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**OCTOBER 22, 2022**

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*Listen, my son, to your father's instruction and do not forsake your mother's teaching. They are a garland to grace your head and a chain to adorn your neck. Proverbs 1:8-9*

**IN THIS ISSUE:**

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

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## Herkimer College appoints new staff

Herkimer County Community College has appointed several new staff.

Keegan Leffler '19, of Herkimer, has been appointed to the position of technical assistant for advisement/admissions. Leffler previously was employed with Saratoga Performing Arts Center as a stagehand. He has an associate degree in business administration from Herkimer College and a bachelor's in media and communication studies, with a minor in sociology, from the University of Maryland-Baltimore County.

Ryan DeMars '98, of Herkimer, has been appointed to the position of director of K - 12 Connections. DeMars previously served as director of Career & Technical Education and Alternative & Adult Education at Otsego-Northern Catskills BOCES. He has an associate degree in radio-television broadcasting from Herkimer College, a bachelor's in communications and a master's in vocational technical preparation, both from SUNY Oswego. DeMars also obtained a Certificate of Advanced Study in Educational Leadership from SUNY Cortland.

Cory Scanlon, of Mohawk, has been appointed to coordinator of Internet Academy. Scanlon is founder and operator of Recycled Pedalboards in Mohawk. He has a bachelor's degree in business management/finance from SUNY Polytechnic Institute and is pursuing a master's in internet marketing through Southern New Hampshire University.



Keegan Leffler



Cory Scanlon

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# Local Trick Or Treat Times

## FORT PLAIN

Monday, Oct. 31  
• 6-7:30 PM  
Fireman's  
Parade • 5 PM

## FONDA

Oct. 30 • 4-6  
Trunk or Treat  
Village Park  
• 6-8

## GLEN

Oct. 30 • 4-6  
Glen FD  
Trunk or Treat  
134 Auriesville Rd,  
Fultonville

## RICHFIELD SPRINGS

Oct. 29 • 3-6

## SCHENECTADY

Oct. 30 • 11-2  
Mohawk Honda  
Trunk or Treat

## CANAJOHARIE

Oct. 31 • 5-6:30  
Parade • 7  
Oct. 28 • 6:30-8:30  
Liberty ARC  
Trunk or Treat  
91 W Main St.

## ST. JOHNSVILLE

Oct. 31 • 5-7

## DOLGEVILLE

Oct. 31 • 5-7  
Oct. 27 • 5:30-7  
Dolgeville Central  
School

## LITTLE FALLS

Oct. 31 • 5-7

## AMSTERDAM

Oct. 22 • 4-8 PM  
Wally's  
Trunk or  
Treat

## HERKIMER

Oct. 29  
- Costume Parade • 4:30  
- Trick or Treat  
at Myers Park • 5-8  
- Realm Chiropractic  
Trick or Treat • 5-8

## FORT HUNTER

Oct. 29 • 3-6  
Oct. 29 • 1-3  
Fort Hunter FD  
Trunk or Treat

## GLOVERSVILLE

Oct. 31 • 6-8

## SALISBURY

Oct. 28 • 6-8  
FD Trick  
or Trunk

## PALATINE BRIDGE

Oct. 31 • 5-7

## SHARON SPRINGS

Oct. 31 • 5-7

## ILION & MOHAWK

Oct. 31 • 5-7

## ROME

Oct. 30 • 4-6  
Rail and Canal  
Trick or Treat  
6611 Martin St.

## JOHNSTOWN

Oct. 31 • 6-8

## SOUTH MINDEN

Oct. 29 • 4-6 PM  
South Minden  
FD

## SCHOHARIE

Oct. 29 10-3  
Schoharie Valley  
Farmer's Market  
Safe Trick or Treat  
on the Farm

## CAROGA LAKE

Oct. 30 • 5-7  
Sherman's



## Vietnam War era Mohawk Valley Community Honor Wall

For all who served and sacrificed for our country during the Vietnam Conflict Era (1955 - 1975) including soldiers, nurses, spouses and volunteers, alive or deceased – we are honoring, commemorating, validating and thanking all individuals who made a sacrifice (whether employed, volunteered, drafted, abroad, at home or otherwise) during this time in the nation's history.

Names of those being honored can be added as well as photos of those individuals.

This Community Honor Wall will move around to different libraries within the Mohawk Valley. It will begin its tour at the Fort Plain Library.

This project is a collaboration between the Fort Plain Chapter Daughters of the American Revolution (DAR) and the Mohawk Valley (Earl Stock Memorial) VFW Post #3275. We thank local libraries for hosting this Honor Wall.

## First Presbyterian Church annual Election Day spaghetti supper

The First Presbyterian Church, 37 S. Market St., Johnstown, will host their annual Election Day spaghetti supper on Nov. 8 from 4 - 7 p.m. The meal consists of spaghetti, meatballs, tossed salad, Italian bread, homemade desserts and assorted beverages. Take-outs will be avail-

able. The cost for adults is \$13; children 5 - 12, \$6; and free for children under age 5.

The church is handicapped accessible by using the Clinton Street entrance. This fundraising dinner benefits the church community lunch program, which provides members

of the community with a free hot homemade meal on the first and last Saturday of each month and also supports other church local missions.

For more information on the community lunch program, contact the church at 518.762.8263.

## Central Valley CSD Foundation to host Turkey Trot race

The Central Valley Central School District Foundation will host its second annual Turkey Trot road race on Nov. 12 on the Erie Canal Trail at German Flatts Town Park located at 555 State Route 5S in Mohawk.

The family-friendly event will include free fun runs for kids at lengths of a quarter-mile, half-mile, three-quarters of a mile and one mile. A two-mile walk will take place in addition to a 5K race. The kids' runs will have staggered starts beginning at 8 a.m., with the walk and 5K race set to start at 9 a.m. The race will be chip-timed by Clark Sports Center.

The registration fee for the walk and 5K race is \$30. Visit [tinyurl.com/4td5e6w5](http://tinyurl.com/4td5e6w5) to register. No same-day registrations will be accepted. For questions about the Turkey Trot, contact Melanie Crisino, race coordinator, at 315.723.9202.



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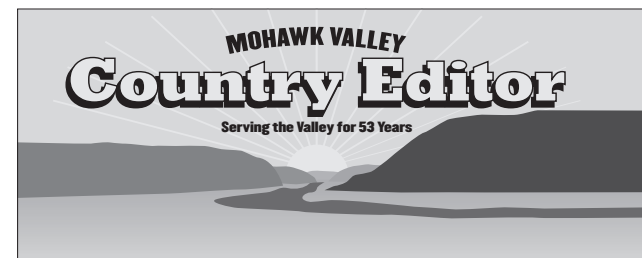
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## In memoriam: Berneal A. Sweet

Berneal A. Sweet of Johnstown passed away on Oct. 9.

He was born on Aug. 17, 1940 in Stone Arabia, to Albert and Beatrice Sweet.

On Sept. 9, 1961, he married Jean Pavlus and celebrated 61 years of marriage to her.

Berneal is survived by his wife Jean Sweet, his daughter Wanda (Donald) Vreeland, his son Jonathan (Tara) Sweet and his grandchildren Jenna and Drew

Vreeland and Vivian Sweet.

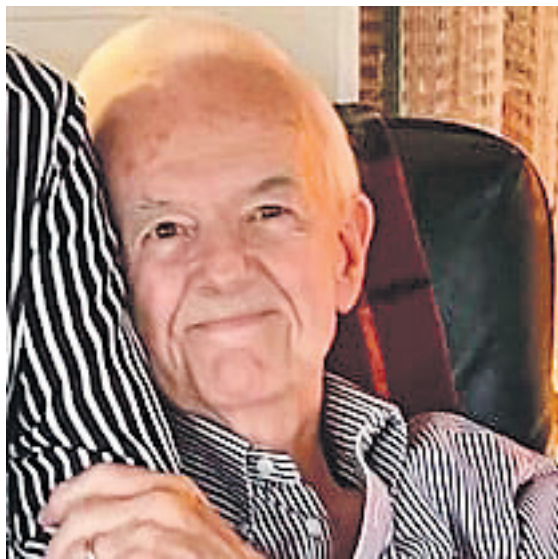
He leaves behind two brothers, Dalbert (Carol) Sweet and Kevin (Donna) Sweet. Siblings Garry Sweet and Jacenia Heiser predeceased him. He has countless relatives on both the Sweet and Pavlus family lines.

Berneal worked as a machinist for 30 years at General Electric in Schenectady. He was an integral part and partner for many years of Jean Sweet Interiors, taking on the role of custom installer. "Bernie" was a passionate, skilled carpenter who tackled many projects including their first home, a barn and renovations of many houses and apartments through the years. He also enjoyed playing golf and visiting with family and friends at the lake.

A funeral service was held Oct. 15 in Johnstown. Interment will be at Evergreen Cemetery in Fonda.

In lieu of flowers, memorial contributions in Berneal's memory may be made to East Stone Arabia United Methodist Church, 1254 Stone Arabia Rd., Fort Plain, NY 13339.

Condolences to the family may be made online by visiting [agcofuneral-home.com](http://agcofuneral-home.com).



Berneal A. Sweet

## Films kids can enjoy this Halloween

Scary movies are a must-see for many Halloween enthusiasts each October. Classic characters like Freddy Krueger, Michael Myers and Jigsaw make their way into millions of people's living rooms each year and serve as testaments to the staying power of scary movies.

A scare might be what many people want on Halloween night, but such movies are best left to teenagers and adults. When it comes to more kid-friendly films this Halloween, parents can give these classics a try.

• **"It's the Great Pumpkin, Charlie Brown" (1966):** Parents can take a stroll down Memory Lane and enjoy this classic that has been entertaining kids for more than half a century. The costumes for the Peanuts gang, most notably Charlie Brown's, elicit a few laughs, while kids will no doubt be in awe as Linus speaks of the Great Pumpkin.

• **"Monsters, Inc." (2001):** Halloween wouldn't be the same without monsters, but the monsters in this beloved Pixar classic are decidedly more kid-friendly and significantly funnier than Frankenstein.

• **"Wallace & Gromit: The Curse of the Were-Rabbit" (2005):** This film based on the British stop motion comedy franchise gave the feature film treatment to Wallace and his dog, Gromit. The film's action is centered around Tottington Hall's annual giant vegetable competition and features enough silliness to keep kids laughing throughout its 85-minute run time.

• **"Scooby-Doo on Zombie Island" (1998):** Youngsters who love Scooby-Doo and his mystery-solving pals are no doubt accustomed to a few lightly scary moments, so this story that unfolds when the gang heads to Louisiana to investigate a haunted mansion is sure to please.

• **"E.T. the Extra-Terrestrial" (1982):** Produced and directed by Hollywood legend Steven Spielberg, this tells the story of a young boy named Elliott who befriends a charismatic extraterrestrial. The film is loaded with memorable scenes and dialogue, and parents who watched it as children will no doubt love the chance to watch their own youngsters' eyes light up at the sight of E.T.



Scary movies are a must-see for many Halloween enthusiasts.



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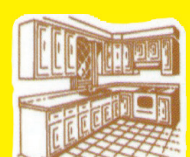

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## The link between diet and breast cancer

Cancer is an insidious disease that affects just about every part of the body, including the breasts. The World Cancer Research Fund International indicates there were more than 2.26 million new cases of breast cancer in women in 2020.

Women understandably want to learn what they can do to reduce their risk of developing breast cancer. One of the first considerations may be analyzing diet and determining if it is affecting breast cancer risk.

A variety of factors affect a woman's risk for developing breast cancer, and certain lifestyle choices, including diet, can play a role. However, according to Healthline, the risk factors with the biggest impact include sex, age and genetics. Lifestyle can influence breast cancer risk but not at the same

levels as genetic markers, family history, gender, or age. However, women interested in doing all they can to stay healthy may want to take a closer look at the foods and beverages that can adversely affect breast cancer risk.

### Healthy diet

Healthy food choices are linked to lower incidences of cancer and other conditions. Susan G. Komen states that eating plenty of fruits and vegetables may be linked to a lower risk of developing breast cancer. A pooled analysis of data from 20 studies found women who ate the most vegetables had a lower risk of estrogen receptor-negative breast cancer (but not estrogen receptor-positive breast cancer) compared to women who ate the least vegetables, according to a 2013 report published in the Journal of the National Cancer Institute. And it doesn't really matter if produce is organic or not. According to the American Cancer Society, the benefits of eating fresh fruits and vegetables outweigh any health risks linked to pesticide residue.

### The complex relationship between fat, sugar and cancer

Though a single food will not lead to higher breast cancer risk, overeating and putting on excess weight can increase risk. That is why it is essential to get plenty of exercise each week and monitor calorie consumption. While women who are in their reproductive years may not see as much breast cancer risk from being overweight or obese, after menopause,

that risk increases, says Susan G. Komen. The risk is not directly related to fatty foods, however. The American Cancer Society says an examination of the amount of fat eaten by women in the United States found no link between fat and breast cancer risk.

In addition, while consuming too much sugar may not be healthy in the long run, it's a myth that "sugar feeds cancer." Eating sugar may lead to weight gain, which may increase the risk of breast cancer, says the ACS.

### Alcohol consumption

One component of diet that has been studied extensively is the effects of alcoholic beverages on breast cancer risk. Susan G. Komen reports that a pooled analysis of data from 53 studies found women who had two to three alcoholic drinks per day had a 20 percent higher risk of breast cancer compared to those who didn't drink alcohol. Alcohol should be limited to one drink per day for the average woman, or none at all, if possible.

Diet is only one factor in the risk for developing breast cancer. While important, there are other components that increase risk by a more significant margin.



Alcohol should be limited to one drink per day for the average woman, or none at all, if possible.

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**60<sup>TH</sup> Wedding ANNIVERSARY**

*Mr. and Mrs. George W. Doxtater Sr.*  
celebrated their 60<sup>th</sup> wedding anniversary on September 29<sup>th</sup>. George and the former Ruth Ann Borst were married on September 29<sup>th</sup>, 1962 at the Ames Parsonage in Ames NY. The Doxtater's have 5 children: George Jr. (Amy) Largo, FL; Jeffrey (Kathy) Rural Grove, NY; Thomas (Tammy) Oppenheim, NY; Shawn (Sarah) St. Johnsville, NY; Tricia (Jonathan) St. Johnsville, NY as well as several grandchildren and great grandchildren.



## Five ways to protect hearing every day

The saying "you don't know what you've got 'til it's gone" is never more true than in regard to hearing. It's easy to take hearing for granted, but even momentary hearing loss can highlight how vital it is to protect hearing.

People rely on headphones or ear buds to listen to music, stream movies or participate in work-related meetings more than ever before. Having the volume too loud can contribute to hearing loss over time.

