

# Division of Consumer Protection warns New Yorkers about dangers of carbon monoxide poisoning, fire hazards & strenuous activities in upcoming winter weather

The New York State Division of Consumer Protection has alerted consumers of the dangers of fire hazards, carbon monoxide poisoning and performing strenuous outside activities in the upcoming cold weather. As the winter months set in and the temperatures drop, consumers may turn to dangerous heating alternatives to stay warm. Propane heaters, generators and space heaters all pose lethal risks of carbon monoxide poisoning and fire hazards when used improperly. As strong winter storms continue to hit the U.S., consumers need to exercise caution to stay safe and healthy during snow cleanup activities.

"Taking preventative action is your best defense against dealing with extreme cold weather," said Secretary of State Robert J. Rodriguez. "The Department of State's Division of Consumer Protection urges New Yorkers to take proper safety precautions while using candles and space heaters, install fire and carbon monoxide detectors and replace batteries in your alarms on an annual basis to help decrease the risk of fire hazards in your home."

Office of Temporary and Disability Assistance Commissioner Daniel W. Tietz said, "In addition to providing assistance to help cover home heating costs, the Home Energy Assistance Program can help with getting heating equipment cleaned and serviced so it is safe and operating at peak efficiency, and even cover the cost of repairing or replacing faulty heating equipment. These services are vital to helping New Yorkers stay safe and warm through the harsh winter months. Anyone in need of this assistance should apply as soon as possible."

The NYS Division of Consumer Protection offers the following tips to keep families safe and warm this winter. When temperatures plummet, home heating systems may run constantly and the potential for CO poisoning increases. During and after dangerous weather, using alternative sources of power can also cause CO to build up in the home.

### Carbon Monoxide Dangers and Safety Tips:

• Install carbon monoxide alarms. Have a carbon monoxide alarm on every floor and outside sleeping areas.

• Inspect all fuel-burning equipment every year. Have a trained service technician inspect your home heating systems. Make sure that all gas heaters are properly vented to the outside.

• Use generators safely. Do not use a gas or electric generator in a home, garage, basement or any enclosed space. Plug in appliances to the generator using only individual heavy-duty, outdoor-rated electrical cords. When used, gas generators should be located at least 20 feet from any window, door or vent – preferably in a space where rain and snow does not reach them.

 Avoid build-up of carbon monoxide fumes. Open the fireplace damper before lighting a fire and keep it open until the ashes are cool. Never use a gas range, oven or grill to warm up a home. Never leave a vehicle running while parked in a garage attached to a home, even if the windows are open. Have vehicles' mufflers and tailpipes checked on a regular basis to prevent accidental CO build-up.

• Keep furnace and dryer vents clear of ice and snow. Check furnace and dryer vents on the exterior of your house during and after heavy snowfalls, and clear snow away from the vents' openings if it builds up. When a furnace or gas dryer vent is blocked, carbon monoxide can build up inside the home, and on newer furnaces, the system may shut off completely as a safety measure leaving the home without heat. While electric dryers do not pose a risk of carbon monoxide poisoning, a blocked vent could still be a fire hazard.

• If one suspects carbon monoxide poisoning, they should get to fresh air immediately and then call 911.

Colder temperatures also increase the risk of fire hazards. Home fires can happen at any time, but they generally increase during autumn and winter, with December and January being the peak months.

### Winter Home Heating & Fire Safety Tips:

• Working smoke alarms saves lives. According to the National Fire Protection Association, roughly three out of five fire deaths happen in homes with no smoke alarms or no working smoke alarms so remember to have working smoke alarms on every floor and in every bedroom. The early warning provided by smoke alarms can save a life.

Division 3



# Museum Monday programs planned for Schoharie Crossing

Schoharie Crossing State Historic Site is excited to announce the return of Museum Monday programs this winter. Each month the museum at the Visitor Center will be open from 11 a.m. - 1 p.m. on a select Monday and a brief discussion on a relevant topic will be offered. On Jan. 9 we'll enjoy hot tea and discuss the tea trade. Some of what will be covered are European traditions and influence of tea drinking culture.

On Feb. 13, we'll explore some Mohawk Valley history regarding enslaved people and the lead up to the construction of the Erie Canal. On March 13, we'll welcome Fulton County Historian Samantha Hall-Saladino to speak briefly on the Mohawk matriarch Molly Brant during Women's History Month.

And on April 10, we recognize Humor and Poetry Month with a reading of Mark Twain's

fine work, "The Aged Pilot Man," which takes a hilarious look at canal life.

For information about these programs, call the Visitor Center at 518.829.7516, email SchoharieCrossing@parks.ny.gov or visit our Facebook page.

### **Division from 2**

• Safely operate fireplaces, wood stoves and other combustion heaters. Use fireplaces, wood stoves or other combustion heaters only if they are properly vented to the outside and do not leak flue gas into the indoor air space. If planning to use a wood stove, fireplace or space heater, follow the manufacturer's instructions. Do not burn paper in a fireplace.

• Keep your home properly ventilated. Ensure adequate ventilation if using a kerosene, propane or other fuel heater. Also, use only the specific type of fuel a heater is designed to use – don't substitute with another source.

• Keep space heaters away, stable and uncovered. Space heaters should be kept at least three feet away from beds, clothes, curtains and other flammable materials. Never cover a space heater or place on top of furniture or near water. Space heaters should not be left unattended when used near children. If a space heater has a damaged electrical cord or produces sparks, stop use immediately.

• Check your extension cords. Extension cords should not be overloaded or run where they can become a tripping hazard. Never run extension cords under carpets or rugs. Avoid using extension cords with a space heater.

• Prepare for emergencies. Keep a multipurpose, dry-chemical fire extinguisher near the area to be heated.

• Regularly review fire safety plans with your family, especially with homes with young children, older adults and persons with disabilities. Make sure there is a working smoke alarm on every level and outside of sleeping areas, and that the batteries in the alarm are functional.

• If there is a power failure at home, use battery-powered flash-

lights or lanterns instead of candles, if possible. If you must use candles, use extreme caution. Never leave lit candles unattended, and do not burn them on or near anything that can catch fire. Extinguish candles when you leave the room and before sleeping.

New York's Home Energy Assistance Program (HEAP) can help eligible New Yorkers heat their homes. The program provides up to \$1,126 to eligible homeowners and renters depending on income, household size and how they heat their home. Administered by the state Office of Temporary and Disability Assistance, applications for HEAP are accepted at local departments of social services in person or by telephone, with funding provided on a first come, first served basis. Residents may also apply online for regular heating assistance benefits at mybenefits.ny.gov/mybenefits/begin. To qualify for benefits, a family of four may have a maximum gross monthly income of \$5,485 or an annual gross income of \$65,829.

For households facing no-heat situations due to non-working heating equipment, OTDA is also accepting applications for its heating equipment repair or replacement benefit. Eligible homeowners can apply for up to \$4,000 for repairs or \$8,000 for replacement of a furnace, boiler or other direct heating equipment necessary to keep the household's primary heating source working. Additionally, eligible households can receive energy efficiency services, which include the cleaning of primary heating equipment to allow for safe and efficient operation. Interested households can apply with their local HEAP contact.

As the recent historic storm in Buffalo showed, snow and winter storms can be dangerous and even deadly. Snow shoveling can contribute to a number of health risks for many people, from back injuries to heart attacks. New Yorkers must exercise caution when doing snow or ice cleanup as the strenuous activity can be

# dangerous for vulnerable individuals.

# Shoveling Safety Tips:

• Warm up. Warm your muscles before heading out to shovel by doing some light movements, such as bending side to side or walking in place.

• Push rather than lift. Pushing the snow with the shovel instead of lifting can help reduce the strain on your body. When lifting snow, bend your knees and use your legs when possible.

• Choose your shovel wisely. Ergonomically designed shovels can help reduce the amount of bending you have to do.

 Lighten your load. Consider using a lighter-weight plastic shovel instead of a metal one to help decrease the weight being lifted.

• Hit the pause button. Pace yourself and be sure to take frequent breaks. Consider taking a break after 20 to 30 minutes of shoveling, especially when the snow is wet.

 Consider multiple trips. Consider shoveling periodically throughout the storm to avoid having to move large amounts of snow at once.

• Keep up with snowfall. Try to shovel snow shortly after it falls, when it is lighter and fluffier. The longer snow stays on the ground, the wetter it can become. Wet snow is heavier and harder to move.

• Wear layers. Dress in layers and remove them as you get warm to help maintain a comfortable body temperature.

• Stay hydrated. Drink plenty of water to stay hydrated while shoveling.

Additional resources are offered through the NYS Office of Fire Prevention and Control's Carbon Monoxide Virtual Toolbox and the through the NYS Department of Health Cold Weather Tips page at health.ny.gov/environmental/emergency/weather/ cold/cold\_weather\_tips.htm.



# Utica Zoo announces the passing of beloved cockatoo Polly



It is with a heavy heart that the Utica Zoo announces the passing of Polly, their Moluccan Cockatoo. Polly was a member of the Utica Zoo team for 53 years, where he spent a majority of that time as part of the education program.

Photo courtesy of Utica Zoo

It is with a heavy heart that the Utica Zoo announces the passing of Polly the Moluccan Cockatoo.

Polly was a beloved member of the Utica Zoo team. He was estimated to be between 70 and 80 years old and was at the Utica Zoo for 53 years. For a good portion of that time, Polly was part of the education program and was an ambassador for his species and those like him.

He was a favorite of many, including visitors, donors, docents and staff. Many visitors and community members may recall meeting Polly during presentations at their school or seeing him enjoying lunch in the grass with Utica Zoo staff.

Over the past few years, Polly was being monitored for age-related medical concerns by the Utica Zoo veterinary team. As he continued to age, he was retired from the Ambassador Animal Program and remained in the care of the Utica Zoo staff.

Polly made the best of retirement, spending time during the day in staff offices, even chiming in on meetings and phone calls.

This past December Polly's health rapidly declined and the animal care team suspected he may have suffered a stroke. He received around-the-clock care and monitoring until the decision was made to humanely euthanize him.

"Polly has been a stalwart figure of the Utica Zoo and this was an incredibly difficult decision to make," Matt Ardaiolo, Utica Zoo lead keeper said. "His quality of life had deteriorated, and he did not appear to have a path to recovery."

In recognition of the impact a loss of this nature can have on employees, grief counseling services have been made available to all zoo staff to help cope with the loss.

"After being a member of the zoo team for such a long period of time, there any many stories and legends passed among the zoo staff," Andria Heath, Utica Zoo executive director, said. "We hope that members of the community will share their memories of Polly."

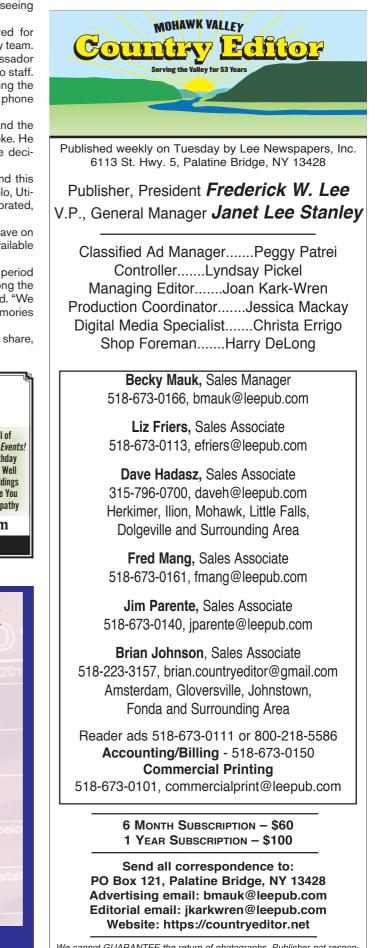
If you have stories about Polly that you would like to share,





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To join us in honoring Polly, the Utica Zoo asks that you make a charitable donation to Polly's Fund. All gifts made to the designated fund will support the Utica Zoo Education and ZooMobile Program. Donations can be made at tinyurl.com/pollysfund or mailed to 1 Utica Zoo Way, Utica, NY 13501.



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Sixteen-year-old Wyatt Mitchell from Canajoharie. This is a corrected caption from the photo published in the Dec. 20 issue.

# Miller family sends thanks

The family of Sandra S. Miller would like to thank everyone who sent cards or gave words of kindness and condolences in her passing. A special thank you goes to Pastor Aurand and Chris Hanley who helped us through our loss of our dear wife and sister.

