions if there is a significant family history and/or genetic factors that make you more vulnerable.

Breast cancer is prolific. Although the disease is not entirely preventable, there are many ways for women to reduce their risk of developing it.











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FARM, HOME & GARDEN

A look at the oldest Halloween traditions

As with many celebrations, Halloween is steeped in traditions - many of which can be traced back quite some time. Since Halloween is believed to have originated from Celtic pagan, ancient Roman and early Christian events, its traditions are varied. The following is a deep look at some old traditions associated with Halloween.

Bonfires

Historians trace many traditions of Halloween to a Celtic holiday known as Samhain (pronounced sow-in). The Celts lived 2,000 years ago in parts of what is now Northern France, Great Britain and Ireland.

During Samhain, people believed that the door between the worlds of the living and the dead was blurred. On Samhain, Celts believed the ghosts of the dead returned. Also, Druids made predictions about the future at this time of year. It was customary to build large, sacred bonfires and burn crops and other sacrifices to the Celtic

While large bonfires are not typically part of Halloween celebrations today, revelers can light fire pits in their vards that are reminiscent of ancient celebrations.

Trick-or-Treating

Christianity spread throughout Celtic regions and blended with other rituals. Pope Gregory III expanded on a holiday Pope Boniface IV established to honor Christian martyrs to include all saints and martyrs. All Saints Day on Nov. 1 commemorates the venerable saints, and All Souls Day on Nov. 2 celebrates loved ones who went on to eternal rest. All-Hallows Eve (Halloween) was a time to pay homage to the dead. Poor children would go door to door in more affluent neighborhoods offering to say prayers for residents' deceased loved ones in exchange for some food or money. This was known as "souling," which became the basis for trick-or-treating. Later the tradition became known as "guising" in areas of Scotland, where children would go around in costumes.



Carving pumpkins into funny or fearsome faces is a Halloween tradition.

Witches

Images of witches riding broomsticks are everywhere come Halloween, and witch costumes remain a standard. Almanac.com indicates that, during the Middle Ages, women who practiced divination were dubbed "witches," from the Anglo-Saxon word "wicce," or "wise one." It was believed the witches could go into a trancelike state and would do so in front of their fireplaces. Superstitious people believed the witches could fly out of their chimneys on broomsticks and terrorize others with magical deeds.

Bobbing for Apples

Bobbing for apples is not quite as popular as it once was, as more people have become concerned about spreading germs. During the Roman festival for Pomona, which occurred around Nov. 1, Pomona, the goddess of fruit and orchards, was celebrated. Romans believed the first person to catch a bobbing apple with his or her teeth would be the first to marry. It also was believed apple peels contained the secrets to true love.

Carving Pumpkins

Removing the insides of pumpkins and carving them into funny or fearsome faces may be messy work, but it's tradition on Halloween. Turnips were the material of choice in ancient Ireland but were replaced by pumpkins when immigrants came to America. The "lanterns" were made with scary faces and lit to frighten away spirits.



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Kids' Community Corner



Lucas Manginelli lines up his shot.

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



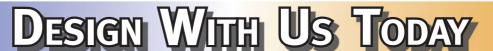
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Herkimer High School students visually answer 'What is art?'

Students in Herkimer Jr./Sr. High School art teacher Heather Mc-Cutcheon's classes were recently challenged with the task of answering the question "What is art?"

The art students started with a design and then created a six-inch by six-inch art piece. Some students used markers, colored pencils, paint and even the iPad for their project. When finished, all art pieces were collected and put together as a collaborative work of art displayed in the hallway.

The participating classes were:

- Social-Emotional Artistic Learning
- Digital Art
- Studio Art
- Art 8
- Mixed Media







An example of art put on display in a hallway at Herkimer Jr./Sr. High School after the students were asked to visually answer the question 'What is art?'.

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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

144 E. Main Street Ilion

(Free parking; handicapped accessible; If you need any special accommodations such as translation services or documents with larger print please let us know 3 business days prior to the meeting)

> To reserve a seat call 315-867-1121, please RSVP by Thursday October 20th.

This information brought to you by NY Connects, your link to Long Term Services and Supports; www.herkimercounty.org, then departments, then Office for the Aging; phone 867-1121.



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