The Centers for Disease Control and Prevention says five in 10 young people listen to their music or other audio too loudly. Overall, 48 million people in the United States have trouble hearing in one or both of their ears. Johns Hopkins Medical Center reports approximately 15 percent of adults 18 years of age or older report some trouble hearing, and the risk of hearing problems increases with age.

Once it's gone, hearing cannot be restored in many cases.

To protect hearing and guard against future hearing loss, consider these recommendations.

**1. Ask for a baseline hearing test.** It's easier to measure hearing loss if there is a baseline by which it can be measured. During your annual physical, ask for a hearing test or a referral to an audiologist. This can set the course for monitoring progression of any future hearing loss.

**2. Wear hearing protection.** There are various types of hearing protection that can filter out certain levels of sound. Many earplugs, like the ones musicians wear or those worn when attending rock concerts, can reduce the sound by approximately 25 dB. Custom fit ear plugs provide more noise reduction, in upwards of 35 to 40 dB. They are optimal for high-noise environments, such as when mowing lawns or operating machinery, according to the hearing loss resource Hearts for Hearing.

**3. Turn down the volume.** Experts recommend adhering to the 60/60 rule when enjoying audio through headphones. This suggestion is to listen with the headphones at no more than 60 percent volume for no more than 60 minutes a day. Earbuds fit directly next to the eardrum and can be harmful to your hearing. If possible, choose over-the-ear headphones instead.

**4. Have custom molds made.** Rather than turning up the volume, people can have custom ear molds made for use with earphones, suggests Johns Hopkins. The custom ear molds will block outside noise, allowing for higher quality listening.

**5. Keep your ears dry.** Moisture in the ear can cause bacteria to grow and potentially lead to infections. Towel-dry ears gently after showering or swimming. Avoid the temptation to use cotton swabs to dry the ears. For the most part, ears are self-cleaning, and using a cotton swab can push wax and cause it to become compacted in the ear canal.

In addition to these tips, discussing hearing health with a doctor is a wise idea.

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## Paidraig Cundun, the Mohawk Valley's 19th century Irish bard

Paidraig Cundun, the Mohawk Valley's 19th century Irish bard, will perform Nov. 10 at 4 p.m. at the Irish Cultural Center of the Mohawk Valley and online via Zoom. Join them as scholar Tony O'Floinn from Limerick, Ireland, presents his research findings on Mohawk Valley's 19th century bard Padraig Cundun.

The program is free; however, it will be a hybrid live and online presentation. Both will require registration through Eventbrite. To view from the ICC, register at [tinyurl.com/47rert4m](https://tinyurl.com/47rert4m). For the online presentation, register at [tinyurl.com/5dw8wv88](https://tinyurl.com/5dw8wv88).

Pádraig Phiarais Cúndún, born 1777, was an Irish language poet who emigrated to the U.S. from Ballymacoda, Co. Cork, Ireland, in 1825. Having relatives already settled in Deerfield, NY, he settled there along with his wife

Margaret, son Pierce and daughters Eileen, Kathleen and Margaret.

Padraig never learned the English language but would write letters, in Irish, some in poetic form, back to his friends in Ireland. These letters were often an expression of his longing for Ireland as well as expressing his fondness for his new-found home. Many of the letters describe what it may have been like for the Irish immigrant during the mid-19th century in our area.

Presenter Tony O'Floinn is a lecturer at Mary Immaculate College, Thurles campus. He has done extensive research on Cundun and will discuss Cundun's life in both Ireland and Utica, Cundun's view on his life in the U.S. and the significance of his writings.

If possible, program organizers and O'Floinn would like to connect with any of Cundun's descendants.