# Notable works by Martin Luther King Jr.

Dr. Martin Luther King Jr. was one of the most influential Americans of the 20th century. A scholar and minister who played a leading role in the civil rights movement of the 1950s and 1960s, King was tragically assassinated on April 4, 1968, less than three months after he turned 39.

Though King's life was far too short, he left behind a host of notable works. These works can provide significant insight into who King was and the legacy he left behind.

• "Stride Toward Freedom: The Montgomery Story." Published in 1958, this is King's account of the Montgomery bus boycott that began in 1955 and ended in 1956. The book includes information about the plan-

ning of the boycott as well as King's thoughts about it after it ended.

• "The Measure of a Man." A short book, "The Measure of a Man" is actually two sermons King delivered in August 1958. The sermons are titled "What is Man?" and "The Dimensions of a Complete Life." The Cornell University Library credits "The Measure of a Man" for offering insight into the theological roots of King's philosophy of nonviolence.

• "Strength to Love." A more extensive version of King's sermons, "Strength to Love" focuses largely on racial segregation in the U.S. King wrote the sermons in "Strength to Love" during the struggle for civil rights, even composing some of them while in jail.

• "Why We Can't Wait." Published in 1964, "Why We Can't Wait" focuses on the nonviolent fight against racial segregation in 1963 in Birmingham. The book includes King's "Letter from Birmingham Jail," which remains one of his most famous writings.

 "Where Do We Go from Here: Chaos or Community?" This was King's last book before he was assassinated. King wrote the book from a rented house in Ja-

maica in 1967 after isolating himself from the civil right movement. In the book, King contemplates where things stand for the civil rights movement and what must be done to ensure equality for all Americans in the future.

The collective works of Martin Luther King Jr. provide unrivaled insight into the minds of the one of the most influential figures in American history.



# Wayne Freed presents Part 2 of China steam at railway meeting

The Utica and Mohawk Valley Chapter of the National Railway Historical Society will meet on Jan. 13 at 7 p.m. at the Zion Lutheran Church on the corners of French and Burrstone roads in New Hartford. There will be a business portion conducted by President Harry Lenz with reports on the Adirondack Railroad, the Toy Train Collectors' Society Toy Train Meet at Utica Union Station, the Empire State Passengers Association Annual Meeting in Schenectady in March, the ongoing work on New York Central 6721 and the Amherst Model Train Show in Springfield, MA, along with many other activities and projects ahead for the society in the coming months.

After the break, past Utica and Mohawk Valley Chapter president and current Program Chair Wayne Freed will have Part 2 of his look at "Steam in China," where steam locomotives are in regular service as they were in our country years back. This video was made in 2001 with narration by former WKTV News Chanel 2 Anchor Susan Tran. This meeting is open to anyone who is interested in railroads, railroad history and

railroads, railroad history and the railroads of China and Asia as well as North America. Those attending society meetings are offered the opportunity to join the chapter as regular members. They also invite all retired and active railroad personnel to their meetings.

For more information, contact Bradford Paulson at 315.275.1223 or 315.853.5400 or at Bpaulson909@msn.com.

# Creative Outpost schedules two-day documentary storytelling event

The folks from Floating Home Films will be giving a community presentation on Feb. 3 from 7 - 8 p.m. at Rock City Centre in Little Falls, followed by a twoday free workshop on documentary storytelling from 9 a.m. - 5 p.m. on Feb. 4 and 5.

This event is part of the Creative Outpost's Content Creation Workshop Series, which started in summer 2022. The intent is to give people skills to help them compete in the Little Falls Smart Phone Film Festival, tentatively scheduled for October 2023.

In the community presentation, Alex and Ander will inform the audience about the power of telling a good story and how this media is used today in traditional filmmaking, social media and marketing. They'll show examples of their work with Floating Home Films to drive home the point.

Ander Kazmerski stated, "I'm sure many are aware of YouTube and social media

influencers. Our goal is to educate attendees that these paths are new content creation paths for anyone seeking to tell good stories. It's a viable path – and they should support their children by helping them explore local stories and help them tell their own stories if they choose to.

"The goal is to fight the notion of 'becoming a YouTuber' as frivolous by expanding the concept of making content and tying it to real, grounded business principles."

In the two-day workshop, they will teach attendees the power of telling a good story and how this media is used today in traditional filmmaking, social media and marketing.

"We're going to provide a well-rounded introduction to documentary filmmaking. We'll discuss what makes a good story, different ways to approach storytelling and cover the basic steps of pre-production, production and post-production," stated Kazmerski.

The team will utilize discussions, show example footage and then bring those skills into practice by lighting and filming an interview.

Floating Home Films partners with marketing agencies, nonprofit marketing, advancement teams and small businesses to create authentic content that connects with audiences. They dig for genuine messaging in every project and provide three levels of service. Those three levels create content that can be used across multiple channels, remixed and repurposed over time. The company is located in the Philadelphia and Rochester areas, but they travel all over to gather those stories.

Space is limited to 50 people for the community presentation and 15 for the workshop. Both are free. Registration is required, so visit creativeoutpost.org/ course-list/ to sign up now.

# Gardening: Choose Your Own Adventure

In the dark days of January, gardeners sometimes find themselves overwhelmed by dazzling seed catalogs and online offerings. Everything looks wonderful and it is hard to decide what to pick or what to plant. Join Otsego Master Gardener Francine Stayter on Jan. 21 at 10 a.m. for "Gardening: How to Choose Your Own Adventure," a hybrid workshop in person at the CCE Education Center in Cooperstown or virtually via Zoom.

Cornell has many resources that can help you make decisions that suit your garden to give you the right plants for the right place. In this workshop, Stayter will discuss how to use some of these resources, from selecting from seed catalogs to seed starting to planting your 2023 garden, that will help you choose your best gardening adventure.

This workshop is free and open to the public, but pre-registration is required by Jan. 18. To register and for more information, go to tinyurl.com/yc4the6x or call 607.547.2536.

Otsego Master Gardener Volunteers have been specially trained and certified by Cornell University Extension with a mission to provide education on a broad range of horticultural topics and practices based on university research and recommendations.



# Fort Plain and the Town of Minden plagued by fires since 1780

# by Eileen Chambers, Town of Minden Historian

The Village of Fort Plain and the Town of Minden have both been dealt serious blows over the years due to the disastrous fires that claimed many of the municipality's important structures.

In 1780 during John Johnson's raids throughout the Mohawk Valley the Dutch Reformed Church located on Sand Hill in Minden was burned to the ground by the Native Americans and Tories who sided with the British during the American Revolution. Not only was the church destroyed, but also the early church records.

The church was rebuilt following the war and served the Dutch Reformed community until 1831 when the congregation moved the church into the Village of Fort Plain. On Dec. 25, 1833, a year after the incorporation of the village, the newly constructed wooden Dutch Reformed Church on Canal Street burned prior to its dedication and installation of the new minister. The church was rebuilt with brick in 1834.

A section of the block on Main Street in the village was destroyed by fire in 1855. Due to the generosity of John I. Diefendorf, a local businessman, the buildings destroyed by that fire were rebuilt and remain standing today. The building at 47 Main Street, now known as Diefendorf Hall, became the home for several businesses over the years.

Fire once again struck the building at 47 Main in 1989 resulting in damage to the upper floors. The Friends of Fort Plain are in the process of restoring the building to showcase the history of the Erie Canal in the area.

Forty-five years passed before the next disastrous fire occurred in the village. On March 26, 1900, the Clinton Liberal Institute located on Institute Hill burned to the ground during the school's spring break. Chemicals used to disinfect the school after a scarlet fever outbreak were determined to be the cause. Firefighters were unable to save the building due to the difficulty of pumping water up the hill from Main and West streets.

The fire was a great blow to the community. The building had served as a school since 1854 when it was known as the Fort Plain Female Seminary. In 1879 the Clinton Liberal Institute purchased the seminary building and moved the institute from Clinton to Fort Plain. In 1890 a military academy was added. Ten years later, the fire struck and what was left of the building was razed. Several years later Fort Plain High School was built on the property left vacant by the fire.

Two smaller communities in Minden faced destructive fires in 1929 and 1939. In 1929 the Otsquago Grange Hall in Hallsville burned to the ground and was rebuilt a year later. The grange was the center of social activity for the area's farming community. In 1939 the Mindenville school received extensive damage in a fire determined to have been a case of arson.

Fires 11



# **CHURCH SERVICE DIRECTORY**

# AMES

AMES - SPROUT BROOK UMC 613 Latimer Hill Rd., Ames, NY 13317 518-673-3495 Pastor Jan Markle Sunday Service 9 AM

#### CORNERSTONE BAPTIST CHURCH 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 St. Hwy. 10, Ames, NY 13317 www.cornerstoneames.com info@cornerstoneames.com 518-673-3405

#### AMSTERDAM THE TIME FOR TRUTH MINISTRIES

PO Box 351, Amsterdam, NY 12010 Phone 518-843-2121 Cell 518-774-8558

#### BARNEVELD

SAINT DAVID'S EPISCOPAL CHURCH 140 Mappa Ave., Barneveld NY 13304 315-836-6707 Pastor Namoi Sorrwar-Randall Sunday Worship 10 AM Sunday School 10 AM

#### CANAJOHARIE CHURCH OF THE GOOD SHEPHERD 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

#### UNITED METHODIST CHURCH OF CANAJOHARIE 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

#### ST. JOHN'S & ST. MARK'S LUTHERAN CHURCH 143 Church St., Canajoharie 518-673-2224 Pastor A. Elisabeth Aurand Remote & In-Person Sunday Worship 11 AM; email for link stjm-canajoharie.org office@stjm-canajoharie.org

#### FAITH, HOPE AND LOVE CHURCH Rev. David W. Bowley, Pastor Sundays, 5 PM at the Upstate Chapel 63 Cliff St, Canajoharie Call 518-673-5128 or see Facebook "Faith, Hope and Love Christian Church" and our website faithhopeandlovechurch.com

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

REFORMED CHURCH OF CANAJOHARIE 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: Adult Bible Study 9 AM Worship 10 AM, Coffee Hour following Sunday service. Tuesday: Knit & Stitch 9 AM Bread Giveaway 10 AM - 12 PM Weekly Prayer Meeting 12 PM Wednesday: Rug Hooker's Group 9 AM Women's Bible Study 4 PM Thursday: ALPHA 6:30 PM www.canjoreformed.org

#### <u>CHERRY VALLEY</u> CHERRY VALLEY ASSEMBLY OF GOD

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

#### ST. THOMAS THE APOSTLE CATHOLIC COMMUNITY 1 Church St., Cherry Valley 607-264-3779 Masses Sunday mornings at 8:30 AM & 11 AM

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

#### <u>COLD BROOK</u> COLD BROOK UNITED METHODIST CHURCH

467 Main St. Sunday Worship 10:30 AM

#### NEW LIFE CHAPEL OF THE AEA 3447 St. Rt. 8 Pastors: Rev. Gail & Rev. Mike Jay 315-826-7115 Sunday Worship 10:30 AM Intercessory Prayers Tuesday 7 PM (please call to confirm)

#### DOLGEVILLE NEW HOPE CHRISTIAN FELLOWSHIP Pastor Peter Spiak 32 Spencer St. • 315-429-3630 Sunday School 9:30 AM Sunday Warebin 10:30 AM

Sunday Worship 10:30 AM Tuesday Bible Study 7 PM GRACE BAPTIST CHURCH OF DOLGEVILLE Pastor Len Byerly 12 Van Buren St.

Morning Worship 11-12:30 PM Lunch 12:30-2 PM Afternoon Worship 2-3 PM

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

UNITED LUTHERAN PRESBYTERIAN PARISH 26 E. Faville Ave. Worship 11 AM

#### DOLGEVILLE CHRISTIAN Fellowship

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

#### ST. JOSEPH'S ROMAN Catholic Church

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

### EAST SCHUYLER Christian Assembly of Schuyler

Pastor Adam Coomes 3659 Route 5, East Schuyler Sunday Worship 10:30 AM Wednesday Night 6:30 PM Phone 315-895-0926 Christianassemblyofschuyler.com

### <u>EPHRATAH</u>

EPHRATAH REFORMED CHURCH 140 Co. Hwy. 140, Ephratah, NY To live and share Jesus Christ both locally and globally. Everyday. Everywhere. Everyone. Pastor Jeff Hindrilter Sunday School for all ages 10 AM September-June Sunday Morning Worship 11 AM Prayer & Praise Thursdays 7 PM

ESPERANCE ESPERANCE PRESBYTERIAN CHURCH 129 Church St., Esperance NY 12066 Sunday Worship 9:30 am Rev. Bert Mayne Simple, friendly, conservative worship in a beautiful 1824 sanctuary

> FONDA SAINT CECILIA CHURCH 26 Broadway, Fonda 518-853-4195 Sunday Worship 9 AM

NATIONAL KATERI TEKAKWITHA SHRINE AND INDIAN MUSEUM 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

#### FORT PLAIN Amazing grace baptist church

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

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

ST. PAUL'S LUTHERAN CHURCH 36 Lydius St., Fort Plain, NY 13339 518-993-2040 Pastor Jonathan Litzner 405-250-8395 Church Service 11 AM

ST. JOHN'S LUTHERAN CHURCH 774 St. Hwy. 163, Fort Plain, NY 518-705-7552 Rev. David A. Johnson, Ph.D. Sunday Worship 9 AM, Sunday School 10 AM,

Ladies Aid W.E.L.C.A. Handicapped Accessible REFORMED CHURCH OF FORT PLAIN 165 Canal St., Fort Plain, NY 13339 518-993-4302 fortplainrca@yahoo.com Rev. Nancy E. Ryan Worship 11 AM, AA meetings Mon. & Tues. 7 PM, Emergency Food Pantry 518-993-4302

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

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

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

FREYSBUSH UNITED METHODIST CHURCH Freysbush Rd., Fort Plain 518-429-9936 or 518-424-8488 Worship 9 AM, Sunday School 10 AM ALL ARE WELCOME

FRANKFORT OUR LADY QUEEN OF APOSTLES 414 Frankfort St., Frankfort, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 4 PM (May - October); Sunday 9 AM; Tues & Thurs 9 AM

FULTONVILLE FONDA FULTONVILLE FONDA-FULTONVILLE UNITED METHODIST CHURCH Pastor Kathy Reese Sunday school 10AM Outdoor service: 11 Montgomery Street, Fultonville, May-Early Sept. (byo - chair) Indoor service: Winter and inclement weather Glen Town Hall, 7 Erie Street, Fultonville Community Outreach is very important to us 518 853-3311

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

#### GLEN GLEN REFORMED CHURCH

State Hwy 161 in the Hamlet of Glen 4 miles South of Fultonville glenreformed@nycap.rr.com Sunday Worship at 9. Sunday School immediately following Children's Message

#### HERKIMER SS PETER and PAUL ORTHODOX CHURCH

Fr Vasil Dubee & Fr Dn Demetrius Richards 305 Main Rd., Herkimer Phone 315-866-3272 Saturday Vespers -5 PM (spring/summer months) 4 PM (fall/winter months) Sunday Divine Liturgy 9:30 AM Sundays

> TEMPLE BETH JOSEPH 327 N. Prospect St. Phone 866-4270 Friday 7 PM

ST. FRANCIS de SALES CHURCH Rev. Mark Cunningham, Pastor 219 N. Bellinger St. Phone 866-4282 Saturday Vigil Mass 4 PM Sunday Mass 8 AM

> CHURCH OF SAINTS ANTHONY and JOSEPH 229 S. Main St. Phone 866-6373 Sunday Mass 10 AM No Saturday Vigil

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

OAK RIDGE FREE METHODIST CHURCH Pastor Chris Schumske 838 W. German St. Worship Service for adults & children 8:30 AM & 10:30 AM with Ridgekids for the children (0-5th grade) Phone 866-0575

### UKRAINIAN ORTHODOX CHURCH OF St. Mary's protectress

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

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

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

FIRST UNITED METHODIST CHURCH OF HERKIMER AND LITTLE FALLS Pastor Joelle Faulks Prospect St & Park Ave. Sunday Worship and Sunday School 9 AM

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

## TRINITY EVANGELICAL

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

#### THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS 317 Gros Blvd., East Herkimer 315-866-8095 Sunday Sacrament Meeting 10 AM Sunday School/Primary 11 AM - Visitors welcome -Family History Center, open by appointment

#### ILION ILION COMMUNITY CHURCH Pastor Dean Mabry 44 Central Plaza Sunday Worship 10 AM Child Care/Kids Church Available ilionchurch.com

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

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

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

JESUS NEVER FAILS COMMUNITY CHURCH Reverend Hans Drews 1161 Elizabethtown Rd., Ilion, NY 13357 518-568-7983 hansandrosaline@yahoo.com Sunday Service 11 AM

MORNING STAR UNITED METHODIST CHURCH 36 Second Street Pastor Joelle Faulks Sunday Worship 10:30 AM November 1 - May 1 4224 Acme Rd, Frankfort May 1 - November 1 36 Second Street, Ilion

#### ANNUNCIATION CHURCH

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

JOHNSTOWN Church of the Nazarene 3316 St. Rt. 29 W,

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

#### JOHNSTOWN FIRST PRESBYTERIAN CHURCH

37 South Market St. Johnstown, NY 12095 518-762-8263 office@johnstownpresbyterian.org Pastor George W. 'Blake' Blakesley Church Service 10:30 AM in person, Zoom and Facebook Please call for more information about our free community lunch, thrift store & personal care shelf.

# **CHURCH SERVICE DIRECTORY**

# LASSELLSVILLE

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

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

ST. PAUL'S UNITARIAN UNIVERSALIST CHURCH Minister Jeffrey J. Frank Mark Bunce, Organist 565 Albany St., Little Falls, NY Phone 315-823-2284 Sunday Service & Religious Education 10 AM

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

HOLY FAMILY PARISH OF THE **ROMAN CATHOLIC COMMUNITY OF** LITTLE FALLS Father Brian Slezak 763 E. Main St., Little Falls, NY Phone 315-823-3410 Saturday Vigil Mass 4 PM Sunday Mass 10:30 AM

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

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

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

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Feed & Seed

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

THE HOLY SPIRIT POLISH NATIONAL CATHOLIC CHURCH 618 E. Gansvoort St., Little Falls, NY 315-823-0793 Father Rafal Dadello Mass at 11 AM on Sunday www.holyspiritpncc.org

> MARSHVILLE MARSHVILLE EVANGELICAL CHURCH Route 10 South Pastor Mark Fowler Worship Sunday 9 AM

MIDDLEVILLE MIDDI EVILLE UNITED **METHODIST CHURCH** 24 Fairfield St. Sunday Worship 9:30 AM

**MOHAWK DENNISON CORNERS COMMUNITY CHURCH** Pastor Donald King 219 Robinson Rd. • Phone 866-5215 Sunday: Sunday School 9:45 AM Morning Worship 11 AM Evening Worship 6 PM Wednesday Prayer 7 PM

## **MOHAWK REFORMED CHURCH**

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

#### **EMMANUEL BIBLE CHURCH**

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

# **CHURCH OF THE BLESSED**

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

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

THE WORD CHRISTIAN CENTER Pastor Dan Annutto

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

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

> **NEWPORT** FIRST BAPTIST CHURCH **OF NEWPORT** 7497 Main Street Pastor's Phone 315-790-1877 Sunday Worship at 9:45 AM

UNITED METHODIST Pastor Bobbin Harris • Ph 845-8730 Morning Service 11:15 AM

# **KUYAHOORA COMMUNITY CHURCH**

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

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

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

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

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

> RANDALL Randall Christian **COMMUNITY CHURCH** NY Rte. 5S Sunday Service 10:30 AM

RICHFIELD SPRINGS CHURCH OF CHRIST UNITING

Worship Leader Darlene Spaulding

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

**RICHFIELD SPRINGS BIBLE CHURCH** 19 Church St., Richfield Springs, NY 13439 Rev. David Tosi • 315-858-0564 Sunday School (all ages) 10 AM Worship Service 11 AM & 7 PM Wednesday - Prayer & Praise Call for info on various Youth Ministries www.richfieldspringsbiblechurch.org

<u>SALISBURY CENTER</u> FULL GOSPEL ASSEMBLY OF GOD Pastor Robert Brent 106 Plant Road Sunday Worship 11 AM with Children's Church offered during the service

SALISBURY CENTER UNITED METHODIST CHURCH 2545 State Route 29 Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 10 AM Thursday Bible Study 6 PM

# **SLOANSVILLE**

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

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**SPRAKERS** CHRISTIAN CHURCH OF CHARLESTON FOUR CORNERS 1380 E. Lykers Rd., Sprakers

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

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

**REFORMED CHURCH OF SPRAKERS** 112 Sprakers Hill Rd. Rev. Nancy Ryan Worship ~ 9 AM All Welcome!!!

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

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

# SPRINGFIELD CENTER

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

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

ST. JOHNSVILLE BETHESDA FELLOWSHIP 34 S. Division St.,

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

# ST. PAUL'S LUTHERAN CHURCH

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

SEEKER'S FELLOWSHIP

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

### ST. JOHNSVILLE METHODIST

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

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

ST. JOHN'S REFORMED CHURCH 68 W. Main St., St. Johnsvil 518-568-7396 Faithfully Following Jesus Christ Sunday Worship 10:30 AM

**GRACE CHRISTIAN CHURCH** Pastor Michael Torres 20 Center St. St. Johnsville, NY 13452 518-775-0366 Email gccpastor2021@gmail.com

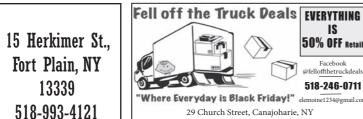
<u>STRATFORD</u> STRATFORD UNITED METHODIST CHURCH 1511 State Route 29A Sunday Worship 8:30 AM Broadcast on 95.9 FM within 2 miles of church Pastor Matt Worley

LIGHTHOUSE BAPTIST CHURCH 1524 St. Rt. 29A, PO Box 114 Stratford, NY 13470-0114 315-429-8854 • Pastor Martin Smith Sunday Morning Worship 10:30 AM; Wed. Eve. Prayer Meeting 6 PM; 2nd & 4th Sunday Dinner following Morning Service with Afternoon Service following dinner "Old-Fashioned Bible Preaching"

TRIBES HILL SACRED HEART CATHOLIC CHURCH 111 3rd Ave., Tribes Hill 518-829-7301 Mass Saturday 4 PM



To Place or Update A Church Listing, Call 518-673-0166 or Email bmauk@leepub.com





## JANUARY 12

**Town of Webb Herkimer County Public Health Office Hours** 10 a.m. until 2 p.m. in the board room at 3140 State Route 28, Old Forge. For further information call Public Health at 315.867.1176 or visit herkimercounty.org or fb.me/HerkimerCountyPublicHealth .

## JANUARY 13

**Herkimer College New Student Registration Day**. Appointments are available for 9 a.m. or 1 p.m. To make an appointment, visit herkimer.edu/register. For more information, call 315.574.4028 or email admissions@herkimer.edu.

Utica and Mohawk Valley Chapter of the National Railway Historical Society meeting 7 p.m. at the Zion Lutheran Church on the corners of French and Burrstone Roads in the Town of New Hartford. Wayne Freed to present part two of China Steam. For more information, contact Bradford Paulson at 315.275.1223 or 315.853.5400 or at Bpaulson909@msn.com

### JANUARY 18

**Local History Round Table** at Fort Plain Free Library. For more information, call 518.993.4646, email fpfl@mvls.info, or visit the website at fortplainfreelibrary.org.

# Gardening: How to Choose Your Own Adventure 10

a.m. at the CCE Education Center in Cooperstown or virtually via Zoom. Presented by Otsego Master Gardener Francine Stayter. Free, but pre-registration is required by Jan. 18. Register at tinyurl.com/yc4the6x or call 607.547.2536 x0.

**Living Well With and After Cancer** 1 - 3:30 p.m. on Zoom. Visit Bassett.org/LivingWell, or call 607.547.3948, or email Living WellSessions@bassett.org for more information and to register.

#### JANUARY 19

**Chicken and Biscuit dinner** 4-7 p.m. or sold out at Emmanuel Episcopal Church, 594 Albany St., Little Falls. \$12. Eat in and take out. Call 315.741.4672 to reserve your dinner. Free delivery.

#### JANUARY 20

**Canajoharie Senior Citizens Club meeting** 1 p.m. Directly following at 1:30 p.m. Nick Fitzgerald, Superintendent of Canajoharie School will speak. Call Joan Cimino at 518.673.4408 with any questions.

#### JANUARY 25

**Weave a St. Brigid's Cross** 6:30 p.m. January 25 at Irish Cultural Center of the Mohawk Valley - Museum, 623 Columbia St., Utica. Celebrate Ireland's St. Brigid's feast day by learning to weave the cross named in her honor. Materials from Ireland and instructions included. \$10 fee.

### **FEBRUARY 9**

**Town of Webb Herkimer County Public Health Office Hours** 10 a.m. until 2 p.m. in the board room at 3140 State Route 28, Old Forge. For further information call Public Health at 315.867.1176 or visit herkimercounty.org or fb.me/HerkimerCountyPublicHealth .