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<p><b>AMES</b> <b>AMES - SPROUT BROOK UMC</b> 613 Latimer Hill Rd., Ames, NY 13317 518-673-3495 Pastor Jan Markle Sunday Service 9 AM</p> <p><b>CORNERSTONE BAPTIST CHURCH</b> Pastor Todd Lozier Sunday AM Service 10 AM Sunday School/Adult Small Groups 11:15 AM Sunday Evening 6 PM Wednesday PM Service 7 PM Via Zoom email us for the link Youth Group Sunday Evenings during the school year. Family Night - First Sunday Evening of the month from Oct - May 7274 State Highway 10, Ames, NY 13317 www.cornerstoneames.com info@cornerstoneames.com 518-673-3405</p> <p><b>AMSTERDAM</b> <b>THE TIME FOR TRUTH MINISTRIES</b> PO Box 351, Amsterdam, NY 12010 Phone 518-843-2121 Cell 518-774-8558</p> <p><b>CANAJOHARIE</b> <b>CHURCH OF THE GOOD SHEPHERD</b> 26 Moyer St., Canajoharie 518-673-3440 The Rev. Virginia L. Ogden, Rector Sunday Worship 9:30 AM with Communion Church Email: churchgoodshep26@gmail.com Website: www.churchgoodshepherd.com</p> <p><b>UNITED METHODIST CHURCH OF CANAJOHARIE</b> 50 E. Main St. 518-673-2717 Jesus says - "Come Unto Me" Join us - Special Music Ministry, Beautiful Surroundings, Friendly People Sunday Service 10:30 AM Email: umc673@frontiernet.net Communion Last Sunday of the Month</p> <p><b>ST. JOHN'S &amp; ST. MARK'S LUTHERAN CHURCH</b> 143 Church St., Canajoharie 518-673-2224 Pastor A. Elisabeth Aurand Remote &amp; In-Person Sunday Worship 11 AM; email for link stjmc-canajoharie.org office@stjm-canajoharie.org</p> <p><b>REFORMED CHURCH OF CANAJOHARIE</b> 15-19 Front St., Canajoharie 518-673-2816 Rev. Matt Draffen, Senior Pastor Rev. James Peck, Jr., Associate Pastor Saturday Evening Worship 4:30 PM Sunday Worship 10 AM, Adult Bible Study 9 AM Sunday, Coffee Hour immediately following Sunday service. www.canjoreformed.org</p> <p><b>FAITH, HOPE AND LOVE CHURCH</b> Rev. David W. Bowley, Pastor Sundays, 5 PM at the Upstate Chapel 63 Cliff St, Canajoharie Call 518-673-5128 or see Facebook "Faith, Hope and Love Christian Church" and our website http://faithhopeandlovechurch.com</p>	<p><b>NEW BEGINNINGS BIBLE CHURCH</b> 63 Cliff St., Canajoharie, NY 13317 Pastor Larry Alkinburgh 518-848-4816 pastor@newbeginningsbc.org Sunday School 9:15 AM Worship Service 10:30 AM</p> <p><b>CHERRY VALLEY</b> <b>CHERRY VALLEY ASSEMBLY OF GOD</b> 37 Alden St., Cherry Valley 607-264-3306 Pastor David Carpenter, Jr. Sundays 9:30 AM</p> <p><b>ST. THOMAS THE APOSTLE CATHOLIC COMMUNITY</b> 1 Church St., Cherry Valley 607-264-3779 Masses Sunday mornings at 8:30 AM &amp; 11 AM</p> <p><b>GRACE EPISCOPAL CHURCH</b> 24 Montgomery St., Cherry Valley 315-858-4016 Fr. Kyle Grennen, Rector Holy Eucharist 11 AM Sunday school 11 AM Fully handicap accessible Active youth group - call for details Facebook: Grace Episcopal Church Cherry Valley</p> <p><b>COLD BROOK</b> <b>COLD BROOK UNITED METHODIST CHURCH</b> 467 Main St. Sunday Worship 10:30 AM</p> <p><b>NEW LIFE CHAPEL OF THE AEA</b> 3447 St. Rt. 8 Pastors: Rev. Gail &amp; Rev. Mike Jay 315-826-7115 Sunday Worship 10:30 AM Intercessory Prayers Tuesday 7 PM (please call to confirm)</p> <p><b>DOLGEVILLE</b> <b>NEW HOPE CHRISTIAN FELLOWSHIP</b> Pastor Peter Spiak 32 Spencer St. • 315-429-3630 Sunday School 9:30 AM Sunday Worship 10:30 AM Tuesday Bible Study 7 PM</p> <p><b>GRACE BAPTIST CHURCH OF DOLGEVILLE</b> Pastor Len Byerly 12 Van Buren St. Morning Worship 11-12:30 PM Lunch 12:30-2 PM Afternoon Worship 2-3 PM</p> <p><b>DOLGEVILLE UNITED METHODIST CHURCH</b> Pastor Matt Worley 21 N. Helmer Ave. Church Phone 315-429-7381 Sunday Church Service Oppenheim @ 10 AM Dolgeville @ 11 AM</p> <p><b>DOLGEVILLE CHRISTIAN FELLOWSHIP</b> Pastor Marvin Isum 3 Elm St. Phone 315-429-8390 Sunday Worship 10:30 AM Mid-week Service Tuesday 7 PM www.dolgevillechristianfellowship.org</p> <p><b>UNITED LUTHERAN PRESBYTERIAN PARISH</b> 26 E. Faville Ave. Worship 11 AM</p>	<p><b>ST. JOSEPH'S ROMAN CATHOLIC CHURCH</b> 31 N. Helmer Ave., Dolgeville, NY Phone 315-823-3410 Sunday Mass 9AM</p> <p><b>EAST SCHUYLER</b> <b>CHRISTIAN ASSEMBLY OF SCHUYLER</b> Pastor Mark Sowersby 3659 Route 5, East Schuyler Sunday Worship 10:30 AM Wednesday Night 6:30 PM Phone 315-895-0926 Christianassemblyofschuyler.com</p> <p><b>EPHRATAH</b> <b>EPHRATAH REFORMED CHURCH</b> 140 Co. Hwy. 140, Ephratah, NY To live and share Jesus Christ both locally and globally. Everyday. Everywhere. Everyone. Pastor Jeff Hindrliter Sunday School for all ages 10 AM September-June Sunday Morning Worship 11 AM Prayer &amp; Praise Thursdays 7 PM</p> <p><b>ESPERANCE</b> <b>ESPERANCE PRESBYTERIAN CHURCH</b> 129 Church St., Esperance NY 12066 Sunday Worship 9:30 am Rev. Bert Mayne Simple, friendly, conservative worship in a beautiful 1824 sanctuary</p> <p><b>FONDA</b> <b>SAINT CECILIA CHURCH</b> 26 Broadway, Fonda 518-853-4195 Sunday Worship 9 AM</p> <p><b>NATIONAL KATERI TEKAKWITHA SHRINE AND INDIAN MUSEUM</b> 3636 St. Hwy. 5, PO Box 627 Fonda, NY 12068-0627 518-853-3646 Weekly Masses: Sat. 4:30 PM, Sun. 10:30 AM friars@katerishrine.com www.katerishrine.com</p> <p><b>FORT PLAIN</b> <b>AMAZING GRACE BAPTIST CHURCH</b> 131 Clark Rd., Fort Plain 518-568-7606 Pastor Frank Calabrese Sunday School 10 AM, Morning Service 11 AM, Sun. &amp; Wed. Eve. Service 6 PM, Youth Group Wed. 6:30 PM, Sat. Visitation 10 AM www.amazinggracebc.org</p> <p><b>GRANDVIEW BAPTIST CHURCH</b> 15 Washington St., Fort Plain 518-993-9929 Pastor Sean Morin Sunday School 10 AM Morning Service 11 AM Bible Study &amp; Prayer Meeting, Wednesday 6:30 PM</p> <p><b>ST. PAUL'S LUTHERAN CHURCH</b> 36 Lydius St., Fort Plain, NY 13339 518-993-2040 Pastor Jonathan Litzner 405-250-8395 Church Service 11 AM</p>	<p><b>ST. JOHN'S LUTHERAN CHURCH</b> 774 St. Hwy. 163, Fort Plain, NY 518-705-7552 Rev. David A. Johnson, Ph.D. Sunday Worship 9 AM, Sunday School 10 AM, Ladies Aid W.E.L.C.A. Handicapped Accessible</p> <p><b>REFORMED CHURCH OF FORT PLAIN</b> 165 Canal St., Fort Plain, NY 13339 518-993-4302 fortplainrca@yahoo.com Rev. Nancy E. Ryan Worship 11 AM, AA meetings Mon. &amp; Tues. 7 PM, Emergency Food Pantry 518-993-4302</p> <p><b>VICTORIOUS LIFE CHURCH RMI FELLOWSHIP</b> 104 Main St. &amp; 431 St. Hwy. 80 Fort Plain, NY 518-993-3102 Sunday School 9 AM, Morning Worship 10:30 AM, Youth Group 5 PM, Evening Worship 7-8 PM</p> <p><b>FORT PLAIN UNITED METHODIST CHURCH</b> 39 Center St., Fort Plain Audie Miller, Lay Supply Pastor Church Office 518-993-3863 Kitchen 518-993-3464 ALL WELCOME, Worship Service 11AM</p> <p><b>OUR LADY OF HOPE R.C. CHURCH</b> 115 Reid St., Fort Plain, NY 13339 Parish Office 518-993-3822 ourladyofhope@frontier.com Mass Schedule: Saturday, 4 PM; Sunday, 9:30 AM; Confessions: Sat. 3 &amp; by appointment Please call parish office for Holy Day schedule</p> <p><b>FREYSBUSH UNITED METHODIST CHURCH</b> Freysbush Rd., Fort Plain 518-429-9936 or 518-424-8488 Worship 9 AM, Sunday School 10 AM ALL ARE WELCOME</p> <p><b>FRANKFORT</b> <b>OUR LADY QUEEN OF APOSTLES</b> 414 Frankfort St., Frankfort, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 4 PM (May - October); Sunday 9 AM; Tuesday &amp; Thursday 9 AM</p> <p><b>FULTONVILLE</b> <b>FONDA FULTONVILLE UNITED METHODIST CHURCH</b> Pastor Kathy Reese Sunday worship and Sunday school 10AM Outdoor service: 11 Montgomery Street, Fultonville, May-Early Sept. (byo - chair) Indoor service: Winter and inclement weather Glen Town Hall, 7 Erie Street, Fultonville Community Outreach is very important to us <b>518 853-3311</b></p> <p><b>FULTONVILLE REFORMED CHURCH</b> Corner of 5S &amp; 30 Pastor Jane Hubschmitt Sunday School 10 AM Family Worship 10:30 AM</p>	<p><b>GLEN</b> <b>GLEN REFORMED CHURCH</b> State Hwy 161 in the Hamlet of Glen 4 miles South of Fultonville glenreformed@nycap.rr.com Sunday Worship at 9. Sunday School immediately following Children's Message</p> <p><b>HERKIMER</b> <b>SS PETER and PAUL ORTHODOX CHURCH</b> Fr Vasil Dubee &amp; Fr Dn Demetrius Richards 305 Main Rd., Herkimer Phone 315-866-3272 Saturday Vespers - 5 PM (spring/summer months) 4 PM (fall/winter months) Sunday Divine Liturgy 9:30 AM Sundays</p> <p><b>TEMPLE BETH JOSEPH</b> 327 N. Prospect St. Phone 866-4270 Friday 7 PM</p> <p><b>ST. FRANCIS de SALES CHURCH</b> Rev. Mark Cunningham, Pastor 219 N. Bellinger St. Phone 866-4282 Saturday Vigil Mass 4 PM Sunday Mass 8 AM</p> <p><b>CHURCH OF SAINTS ANTHONY and JOSEPH</b> 229 S. Main St. Phone 866-6373 Sunday Mass 10 AM No Saturday Vigil</p> <p><b>REDEEMER CHURCH</b> Pastor Michael Servello 931 Herkimer Rd., Utica, NY 13503 Phone 792-4748 Saturday 6 PM • Sunday 9 &amp; 11 AM</p> <p><b>OAK RIDGE FREE METHODIST CHURCH</b> Pastor Chris Schumske 838 W. German St. Worship Service for adults &amp; children 8:30 AM &amp; 10:30 AM with Ridgekids for the children (0-5th grade) Phone 866-0575</p> <p><b>UKRAINIAN ORTHODOX CHURCH OF ST. MARY'S PROTECTRESS</b> 326 Moore Ave. Sunday Divine Liturgy 10 AM Holy Day Liturgy 9 AM Phone 866-1336</p> <p><b>NEW LIFE CHURCH</b> Pastor David Hayner 337 Protection Ave. Phone 866-1164 • www.nlc-mc.org Worship 10 AM Wednesday Worship 6:30 PM</p> <p><b>THE SALVATION ARMY</b> Lieutenants Derrick and Heather Purvis 431 N. Prospect St. Phone 866-1240 Facebook.com/TheSalvationArmyHerkimer Sunday School 10 AM Morning Worship 11 AM</p> <p><b>FIRST UNITED METHODIST CHURCH OF HERKIMER AND LITTLE FALLS</b> Pastor Joelle Faulks Prospect St &amp; Park Ave. Sunday Worship and Sunday School 9 AM</p>	<p><b>HERKIMER REFORMED CHURCH</b> 102 Church St. Phone 866-1523 Worship 9:30 AM Shepherd's Table: Tuesday 11:30-12 PM</p> <p><b>TRINITY EVANGELICAL LUTHERAN CHURCH</b> Corner of West German &amp; Henry Streets Phone 315-866-6474 Sunday Worship Services 10 AM in person and virtually on Zoom, YouTube &amp; Facebook Bible Studies Thursday mornings 10 AM on Facebook</p> <p><b>THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS</b> 317 Gros Blvd., East Herkimer 315-866-8095 Sunday Sacrament Meeting 10 AM Sunday School/Primary 11 AM - Visitors welcome - Family History Center, open by appointment</p> <p><b>ILION</b> <b>ILION COMMUNITY CHURCH</b> Pastor Dean Mabry 44 Central Plaza Sunday Worship 10 AM Child Care/Kids Church Available ilionchurch.com</p> <p><b>SAINT AUGUSTINE'S EPISCOPAL CHURCH</b> 78 2nd Street Phone: 680-322-1034 or 315-895-0363 Email: staugustine3@gmail.com Sunday Services at 10 AM</p> <p><b>FIRST PRESBYTERIAN CHURCH</b> 90 Morgan St., Ilion, NY, 13357 Reverend Richard Riggle Bible Study 9:30 AM Church Service 10:30 AM 315-894-2070</p> <p><b>FIRST BAPTIST CHURCH</b> 8 Second Street Reverend John Partise Wednesday Mid Week Service 7 PM Sunday Morning 11 AM</p> <p><b>JESUS NEVER FAILS COMMUNITY CHURCH</b> Reverend Hans Drews 1161 Elizabethtown Rd., Ilion, NY 13357 518-568-7983 hansandrosaline@yahoo.com Sunday Service 11 AM</p> <p><b>MORNING STAR UNITED METHODIST CHURCH</b> 36 Second Street Pastor Joelle Faulks Sunday Worship 10:30 AM November 1 - May 1 4224 Acme Rd, Frankfort May 1 - November 1 36 Second Street, Ilion</p> <p><b>ANNUNCIATION CHURCH</b> 109 West Street, Ilion, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 4 PM (November - April); Sunday 11:30 AM; Monday &amp; Wednesday 9 AM</p>
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<p><b>JOHNSTOWN</b> <b>CHURCH OF THE NAZARENE</b> 3316 St. Rt. 29 W, Johnstown, NY 12095 Offices: 518-762-2982 Cell: 857-523-8417 Pastor, Rev. Mark Fowler Sunday Morning Service 11 AM Sunday School for All Ages 10 AM</p> <p><b>JOHNSTOWN FIRST</b> <b>PRESBYTERIAN CHURCH</b> 37 South Market St. Johnstown, NY 12095 518-762-8263 office@johnstownpresbyterian.org Pastor George W. 'Blake' Blakesley Church Service 10:30 AM in person, Zoom and Facebook Please call for more information about our free community lunch, thrift store &amp; personal care shelf.</p> <p><b>LASSELLSVILLE</b> <b>LASSELLSVILLE</b> <b>UNITED METHODIST CHURCH</b> State Hwy. 29 Pastor Robert A. Lindsay Worship: Sunday 9:30 AM Sunday School to start soon</p> <p><b>LITTLE FALLS</b> <b>FIRST BAPTIST CHURCH</b> 555 Albany St. 315-823-3392 Morning Worship 9:45 AM Rev. Chris J. Wintermute, Lead Pastor Rev. William Whalen, Associate Pastor Nursery (infants through age 4) Meet and Greet Sunday at 8:00 AM Sunday School Classes 8:30 AM (nursery through adult) **Our Service is aired on 100.3 FM, 91.1 FM &amp; 88.7 FM on Sundays from 11-12 with a 1 week delay. **LIVE on Facebook: "gingerleecase" account- 9:45 am on Sundays</p> <p><b>ST. PAUL'S UNITARIAN</b> <b>UNIVERSALIST CHURCH</b> Minister Jeffrey J. Frank Mark Bunce, Organist 565 Albany St., Little Falls, NY Phone 315-823-2284 Sunday Service &amp; Religious Education 10 AM</p> <p><b>FIRST ASSEMBLY OF GOD</b> Senior Pastor Timothy Parisi 559 E. Jefferson St. Phone 823-4043 • firstaglf@gmail.com Sunday Morning All Worship 10 AM Thursday Bible Study 6:30 PM</p> <p><b>HOLY FAMILY PARISH OF THE</b> <b>ROMAN CATHOLIC COMMUNITY OF</b> <b>LITTLE FALLS</b> Father Brian Slezak 763 E. Main St., Little Falls, NY Phone 315-823-3410 Saturday Vigil Mass 4 PM Sunday Mass 10:30 AM</p> <p><b>HOLY TRINITY LUTHERAN CHURCH</b> 512 E. Gansevoort St. Sunday School 9:15 AM Sunday Worship 9:30 AM Wednesday Worship 11 AM &amp; 6 PM</p>	<p><b>EMMANUEL EPISCOPAL CHURCH</b> 588-594 Albany St. Sunday Schedule: High Mass, Rite II 10 AM Nursery &amp; Sunday School 9:45 AM (Sept.-May) Fellowship Coffee Hour 11:15 AM Choir Rehearsal 11:30 AM Holy Day Masses as announced Confessions by appointment</p> <p><b>FIRST PRESBYTERIAN CHURCH</b> Pastor Tamara Razzano 16 Jackson St. Phone: 315-823-3004 Email lffirstpres@gmail.com www.presbylf.org Sunday Worship 10 AM Sunday School 10 AM</p> <p><b>INGHAMS MILLS BAPTIST CHURCH</b> Rev. Gary L. Busch, Pastor Sunday Worship Service 10 AM 443 Inghams Mills Rd. Little Falls, NY 13365 Pastor's Phone (315) 717-9936</p> <p><b>THE HOLY SPIRIT POLISH</b> <b>NATIONAL CATHOLIC CHURCH</b> 618 E. Gansvoort St., Little Falls, NY 315-823-0793 Father Rafal Dadello Mass at 11 AM on Sunday www.holyspiritpncc.org</p> <p><b>MARSHVILLE</b> <b>MARSHVILLE EVANGELICAL CHURCH</b> Route 10 South Pastor Mark Fowler Worship Sunday 9 AM</p> <p><b>MIDDLEVILLE</b> <b>MIDDLEVILLE UNITED</b> <b>METHODIST CHURCH</b> 24 Fairfield St. Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 8:30 AM Thursday Bible Study 2 PM</p> <p><b>MOHAWK</b> <b>DENNISON CORNERS</b> <b>COMMUNITY CHURCH</b> Pastor Donald King 219 Robinson Rd. • Phone 866-5215 Sunday: Sunday School 9:45 AM Morning Worship 11 AM Evening Worship 6 PM Wednesday Prayer 7 PM</p> <p><b>MOHAWK REFORMED CHURCH</b> Rev. Brian Engel, Pastor 20 S. Otsego St. Phone 866-4292 Email mohawkpastor@verizon.net Follow us on Facebook Morning Worship: 10:30 AM Sept. - June • 9:30 AM July-Aug. Youth Sunday School (Pre-K - Sr. High) 9 AM Adult Sunday School (Men, Women &amp; Couples) 9:30 AM September - June</p> <p><b>EMMANUEL BIBLE CHURCH</b> Pastor Gary Wilcox 54 W. Main St. • Phone 717-3011 Worship and Word: Sunday 10:30 AM Fellowship Lunch: 12:30 PM Discipleship Hour: Sunday 1:30 PM Bible Study &amp; Prayer: Wednesday 6 PM</p>	<p><b>CHURCH OF THE BLESSED</b> <b>SACRAMENT</b> Sr. Mary Jo Tallman, CSJ, Parish Life Director Rev. Leo Potvin, Sacramental Minister 71 E. Main St. Phone 866-1752 Sunday Mass 9:30 AM</p> <p><b>CHRISTIAN BIBLE CHURCH</b> H. Ed Reed, Pastor/Teacher 167 Ward Rd. • Phone 858-1282 www.christianbiblechurch.us Sunday School 9 AM Sunday Worship 10 AM Wednesday Bible Study &amp; Prayer Meeting 7 PM</p> <p><b>THE WORD CHRISTIAN CENTER</b> Pastor Dan Annutto 27 E. Main St. • Phone (315) 985-3596 Sunday Services at 10 AM Intercession - Tuesdays at 6 PM</p> <p><b>NELLISTON</b> <b>VALLEY ALLIANCE CHURCH</b> 85 E. Main St., Nelliston 518-993-3458 Pastor Ken Gies Sunday School (all ages) 9:15 AM, Sunday Worship 10:30 AM, Wed. Praise &amp; Prayer 7 PM, Fri. Youth Group 7 PM (7-12th grade)</p> <p><b>NEWPORT</b> <b>FIRST BAPTIST CHURCH</b> <b>OF NEWPORT</b> 7497 Main Street Pastor's Phone 315-790-1877 Sunday Worship at 9:45 AM</p> <p><b>UNITED METHODIST</b> Pastor Robbin Harris • Phone 845-8730 Morning Service 11:15 AM</p> <p><b>KUYAHOORA COMMUNITY CHURCH</b> Pastor Dwayne Durand West Canada Valley High School Auditorium 5447 St. Rt. 28 Mailing Address PO Box 50 Middleville, NY 13406 Phone 315-292-1303 www.kuyahorracc.org Weekly Service Sunday 10:08 AM</p> <p><b>ST. JOHN THE BAPTIST</b> <b>CATHOLIC CHURCH</b> St. John the Baptist Parish 7516 N. Main St. • Phone 845-8017 Saturday Vigil 4 PM Sunday Mass 8:30 AM</p> <p><b>OPPENHEIM</b> <b>OPPENHEIM</b> <b>UNITED METHODIST CHURCH</b> Route 29 Pastor Matt Worley 315-429-7381 Worship 10 AM Sundays, Totally Awesome God-TAG time 6:30 PM Wednesdays beginning in Oct., Sunday School 9 AM beginning September 18th</p>	<p><b>PAINES HOLLOW</b> <b>PAINES HOLLOW</b> <b>UNITED METHODIST</b> Lay Servant Gregg Sponburgh Rtes. 167 &amp; 168 • 315-866-1128 Worship 9-10AM</p> <p><b>PALATINE BRIDGE</b> <b>TRINITY EVANGELICAL LUTHERAN</b> <b>CHURCH OF STONE ARABIA</b> 5430 St. Hwy. 10, Palatine Bridge, NY Pastor A. Elisabeth Aurand Sunday In Person Worship 9 AM; email for link office@stjm-canajoharie.org 518-673-2224</p> <p><b>THE HOUSE OF ZION, INC.</b> 580 Dillenbeck Rd., Palatine Bridge 518-577-3069 Pastors Richard &amp; Denise Allen Saturday Morning Worship Service 11:30 AM Listen to UMT on live radio 97.5FM the 1st Sunday of every month 3-4 PM</p> <p><b>RANDALL</b> <b>RANDALL CHRISTIAN</b> <b>COMMUNITY CHURCH</b> NY Rte. 5S Sunday Service 10:30 AM Worship Leader Darlene Spaulding</p> <p><b>RICHFIELD SPRINGS</b> <b>CHURCH OF CHRIST UNITING</b> PO Box 896, Richfield Springs, NY 13439 Rev. Casey Bradley • 315-858-1553 Service: Sunday 9:15 AM Church School: Sunday 9:30 AM</p> <p><b>RICHFIELD SPRINGS BIBLE CHURCH</b> 19 Church St., Richfield Springs, NY 13439 Rev. David Tosi • 315-858-0564 Sunday School (all ages) 10 AM Wor- ship Service 11 AM &amp; 7 PM Wednesday - Prayer &amp; Praise Call for info on various Youth Ministries www.richfieldspringsbiblechurch.org</p> <p><b>SALISBURY CENTER</b> <b>FULL GOSPEL ASSEMBLY OF GOD</b> Pastor Robert Brent 106 Plant Road Sunday Worship 11 AM with Children's Church offered during the service</p> <p><b>SALISBURY CENTER</b> <b>UNITED METHODIST CHURCH</b> 2545 State Route 29 Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 10 AM Thursday Bible Study 6 PM</p> <p><b>SLOANSVILLE</b> <b>SCHOHARIE VALLEY</b> <b>GOSPEL CHURCH</b> Pastor Pat Andreoli 133 Sprakers Rd., Sloansville, NY 518-864-5397 svgchurch@gmail.com Wednesday Prayer 6 PM; Sunday Morning Bible Study 9:45 AM; Worship Service Sunday Morning 10:30 AM</p>	<p><b>SPRAKERS</b> <b>CHRISTIAN CHURCH OF</b> <b>CHARLESTON FOUR CORNERS</b> 1380 E. Lykers Rd., Sprakers 518-922-9088 Pastor Brett Popp Sunday School (ages 3-adult) 9:45 AM Worship 11 AM Sunday Prayer Meeting 5:30 PM Thu. Evening of Encouragement &amp; Community Kid's Bible Club 6:30 PM</p> <p><b>THE CHRISTIAN CHURCH</b> <b>OF RURAL GROVE</b> 170 Rural Grove Rd., Sprakers, NY 12166 518-922-7831 Pastor Joshua Fetterhoff pastorjosh@ruralgrovechurch.org Sunday School (all ages) 9:45 AM, Morning Service 11 AM, Eve. Service 6 PM, Wed.-Family Night 7 PM, "Where Bible Teaching is Fundamental"</p> <p><b>REFORMED CHURCH OF SPRAKERS</b> 112 Sprakers Hill Rd. Rev. Nancy Ryan Worship ~ 9 AM All Welcome!!!</p> <p><b>CURRYTOWN REFORMED CHURCH</b> 829 St. Hwy. 162, Sprakers 518-922-8422 Rev. Donald Hoaglander Visiting Pastor Jane Hubschmitt 518-705-2201 Sunday School 9:15 AM Worship Service 10 AM</p> <p><b>RIVER OF JUBILEE CHURCH</b> 5057 St. Hwy. 5 S, Sprakers, NY 12166 Pastor: Gail Adamoschek Pastor: Steve Adamoschek 518-322-1427 / 518-224-4455 Sunday Service 10 AM Children's Church Available Other Learning Opportunities Available Visit us on Facebook</p> <p><b>SPRINGFIELD CENTER</b> <b>ST. MARY'S EPISCOPAL CHURCH</b> 7690 Rt. 80, Springfield Center 315-858-4016 Fr. Kyle Grennen, Priest-in-Charge Sunday Eucharist, 9:30 AM Coffee - Fellowship follows service Holy Days - as announced</p> <p><b>FIRST BAPTIST CHURCH</b> Springfield Center, NY Rev. Terence Brant 607-264-3035 Sunday School 10 AM Morning Worship 11 AM Wed. night Bible Study 7 PM</p> <p><b>ST. JOHNSVILLE</b> <b>BETHESDA FELLOWSHIP</b> 34 S. Division St., St. Johnsville, NY 13452 518-568-2678 Summer Schedule Sunday Worship 10 AM Wed. Worship and Prayer 6 PM</p>	<p><b>ST. PAUL'S LUTHERAN CHURCH</b> 32 W. Main St., St. Johnsville, NY (next to NBT Bank) 518-568-3007 Church 518-568-2405 Parsonage Rev. David Johnson Sunday Worship 10:30 AM, Tues. Bible Bungee-Jumping 7 PM, "Bible Study" that actually makes sense! A Vibrant, Welcoming Community of Faith &amp; Vision</p> <p><b>SEEKER'S FELLOWSHIP</b> 14 Park Place, St. Johnsville, NY 13452 518-568-7700 • Pastor Mike Yezierski Sunday Worship 6 PM, Tues. Prayer 7 PM, Bible Study 7 PM (Wed., Thurs. &amp; Fri.) We teach the fullness of God's Word, a life of holiness for the believer, and salvation for all who trust in Christ's sacrifice.</p> <p><b>JOY FELLOWSHIP</b> 296 Co. Hwy. 119, St. Johnsville, NY 13452 518-568-3217 • William Hayes, Pastor Joyce Loughran, Assistant Pastor Sunday School 9 AM, Morning Worship 9:30 AM Wednesday Evening Worship 6:30 PM</p> <p><b>ST. JOHN'S METHODIST CHURCH</b> 7 East Main St., St. Johnsville, NY 13452 Pastor Corey Jones 518-568-7983 • 315-866-8626 Worship Sunday 3 PM</p> <p><b>EVERLASTING JOY</b> <b>BELIEVERS FELLOWSHIP</b> 14 Park Place (in with Seekers Fellowship) St. Johnsville, NY 13452 315-858-2112 • Pastor Carolee Coye Sunday Service 10 AM</p> <p><b>ST. JOHN'S REFORMED CHURCH</b> 68 W. Main St., St. Johnsville 518-568-7396 Faithfully Following Jesus Christ Sunday Worship 10:30 AM</p> <p><b>GRACE CHRISTIAN CHURCH</b> Pastor Michael Torres 20 Center St., St. Johnsville, NY 13452 518-775-0366 Email gccpcastor2021@gmail.com</p> <p><b>STRATFORD</b> <b>STRATFORD UNITED</b> <b>METHODIST CHURCH</b> 1511 State Route 29A Sunday Worship 8:30 AM Broadcast on 95.9 FM within 2 miles of church Pastor Matt Worley</p> <p><b>LIGHTHOUSE BAPTIST CHURCH</b> 1524 St. Rt. 29A, PO Box 114 Stratford, NY 13470-0114 315-429-8854 • Pastor Martin Smith Sunday Morning Worship 10:30 AM; Wed. Eve. Prayer Meeting 6 PM; 2nd &amp; 4th Sunday Dinner following Morning Service with Afternoon Service following dinner "Old-Fashioned Bible Preaching"</p> <p><b>TRIBES HILL</b> <b>SACRED HEART CATHOLIC CHURCH</b> 111 3rd Ave., Tribes Hill 518-829-7301 Mass Saturday 4 PM</p>
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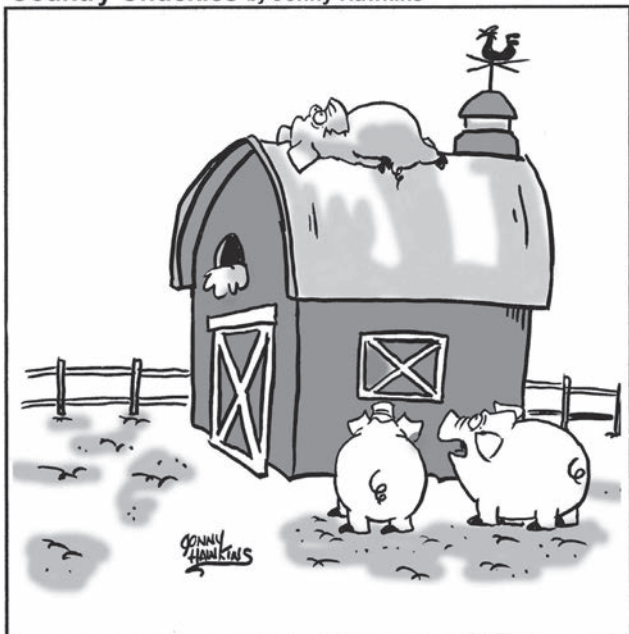
518-993-3834