### FEBRUARY 11

Home Gardening Series: A Master Gardener's Favorite Plants 9:30 - 11 a.m. via Zoom. Register at tinyurl. com/6bmwcxak

#### FEBRUARY 16

**Roast Pork Dinner** 4-7 p.m. or sold out at Emmanuel Episcopal Church, The Parish Hall, 594 Albany St., Little Falls. \$13. Eat in, take outs or walk in curbside pickup. Free delivery. Call 315.741.4672.

### FEBRUARY 24

Herkimer County 2023 Legislative Breakfast 8 a.m. at Herkimer College, 100 Reservoir Road, Herkimer. Contact Sarah Harrer at sharrer@herkimercountychamber.com

#### MARCH 9

**Town of Webb Herkimer County Public Health Office Hours** 10 a.m. until 2 p.m. in the board room at 3140 State Route 28, Old Forge. For further information call Public Health at 315.867.1176 or visit herkimercounty.org or fb.me/HerkimerCountyPublicHealth .

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

JANUARY				<b>Herkimer County Office for the Aging</b> Meals on Wheels provides a well-balanced, hot, noon-time meal which is available Monday - Friday in most parts of Herkimer County. To be eligible, the person needs to be age 60 or older and be disabled due to a chronic or temporary condition. A temporary condition could be due to a recent hospitalization or accident. If you are interested in learning more about Meals on Wheels or signing up, please contact our office at 315-867-1204.					
	Monday		TUESDAY		Wednesday		Thursday		Friday
2	HAPPY New Year	3	Fish on a Bun Spinach Coleslaw Mandarin Oranges	4	Meatloaf Rice Pilaf Peas Pudding	5	Chicken & Biscuits Mashed Potatoes Mixed Vegetables Cookie	6	Omelette Hash Browns Sausage Muffin • Fruit Cup
9	Pizza Burger O'Brien Potatoes Warm Three Bean Salad Fruit Cocktail	10	Chicken & Wild Rice Casserole Beets • Cauliflower Pudding	11	Macaroni & Cheese Green Beans Stewed Tomatoes & Zucchini Ice Cream	12	Roast Turkey w/Gravy Stuffing Corn Peaches	13	Ziti w/3 oz. Meatballs Tossed Salad Italian Blend Vegetables Garlic Roll • Cookie
16 Ma	Closed For rtin Luther King, Jr.	17	Pulled Pork on a Bun Baked Beans Red Cabbage Pears	18	Lemon Chicken Mashed Potatoes Country Blend Vegetables Brownie	19	Goulash Corn Brussel Sprouts Fruited Gelatin	20	Baked Fish Au Gratin Potatoes Spinach Chef's Choice Pie
23	Beef Stew w/Vegetables Beets Biscuit Pineapple	24	Salisbury Steak Mashed Potatoes Sonoma Blend Vegetables Pudding	25	Turkey Divan w/Broccoli Sauce Egg Noodles Broccoli • Cinnamon Cake	26	Cream of Mushroom Soup Chicken Salad Sandwich Fruit Cocktail	27	Roast Pork w/Gravy Sweet Potatoes Lima Beans Sherbet
30	Spanish Rice Wax Beans Squash Tropical Fruit	31	Tuna Noodle Casserole Peas Warm Three Bean Salad Orange		All Meals Served with Milk and Bread Daily.	If you are not going to be home for a meal, please call the office at 315-867-1204 at least a day in advance.			

#### MOHAWK VALLEY COUNTRY EDITOR

# Fires from 7

Through the years other fires have had a major impact on Fort Plain and Minden. In 1931, the Fort Plain Hotel was extensively damaged by fire. The building was owned by Shaheen Hage and despite the lack of insurance and the Great Depression, he was able to renovate and reopen in 1932. Seventeen years later, in 1949, the Yerdon building which housed the General Ice Cream Corporation was gutted by fire. The building, located on Mohawk Street, was demolished. Today the Frontier Communications building occupies the space where the historic Yerdon building once stood. The Yordon Box Factory located on Canal Street, site of the present Senior Citizens Center, was destroyed by fire in 1952.

The 1960s brought further destruction to village blocks when in 1966 flames destroyed the American Hotel on the corner of Main and Hancock streets. Scholet's Furniture store was also affected by this fire and as a result both the hotel and the store were razed. The Hotel Greeley fire occurred two years later in 1968. This fire destroyed the entire business block between Division and Mohawk streets. Many businesses including Dave's Restaurant, the Snappy Dress Shoppe, Marsh's Meat Market, Sherman's Grocery Store and several other small shops were so severely damaged that the buildings were torn down.

In 1972 the NBT bank, formerly Central National Bank, was built on the empty lot. The Muehleck building (also known as the clock tower building) sustained major damage in a fire in 1971. Two apartments were gutted by the fire. The Town of Minden Office, located on the second floor, sustained smoke damage. Fortunately, firefighters were able to save the town's records. Dobber's Toggery, a men's clothing store, occupied a portion of the first floor of the building and sustained smoke and water damage. Repairs were made to the apartments and the store.

In 1987 Beany Swartz's garage on Hancock Street went up in flames and two years later in 1989 the old Roof Feed Mill on Canal Street burned and was later leveled.

The village and town have not escaped major fires in the 21st century. In 2006, the old Phil Wick Mill on upper Canal Street succumbed to fire. Today the Amish own the property and sell trailers on the land that once housed a textile business. Lastly, in the early morning hours of Dec. 18, 2022, the Town of Minden Barn, which housed the town trucks, tractors, road equipment and town records dating from the early 1900s, was engulfed in flames and destroyed, along with the supervisor's office and meeting room. The annex containing the clerk's office and the courtroom were saved but received extensive smoke and water damage.

This latest fire will have an impact on the community for a while, but as with many of the destructive fires of the past, both the village and the town have demonstrated their resilience. Where buildings were destroyed, new buildings arose. Where some buildings sustained damage, repairs were made. Fort Plain and Minden have always bounced back from the destructive force of fire and have always come back stronger.

# **Arc Herkimer receives NYSARC grants**

This year, Arc Herkimer received two grants from the Trustee Management Board of NYS-ARC Trust Services.

The first, a grant in the amount of \$15,000, was awarded to support recreation programs for individuals with intellectual and developmental disabilities. The second grant, for \$30,000, was provided for guardianship of six individuals supported by Arc Herkimer.

"The goal of recreation is to empower individuals who receive respite and similar services to remain in our community with greater independence, while providing a unique outlet and peace of mind to their loved ones," said Audrey Piccione, Arc Herkimer supports and services director.

"From a guardianship perspective, we are providing that lifelong commitment of care, guidance and support for people who otherwise would not have a legal guardian or advocate," said Tammy Helmer-Bergen, Arc Herkimer guardianship coordinator.

The funds have been utilized in a number of ways for both programs. Recreationally, individuals have enjoyed new avenues for art and creativity, indoor gaming and entertainment, outdoor sports, cooking and baking and attending sporting events in the community. In the Guardianship program, the grant has helped to facilitate day-to-day operations, as well as annual celebrations for the individuals, including group picnics, holiday festivities and birthday parties.

Grants from NYSARC Trust Services dramatically improve the lives of people with disabilities by enabling them to maintain comfort, increase independence and improve overall quality of life.



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EDITOR





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# **MVC Kiwanis Club conducts drawing**

Congratulations to Fran Madore for winning the Mohawk Valley Central TV drawing. Also thanks to all who bought tickets. The money will be used to help kids in the Central Mohawk Valley. All proceeds stay here to help as needed.

If you would like to make a donation or become a member, contact Kiwanis at MVC Kiwanis Club, P.O. Box 231, Mohawk, NY 13407.



MVC Kiwanis President Gregory Riddle (L) with drawing winner Fran Madore. Photo courtesy of MVC Kiwanis Club

# Garramone addresses Palatine Literary Society

The Rev. Laurie Garramone addressed members of the Palatine Literary Society during their November meeting at the Fort Plain Free Library. The society's program focused on Garramone's trip to the Poland-Ukraine border with area resident Cheryl McGrattan to assist with the World Central Kitchen's food relief effort for escapees of the Russia-Ukraine war. Garramone is the rector at St. John's Episcopal Church in Johnstown. The Palatine Literary Society is a member of the General Federation of Women's Clubs.



Photo courtesy of the Palatine Literary Society

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- Kathy Kruse Dolls
- Artisan Products- Cutting Boards, Bowls, Jewelry, Wall Decor, Flags, Ornaments, Primitives
- NY Maple Syrup Products
- Honey Products
- Food Products- salsas, mustards, relishes, sauces, picked veggies, pickles, so much more
- Grandpa Joe's Nostolgic Candy
- Designers such as: Bethany Lowe, Karen Didion, Joe Spencer & MORE!!!

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# Flairs School of Performing Arts



Class members from the Flairs School of Performing Arts in Palatine Bridge will have a Winter Showcase on Jan. 21 at Canajoharie High School. Photo courtesy of Jessica Paliling

# Five tax prep tips

Tax season isn't something most people look forward to, particularly if they suspect they owe money. However, a few tax prep tips can make the process of filing a return and, if necessary, paying back taxes as pain-free as possible.

1. **Call your tax preparer early.** If you use an accountant or another tax preparer, be sure to book the appointment as soon as possible because slots fill up quickly. You don't want to wait until the last minute and find there are no remaining appointments.

2. Establish a tax preparation folder. Beginning in January, certain documents will arrive in the mail that will be needed to file your taxes. Documents include earnings statements, banking interest statements and documents indicating investment profits. When items arrive, stash them in your tax folder so you'll have all necessary paperwork at the ready.

3. Avoid tax scams. As tax season draws near, tax scammers target unsuspecting individuals. You may find that you receive calls or texts from those purporting to be with the IRS. However, financial experts say that the IRS or the U.S. Treasury will never call you on the phone; their mode of contact is via the

# **Tractor Safety Certification**

CCE Herkimer will be offering a Safe Tractor and Machinery Operation Program to youth and adults 14 years of age and older. CCE invites and encourages all farm and non-farm youth and adults who will be working on or around machinery to participate in the program. Youth ages 14 - 15 working for someone other than their parents must have successfully completed this course in order to be legally employed on a farm.

The program will take place at the VFW next to Clinton Tractor (49 Franklin Ave., Clinton) Feb. 21 -23 from 8:30 a.m. - 3 p.m. each day. The cost for 4-H members is \$25. For non 4-H members the cost is \$35. Lunch and all program materials are included. U.S. mail. Another scam is individuals advertising a bigger refund when you use their services. This is not how tax laws work nor is it possible to get a return larger than what is owed. Avoid anyone promising a bigger return, advises Bankrate.

4. Consider increasing health spending account contributions. Lisa Greene-Lewis, a blog editor at TurboTax, says HSAs are triple tax-advantaged, meaning you get an "above-the-line" deduction for contributing, and the growth in these accounts as well as withdrawals are tax-free if used for qualified health expenses. If you need to lower your tax burden, HSAs may be a safe and legal way to do so.

5. **Utilize tax software**. If you're not using an accountant and have a relatively cut-and-dry financial situation, modern tax software can be an easy and inexpensive way to do your taxes. These sophisticated programs ask a series of detailed questions and the entire process can be completed in relatively little time.

It's almost time to get income taxes in order. Certain tips can make the process go more smoothly.

Pre-registration is required by Feb. 10. Register online at tinyurl.com/mvncyapu or by calling the Herkimer County 4-H Office at 315.866.7920. If you have any questions, call or email Jennifer Collins at JIr34@cornell.edu. Registration is limited to 15 participants.

This program is sponsored by Clinton Tractor and Implement Company as well as the Workforce Development Institute through a grant from the Department of Labor.

Masks will be required while in attendance at this program. All proper COVID-19 protocol and CDC guidelines will be followed.



# AUTOMOTIVE

# What to do about headlight glare when driving at night



The bright light emitted by LED headlights can increase glare for oncoming motorists, making the roads more dangerous for all.

In recent years, many a motorist has noticed how much more glare they encounter on the road at night than they used to. The headlights that are now standard in many vehicles can be a catch-22. Drivers of vehicles equipped with LED lights often find the road in front of them is much more illuminated than it was in the days when auto manufacturers built cars and trucks with incandescent lights. However, the bright light emitted by LED headlights can increase glare for oncoming motorists, making the roads more dangerous for all.

Headlight glare has long been a problem for many drivers. In fact, as far back as 2001 the Highway Traffic and Safety Administration sought input from the public regarding headlight glare. A subsequent report noted that the issue compelled more responses than any other safety concern, and it's likely that a similar request would generate an even greater response today.

LED lights might be a problem for millions of motorists, but the efficiency and longevity of these lights makes it unlikely that auto manufacturers will shift to an alternative light source anytime soon. Until that time comes, drivers can try these strategies to combat glare when driving at night.

Avoid looking directly at oncoming headlights. It's important that drivers keep their eyes on the road at all times, but they should be able to do so without staring directly at oncoming lights. In North America, where oncoming traffic is always on the left, drivers can slightly shift their focus to

the right as lights are oncoming. Doing so should allow them to keep their eyes on the road without staring directly into oncoming lights.

• Purchase night driving glasses. Drivers can consider night driving glasses if they're having a lot of trouble with glare. Such glasses differ depending on the manufacturer, but they're generally intended to reduce glare and reflections from headlights and streetlamps.

• Investigate wiper blades. Glare from oncoming headlights contribute to visibility problems when driving at night, and old wiper blades can exacerbate those problems. Old wiper blades can be compromised by a buildup of dirt and often wear down over time. When coupled with glare, this can significantly reduce visibility at night. Each manufacturer is different, but Ford recommends replacing wiper blades once every 12 months.

• Clean the interior of your windshield. A dirty windshield interior also can exacerbate glare. Grit and dirt build up inside of a vehicle over time, and they can accumulate on the windshield just as easily as they do in a cup holder, on an armrest or on the dashboard. Various products are designed specifically for cleaning interior windshields, and these could help reduce glare at night.

Glare can make nighttime driving very difficult. Fortunately, drivers can take many steps to reduce glare from oncoming headlights.

# Stock the car for roadside emergencies

Disasters can happen in a flash, and having a plan in place for common emergency situations can make it easier to handle adverse conditions, particularly when away from home.

According to MFASCO Health and Safety, a supplier of first aid supplies and kits, 90% of people do not carry first aid supplies or other emergency gear in their vehicles. Among those who may carry supplies, 30% never check to determine if they're in good working order.

The National Safety Council says that drivers should always keep emergency supply kits in the trunks or cargo areas of their vehicles. Kits should be inspected every six months and worn out items should be replaced.

Roadside emergency kits can make the difference between getting back on the road safely or being stranded for hours. Such kits also may help prevent or treat injuries, potentially saving lives. Weather should be considered when preparing vehicle emergency kits, which should include the following.

- A properly inflated spare tire and tire-changing equipment
- Jumper cables
- A multipurpose utility tool and/or tool kit
- Flashlight and batteries
- Flares or triangle reflectors
- An extra quart of motor oil

• A first-aid kit containing at the least, gauze, tape, bandages, antibiotic ointment, aspirin, nonlatex gloves, scissors, hydrocortisone, thermometer, tweezers and instant cold compress



With some planning and organization, drivers can have the supplies they will need to make it through roadside emergencies safely.

- A blanket
- A tire pressure gauge
- A portable tire inflator
- Paper towels
- Nonperishable, high-energy foods
- Drinking water
- A reflective vest
- Duct tape
- A fire extinguisher
- An ice scraper
- A folding shovel
- Coolant and washer fluid
- A phone charger

Cinco

1992

Baby/child supplies, if pertinent
Rope

Keep roadside emergency kits organized at all times. Store items securely in a milk crate, box or backpack so they are always readily available. People should familiarize themselves with the items in the kit so they know how to use them correctly and quickly.

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With some planning and organization, drivers can have the supplies they will need to make it through roadside emergencies safely.





# AUTOMOTIVE

# What maintenance schedule does my car need?

Vehicle maintenance schedules vary depending on manufacturer recommendations. In addition, the way a car is driven and the environment it's driven in can dictate if routine maintenance like oil changes needs to occur more frequently or if belts and hoses need to be replaced sooner than manufacturers recommend.

Many people drive in ways that align with routine maintenance schedules. However, drivers who put excessive wear and tear on their vehicles may have to follow a "severe" maintenance schedule. According to the automotive information site Car Gurus, many manufacturers adhere to a 30-60-90 schedule, meaning certain items need to be inspected, changed or replaced at 30,000, 60,000 and 90,000 miles. Certain vehicle parts wear out at predictable intervals, while others, such as rubber gaskets, windshield washer blades and tires, will degrade at irregular intervals.

It is generally recommended to speak with a mechanic and discuss driving habits to ensure vehicles operate efficiently and at peak capacity. The following are some conditions that may necessitate frequent maintenance.

• Urban driving: Stop-and-go traffic in an urban setting can wear cars out more quickly than highway driving. Experts say lubricants found in motor oil break down rapidly under these and other conditions, including especially hot temperatures.

• Short trips: Frequent, short trips can take a toll on a vehicle. Again, this may be a problem for those who reside in cities or bustling suburbs. Short trips of no more than five miles can contribute to an accumulation of water vapor that dilutes motor oil and adversely affects its efficacy.

• Heavy loads: Advanced Auto Parts says transporting or towing heavy loads can put more wear and tear on a vehicle. Loads can include cargo or passengers.

• Dusty or salty environments: Dust can accumulate in air filters and clog internal engine components. Similarly, living close to the coast and salt-water also can cause car parts to rust or degrade quickly.

• Extreme temperature conditions: People who reside in extremely cold or extremely hot climates may find that their vehicles have to work that much harder to operate, reducing the life span of automotive fluids, parts (especially car batteries) and the overall vehicle unless action is taken.

For those who frequently encounter these severe conditions, switching to a severe maintenance schedule with the guidance of an automotive service shop can help. The added cost of more frequent fluid changes and other maintenance can be recuperated by fewer breakdowns and the reduced need for potentially costly repairs.



Short can contribute to an accumulation of water vapor that dilutes motor oil and adversely affects its efficacy.



MOHWK VALLEY COUNTRY EDITOR



2017 Ford F-250SD Lariat

50,637 Miles, Stock # FND22604T



# CHRYSLER DODGE



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2016 Chevrolet Traverse LTZ 93,203 Miles, Stock # AM138500P



2019 Jeep Grand Cherokee Limited 2019 Ram 1500 Big Horn/Lone Star



2020 Chevrolet Malibu LT Grand Sport 3LT 56,999 Miles, Stock # AM094037R



2019 MINI Cooper Classic 28,219 Miles, Stock # AMH91038K



58,720 Miles, Stock # AM730666K 49,615 Miles, Stock # AM817328T



2020 Ford Fusion SE 51 Miles, Stock # AM172732R



2019 Jeep Cherokee Latitude 93,494 Miles, Stock # AM287452K



2019 Ford Escape SEL 13.836 Miles. Stock # AMA33443P



2015 Dodge Durango SXT SUV 84,541 miles, Stock # AM101760T



2017 Ford F-150 XLT 84,375 Miles, Stock # AMC2863T



2022 Ram 2500 Power Wagon 47391 Miles, Stock # AM125333T









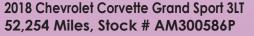
2014 Chevrolet Impala LT 2LT 108,409 Miles, Stock # CN106819T 32,784 Miles, Stock # FNC56671T

2019 Ford Edge SEL



2018 Jeep Renegade Sport







2015 Nissan Rogue SV SUV

2018 Lincoln Continental Select 15,186 Miles, Stock # FN609762P

# **HOME IMPROVEMENT**

# The basics of estate sales

Between online retailers, secondary sites like Facebook Marketplace and, of course, traditional brick-and-mortar stores, consumers have no shortage of options when looking for furnishings for their homes. One often overlooked option can be a great place to find classic furnishings at bargain prices.

Estate sales are a great way to offer the contents of a home for sale all at once. Many estate sales are conducted by families when a loved one passes away, though some may be organized when individuals are leaving their home and want to sell most, if not all, of their belongings. Buyers can find just about everything people typically have in their homes for sale during an estate sale. That includes big ticket items like dining sets to small items like coffee mugs and cooking utensils.

How are estate sales conducted?

Many estate sales are conducted in person. In person estate sales are typically conducted at private residences and items will be marked with price tags. Buyers at estate sales typically walk through the home at their leisure. Sellers may be willing to negotiate sale prices, though buyers should not count on that. The sheer volume of items available for purchase at estate sales means sellers typically don't have the time or energy to haggle over prices for individual items, so buyers who love to negotiate may not get the opportunity to do so at estate sales.

Are estate sales and estate auctions the same? Estate sales and estate auctions differ in various ways. Estate auctions may be conducted in person, though many are now conducted via a third-party website. In person estate auctions may be managed by an auctioneer, and items will ultimately go to the highest bidder once the item goes up for sale. Web-based estate auctions ask prospective buyers to create an account via their website, and potential participants may be asked to enter their credit card information prior to bidding. Users then submit bids and the auction will continue for a predetermined period of time. The responsibility of inspecting and picking up items typically rests with the buyers.

First-come, first-serve is how many estate sales are conducted. In such instances, the first person to meet the seller's asking prices gets the item. Newspaper classified sections are great resources for people looking for local estate sales. Buyers who want high-quality items should try to arrive at the estate sale when it begins, if not earlier.

### How long do estate sales last?

Many estate sales are conducted over a full weekend. Sales may begin on Saturday morning and then end on Sunday afternoon. Early birds might find the most high-quality items, but those simply looking for bargains may find great deals in the final hours of the estate sale when sellers are simply looking to unload items.

People looking to furnish their homes can find great deals at estate sales.

# Fort Plain Free Library hosting introductory meditation workshops

This January, the Fort Plain Free Library is hosting an ongoing six-week introductory meditation workshop on Zoom for adults and youths aged 16 and up.

Fort Plain resident Harold Rolls, a fully ordained Buddhist monk and Fort Plain resident who lived and taught in a Buddhist monastery in Katmandu, Nepal, for over 20 years, will facilitate the program. Each free session will take place from 6 - 7 p.m. on consecutive Wednesdays. The series started Jan. 11.

Rolls, whose spiritual name is Lama Tenzin Yongdu, said that each class will consist of meditation and discussion.

He said, "For this class, we will focus on meditation's potential to reinforce our inherent ability to be friends with ourselves – that is, to accept ourselves with openness, generosity and compassion. [That] doesn't necessarily change the world around us but it can make it much easier to live in and work with the world around us: more effectively, more skillfully – beneficially."

He explained, "Basic meditation, in one form or another, to one degree or another, is the foundation for spiritual practice in all religious traditions, some medical practices and is the subject of scientific research. It is referred to as contemplation, centering prayer, being in the presence of God, tranquility, relaxing in our pure nature or relaxing with yourself. It can be and, for different people, is each and all of those things." To register or for more information, call the 19 Willett St. library at 518.993.4646.

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Follow the library on Facebook for updates.



# HOME IMPROVEMENT

# Home repairs that can sink budgets fast

A home is the most substantial investment many people will ever make. Once down payments have been made and closing costs have been paid, homeowners may still be staring down sizable expenses as they begin to tackle any repairs that need to be made.

Home maintenance and renovations involve a certain measure of trepidation. Even after vetting contractors and establishing budgets, homeowners may worry that repairs will unearth problems that snowball into expensive fixes. Planning ahead for such projects and learning to recognize issues that tend to be costly can help homeowners weather any storms that may arise.

• Foundation issues: A strong foundation is key to any home. If there is a problem with the foundation, it can be unsafe to live in the house. The foundation repair company Foundation Experts advises that foundation fixes can range from \$4,000 to upward of \$100,000 depending on the scale of the job. Clogged gutters and water pooling around the foundation can contribute to damage, so water issues must be remedied first.

• Roof damage: A roof is a key barrier between the indoors and outdoors. Roofs must remain in tip-top shape. The home improvement resource HomeAdvisor says that a roof repair or replacement can cost between \$3.000 and \$12,000. But homeowners also must budget for the cost of removing the old roofing materials and fixing any damage to the interior of the home. Inspecting the roof and making repairs as you go is key to avoiding a big headache.

· Siding replacement: Another costly project can be replacing the siding. Siding may need to be replaced if there is water/wind damage or penetration from insects. Spot repairs may be relatively inexpensive. However, the home improvement resource Modernize says the average siding installation project can cost between \$5,500 and

\$15,000 depending on the materials homeowners choose.

• HVAC update: Keeping a home at a comfortable temperature is also a matter of safety. If a system gives out, homeowners may be scrambling for a solution. Yearly inspections and upkeep, which includes changing system filters regularly, can help identify potential problems. Neglect is one of the main contributors to the failure of heating and cooling equipment. Based on national averages, a whole-house HVAC system can cost between \$4,000 and \$12,000.