## The value of mulched leaves

Homeowners who don't look forward to dusting off their rakes each fall might be happy to learn that mulching fallen leaves with a mower may be a healthier and less labor intensive way to confront a yard covered in leaves. For 20 years, turfgrass specialists at Michigan State University studied how lawns reacted to having ground up leaves left on the lawn and the results were overwhelmingly positive. Researchers found that tiny pieces of mulched leaves eventually sifted down through the turf and provided the lawn with essential nutrients. Mulched leaves also served to control future weed growth by covering up bare spots between turf plants. Such spots typically provided openings for weed seeds to germinate and ultimately infect lawns. In fact, researchers found that mulching leaves for just three years could produce a nearly 100 percent decrease in dandelion and crabgrass growth. Homeowners with mulching mowers that also have bags can even help their gardens by alternating using the mower with and without the bag on once leaves begin to fall. When mowing with the bag on, mulched leaves can then be used as mulch in landscape beds and vegetable gardens.

Country Chuckles by Jonny Hawkins



"Sun-baked ham is less desirable than honey-baked ham."



### Mental Health Therapy

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### FARM STORE BUNDLE

**\*Banners** 2-Sided, Full Color: See Pricing List  
**\*\*Feather Banners** w/Cross Stake Pole:  
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# Community Calendar

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

## 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 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 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 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@fortplain-museum.org

## 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](http://www.herkimer.edu/openhouse). For more information, contact the Admissions Office at 315.574.4028 or [admissions@herkimer.edu](mailto: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](mailto:nmsmokeyjoe@aol.com).

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

**Holy Trinity Lutheran Church Annual Harvest Dinner** at 512 E. Gansevoort Street, Little Falls. 4-6 p.m. Take out only. \$9 adults. \$4 children ages 5 to 12. Free for children under 5. Pre orders are preferred. Call the church at 315.823.4091 and leave a message - include your name, phone number and order.

**Taste of Chocolate** 6-7:30 p.m. at Saint Cecilia's Church Hall, 26 Broadway, Fonda. \$5 adults/10 pieces chocolate. \$2.50 children/five pieces chocolate. children aged 12 and younger. Over 55 themed baskets \$1/raffle tickets. Tickets available in advance at the library, raffle to immediately follow event. Live music by Daryl Kosinski & Friends. Call Frothingham Free Library at 518.853.3016.

## 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.

**Dress in the Gilded Age with Caitlin Sheldon** 6:30 p.m. at The Enders House, Schoharie Crossing, Fort Hunter. Contact David Brooks at 518.829.7516.

## 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.

**Herkimer County Public Health vaccination clinic for monkeypox and COVID-19** 9 a.m. - 12 p.m. by appointment only at Herkimer County Public Health's main office on the 3rd floor of 301 N. Washington Street in Herkimer. Additional time slots may be available. Schedule an appointment by contacting Herkimer County Public Health at 315.867.1176.

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

## 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](mailto:fortplainmuseum@yahoo.com) Visit [fortplainmuseum.org/events](http://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 Ver-cz 315.866.6791 or [pvercz@twcnj.rr.com](mailto:pvercz@twcnj.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.

**Dolgeville United Methodist Church Ham Dinner** 3 p.m. \$12 adults. \$6 children. For more information, call 315.429.7381.

**Herkimer Halloween** 4:30-8 p.m. in Herkimer. 4:30 p.m. Costume Parade down Main Street, Park Avenue to Myers Park. 5-8 p.m. Trick or Treating in Myers Park. DJ Photo Booth. Refreshments. Fun for everyone. Visit [www.HerkimerBPA.com](http://www.HerkimerBPA.com).

## OCTOBER 31

**Canajoharie Kindergarten Annual Parade** 11 a.m. at Arkell Community Center, Canajoharie. Contact Program Director Joan Cimino at 518.673.4408.

## NOVEMBER 3

**Dolgeville United Methodist Church Sip and Paint** fundraiser with Jill Rae of Easels on the Gogh at 6:30 p.m. Paint a holiday scene to take home. \$35 per person. To RSVP, call Caryl at 315.429.8660. Proceeds benefit church's annual "Free Christmas Community Dinner" held in December.

**Herkimer County Community College Board of Trustees Executive Committee** meeting 4:30 p.m. in the Classroom Administration building, room 243.

## NOVEMBER 5

**Annual Christmas Carousal** at the Morning Star United Methodist Church, 36 Second St., Ilion 9 a.m. to 3 p.m. Parking in the Second Street parking lot. Handicap accessible by using the Morgan Street entrance. Soup and sandwich luncheon 11:30 a.m. to 1:30 p.m.

**Craft Fair, Basket Raffle and Bake Sale** 9 a.m. - 4 p.m. at Salisbury Center Universalist Church, State Route 29A. Vendors. Raffles. Food. Free admission.

## NOVEMBER 6

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

## NOVEMBER 8

**Johnstown First Presbyterian Church annual Election Day spaghetti supper** 4 to 7 p.m. at First Presbyterian Church, 37 S. Market St., Johnstown. Adults \$13. Children 5-12 \$6. Free children under five. Dinner is fundraiser to benefit the church's community lunch program. For more information on the community lunch program contact the church at 518.762.8263.

## NOVEMBER 10

**Kilts Farm Chicken Dinner** 4-7 p.m. or until sold out at Ephratah Rod and Gun Club, 372 NY Route 67, Fort Plain. \$14 per dinner. Eat in or take out. Benefiting The Kilts Farm (Skip Barshied's Place) restoration project.

**Business Showcase Sip & Shop** 3-7 p.m. at Francesca's Banquet Hall, 144 East Main St. Ilion. For more information, call Herkimer County Chamber of Commerce at 315.866.7820.

**Herkimer County Community College Board of Trustees special meeting** 6 p.m. in the Classroom Administration building, room 243.

**Paidraig Cundun - Mohawk Valley's 19th Century Irish Bard** to perform 4 p.m. at the Irish Cultural Center of the Mohawk Valley and Online via Zoom. Program is free but requires registration. To view at ICC, register at [tinyurl.com/47rert4m](http://tinyurl.com/47rert4m). For the online presentation, register at [tinyurl.com/5dw8wv88](http://tinyurl.com/5dw8wv88)

## NOVEMBER 12

**Elizabeth Cady Stanton Women Consortium** 1 p.m. on the occasion of Elizabeth's Birthday at the First Presbyterian Church, 37 S. Market St., Johnstown. Free event. Meet Matilda Joslyn Gage, friend and fellow conspirator of Stanton. Renee-Noelle Felice is a living historian from Syracuse, who portrays Gage.

**Central Valley Central School District Foundation second annual Turkey Trot road race** on the Erie Canal Trail at German Flatts Town Park, 555 State Route 5S, Mohawk. Registration fee for the walk and 5k race is \$30. Visit [tinyurl.com/4td5e6w5](http://tinyurl.com/4td5e6w5) to register. For additional information contact Melanie Crisino, race coordinator, at 315.723.9202.

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

## NOVEMBER 14

**Herkimer County Community College Board of Trustees regular meeting** 6 p.m. in the Robert McLaughlin College Center, room 282.

## NOVEMBER 17

**Business After Hours Pet Passages.** For more information, call Herkimer County Chamber of Commerce at 315.866.7820.

**Take a Towpath Hike** 1 p.m. Visitor Center, Schoharie Crossing, Fort Hunter. Contact David Brooks at 518.829.7516.

## NOVEMBER 19

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

## NOVEMBER 26

**Benefit for Lynn Stalnaker** who is battling cancer 12 - 6 p.m. at Dolgeville Rod & Gun Club, 697 Peckville Rd., Dolgeville. Raffles. 50/50. Penny Auction. Bottle & Can Drive. Food. Adults \$15. Couples \$25. Kids 6 to 12 \$5. Under five free.

## DECEMBER 3

**Christmas at the Fort - Author Book Fair** at Fort Plain Museum, 389 Canal Street, Fort Plain. Visit [fortplainmuseum.org/events](http://fortplainmuseum.org/events)

## DECEMBER 4

**St. Nicholas Visits Fort Klock** 12-3 p.m. at Fort Klock, 7203 State Highway 5, St. Johnsville. Call 518.568.7779.

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



# BUSINESS FOCUS

## Courtney Enwright, State Farm Agent

Being an insurance agent may not sound like the most glamorous of jobs, but those who have a passion for it understand that they're truly helping the people they work with.

Take Courtney Enwright, for example. A State Farm agent, she noted that State Farm serves all of New York State's residents for their insurance needs. Her Canajoharie branch has been in operation for a little over a year (opening back in September 2021). The office includes Enwright and two other employees.

"My dream was to always be self-employed and be a bigger part of a community," Enwright said. "Being a State Farm agent has allowed me to do both while educating people on insurance."

Before running her own office, Enwright was a district manager for a Cricket Wireless authorized retailer (another important but sometimes overlooked profession). There, she was leading a team of up to 24 people from Catskill up to Plattsburgh.

Today, she believes that what makes her business stand out is that they pride themselves on building

relationships with their customers. "Our office educates customers on what they have and why they have it, making sure they have adequate protection to be there for them on their worst day," Enwright explained.

That approach seems to be working. She said they opened their doors with zero customers and now they serve more than 250 households in the area for their auto, home, life, health and business insurance needs.

"We live here, we work here, we give here!" Enwright said.

In addition to taking pride in her work, she is also an

active part of the Canajoharie-Palatine Bridge Chamber of Commerce, and her office donates, supports and volunteers for the Canajoharie Youth Center and Hero Fund America.

Interested in speaking with Courtney about your insurance needs? There's lots of ways to reach her: online at facebook.com/courtneyenwrightinsurance or insure-withenwright.com; by email at Courtney@insurewithenwright.com; at her office at 32 Church St., Canajoharie, Monday - Friday from 9 a.m. - 5 p.m.; or by phone at 518.673.7008.



Courtney Enwright

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**SATURDAY, OCT 29<sup>TH</sup> AT 11 AM**

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HERKIMER, NEW YORK

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[herkimercounty.org](http://herkimercounty.org)  
(315) 867-1151 or (315) 867-1146  
(315) 939-0770

## HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY

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

**Mon. Oct. 10th** – Sold 370 head – Cull Dairy ave. \$.68 top cow \$.84, cull  
beef cows \$.68 – \$1.10, Bulls/Steers \$.86 – \$1.19, Grassfed Organic  
Bull \$1.15, bull calves top \$1.50, heifer calves \$.65 top beef calf \$2.00,  
Dairy feeders \$.10 – \$1.10, feeder heifers \$.74 – \$1.19, feeder steers  
\$.94 – \$1.23, Feeder bulls \$.78 – \$.90, Dairy Milking age top \$1900,  
bred heifers top \$1500, Open heifers top \$930.

**Mon. Oct. 24th** – Normal Monday sale & Monthly Organic Day. Special:  
From overstocked Dairy – a group of 20-25 head of Grassfed Organic  
Milking age Cows – the majority of them will be fresh – Looking for some  
good replacements this will be the group.

**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 opportu-  
nities here for everyone! Watch future ads with sale highlights.

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

**Mon. Nov. 7th** – Normal Monday Sale & Monthly Fat Cow & Feeder Sale.

**Mon. Nov. 14th** – Normal Monday Sale & Monthly Heifer Sale.

### UPCOMING SALES:

**2023 – Sat. Mar. 25th** – 11:30 AM – Spring Premier All Breeds Sale – Selling  
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**\*\*OUR CAFÉ IS ALWAYS OPEN EVERY SALE DAY – COME IN AND  
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Dan Hosking 607-972-8773 – Office 607-847-8800.

## Vaccination clinic for monkeypox and COVID-19

Herkimer County Public Health will host a vaccination clinic for monkeypox and COVID-19 on Oct. 26 by appointment only. The clinic will take place at Herkimer County Public Health's main office on the third floor of 301 N. Washington St. in Herkimer from 9 a.m. - noon (additional time slots may be available).

The COVID-19 initial vaccination series will be available to all people age six months and older. The COVID-19 bivalent booster will be available for ages 12 and over (Pfizer) and 18 and older (Moderna). Contact the Herkimer County Public Health office at time of scheduling to determine manufacturer availability.

Those seeking the JYNNEOS vaccination for monkeypox must meet New York State eligibility criteria as an individual at risk of becoming infected with monkeypox or have had exposure to someone who has suspected or confirmed monkeypox.

See criteria below for specific JYNNEOS vaccination requirements:

- Individuals with recent exposure to a suspected or confirmed monkeypox case within the past 14 days.
- Those at high risk of a recent exposure to monkeypox, including gay men and members of the bisexual, transgender and gender non-conforming community, and other communities of men who have sex with men and who have engaged in intimate or skin-to-skin contact

with others in the past 14 days in locations where monkeypox is spreading.

• Individuals who have had skin-to-skin contact with someone in a social network experiencing monkeypox activity, including men who have sex with men who meet partners through an online website, digital app or social event, such as a bar or party.

• Any individual that may be at risk of future exposure to infection with monkeypox, even though they are not at high risk of a recent exposure to monkeypox.

For additional questions regarding either the COVID-19 vaccination or the JYNNEOS vaccine for monkeypox, or to schedule a vaccination appointment for the Oct. 26 clinic, contact Herkimer County Public Health at 315.867.1176.

## Herkimer Board of Trustees meetings

The Herkimer County Community College Board of Trustees will host several meetings during the month of November.

The Executive Committee of the Board of Trustees will meet on Nov. 3 at 4:30 p.m. in the Classroom Administration building, room 243.

A special meeting of the Board will take place Nov. 10 at 6 p.m. in the Classroom Administration building, room 243.

A regularly scheduled meeting of the board will take place Nov. 14 at 6 p.m. in the Robert McLaughlin College Center, room 282.

## Antiques & Collectibles Estate

### AUCTION

**The Estate of Ralph & Florence Fusco**  
**451 Gould Road, Newport, NY**

(Rt. 28, take North St. (Rt. 111) NE to S. on White Creek Rd. (Rt. 171) to E. on Gould Rd.)

**SAT., OCT. 29, & SUN., OCT. 30, 10 A.M. - Preview: 9-10 A.M.**

**Antique Shop & Barn Contents to be auctioned on Sat., Oct. 29, 10 AM-Auctioning over 500 lots to include: Furniture**-Oak display cabinets, Marble top Oak glass store showcase, Mission Oak arm settee, Oak Bonnet chest, ladder back chairs, candlestands, Barbershop cabinet, Secretary bookcase, Willow yarn winder, Mission Oak desk, early cupboards, S-curve Child's school desk, 12' slant bin wall stove cupboard, Boston rocker, Oak arm chairs, Maple step back hutch, Adirondack chairs, 8' old Store counter, baby crib; **Collectibles:** Early Dome top trunks, wool wheel, wicker carriage, Oak Aneroid barometer, Brass kettles, jugs & crocks, oil paintings, Empire & Wal. Vict. mirrors, prints, painting of Woman by Nicholas L. Brewer; Willowware, Copper tea kettle, jardinière & stand, Whirly gigs, trivets, Lg. Oil painting of ships, Milk glass Depression glass, Early engraving of birds, pottery mixing bowls, copper pots, candy kettles, porcelain store scale, primitives, knife boxes, Pepsi-Cola tins, bicycle lamps, platform scale, wooden advertising boxes, cupboard trunks, Underwood Typewriter, cast iron stove, horse hide, fishing poles & fly rods, leather boots, wooden barrel, cast iron planters, leather harness, store paper dispensers, woven baskets, saddle, horse weathervane, Ox yoke, cast iron implements, leaded glass windows; **Housewares/Tools & more!**

**House contents to be auctioned on Sun., Oct. 30, 10 AM-Auctioning over 500 lots to include-Country Furniture:** 1830's Cupboard, Wal. cupboard, Wal. dovetailed China cupboard, Pine Stands, Mah. dropleaf table, Mah. candlestand, Mah. 1930's gate leg table, 30's Feudal Oak Trestle Dining room table & 6 rush seat spindle back chairs, 2 caned back armchairs, wicker fern stand, Sheraton style upholstered armchair, wicker rocker, Pine Tavern table, sofa, 2 Leather armchairs, Mah. upholstered armchair, Marble top side table, Wrought iron coffee table, bed step, Wal. spool leg table w/Windsor chairs, painted grained dry sink, Early cupboards, Early paint grained armchairs, Maple Butcher block, gun cabinet, porch rockers, spinning wheels, Rit Dye cabinet, Needles cabinet, Pine step back cupboard, wooden candlestands, Store countertop sq. display cabinet, commode w/towel bar, Queen size Pencil Poster bed w/canopy, spring & matt; Knee-hole desk, Maple Cedar chest, Early miniature chairs, wash stand, Oak wall cabinet; **Collectibles:** Lg. oil painting in Gilt frame w/ cows & sheep, primitive portraits, late 1800's painting of ships, Early rocking horse, crocks & jugs w/blue incl.: Paterson advertising jug, Brown jug, sm. Bradley & Hubbard kerosene heater stove, Early China-Willowware, Early Staffordshire scenic plates, ironstone tureen, milk glass chickens, ducks & sheep cov. Dishes, Early Ruby glass water set, Lg. glass pitcher & bowl, Mini Brass candlesticks, Oriental rugs, Brass angle wall lamp w/ green shade, Bronze Bust of Girl sgn. Augusta Bijla, Blue pottery pitcher & bowl, Brass candlesticks, Bronze Bull Delftware, Jardinière, Stoneware, Copper carved plaque w/Eagle, Shore birds, 1845 Bull print, 1975 4 Masted Schooner print, cast iron hanging bull, Copper Lustre, wrought iron floor lamp, carved wooden shark, Goose decoy, Washington cast iron trivet, Oak wall telephone, Figure 8 clock, Blue & Yellow salt glaze pottery pitcher & bowls, German canister set, woodenware, sm. Crocks & jugs, Cow weathervane, Brass & Iron ware, sm. Needles box, Geo Young biscuit box, Brass teapots, hooked rug, bread molds, 12 drw. Spice box, wooden primitive pig weathervane, string of Brass bells, woven baskets, early wooden forks, meat cleavers & sharpener, lightning rods, National Barbershop brass cash register, Derby hats, irons, cast iron kettles, wooden metal choppers, meat saws, whip, copper food molds, baskets, doll house, pictures/prints/frames/mirrors, Lionel train set, advertising tins, metal floor lamps, 6 wooden decoys, lg. iron hook, Early Green glass fly trap, silverware, Bull Durham advertising sign, Adirondack pack basket, York Brewing Co. Gilt Advertising sign, Gilt metal boy statue lamp by Rousseau, Brass hand bell collection, old carved wooden fishing lures, old etching prints, old toy sheep collection, Kerosene lamps, costume jewelry, pig collection, quilts & blankets, Heavy Bronze Eagle, Antique & Modern books, Passaic & Its Environs, Antiques reference books, Cranberry scoop, towel bar, Butchers advertising meat hook, planes & tackle, Crystal metal cast iron school bell, plus more! **Terms:** Cash, Visa, MasterCard, Discover or Debit Cards. Checks w/Bank Letter of Guarantee. 15% Buyer's premium. All items sold in "as is" condition. Subject to errors and omissions. Driver's License required for bidding number. Refreshments available. All statements made day of auction take precedence over printed material. Auction #8303-04/22.

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# DINING & ENTERTAINMENT

## Herkimer College Athletic Hall of Fame inducts fifth class

Herkimer College hosted its 2022 Athletic Hall of Fame induction ceremony and reception on Sept. 30.

college through intercollegiate competition. The 2022 class includes Kenneth Black, Wendall Williams, Victoria

basketball player under legendary head coach Jack Alofs in 1978. Black was the first Herkimer College stu-

in 2014 and 2015. She is the only woman in school history to win the award twice. Additionally, she earned All-Region and All-Conference honors in each of her two years attending Herkimer College.

Dani Nicosia of Oneonta was a two-time NJCAA All-American for women's soccer and was named Team MVP twice. Nicosia totaled 22 goals and 12 assists in her two years at Herkimer. She continued her academic and athletic career at Queens University in Charlotte, NC, where she earned a bachelor's in sports management and a master's in communication. Nicosia is an assistant athletic director for digital and creative media at Lenoir-Rhyne University in Hickory, NC.

Jimmy Smith, of Utica, led the Generals to a fourth-place finish in the 1987 Division I NJCAA Basketball National Tournament in Hutchinson, KS. Since there was no separation in division levels at the time, Smith was the anchor of the only non-scholarship team. He led the tournament

in scoring and was named the Most Valuable Player over former NBA All Star Mookie Blaylock.

Gino Barbuto of Syracuse was a two-year player on the men's soccer team earning Second Team All-Region honors in 1986. His team was the

first in school history to qualify for the regional soccer playoffs. Throughout his career, Barbuto has helped recruit players for the Herkimer Generals and has been a generous supporter and donor to

**Athletic 15**



The 1992 Herkimer Lacrosse Team takes the stage to accept their plaques. Under the leadership of legendary Coach Paul Wehrum, the 1992 team was the first lacrosse team in school history to complete an undefeated season and win a national championship. Photos courtesy of Herkimer College

This was the fifth class to enter the Herkimer Generals Athletic Hall of Fame. Athletic Hall of Fame nominees are former athletes, coaches, teams or individuals who have made significant contributions to the success of the

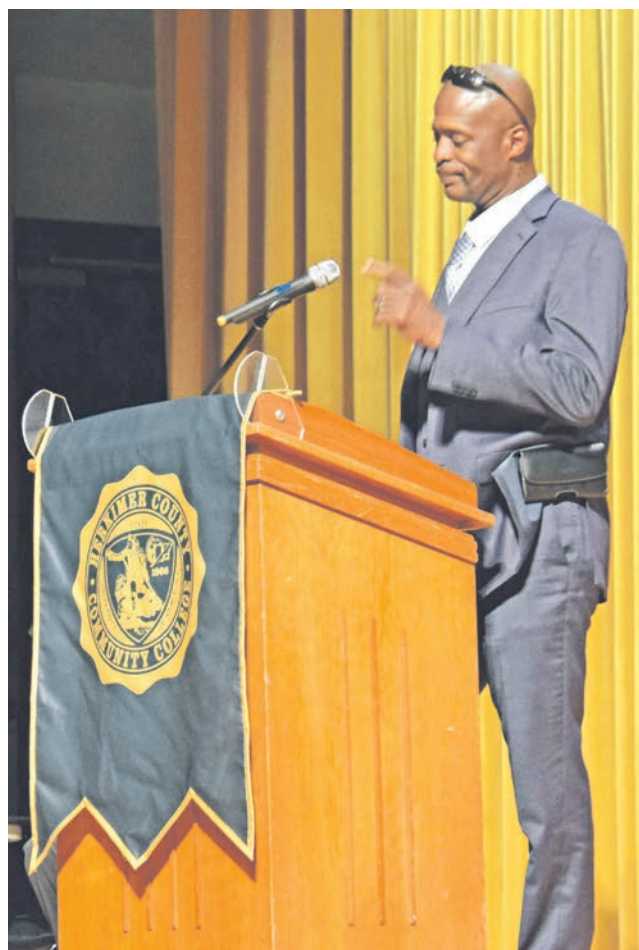
Campanian, Dani Nicosia, Jimmy Smith, Gino Barbuto, Hank Testa, the 2013 Herkimer College Softball Team and the 1992 Herkimer College Men's Lacrosse Team.