These are some of the more costly repairs homeowners can expect. Keeping on top of the home will help mitigate damage and could extend the life of major home components.

tip-top shape.

It's important to keep a roof in



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# HOME IMPROVEMENT

# Notable moments in the life of Martin Luther King Jr.

Few individuals in American history have made an impact as sizable as Dr. Martin Luther King Jr. King wore many hats throughout his tragically short life, from minister to activist to scholar, leaving behind a legacy that is worthy of celebration.

Though King was assassinated before he even reached his 40th birthday, his life was filled with many notable events. Many of those events positively affected, and continue to affect, the lives of millions of others. The Martin Luther King Jr. Research and Education Institute at Stanford University notes that the following are some of the major events of King's life:

• Jan. 15, 1929: Now commemorated annually as Martin Luther King Jr. Day (in 2023, the holiday is observed on Jan. 16), Jan. 15 marks the day King was born in 1929. King was born in Atlanta, where his father was a pastor at the Ebenezer church.

• Sept. 20, 1944: Despite being only 15 years old, King begins his freshman year at Morehouse College. King was only a high school junior in 1944, but he was admitted to Morehouse, where his father studied for his ministerial degree, after passing the school's entrance exam.

• Aug. 6, 1946: King's letter to the editor of the Atlanta Constitution is published. The letter reflects King's belief that Black Americans are entitled to the same rights and opportunities as White Americans. King's father later admitted this letter was the first time he and his wife recognized their son's "developing greatness."

• Feb. 25, 1948: Following in his father's footsteps, King is ordained and appointed town of Atlanta.

• June 8, 1948: King earns his Bachelor of Arts degree in sociology from Morehouse College.

• May 6-8, 1951: King graduates from Crozer Theological Seminary in Chester, PA. He delivers the valedictory address during the gradua-

tion ceremony. • June 18, 1953: King mar-ries Coretta Scott near the bride's family home in Marion, AL. Coretta Scott King would also become a vocal activist, advocating for peace and gay rights and expressing her opposition to apartheid in the 1980s. She would not remarry after her husband's assassination.

• June 5, 1955: King earns his doctorate in systematic theology from Boston University.

becomes president of the Montgomery Improvement Association after the organization is formed at the Holt Street Baptist Church. MIA is formed in response to the arrest of Rosa Parks five days earlier after she refused to vacate her seat for a white passenger.

• Jan. 27, 1956: A threatening phone call late in the evening inspires King to carry on with his activism.

• Jan. 30, 1956: King's home is bombed while he is elsewhere delivering a speech. His wife and daughter are not injured in the blast.

• Jan. 10-11, 1957: King is named chair of what becomes the Southern Christian Leadership Conference (SCLC), which was an organization of southern black ministers working together to

• June 23, 1958: King and other leaders meet with U.S. President Dwight D. Eisenhower in Washington, D.C.

• Sept. 17, 1958: "Stride Toward Freedom: The Montgomery Story" is published. It is King's first book.

• Šept. 20, 1958: King survives a stabbing during a book signing in Harlem, NY. During a surgery after the stabbing, doctors remove a seven-inch letter opener from King's chest.

• April 16, 1963: King writes his "Letter from Birmingham Jail" in response to criticisms of the Birmingham Campaign, a collective effort on the part of the SCLC and the Alabama Christian Movement for Human Rights (AC-MHR) to combat segregation in the Alabama city. The letter becomes one of King's most

famous writings. • Aug. 28, 1963: King de-livers his "I Have a Dream" speech during the March on Washington for Jobs and Freedom.

• Jan. 3, 1964: King is

named "Man of the Year" by Time Magazine.

• Dec. 10, 1964: King receives the Nobel Peace Prize in Oslo, Norway. • March 17-25, 1965:

King helps to lead civil rights marchers from Selma to Montgomery.

• June 7, 1966: King and other leaders resume James Meredith's "March Against Fear" from Memphis, TN, to Jackson, MS. Meredith was unable to continue after he

was shot and wounded.

• April 3, 1968: King delivers his final speech, "I've Been to the Mountaintop," as he returns to Memphis to lead a peaceful march of striking sanitation workers.

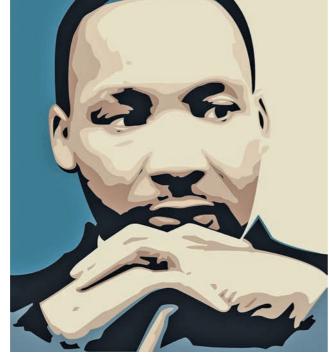
• April 4, 1968: King is shot and killed on the balcony of the Lorraine Motel in Memphis. He is buried in Atlanta five days later.

"I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character. I have a dream today."









# **DINING & ENTERTAINMENT**

# Popular trends in the restaurant industry

Dining out is no longer reserved for celebrating milestones or other special occasions. Many people dine out regularly for meals. A 2016 Gallup poll found that 61% of Americans eat dinner out at least once a week, and 16% are frequent diners, leating out three or more times per week.

People who regularly dine out may have noticed some of the growing trends that have emerged in recent years that are helping to shape dining experiences.

 Picked-on-property offerings: Many restaurants now serve foods grown, picked and processed on the premises. Rooftop or small courtyard gardens enable restaurateurs to pass the freshness on to customers. Chefs grind their own spice blends, harvest their own eggs, cure their own bacon,

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and embrace other hyper-local fare.

• Gut-friendly foods: Some restaurants are experimenting with preparing and offering foods that are friendly to the di-



Over 60% of Americans eat dinner out at least once a week, and 16% are frequent diners, eating out three or more times per week.



gestive tract. These establishments emphasize prebiotic and probiotic ingredients and focus some of their efforts on producing menus with foods that boast anti-inflammatory prop-

erties.

• Streamlined menus: Food waste is a problem across the globe. Operating a sustainable restaurant requires careful decisions about the foods that make it onto the menu. Instead of offering five different chicken dishes, a restaurant may focus on two or three popular standards to cut back on waste.

• Fast casual: Fast casual restaurants do not offer full table service, but offer a higher quality of food than traditional fast-food restaurants. These establishments also may be headed by trained and experienced chefs who add unique twists to popular menu items.

• Extended delivery options: Dining out doesn't have to mean eating away from home. A growing number of restaurants are emphasizing their curbside takeaway, drive-throughs and delivery services. Travel-friendly fare and heatand-eat meals are competing with convenient options available at grocery stores.

• Back to basics: More and more customers are looking for classic dishes they equate with home cooking. As a result, many restaurants are stripping away the pretense and extra ingredients and turning to traditional recipes.

Restaurant trends continue to evolve as a greater number of diners are going out to eat.







What is cold and bites but has no teeth?

# **HEALTH & WELLNESS**

# Stick to a diabetes meal plan with a delicious dinner

Individuals with diabetes understand the importance of maintaining a doctor-recommended diet to help keep blood-sugar levels in check. It's not always easy to stick to a healthy diet but choosing versatile and tasty recipes can help make healthy eating that much easier.

Individuals managing diabetes, or even people without the condition, can dig into this popular dish, which is perfect in cooler temperatures. Try "Beef Stroganoff" from The Mayo Clinic's Diabetes Meal Plan Recipes.

# Beef Stroganoff

Serves 4

1/2 cup chopped onion 1/2 pound boneless beef round steak, cut 3/4-inch thick, all fat removed

- 4 cups uncooked yolkless egg noodles
- 1/2 can fat-free cream of mushroom soup (undiluted)
- 1/2 cup water
- 1 tablespoon all-purpose (plain) flour



Individuals with diabetes understand the importance of maintaining a doctor-recommended diet.

#### 1/2 teaspoon paprika

1/2 cup fat-free sour cream

In a nonstick frying pan, saute the onions over medium heat until they're translucent, about 5 minutes. Add the beef and continue to cook for another 5 minutes or until the beef is tender and browned throughout. Drain well and set aside.

Fill a large pot 3/4 full with water and bring to a boil. Add the noodles and cook until al dente (tender), 10 to 12 minutes, or according to the package directions. Drain the pasta thoroughly.

In a saucepan, whisk together the soup, water and flour over medium heat. Stir until the sauce thickens, about 5 minutes. Add the soup mixture and paprika to the beef in the frying pan. Over medium heat, stir the mixture until warmed through. Remove from heat and add the sour cream. Stir until combined.

To serve, divide the pasta among the plates. Top with the beef mixture and serve immediately.







703 Rte 28 Middleville Rd. Herkimer, NY 13350



# BBB scam alert: Copycat crowdfunding campaigns popping up following Buffalo Bills player's injury

Millions of people watched as Buffalo Bills safety Damar Hamlin suffered cardiac arrest during a game against the Cincinnati Bengals. Millions of dollars have also flowed into the children's toy drive Hamlin supports in his hometown of McKees Rocks, PA, as fans all over the country want to support the 24-yearold, who has been hospitalized since being carted off the field. In the days since the incident, more than \$7 million in donations have been made to the toy drive.

Of course, where there is a lot of money, there are scammers looking to cash in. The Better Business Bureaus of Upstate New York and Western Pennsylvania are warning fans to look out for fake or fraudulent crowdfunding campaigns.

"Everyone feels awful

about what happened to this young man and just wants to help in any way possible," said Warren Clark, CEO of BBB of Upstate NY. "It's understandable and commendable that people want to donate money to his cause, but we must be vigilant. We must take the time to ensure the money is going to the right place?

This fundraiser has been verified on behalf of the Hamlin family; it was started by Damar Hamlin in 2020 to benefit the Chasing M's Foundation.

GoFundMe, a BBB accredited business, is monitoring the requests for donations. According to them, any fundraiser that is not authorized by the recipient of the funds will be removed.

"When suspicious activity is flagged - whether through simply because a fundrais-

our tools, our community or er starts gaining momentum - our team will immediately



investigate to verify its legitimacy," said a GoFundMe spokesperson. "We have zero tolerance for the misuse of our platform."

#### **BBB** offers these tips to those who are looking to donate:

· Don't assume pictures represent an official connection to the person or fami-ly identified. Unfortunately, some crowdfunding postings may be using pictures of victims without the permission of their families. As a result, you can't assume the poster has an official connection. Again, each site has different rules on what they allow. As a donor, it is up to you to approach with caution, especially after a tragedy or disaster.

 Not all crowdfunding sites operate alike. Some crowdfunding platforms do a better job of vetting postings and projects that appear on their sites than others. Review the site's description of its procedures. If they do take precautions, they generally announce that fact loudly to help encourage giving. For example, if a posting is claiming to be raising funds to help a victim and/or their family after a tragedy or disaster. some sites may hold the funds collected and distribute them directly to the identified family or charity. Other sites may rely on the individual soliciting funds to follow through on their promised assistance.

Visit the BBB Wise Giving Alliance website, Give.org, for more information on charitable giving.

If you've been the victim of a charity scam, help others avoid the same fate by reporting your experience at BBB. org/scamtracker.

# Assemblyman Smullen appointed as Assistant Minority Whip

Assemblyman Robert Smullen (R, C - Meco) has been appointed assistant minority whip of the Assembly Republican Conference for the new legislative term. Since Smullen's election in 2018, he has been a leading voice for the Second Amendment, lowering taxes, broadband access and decreasing wasteful spending.

Smullen will also serve as a member of the following committees: Higher Education Committee, Environmental Conservation Committee, Banks Committee, Labor Committee and Ways & Means Committee

"It is an honor to represent the Assembly Republican Conference in a leadership role and continue to advocate for upstate New York within the Assembly," Smullen said. "I vow to assist the conference in any way I can as we enter the 2023 legislative session. I would like to specifically thank Minority Leader Will Barclay for entrusting me to this role and believing in my approach to bettering New York."

Smullen represents the 118th Assembly District, which includes Hamilton and Fulton counties as well as parts of Herkimer, Oneida and St. Lawrence counties.

# **HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY**

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www.hoskingsales.com Like us on Facebook



# How to confront frequent increases in costs of living

Prices on the majority of goods and services have increased significantly over the last year-plus. Financial analysts report that inflation has reached heights that haven't been seen in 41 years. According to the U.S. Department of Labor, the consumer price index, which measures changes in how much Americans pay for goods and services, rose 0.4% in September.



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As prices soared, families' budgets were being pushed. What can people do in the face of rising costs on items they need, including those who may be on fixed incomes? These suggestions may help.

· Frequently review your budget. Keep track of how much items cost right now. Document all spending by writing down a list of weekly expenses or utilizing any number of free budgeting apps available. Tracking what is going out may make it easier to cut costs on less essential items, such as streaming services or gym memberships.