Kenneth Black, of New York City, was a standout

dent-athlete to be named an All-American.

Wendall Williams of Syracuse won six national championships in four separate track and field events while attending Herkimer College. He also played for the men's basketball program for one season, averaging 18 points, 4.9 rebounds and 6.2 assists per game. He set the school record for most points scored in a single season (630). Williams was signed to an NFL contract by the Houston Texans in 2016 as an undrafted free agent and is the only Herkimer College alumnus to have played in the NFL.

Victoria Campanian, of Glenfield, won the 2014 national championship in the 10,000-meter race and was a two-time NJCAA All-American runner. Campanian was named Herkimer College Women's Athlete of the Year



Jimmy Smith '87 accepts his plaque at the Athletic Hall of Fame ceremony. Smith led the Generals basketball team to a fourth-place finish in the 1987 Division I NJCAA Basketball National Tournament. He led the tournament in scoring and was named the Most Valuable Player over former NBA All Star Mookie Blaylock.



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# DINING & ENTERTAINMENT

## Athletic from 14

the athletic program.

Hank Testa, of Ilion, served as a faculty member, administrator and coach for more than 40 years. Upon his retirement in 2014,

Testa was recognized with the honorable title of associate dean emeritus. Testa was the head coach for baseball. He served as the men's baseball coach from 1995 - 2005,

Athletic 18



Delaney Buckley accepts the team plaque on behalf of the 2013 National Championship Softball Team. The 2013 team holds the record for the highest win percentage in a single season by a Herkimer softball team.

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**\$15 Covers Food, Entertainment  
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**Thanksgiving Dinner for 2 To Go**

Turkey, gravy, cranberry sauce, stuffing,  
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green bean casserole,  
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2019 Chevrolet Equinox LT  
33,840 Miles, Stock # NV202709P



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2019 Ford Escape SEL  
35,474 Miles, Stock # FNB43501P



\$28,091

2018 Lincoln MKZ Select  
31,244 Miles, Stock # FN619368P



# HOME IMPROVEMENT

## Planting spring-blooming miniatures

by Deborah J. Benoit, Extension Master Gardener, UVM

There's an old saying: "Good things come in small packages." That's certainly true of the tiny flowers that bloom in the spring. And autumn is the perfect time to plant these bulbs.

We're all familiar with the drifts of daffodils and tulips that brighten the view at winter's end, but have you considered the supporting players in that panorama? Crocus probably comes to mind, but there are many other options for spring flowers that grow a mere three to six inches tall.

Among the first to bloom in the spring, snowdrops live up to their name. These tiny white flowers with their drooping heads push through frozen ground as ice and snow begin their retreat. Snowdrops make a lovely show, particularly if planted in drifts.

Glory-of-the-snow can often be seen as a flash of blue among the dull post-winter landscape, but they also are available in white and pink. They may be small, but mass planting makes quite an impact.

If you're partial to blue, *Iris reticulata*, a dwarf iris, sports pe-

tite blue flowers with white and yellow markings. Grape hyacinth offers clusters of cobalt blue flowers atop its stem. Either will create a vibrant contrast when planted among bright yellow daffodils or a peaceful mood when combined with white tulips.

Another interesting spring bloomer is winter aconite. This relative of the common buttercup is low growing with bright yellow flowers and forms mounded clumps.

And, of course, there are crocuses. These ever-popular spring-blooming bulbs can be found not only at garden centers but in grocery stores and other local retailers throughout autumn. They come in a variety of colors, including white, yellow and purple.

The method you choose for planting will depend on the result you're looking for. For individual placement, dig a hole three to four inches deep (see package directions for the specific bulb), place the bulb pointed end up and cover with soil. If you plan to line a path or walkway, you may find it simpler to dig a shallow trench that deep, scatter the bulbs in the trench, cover

with soil and water the area.

If you're planning to plant a larger area or a combination of bulbs such as daffodils and glory-of-the-snow, dig out the area you intend to plant to the depth needed for the largest bulb. Place those bulbs either individually where you'd like them to grow or, easier still, scatter the bulbs for a more natural look. Next, cover the larger bulbs with soil to the depth of the next smaller bulb.

For example, if you planted your larger bulbs (such as tulips) at six inches deep, you would cover them with soil until the planting area is at the depth for planting the smaller bulbs (such as crocus), approximately three inches deep. Again, place the

Planting 19

## Signs of overloaded circuits in your home

The National Fire Protection Association says that home fires caused by electrical failures or malfunction result in more than 400 deaths per year and cause \$1.4 billion in property damage annually. Electrical fires can often be prevented, especially if homeowners learn to identify the signs of overloaded circuits. The Electrical Safety Foundation International notes that the following are some common signs of overloaded circuits.

- Flickering, blinking or dimming lights
- Warm or discolored wall plates

- Burning odor coming from receptacles or wall switches

- Frequently tripped circuit breakers or blown fuses
- Cracking, sizzling or buzzing from receptacles
- Mild shock or tingle from appliances, receptacles or switches

The Consumer Product Safety Commission estimates that 50 percent of electrical fires can be prevented by arc fault circuit interrupters, or AFCIs. AFCIs are products that are designed to detect a wide range of arcing electrical faults in an attempt to reduce instances in which

electrical systems are ignition sources of fire. Arcing is very dangerous and occurs when an electric current flows through the air between two conductors. When these currents flow through unintended paths, the result is high intensity heat that can ignite surrounding material, such as wood framing or insulation. AFCIs monitor circuits for normal or dangerous arcing

conditions, serving as something of a safety net that can reduce the risk of home fires. Recognizing the signs of overloaded circuits and using AFCIs can help homeowners significantly reduce the risk of home fires in their homes. More information about electrical fires and how to prevent them is available at [www.esfi.org](http://www.esfi.org) and [www.afcfsafety.org](http://www.afcfsafety.org).

## Athletic from 15

assistant men's basketball coach from 1996 - 2004 and associate head coach for men's basketball from 2004 to present. He helped aid the 2019 team to a national championship victory. Among his awards are the Region III Coach of the Year and Mountain Valley Conference Coach of the Year honors.

The 2013 Herkimer College softball team, under the leadership of Coach PJ Anadio, won the first and only (to date) softball national championship in school history. The team holds the record for highest win percentage in a single season by a Herkimer softball team (.956%), after a 43-2 season. The team led the country in batting average, slugging percentage and home runs. They were also in the top three for hits, runs, RBI, on-base percentage and fielding percentage. The team compiled three First Team All-Americans and two Second Team All-Americans.

The 1992 Herkimer College men's lacrosse team was the first lacrosse team in school history to complete an undefeated season and win a national championship. Under the leadership of Coach Paul Wehrum, the 1992 team finished 18-0, averaging 19.8 goals per game while allowing just 5.8 per game. Fifteen players from the 1992 team received Division I scholarships as a result.

Herkimer College's athletic program is a Division III member of the National Junior College Athletic Association, offering 20 varsity teams and one junior varsity team. The program has amassed 65 national championships, 131 Region III titles, 176 Mountain Valley Collegiate Conference championships and 31 National Academic Team of the Year awards. Herkimer College won the National Alliance of Two-Year College Athletic Administrators (NATYCAA) Cup, now called the Daktronics Cup, in 2014, 2015, 2017 and 2020, ranking the Herkimer Generals athletic program first in the nation among non-scholarship two-year athletic programs, based on national championship competition.

For more information about the Herkimer Generals, visit [herkimergenerals.com](http://herkimergenerals.com).

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# HOME IMPROVEMENT

## Planting from 18

bulbs individually or scatter them across the area. Then cover the bulbs with soil to reach the level of the surrounding ground and water the area.

Choose an area that will provide adequate sun, such as under deciduous trees or bushes that may provide full sun before they have leafed out in spring. Soil should be moist and drain well. If too wet, the bulbs may rot.

When to plant? Now is the time. Even though most plants

in the garden are fading and the air is chilly, as long as you can dig in the soil, you can plant spring-blooming bulbs. Go for it!

Select your favorites and get them in the garden. When spring arrives, you'll be glad you did.



Snowdrops with their tiny white drooping heads are among the first flowers to bloom in the spring, often pushing up through ice and snow to emerge in the sunlight.



Crocus and glory-of-the-snow (*Chionodoxa*) bulbs are among the many spring-blooming miniature bulbs available for purchase at garden centers and other local retailers in the fall.

Photos by Deborah J. Benoit

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Cyber scams come in many different forms

In a relatively short period of time, the internet has changed the way people live. Things that might have been unimaginable as recently as a quarter century ago are now ingrained in daily life. For instance, few people in the late 1990s might have imagined a day when billions of people across the globe would be walking around with mini computers capable of taking hi-resolution photos in their pockets. But smartphones have long since become an accepted and vital part of life in the 21st century.

The internet has opened doors to new possibilities, but it's also left other doors open for cybercriminals. Any home with an internet connection is potentially vulnerable to internet scams. Recognition of that fact and awareness of the following scams can reduce the

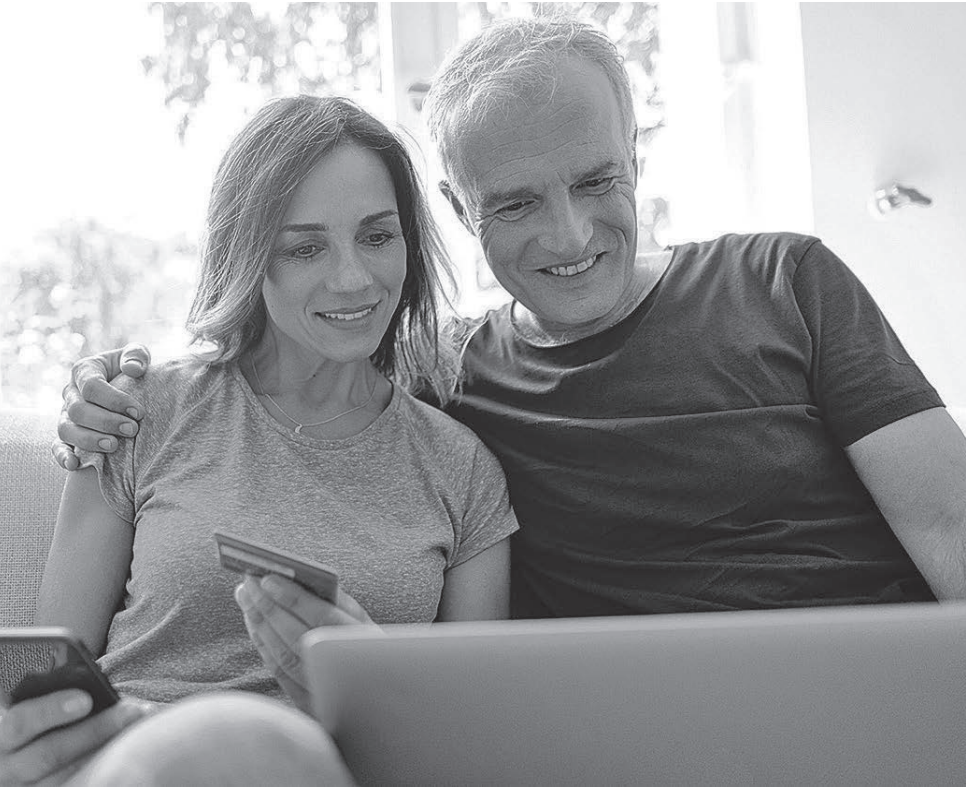
likelihood of being victimized by opportunistic cybercriminals.

- **Disaster relief scams:** Human beings' innate sense of compassion is on full display in the aftermath of natural disasters, when people across the globe typically donate hundreds of millions of dollars in an effort to help people whose lives have been turned upside down by hurricanes, tsunamis and other devastating events. But skilled cybercriminals prey on that compassion by setting up bogus relief efforts. Such efforts may involve fake charities with names that are similar but slightly different than well-known, legitimate nonprofit organizations. Operations such as Charity Navigator make it easy to verify if a charitable organization is legitimate, and would-be donors should utilize such resources prior to making any donations.

- **Phishing scams:** Phishing scams are among the oldest cyber scams, but they still nab victims every day. The Federal Trade Commission warns that many phishing scams are conducted via email or text messages and inform potential victims that there is an issue with their finances. Some may say there are issues with a bank account, credit card or even a tax return. Skeptics may wonder how anyone could fall for a phishing scam in the age of two-factor authentication and other security measures. However, the Federal Bureau of Investigation reports that phishing scams cost victims nearly \$60 million in 2019, indicating they're still a lucrative source of income for cybercriminals.
- **Formjacking:** Formjacking is a retail-based scam in which online shoppers' personal and financial information is stolen. In such instances, a retail website could be hacked without

users' knowledge. When it comes time to purchase items they've placed in their carts, users are redirected to a fraudulent payment page, where they enter personal information, such as their credit card number, that cybercriminals then steal. When buying items online, shoppers should confirm that the URL on the payment page aligns with the retailer they're buying from. If the URL is missing even a single letter (think Amzon.com instead of Amazon.com), then chances are a formjacking scam is being operated.

Tech support scams, in which users are asked to download applications to fix an infected computer, and similar download-based fake antivirus software scams are some additional examples of cyber scams. Users are urged to be on the lookout for each of these types of scams and exercise caution whenever something doesn't seem right or authentic.



Awareness of potential scams can reduce the likelihood of being victimized by opportunistic cybercriminals.

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# Fall SPORTS

## Play On, Players



The Fort Plain Girls Varsity team breaks out the pink for their recent Breast Cancer Awareness game against Northville.

## Canajoharie-Fort Plain varsity volleyball beats Middleburg in four sets

Games: 6-25; 25-21; 25-23; 27-25

### Stat Leaders

Gab Murphy – 8 kills, 1 block solo  
Avery Ficthorn – 4 kills, 1 block solo

Vivian Nunez – 10 assists, 3 kills, 3 aces  
Monika Kulczynski – 4 aces, 2 kills  
Teagan Lathers – 4 aces  
Lola Schnetter – 10 digs

## C-FP volleyball results against B-K-W

Canajoharie-Fort Plain lost in four sets to Berne-Knox-Westerlo: 17-25, 20-25, 25-21, 18-25

### Stat leaders:

Gab Murphy – 3 kills, 5 aces, 2 block solos  
Avery Ficthorn – 3 kills, 2 aces, 1 block solo  
Kiana Peet – 3 kills

## Fonda-Fultonville varsity and JV football

Varsity results from Oct. 8 vs. Newark Valley HS (Section 4/Binghamton Area)

**Final:** FF - 47, NV - 0

### Score by Quarters:

FF - 14 13 6 14 - 47  
NV - 0 0 0 0

### Scoring Summary:

1st Quarter:  
FF: Jon Cranker 2-yard Run (Owen Hicks Kick)  
Jackson Croucher 62-yard Run (Hicks Kick)  
2nd Quarter: Owen Hicks 39-yard pass

from Jackson Cusack (Kicked Blocked)

Cranker 11-yard pass from Cusack (Hicks Kick)

3rd Quarter: Hicks 5-yard punt block return (Kick Blocked)

4th Quarter: Jose Vargas 1-yard run (Hicks Kick)

Karsen Bulan 9-yard run (Hicks Kick)

### Oct. 10 Junior Varsity Results

Final: FF - 33, Lansingburgh 12

Michael Mancini, global history teacher, serves as varsity football head coach for FF.

## Fonda vs. Galway Boys Soccer result

**Score:** Galway 2, Fonda 0

**Goals:** Joe Devellis (assist, Casey Clarke) and Casey Clarke

**Shots:** Galway 9, Fonda 5

**Saves:** Galway: Ryan Pudney 5; Fonda: Sam Kosiba 5, Austin Arya 2

**Corners:** Galway 5, Fonda 0

The Galway Eagles came out and defeated a determined Fonda-Fultonville Braves squad on their senior night by a score of 2-0. The game-winner came 20 minutes into the match when Casey Clarke took a corner kick that Joe Devellis tapped into the back of the net.

Fonda would hold strong, turning away many opportunities until, with five minutes left, Galway got the insurance goal. Casey Clarke got a breakaway that he placed into the back of the net to make the final 2-0.

Playing well in the defense for the Braves were Myles Buanno and Sam Kosiba.

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Leaves that fall from trees can be a marvel to behold. But leaves can stain exterior surfaces when they eventually settle on vehicles, concrete driveways, patios, and other surfaces, become wet and/or are not cleaned away in a timely fashion. Leaf stains are caused by tannins in the leaves. The pigments can be absorbed by porous materials like concrete and leave stains behind. While these stains may wash away over time, homeowners may prefer a faster way to get rid of unsightly stains. To remove moderate leaf stains, mix oxygen bleach with hot water and apply to stains using a scrub brush. Dark stains may require a tougher cleanser, such as one that contains

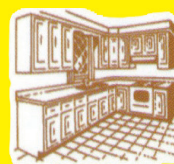
trisodium phosphate. Some homeowners find success using a pressure washer to

clean away leaf stains, while others rely on commercial leaf-stain removers.



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while in your prime.  
People cry when  
I'm in their sight.  
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The Office for the Aging will hold a short public hearing about senior services and a representative from Herkimer County Public Health will provide information and administer Flu and COVID 19 boosters. Please bring your insurance card if you would like to receive a vaccination.

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

**Time: 10 AM – 12:30 PM**

**Location: Francesca's Banquet Hall & Catering  
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## Three smart fall sweets swaps and tips

(BPT) - As the leaves begin to change color and the temperatures get a little cooler, it can be challenging to stay on track with your nutritional goals. Cooler months often come with less outdoor activity as you begin to hunker down indoors. But the change in seasons doesn't have to mean giving up on your wellness—or sacrificing a sweet treat you enjoy.

"There are many ways to follow a balanced lifestyle that allow you to live your best healthy life," said Colette Heimowitz, vice president of Nutrition and Education at Simply Good Foods Company. "All it takes is a little planning, and snack options without a ton of sugar—that still taste delicious and fit into your lifestyle."

Heimowitz offers a few easy and tasty ways to incorporate healthy habits into your lifestyle this fall.

### 1. Smart candy bowl swaps

As Halloween approaches, you may be looking for a little sweet indulgence while fighting the urge to eat the entire candy bowl. As an alternative, try swapping out candy with portion-controlled treats like Atkins Endulge Peanut Butter Cups and Milk Chocolate Caramel Squares, which have less carbs and sugar than traditional chocolate candy, serving as a delicious and smart solution that will still satisfy your sweet tooth.

### 2. Festive outdoor activities

While cooler weather and shorter days may tempt you

to stay inside with a book or movie, there are still plenty of fun fall activities to get you moving this autumn. Fall leaves provide a beautiful backdrop to a variety of outings you can enjoy with friends and family, from taking a bike ride or nature walk to enjoying the fruits of the harvest. Stroll through a farmers market or visit a pick-your-own apple orchard or pumpkin patch to enjoy the best of what fall fruits have to offer—while getting plenty of exercise, sunshine and fresh air.

### 3. Fall-flavored recipes

When those seasonal pumpkin spice-flavored drinks and treats start appearing at every local coffee shop and grocery store, you know that fall has truly arrived. You can enjoy all the deliciousness of your favorite autumn flavors while staying on track with your wellness goals, by switching some of those traditional sugar-heavy drinks with this tasty pumpkin-flavored recipe instead.

#### Pumpkin-Peanut Butter Cup Icy Treat

This tasty beverage gives you a whopping 13.4 grams of protein and 6.6 grams of fiber, with 4.9 grams net carbs.

#### Ingredients

- 1 1/2 Atkins Creamy Cinnamon Swirl Shakes
- 1/4 cup heavy whipping cream
- 1/4 cup canned pumpkin, unsalted
- 2 pieces Atkins Endulge Peanut Butter Cups

#### Directions

1. Pour one of the shakes (11 fluid ounces) into an ice cube tray and freeze until solid, about 4 hours.
2. Place the shake ice cubes into a high-powered blender along with the remaining 1/2 shake (5.5 fluid ounces), heavy cream and pumpkin, processing until the cubes are broken down and the mixture is at your desired thickness.
3. Pour evenly into two glasses and top each with a chopped peanut butter cup. Makes two servings.

"Don't let the cooler weather or changes in your routines this fall derail your health and nutrition goals," said Heimowitz. "Choosing a few healthier swaps can make all the difference, while still allowing you to indulge and enjoy the sweet flavors of fall."

Check out Atkins.com for more amazing recipes and helpful nutrition tips, and to explore products that you can order online or find at Walmart, Amazon, Target or your local retailer.

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## Number / Classification

20 Air Compressors  
25 Air Tools  
35 Announcements  
45 Antiques  
55 Appraisal Services  
75 ATV  
80 Auctions  
82 Auto Body  
110 Bedding Plants  
120 Bees-Beekeeping  
130 Bird Control  
140 Books  
155 Building Materials/Supplies  
157 Building Repair  
160 Buildings For Sale  
161 Bulk Foods / Spices  
165 Business Opportunities  
170 Butchering Supplies  
173 Carpentry  
175 Cars, Trucks, Trailers  
180 Catalogs  
182 Catering  
190 Chain Saws  
195 Cheesemaking Supplies  
205 Christmas  
214 Clocks & Repair  
215 Collectibles  
216 Clothing  
235 Computers  
253 Consignment  
265 Construction Equipment For Rent  
275 Construction Machinery Wanted  
277 Construction Services  
280 Construction Supplies  
312 Crafts  
325 Custom Butchering  
330 Custom Services  
360 Deer-Butchering & Hides  
370 Dogs  
410 Electrical  
415 Employment Wanted  
440 Farm Machinery For Sale  
445 Farm Machinery Wanted  
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# Country Editor

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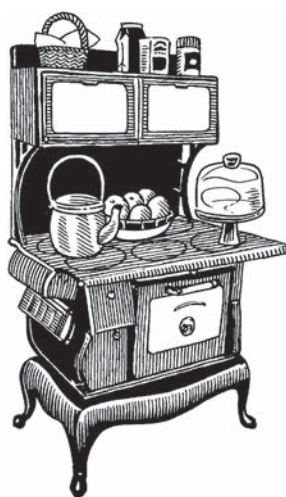
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## Three fun activities to engage kids in conservation

Conservation is a collective responsibility shared by individuals across the globe. Protecting the planet and ensuring its future has never been more important, as various organizations and environmentalists warn that, without immediate action, many of the more harmful effects of climate change could prove irreversible.

The Organisation for Economic Co-operation and Development reports that, without new policies, global greenhouse gas emissions are projected to increase by 50% by 2050. That includes a 70% spike in energy-related carbon dioxide (CO<sub>2</sub>) emissions.

The potentially dire consequences of climate change underscore the importance of educating youngsters about the need to protect the planet. Today's children will be forced to confront climate change in the decades to come, so learning about conservation now can help them as they grow up and reach adulthood.

Teaching kids about conservation can be fun, and the following are three activities that will prove both engaging and educational.

### 1. Clean up a favorite hiking trail.

Hiking is a great family-friendly pastime that promotes physical activity and appreciation for nature. That makes hiking an ideal way to teach kids about conservation. Parents can plan a hiking trip that focuses on cleaning up trails. Kids who have a favorite hiking trail may be especially enthusiastic about cleaning up a place they already feel attached to, and parents can let them know they're doing their part to protect the planet with each piece of

litter they collect and ultimately remove from the park.

### 2. Teach kids to compost.

Parents do not need to leave their homes to teach kids about conservation. According to the National Resources Defense Council, composting benefits the planet in numerous ways. In addition to reducing the waste stream, composting cuts methane emissions from landfills, which the NRDC reports are the largest source of human-generated methane emissions in the United States. Composting also helps to conserve water by adding organic matter to soil, which research has shown improves the soil's capacity to retain water. Families can build a compost bin together and parents can teach kids about which types of waste can be composted and how that compost is benefitting the plants and trees in their

own yard as well as the planet as a whole.

### 3. Craft with recycled materials.

Crafting fosters the growth of a range of developmental skills in children. In addition to encouraging kids to explore their creative side, crafting also helps youngsters develop fine motor skills and provides a fun way for them to learn counting and pattern recognition, which the academics-based publisher Scholastic notes are the very skills kids will later use to learn algebra. Crafting also provides a great way to teach kids to reuse and recycle, which are two of the core tenets of conservation.

Conservation efforts will be vital to helping the planet overcome climate change. Children can learn the importance of conservation by engaging in various activities that make protecting the planet fun.

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# FARM, HOME & GARDEN

## Safety first when clearing land

New homeowners often see their homes as blank canvases. Looking at a home as a blank canvas is typically associated with its interior, but it also can apply to landscaping.

Homes are empty of furniture and decorative items like photos and art on the walls when new homeowners move in. That makes it easy to see the interior of a home as a blank canvas. But that's not always so easy in the garden or the yard, where brush, overgrown plants or trees and other eyesores might have been left behind by the previous owners. A landscape must be cleared out before it can be seen as a blank canvas. Though clearing land may seem like a straightforward process, no one knows what lies beneath overgrowth or neglected areas of a yard or garden. Do-it-yourselfers can typically clear land on their own, but some safety strategies should be kept in mind to ensure the process goes smoothly.

• **Wear appropriate PPE.** Personal protective equipment should be worn when clearing land. The appropriate PPE when clearing land includes attire and other gear that many homeowners likely already have on hand. A long-sleeve shirt, puncture proof pants and gloves and slip-resistant work boots should be worn when clearing land. Homeowners also may want to invest in a hard hat if they will be cutting branches off of trees or cutting trees down. A face shield also may be a good bet depending on the scale and potential dangers of the project.

• **Contact your utility company.** Overhead power and telephone lines are visible to the naked eye, and homeowners should be conscious of those lines as they cut any high branches. But underground lines are not visible, and that

can make clearing land dangerous. Homeowners are urged to contact their utility companies before they begin to clear any land so they can determine if any underground lines are beneath areas they intend to clear out.

• **Get a lay of the land.**

Carefully inspect the area to be cleared prior to starting the project. Inspections can reveal the density of any vegetation that may need to be removed and reveal if there are any harmful plants like poison ivy growing. Many DIYers can remove small trees on their own, but a professional tree service may be necessary for large trees or those located close to the house. Homeowners won't want to cut down a tree, even a small one, if it can potentially fall onto the house. In addition, homeowners who are unfamiliar with chippers or stump grinders may be better off hiring a tree service to clear trees.

• **Don't go it alone.** No one should clear land alone. Even small projects are best tackled by at least two people.



Safety should be the utmost priority as homeowners prepare to clear land on their properties.

Should someone get injured during the project, the presence of another person ensures someone can immediately call for help. In addition, clearing land can be more difficult than it appears, and having at least two people to pull old shrubs or carry tree branches reduces the risk of injury.

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## Freddy Bear winner

The Freddy Bear winner from the Oct. 8 was Kathleen Ferrara from Sprakers who answered the riddle "If you are running in a race and pass the person in second place, what position are you in?" with the correct answer of "Second Place"

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## Check out these new scary movies

Come Halloween, television networks and streaming services offer their curated takes on frightening flicks worth watching. Some are horror masterpieces and others campy classics.

Film studios continue to release horror films each year

— and 2022 is no different. Here are some recently released horror movies and others slated for release in the months to come.

• **Scream:** Neve Campbell, Courteney Cox and David Arquette return to reprise roles they made famous

25 years ago. A new killer dons the “ghostface” mask and terrorizes a California town. Screams undoubtedly ensue.

• **Hellbender:** A teen and her mother reside in the woods and pursue a passion for making music. A chance encounter with another teen has Izzy learning about a connection between her family and witchcraft, which causes a rift with her mother.

• **Texas Chainsaw Massacre:** The sequel to the 1974 hit arrives streaming on Netflix. A new group of victims unknowingly disrupt Leatherface’s home and are in for a gruesome surprise.

• **Fresh:** Noa finally meets what appears to be the ideal guy in Steve during a meet-cute in the supermarket. They exchange numbers and begin a relationship, planning to head away for the weekend. The rosy glow of their relationship soon extinguishes when Steve’s warped desires come to the surface.

• **The Requin:** A romantic trip goes south when a couple’s villa is swept to sea during a storm. The couple is forced to do what it takes to survive. The added horror comes from sharks circling them below.