· Contact service providers. You may be able to negotiate better deals with a service provider, such as a mobile phone company or a cable TV provider, if they learn you are considering leaving. If they can't work out a deal, go with the less expensive provider. You can always switch back at the end of the term if you desire.

· Stop automatic payments. Having subscriptions and other bills automatically deducted from your checking account is convenient, but those rising costs may be overlooked. By viewing your bill and paying it each month, you can see where costs have increased and where you might need to rethink services.

 Carpool to work or school. Reduce expenditures on gasoline by sharing the costs with another person. Determine if public transportation is more cost-effective than driving to work or school each day.

· Consider alternative retailers. Brand loyalty to one supermarket or a particular retailer is quickly becoming a thing of the past. Nowadays it is wise to comparison shop across various stores to figure out where you're getting the best deal. Venture into stores you may not have considered previously. Divide your shopping list by store category, visiting several for different items if it leads to big savings.

• Unplug, literally and figuratively. Cut down on energy costs by unplugging items when not in use. Reduce dependence on devices to further stem costs on electricity and gas-powered appliances.

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Number / Classification 20 Air Compressors 25 Air Tools 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 180 Catering 182 Catering 190 Chain Saws BANNERS: VINYL - Single Sided - Double Sided, vari-195 Cheesemaking Supplies 205 Christmas 214 Clocks & Repair 215 Collectibles Call 216 Clothing 235 Computers at Inc. 253 Consignment 265 Construction Equipment For Rent 275 Construction Machinery Wanted 277 Construction Services 280 Construction Supplies 312 Crafts 325 Custom Butchering 330 Custom Services 360 Deer-Butchering & Hides 370 Dogs 410 Electrical 415 Employment Wanted 440 Farm Machinery For Sale 445 Farm Machinery Wanted 447 Farm Market Ítems 460 Fencing 470 Financial Services 480 Fish 483 Flooring 494 For Lease or 518-673-0111. 495 For Rent 500 For Sale 510 Fresh Produce, Nursery DEFENSIVE 525 Fruits & Berries 527 Furniture 529 Garage Sales 530 Garden Supplies 535 Generators 537 Gifts 575 Greenhouse Supplies 784-5009 585 Guns 587 Hair Styling 589 Hardware 600 Health Care/Products 605 Heating 610 Help Wanted 653 Hotel / Motel 683 Jewelers 700 Lawn & Garden 711 Lessons 760 Lumber & Wood Products 790 Maple Syrup Supplies 805 Miscellaneous 810 Mobile Homes 811 Monuments 812 Multi Media 813 Music 815 Motorcycles 817 Nails or 518-673-0111 820 Nurseries 910 Plants 950 Real Estate For Sale Antiques 955 Real Estate Wanted 960 RVs & Motor Homes 975 Rentals 980 Restaurant Supplies 1040 Services Offered 1075 Snowblowers 1080 Snowmobiles 1096 Sports 1109 Thrift



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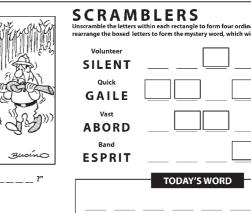
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# BY HENRY BOLTINOF HOCUS-FOCUS MAIL ountr Visit the countryculture.co. ega Maze



Weekly SUDOKU

# by Linda Thistle

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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: ••



Find at least six differences in details between panels.



r ordinary words. Then

# Home Country

# **Slim Randles**

don't mind Boots. He just curls up quietly against my belly and stays put. But sleeping with Desdemona can be a bit unnerving. She snores. Sometimes she gets little bad dreams and scratches me, too. But hey, I get to come in out of the cold and sleep with Aunt Ada's cats on her sofa, and

a guy can tolerate a certain amount of cat snoring for that.

I was glad when I heard Aunt Ada puttering in the kitchen because I knew it was time to get up. After she let me out, she fed me and let me tell you – that kibble was just as good this morning as it was yesterday. And then she petted me, called me her dear Billy and let me out to do my rounds.

Don't let anyone tell you being the official town dog is easy. Nossirree. First, there are the kids. Me and Martin, the crossing guard, have to see them safely across the street and to school each morning. Must be band day, because I see a lot of instrument cases. Martin gets smiles from the children. I get smiles AND ear rumples, so what do you think of that! Once those kids are safely across, the time is pretty much my own until the final bell rings in the afternoon. That would be after I get snacks at the back door of the Mule Barn and after my nap curled up against the brick wall of the drugstore downtown. You ever notice how those bricks hold the sunshine in them? Better than that white wall on the newspaper office. This is a good day to

stop by the Rest of Your Life retirement home and check on Pop Walker and Mabel Adams. Oh, I make the rounds and check on everybody, of course, but I have to admit those two are my favorites.

If today is band day at school, tomorrow will be sale day at the sale barn at the edge of town. That's when the men bring their dogs in from the ranches to look at cows. They yell and talk funny. Not the dogs, of These pages sponsored by Country visit the country culture.co.

January 10, 2023 • 27

course. Getting your sniffing up to date is always a good thing. Love, Billy Give a great nose a help-

ful lift. Send a gift to the East Tennessee Bloodhound Rescue at etbloodhoundrescue.org.

# Around the Kitchen Table: What is clutter anyway?

# by Tamra M. Bolton

Levery January I get the overwhelming urge to organize and de-clutter my house. A few months ago, however, something happened that changed my outlook on not only my annual organizing frenzy but my perception of "clutter." I was visiting a friend who had lost her husband and she was in the process of sorting through not only his belongings, but his mother's as well. Her husband hadn't wanted the job of going through his mothers' things, so he kept procrastinating. Now Carol was left with the job.

As she surveyed the mountain of stuff, she threw her hands up in exasperation and said, "What is clutter anyway?! What looks like clutter to me may not be to someone else. Where do I start?" Good question.

I wouldn't call myself a minimalist, but I wouldn't say I'm a cozy type either. I guess I fall somewhere in between. Maintaining any type of "look" requires too much maintenance for realistic daily living. I admire people who can keep their house picture-perfect, but I don't want the stress. Taking an honest assessment of what you want from your home and what makes you comfortable is the most important thing.

Once, I asked a friend if she would give me honest feedback on my home. Did she think I had a style and could she give me some suggestions? (Make sure you really like this friend and you really want to know the truth.)

My friend looked at me, then around my sizeable living

space, then back at me. She shook her head and said, "You have the weirdest house I've ever seen, but I love it! It's interesting and every time I come over I see something I didn't see before. And it's, well, it's YOU!"

I burst out laughing. "That's the nicest thing anyone has ever said about my home! Thank you!" I meant it. I wasn't offended that she thought it was weird, because she's right. Nothing matches. Most of my furniture is old, some antiques. I have framed railroad maps and old tickets, pen and inks of unicorns and horses, black and white photographs from a century ago, my late brother's watercolor paintings, old Coca-Cola signs, botanical prints – and that's just the walls!

I have a peach couch, pea green club chairs, an upright piano as old as Methuselah, bowls of nature finds (acorns, cones, feathers, moss, etc.), stacks of old board games and puzzles, two saddles on a rack, family photos and the list goes on.

My friend helped me see my space with a new eye and I appreciated the revelation. If you want a certain look, go for it, but sometimes just looking at things with fresh eyes can help. Maybe rearranging things or paring Back to Carol and her dilemma - I was able to help her

down some will help you achieve what you want.

make a start on her project and even though it will take her some time, she has made progress. I believe she will finish this year.

Her question is foremost in my mind as I face 2023 and the prospect of making my space more comfortable. When I look at my rooms, I ask, "What is MY clutter?" and go from there.

Your living space affects your mood, your level of stress and even how you feel about yourself. If it's that important, taking a little time to make a happier, more inviting space is definitely worth it.

Treat yourself to this easy yummy, low-cal dessert after you finish your project.

## **Berry Bliss**

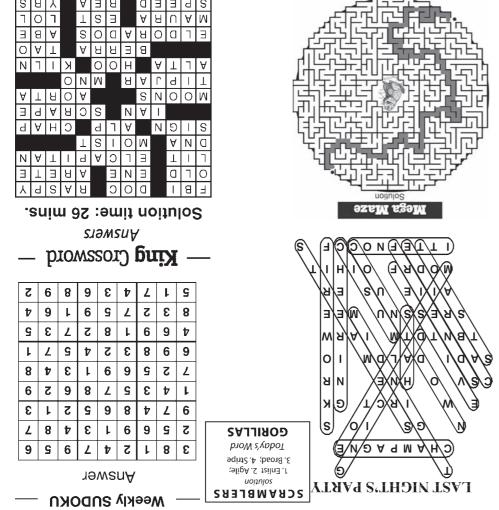
- <sup>1</sup>⁄<sub>4</sub> cup blueberries
- <sup>1</sup>/<sub>4</sub> cup sliced strawberries
- ½ cup crushed bran flake cereal
- 1/2 cup low-fat Greek vanilla yogurt
- 1/8 cup finely chopped walnuts
- Layer ingredients in a parfait glass or tall tumbler. Enjoy!



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# FARM, HOME & GARDEN

# **Growing African violets**

#### by Deborah J. Benoit, Extension Master Gardener, UVM

You've probably seen African violets with their neat rosettes of fuzzy leaves and clusters of purple flowers. Native to Africa, the species were discovered in 1892 by Baron von Saint Paul-Illaire in the mountainous rainforests of Tanzania. Today, there are over 16,000 registered hybridized varieties. African violets come in miniature (six-inch), semi-miniature (eight-inch) and standard (12-inch) sizes. There are even trailing varieties. Flowers can be single or double, with colors ranging from



A native plant of Africa, African violets with their rosette of thick, fuzzy leaves and beautiful blooms are a popular houseplant.



An African violet with multiple crowns can be removed from the pot and divided into two plants for repotting into separate containers. Photos courtesy of Deborah J. Benoit



violet and white to pinks, reds and even pale yellows.

Leaves come in solid greens or variegations of green, cream and pink. Leaf edges can be smooth, scalloped or serrated.

With the exception of trailing varieties, African violet foliage forms a circular rosette around a central crown. Secondary crowns, called "suckers," sometimes form and should be removed (except on trailing varieties). As it grows, the sucker will affect the plant's shape. When small, suckers can be easily removed with tweezers.

If not removed, a sucker can grow large enough to compete with the original crown. A large sucker can be removed intact and potted up to grow into a clone of the original plant.

If the secondary crown is near the soil, it may already have its own roots. To divide the plant, remove it from its pot. Insert a clean, sharp knife between the original crown and the secondary crown, and cut through the root ball. Return the original plant to its pot, adding soil as needed, and pot up the new plant.

An African violet's pot should be about one-third the diameter of the leaf rosette. Use a soil mix that is light and airy. You can lighten a standard potting soil by adding coarse perlite in a ratio of two parts potting soil to one part perlite. Some growers mix their own using equal parts peat, perlite and vermiculite.

African violets prefer bright, filtered light and temperatures between 65° and 80° F. They can do well on an east or north windowsill or on a plant stand using grow lights. Place grow lights about 12 inches above standard-sized African violets and eight inches above miniatures or semi-miniatures.

When the soil feels dry,

water from beneath the leaves, giving the soil a good drink. Or fill a saucer and allow the soil to soak up the water. Remove any water that remains in the saucer after 30 minutes. Excess water can lead to root rot.

Fertilize using a flowering houseplant food or African violet food according to package directions.

African 29







PETS



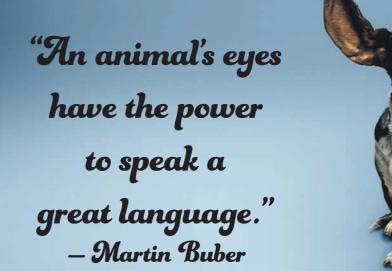


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# African from 28

Unlike most plants, African violets can be propagated from a single leaf. To do so, carefully remove a healthy leaf. Make a clean cut at the bottom of the stem. Prepare a container with moistened potting mix. Make a hole in the soil, and place about one inch of the stem in it at a 45° angle. Gently press the soil around the stem.

Cover the pot with a plastic bag or

an inverted glass jar to retain humidity. Place in indirect light.

Release excess moisture as needed by opening the cover. In three to four weeks, roots should form, and about month later, tiny leaves will emerge at the base of the stem. When they're about the size of a dime, the plantlets can be separated and transferred to their own pots.

African violet leaves also can be root-

ed by placing a leaf, with its stem submerged, in a container of room temperature water. Roots should appear in a few weeks. When they've grown more than a quarter inch, the leaf can be planted in potting soil as above.