• **Umma:** This supernatural thriller tells the story of Amanda, a quiet beekeeper who receives her mother’s ashes from South Korea. She is told that the mother’s “anger will grow as long as she remains in the box.” Soon after Amanda is tormented by her mother’s spirit.

• **Morbius:** This offering from Marvel tells the tale of Michael Morbius. When he tries to cure himself of a rare blood disorder, Morbius actually turns himself into a living vampire, blurring the lines between good and evil.

• **Choose or Die:** Viewers will ponder if a video game actually can kill. That’s because young student Kayla stumbles upon an old game from the 1980s that mirrors the “choose your own adventure” books of the era. It offers a \$125,000 cash prize to the winner. Having been laid off, Kayla begins play, only to discover that what occurs in the game has very real consequences in her real life.

• **Studio 666:** The rock band Foo Fighters moves into a California mansion to record an album. However, that abode is steeped not only in rock and roll memories, but some grisly history as well.

The thrills of Halloween get even bigger when people watch the latest crop of frightening horror films.

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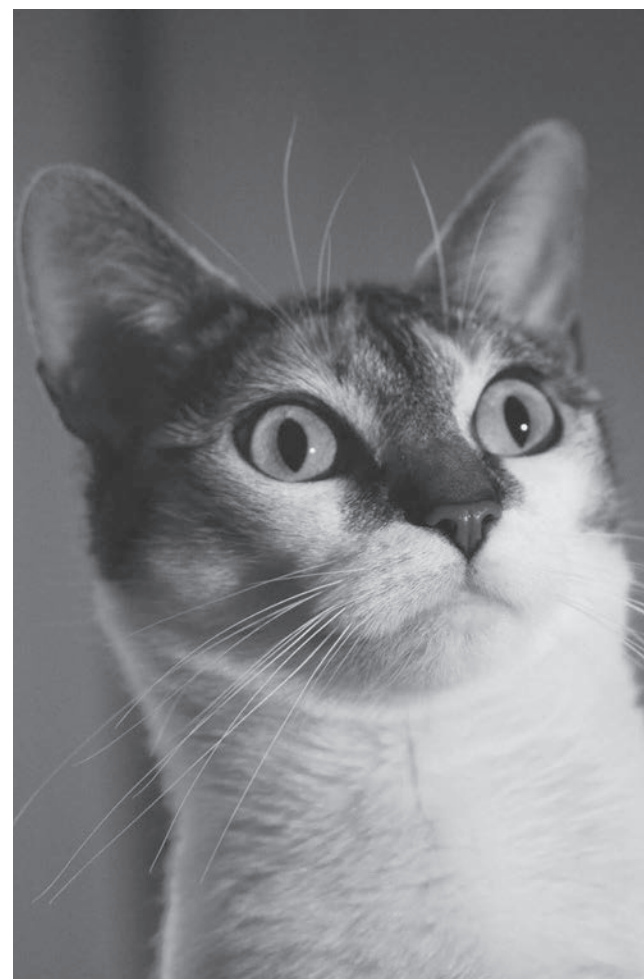
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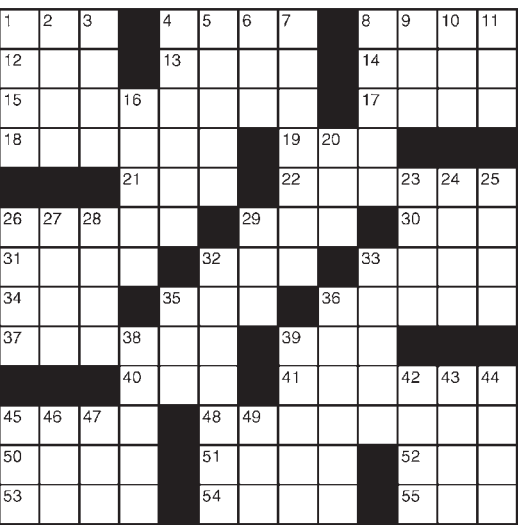
The Canajoharie-Palatine Bridge Chamber of Commerce will be conducting a rack card exchange this Fall.  
Contact Matt Stanley for details at 315-292-2306  
mstanley@leepub.com





King Crossword

- ACROSS
- 1 "Big Blue"
  - 4 Twice cuatro
  - 8 Tubular pasta
  - 12 PBS funder
  - 13 Beloved
  - 14 Optimist's credo
  - 15 Standards
  - 17 Profs' degrees
  - 18 Finally
  - 19 Snooze
  - 21 Sound from a hot wok
  - 22 "Conga" singer Estefan
  - 26 Eastern European cake
  - 29 Wager
  - 30 Nile reptile
  - 31 Novelist Anita
  - 32 "Mayday!"
  - 33 Ovid's 53
  - 34 Hostel
  - 35 Farm pen
  - 36 Tightly packed
  - 37 Illinois city
  - 39 Day light
  - 40 Corn serving
  - 41 Tempt
  - 45 Wicked
  - 48 Bliss
  - 50 News reporter Logan
  - 51 Nepal's continent
  - 52 "— a Won-



- derful Life" 8 Lighter brand 33 Slow, in music
- 53 Linen source 9 German pronoun 35 "Chandelier" singer
- 54 Squad 10 Wee bit 36 "Girls" star Lena
- 55 Command to Rover 11 — and outs 38 Chill out
- DOWN
- 1 Early Peruvian 20 PC key 39 Old photo tint
- 2 Ernie's pal 23 Picnic spoiler 42 Rainbow
- 3 Postal delivery 24 Egyptian deity 43 New York's — Field
- 4 Black Sea port 25 "... baked in —" 44 Sunrise direction
- 5 Breath mint brand 26 Radar dot 45 Sprite
- 6 "Bali —" 27 First-rate 46 Actor Kilmer
- 7 Vitamin C providers 28 U2 lead singer 47 401(k) alternative
- 32 Ogle 49 Work with

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MAGIC MAZE

MOVE FIRST LETTER TO THE END AND READ BACKWARD

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

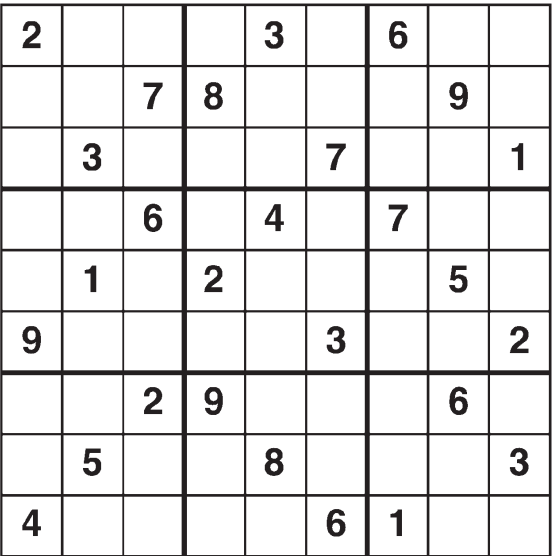
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: **New Zealand flightless bird**

- |         |          |          |         |
|---------|----------|----------|---------|
| Brewer  | Grammar  | Motto    | Presser |
| Dresser | Guru     | Pacifica | Trekker |
| Fretter | Igniting | Peewee   | Voodoo  |
| Gamma   | Lava     | Petite   |         |

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Weekly SUDOKU

by Linda Thistle



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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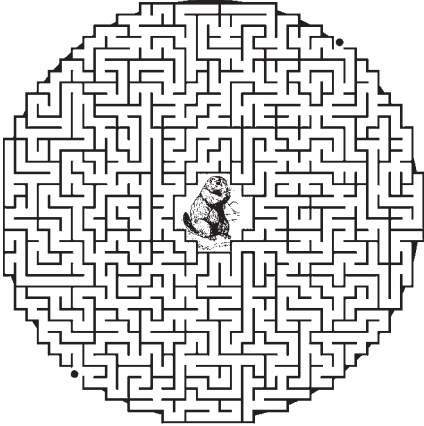
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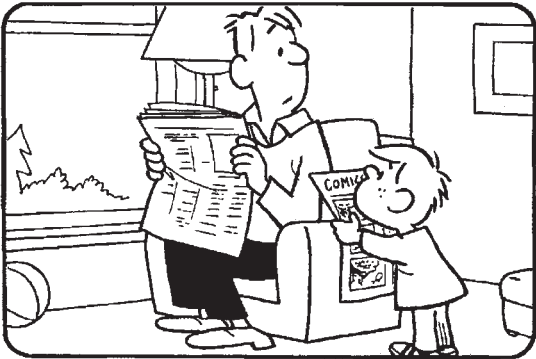
Mega Maze

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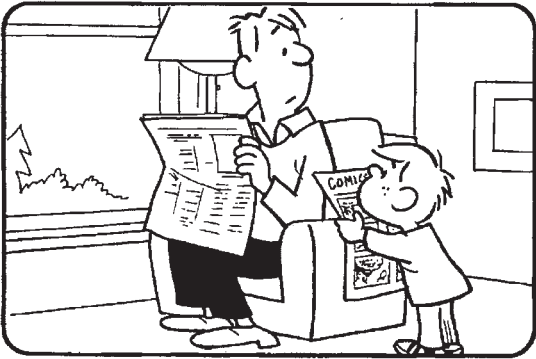


HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Ball is missing. 2. Hand is missing. 3. Picture is missing. 4. Shift is missing. 5. Picture is missing. 6. Footstool is missing. 7. Paper has fewer.



"It's true, I call my father after every fight —  
He's a \_\_\_\_\_!"

SCRAMBLERS

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

Inform

ISAVED

Jump

COUPEN

Snag

GENTAL

Soak

ORBBAS

TODAY'S WORD



# Home Country

by Slim Randles

“Someday,” said Steve, our resident tall, walrus-moustachioed cowboy, “I’m going to mess around and mix up some paint and when it’s just the right blend, I’ll sell it to people who love beauty and nature to paint the walls of their favorite room in the house.”

“What?” said Dud. “I don’t understand.”

“Look at that sunset, Dudley,” Steve said. “See how the orange and the red blend into the blue ... up higher there where the old day sky still is. And the black threads of the tree branches run through it.”

They were out in the

parking lot of the Mule Barn coffee shop, which doubles for the headquarters of the World Dilemma Think Tank during coffee hours, to say nothing of the Supreme Court of Dang Near Everything, which has the same membership. The guys basked in the afterglow of a nice day before heading home.

“Steve,” said Doc, “I had no idea you were artistic minded. Is this something new?”

“Naw. Ever since I was a kid, I wanted paint that color. You know what I’d do with it? I’d paint the wall behind the little telephone stand so that every time I spoke to someone on the phone, I’d be in a great mood.”

“You don’t have a telephone stand, Steve.” Dud said. “All you have is that

cell phone in your pocket.”

“Picky, picky. Okay, then I’ll paint my jacket that color, so every time I grab the cell phone ...”

Herb had been awfully quiet ... for him, anyway.

“So you would blend orange and red and yellow and blue and black?”

“Only if I could get it to look like that,” Steve said.

One of the side benefits of being a cowboy is being

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able to dream regardless of facts...

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## How to create a successful apple orchard

by Bob Osborne, author of “Hardy Apples: Growing Apples in Cold Climates”

There is a difference between planting an orchard that survives and one that thrives.

To create an orchard that grows well and produces quality apples, a number of considerations should be addressed before any trees are planted.

**Choose the Right Site**

The site chosen for an orchard can mean the difference between a crop and no crop.

The most important factor is the occurrence of frosts during flowering. In a low-lying site, cold air will pool during still nights and frosts are likely to occur. A site on a hill where the air is draining down toward a lower area, or a site near a large body of water that moderates the temperature, will be far less likely to experience frosts during this critical period. While most of us have little choice in placing an orchard, sitting in the most advantageous position will play an important role in its success.

**Best Soil Types for Apple Orchards**

Soil is the basis of all life, but soils differ tremendously in their ability to provide nutrients to an apple tree.

To provide for the needs of apple trees, the soil should contain the minerals it will need to create healthy foliage and fruit. Soils are usually a combination of three basic constituents: sand, clay and silt.

Soils that are sand-based may be lacking in some of these minerals, as sand is essentially silica, and will only break down over time periods that are beyond our reckon-

ing. In such soils, the nutrients needed must be provided by organic matter. If the soil has little other than silica sand and stone, the task of providing enough organic matter may be difficult to near impossible.

Clay soils have advantages and disadvantages. Clays usually contain a host of minerals and are far more productive than sandy soils, but if the percentage of clay to sand and/or silt is too high there can be problems with drainage and the texture may not allow easy access by the roots.

Silt soils occur where either water or wind has deposited very fine particles over centuries. Silt soils are very productive, although it is essential that the underlying soils are well drained.

The ideal soil is a blend of sand, clay and silt. Such soils can provide a wealth of nutrients and, unless they are sitting on an impermeable layer, will have good drainage.

The best orchard soils have a high organic matter content. Organic matter is vital to growth, as its gradual breakdown releases the nutrients held within the particles and its spongy texture helps hold both air and water.

Good drainage is also essential for a successful apple orchard. In poorly drained soils the roots may be subject to long periods when the soil around them is saturated. The lack of oxygen will kill the roots. It can also create a condition where the roots of the tree can only exist near the surface.

Shallow roots will not be able to properly support the tree during high winds, especially if there is a large crop.

While less-than-ideal soils can be adjusted, such measures will add considerably to the cost of establishment.

Another soil-related issue is its acidity level. This level is measured using the pH scale. Apples grow best in soils with a pH of 6.5 – 7.0. For young trees to grow to their potential, an orchard should not be planted until the pH is at the proper level.

**Apple Tree Spacing**

For the homeowner, placing a few trees in a yard is not a big issue. However, if you are contemplating a larger orchard, the spacing of trees becomes very important.

Most commercial orchards are now planted in rows with trees placed around three to four feet apart. These trees are grafted on dwarfing roots and will require

permanent posts and wires to support them over the life of the orchard.

If you choose a more traditionally spaced orchard, be sure to choose rootstocks that will provide good anchorage. Even if the trees will not be supported long term, be sure to stake the new trees for one year. This will prevent rocking of the trees in wind, which slows establishment, and will keep them straighter in the row.

*This post is provided as an educational/inspirational service of the National Garden Bureau and our members.*



Much planning goes into planting an apple tree which will one day produce healthy foliage and fruit

Weekly SUDOKU

Answer

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

SCRAMBLERS

1. Advise 2. Pounce  
3. Tangle; 4. Absorb

Today's Word

DOCTOR

King Crossword

Solution time: 26 mins.

Answers

Mega Maze

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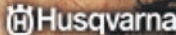
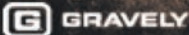




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