For more information on African violets, check out the African Violet Society of America's website at africanvioletsocietyofamerica.org.



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# The Family Counseling Center offers advice on goal setting for the new year

The start of a new year often brings with it the expectation of resolution making – and the universal experience of dropping our resolutions within the first few weeks. Experts in mental health, however, suggest that instead of making resolutions, we consider focusing on setting goals. Goals involve a process of planning, intention setting and action that resolutions often do not.

The impact of goal setting on mental health can be extremely positive. The new year is the perfect time to take a moment for self-reflection, checking in on your mental and emotional health and finding goals you can work toward achieving. Studies have shown that individuals who consistently set and achieve goals have a more optimistic view of life, are more resilient when facing failures or roadblocks and have higher self-esteem.

**Regardless of the goal, self-reflection is key**. "Goals are very personal," said Dana Collier, LMHC, NCC, CASAC-T, MBA, director of clinical services at the Family Counseling Center in Gloversville. "Because of this, an individual needs to reflect on their personal values, self-evaluate their strengths and weaknesses and have a realistic outlook on what they can achieve. The purpose of goal setting is to stretch our personal growth in some form or another." As you begin to set your goals for 2023, here are a few questions to help you in the process:

- What is important to you?
- What are your hopes and dreams for this year?
- What would you like to do more of?
- What does being happy mean to you?
- . What is an area in life you would like to improve?

There are many different strategies for goal setting; below are some tips to help you set goals.

Goals should be achievable, believable and require commitment to working on them.

Achievable goals are targeted and individualized. They take into account your ability and are set in a way that encourages growth and success.

Believable goals are practical and planned out in a way that can be easily done in real life.

Commitment to the goal is critical to successfully accomplishing it. Creating a means of accountability – for example, having a friend to whom you update on where you are in achieving the goal – is a good way to maintain commitment.

Making a plan on how you are going to achieve your stated goal helps to make the goal attainable.

"Great big goals are wonderful things to reach toward," said

# Interesting facts about Martin Luther King Jr.

Dr. Martin Luther King Jr. was one of the most influential figures of the 20th century. King's tireless activism during the Civil Rights Movement of the 1950s and 1960s improved the lives of millions of people and his tragic assassination on April 4, 1968 marked one of the darkest days in American history.

King's oratory prowess is well-documented. Individuals across the globe are familiar with his "I Have a Dream" speech, which King delivered during the March on Washington. Less familiar are some other notable facts about the life of King.

• If he were alive today, Martin Luther King Jr. would still be years away from his 100th birthday. King was assassinated in 1968, when he was not yet 40 years old. Born in Atlanta in 1929, King could still be alive today and would have celebrated his 94th birthday on Jan. 15, 2023.

· King was an extraordinarily gifted stu-

dent. At an age when many students were preparing to enter their sophomore or junior year of high school, King began his freshman year of college at Morehouse College. King enrolled at Morehouse when he was 15 after the school opened enrollment to junior high students in an effort to overcome a dip in enrollment related to World War II. King passed the entrance exam and enrolled in autumn 1944.

• King was ordained as a minister prior to graduating from Morehouse. The Baptist ministry was something of a family business for the Kings, as his father, grandfather and great-grandfather were all Baptist ministers. However, King did not initially intend to follow that path. He ultimately changed course and entered the ministry at age 18, graduating from Morehouse with a degree in sociology a year later.

 King survived a knife attack years before his assassination. King was stabbed in the chest with a letter opener during a book signing event in Harlem in 1958. His assailant, Izola Curry, was ultimately deemed mentally incompetent to stand trial. Though the attack did not kill him, King had to undergo intensive emergency surgery and was hospitalized for several weeks.

• Conspiracy theories surround King's assassination. King's assassin, James Earl Ray, was found guilty and sentenced to 99 years in prison. Authorities, including the U.S. Department of Justice, concluded Ray, a career criminal, acted alone. However, some, including surviving members of King's family, believed his assassination was part of a conspiracy.

Despite his tragic assassination in 1968, Martin Luther King Jr. left his mark on the world. That legacy is even more remarkable when considering the unique twists and turns King's life took prior to his death. Collier, "but you need to set smaller goals, both long- and shortterm in order to achieve success. Having a solid plan, plotting out the how and celebrating each and every time you cross one of those smaller goals off the list helps you stay motivated. Success, no matter how small, is important to our view of ourselves and the world around us."

# Check in with your progress and adjust your strategy if needed.

Life has a funny way of making us adjust carefully laid out plans. The ability to evaluate our progress and re-adjust creates resiliency. Check in with your goals often, perhaps monthly, in order to see where you are, how far you've come and what you need to change in order to keep moving forward.

A final word of advice? Collier said it's important to be accepting of our failures and forgive ourselves. "Any progress is a measure of success. That's why small and large goals are important to the process. For some of us, just the act of setting the goal, taking time to self-reflect and the exercise of making the goal plan is a success. For others, overcoming a roadblock is a success, whether the final goal is reached or not. Celebrate each and every success as you work toward your goals."

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# Gram Lorraine Project hosted at Canajoharie-Fort Plain Elks



The Canajoharie-Fort Plain Elks participated with the Fort Plain Central Schools' Gram Lorraine Project. Through the generosity of the Elks National Foundations Beacon Grant, the lodge was able to purchase gifts and dinners for area families that could use a helping hand. Photo courtesy of Canajoharie-Fort Plain Elks

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# Did you know?

Comic books have inspired countless Hollywood blockbusters over the last 20 years, but even the most devoted comic book fan may not recognize just how influential

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distributed by churches and civil rights groups. Among the many individuals to credit the comic book were the late U.S. Congressman John Lewis, a widely respected civil rights activist who admitted reading the book as an 18-year-old.

History.com notes the book's reach extended beyond the U.S., ultimately inspiring anti-apartheid protesters in South Africa before it was banned by the South African government.

# **Freddy Bear riddle** contest winners



Beverley Gloskey of Canajoharie won the Freddy Bear riddle contest in the Dec. 13 issue. Her answer to "What has needles but can't sew?" was a Christmas tree. She won a \$20 gift card to Fell Off the Truck. Renee Betty of Frankfort was the winner of the Dec. 6 riddle. She was awarded a \$20 gift certificate to Fell off the Truck for "A fiery shrub around Christmas time you'll you see - it looks like flowers but is just leaves on a small tree!" (Answer: Poinsettia.)



a half century ago. Comic books and the Civil Rights Movement may seem like

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**Clothing Alterations** Zippers • Hems

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• Hems/Zippers

**Repaired or Replaced** 

 Household Items Repaired or Customized

the genre was more than an unlikely pairing, but

ther King and the Montgomery Story" affected a generation of activists more than 50 years ago. The book, written by activist Alfred Hassler and illus-trated by Sy Barry, highlighted the heroic efforts of Rosa

Country Chuckles by Jonny Hawkins

Parks and Martin Luther King Jr. during the Montgomery bus boycott in 1955 and promoted the merits of nonviolent protest. A quarter million copies of the book were printed and

History.com notes that a 1957 comic book titled "Martin Lu-

**Palatine Bridge** 

• Tractor Supply

• Circle K Nice N Easy

**Richfield Springs** 

• Cassidy's Diner

Salisbury

Kirby Library

(summer)

• Stewart's

Sloansville

Sprakers

• Stockyard

Sitterly's

• Stewart's

• Lee Newspapers, Inc. • McDonald's • Two Brothers Laundromat

St. Johnsville

**Sharon Springs** 

• Aubuchon Hardware

Poland

• Price Chopper • Stewart's

• Poland Library • Stewart's

Dollar General 

Kinney Drugs
McDonald's 

Mirabito

• Price Chopper • Stewart's

• Covered Bridge Convenience

• Spruce Creek Campground

• Sharon Springs Free Library

• Mobil • Sloansville Wine & Liquors

• Bridge Street Diner • C.H. Burkdorf

• Country Farms • Dollar General

• Kinney Drugs • Monte Grab & Go

• St. Johnsville Marina (seasonal)

Ayres Memorial Animal Shelter

• Byler's Custom Cabinets

• Sprakers Post Office

• St. Johnsville Rehab

& Nursing Home

• Sprakers Produce

Nichols Country Store

• LOG House Minimart



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Little Falls

Bonitas

• Ace Hardware

• Kinney Drugs

• Little Falls Library

• Little Falls Lumber

Mangia Macrinas

Charles Stahl

Mayfield

Middleville

• Stewart's

Mohawk

Nelliston

Newport

Bradford Library

**Palatine Bridge** 

• Country Farms

Laundromat

• Family Dollar

• Smoker's Choice

• Eisenadler Brauhaus

• Freedom Liquidators

• Midvale Vet • Q's Mart

• Newport Marketplace

• Ace Hatchet Hardware

• Below Zero • Big Lots

• Courtney's Grooming

• Palatine Nursing Home

• Village Laundry & Car Wash

• Stewart's • Travelodge

Café at Stone Mill

• Circle K/Nice N Easy

Ann Street Restaurant & Deli

• Keep Making Suds Laundromat

• Paca Gardens • Price Chopper

• Sam's Deli • Showcase Antiques

• Food & Fuel • Hart's Motorsport

• Fastrac • Mohawk Post Office

• RD's Redemption • Runway Sunoco

• Little Falls Antique Center

# Amsterdam

- ADK Feed
- Chatterbox
- Country Feed Dutch Mart
- Fastrac Amsterdam
- Fastrac Vails Mills
- Hannaford Jackie's Diner
- Jin's Wine & Liquor
  Karen's Produce (seasonal)
- Knights Inn Laundromat
- Mobil Mart 
   Mobil Station
- Outdoor Motorsports Peking
- Price Chopper Raindancer
- Southside Beverage
- Star's Cafe Town & Country Deli
- Route 30 Wine & Liquor
- Four Corner Tire
- Tribes Hill Deli

# Broadalbin

- Café in the Village
- ADK Country Store

## Buel

• Buel Road Repair

# Canajoharie

- Arkell Museum
- Berean Bean Betty Beavers
- Brotherhood Antiques
- Canajoharie Golf Country Club
- Cornerstone Baptist Church
- Fell Off The Truck Gino's
- Lee's Shops at Wagner Square
- M'Lady Salon NBT
- One Stop & Shop
- Shults Market & Deli
- Smoker's Choice Taco29
- The Tire Shop Village Diner

# **Cherry Valley**

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

- **Dolgeville**
- Big M Chester's Sunoco
- Dolgeville Public Library
- George Lumber
- Southern Girl Diner Stewart's
- East Springfield
- Kelly's Deli Turnpike Auto Sales

## **Ephratah**

- Brittany's Diner
- Granny's Ice Cream (seasonal)

## Esperance

- Dollar General
   Hannaford
- Iroquois Museum
- Stewart's

# Fonda

- Cumberland Farms
- Fairway Oil
- Frothingham Free Library
- Fulton-Montgomery CCE
- Kateri Shrine
- Stewart's Winner's Circle

# **Fort Plain**

- Big E's Feed & Seed
- (formerly Fort Plain Agway)
- Dutch Country Market
- Dutchman Enterprises 55 Diner
- Esther's Budget Shop
  Fort Plain Public Library
- Pickle Hill Produce & Bulk
- 7M Supply Save A Lot
- Sheila's Hair Salon
- Sleepy Forest Bakery
- Sportsman's Den Stewart's (Both)
- The Rustic Crow
- True Value
- Mohawk Valley Produce Auction

## Frankfort

- ADK Food & Fuel Country Farms
- Dollar General
- Melrose Grocery

- Fultonville
- Fultonville Redemption Center
- McDonald's
- Michael's Diner
- Onvo Travel Plaza
- Randall Implements
- TA Travel Center United Ag & Turf Dollar General George Lumber

# Glen

- Country Metals
- Glen Country Store
- LJ Hand Farm Center

# Gloversville

Herkimer

Hannaford

• Stewart's

• Beer Belly Bob's

• 4 Seasons Tire

Johnstown

• Harvey's Pet

llion

- Agora Marketplace
- Country Farms 
   Gulf 
   Hannaford
- House of Pizza Naif's
  Price Chopper Stewart's (3)

• Citgo • Dick's Wheel Shop

• Frank J. Basloe Library

• Renewed & Rescued

• Subway in Sunoco

• T&J Fruits & Vegetables

• True Value • Tractor Supply

Massaro & Son Florist, LLC

Nathan Galinsky Apartments

Cliff's 
 Colonial Laundromat

• Dollar General • Lombardos

• Clyde's Stop & Shop • Gulf

Johnstown Moose #1185

• Price Chopper • Stewart's (3)

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