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**JANUARY 24, 2023**



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- HOME IMPROVEMENT
- PETS

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Proverbs 18:16*

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#202225428: Home in quaint Village of Ames. If you are looking for an affordable home, here its is! Needs some tlc. Current tenant will need notification for showings. **\$74,900**



#202229311: Canajoharie: This 5 Bedroom (1 currently used as an office) home with a large kitchen has many cabinets and counter space, large livingroom with many windows for sunlight and a semi-finished basement sits on 4 acres of land with a view!!! It is only 2 miles out of the Village of Canajoharie and NYS Thruway. Sits on the Mohawk River and between the Adirondacks and the Catskills Mountains 1 to 1-1/2 Hrs to Cooperstown, Albany, Utica and Saratoga **\$224,900**



#202225118: Canajoharie: This 3 bedroom, 3 bath home is tucked back from the street, with a large backyard that stretches way back (a bit over 1/2 acre). Relax on the front porch that is accessible right from the open style kitchen or the back patio area for a barbecue. It has a spacious open feeling on the first floor, with a separate laundry/1/2 bath. The 3 bedrooms upstairs have plenty of room for the family with 2 full baths upstairs. Sliding glass doors lead to the back patio, garage and huge backyard. Newer furnace, most all windows have been replaced, new plumbing, new wiring, and newly insulated on the inside walls. With some repairs to be finished, this home is a treasure! Pre-qualified buyers only. Price is reduced reflecting roof repair needed. **\$90,000**



#202228263: Fort Plain - Well-cared for ranch home located on Clark Ave in Fort Plain. Eat-in kitchen with an updated countertop and flooring, large living room with a dining area. 3 bedrooms and a full bath. Hardwood floors throughout. Side enclosed porch, large backyard, and 1-stall garage. Full basement with washer and dryer hook-up. **\$142,000**



202229283: Fort Plain - A sunny, country home on 2 acres with a retro-farmhouse style kitchen, 2 full baths, 3BRs, dining room, living room, large entrance room with a full wall of windows and a huge chest freezer. A cozy cottage feeling with hardwood floors, replacement windows, built-in show-case shelving, bookshelves and cubbies. The large hobby workshop barn was once a 3-car garage, has lighting, electric, plenty of storage as well as a separate office and potting shed. (This could be a nice building for a home business!) The front entrance has a handi-cap accessible ramp. The downstairs bedroom was used as an office, with plenty of space for a downstairs bedroom with 2 large closets. Located 2 1/2 miles from the village of Fort Plain. About 15 min. from Little Falls, NY. Pre-qualified buyers only. **\$125,000**



202229651: Fort Plain - Come check out this beautiful 3 bedroom 2 bath ranch with spectacular views on 35.9 acres! Master bedroom with a large walk-through closet and private master bath with spa tub. Fenced in pasture leading to the large detached garage/barn currently set up for horses with stall or use the extra garage space and shed for your boat or toys. Endless opportunities for outdoor enthusiasts including great hunting! **\$324,000**



202230965: Fort Plain - Settle into this exquisite 4 bedroom, two-and-a-half bath Victorian. Only three families have had the opportunity to call this residence their home, each preserving many of the original architectural details. The interior features impeccable finishes throughout; from the beautiful original hardwood floors, to a gorgeous staircase, and the sparkling stained glass. Updates include a bright warm sunroom, and a custom built kitchen with the original ceiling. The exterior features a large relaxing porch, a beautiful stone wall and mature landscaping. Locally produced brick was used in 1881 for the original construction. Call for a private tour today! **\$229,000**



202231488: Fort Plain - Looking to downsize? This 3 bedroom, 2 bath home seems easy to maintain. Bedroom and full bath on 1st floor. Attached 1-stall garage and front porch. **\$42,000**



202229419: Little Falls - OWNER FINANCING AVAILABLE for this solid 2+ bedroom colonial that sits majestically overlooking the quaint city of Little Falls with seasonal views. It features much of the original character with plenty of window light and a beautiful wood staircase. The 2 bedrooms are spacious bedrooms and the adjoining walk-in closet could be a small bedroom if needed, or even an office. Located on a dead-end street, it has a quiet and peaceful feeling against the wooded back area. Natural gas heat, low taxes. The vacant city Lot 7 on the left of the property is also for sale. This could be added for extra yard space! OWNER FINANCING AVAILABLE for a qualified buyer! **\$120,000**



202230696: Town of Root - This charming farmhouse has been professionally remodeled to be your dream home. The peaceful setting with pond only add to the value and all of the enjoyment country living has to offer. Attention has been given to every surface including brand-new kitchen with granite counters, tiled backsplash and new appliances. Great care has been taken to transform this home into the ultimate open concept with vaulted ceilings. Other updates include windows, doors, lighting, on-demand heating system, siding, roof and floors. Plenty of room for recreation inside and out. Adjoining land is available for sale. State Forest nearby. **\$289,000**



202230651: St. Johnsville - This ranch style home is nestled back from the road with a country setting. It features a variety of unique mature landscaping, a large yard and plenty of privacy. The open floor plan and cozy wood fireplace makes this house a home. Two large decks to relax and drink your morning coffee or to entertain family & friends. The heated, finished basement could be used as an in-law apartment with a full bath, several rooms and a separate entrance. There's also plenty of storage in the barn. Located conveniently minutes to town. Call for your personal tour today! **\$279,000**



202231345: St. Johnsville - Large yard, backyard fireplace, wrap-around porch and a relaxing patio come with this village home. Formal dining room with fireplace, living room and den. Exterior recently painted and most of the windows are replacement windows. Your personal touch inside will make this house a home. Call today for your personal tour! **\$110,000**



## Fort Plain: Emily Watson's pie crust, a jarring success

by Eileen Chambers, Town of Minden and Village of Fort Plain Historian

Andrew and Emily Watson moved to Fort Plain from Amsterdam around 1911. They purchased a home at 32 Lydius St. in the village adjacent to the German Lutheran Church. Andrew was a businessman; Emily was a homemaker.

While living in Amsterdam Emily had begun experimenting with the making of pie crust dough that could be preserved in a glass or tin jar. Meanwhile, Andrew purchased the Mohawk Valley Cooperative at the corner of Main and Canal streets (Watkins building) in the Village of Fort Plain. The store stocked groceries, flour and feed.

In her new home on Lydius Street, Emily's kitchen once again became a "pie crust factory." Finally feeling satisfied that she had succeeded in making a pie crust dough equal to her own home baked pie crust, she began to package the pie crust dough for sale at Andrew's store in 1914. Demand for the pie crust

dough grew and in 1915 the "pie crust factory" moved from the Watsons' home to the floors above Andrew's store.

Electric machinery was installed, allowing faster and increased production of the jarred pie crust dough which sold for 15 cents a jar. With America's entrance into World War I, production stopped as the U.S. government asked that wheat flour be saved. The manufacture of the pie crust dough resumed in 1922 following the conclusion of the war.

In 1925, Emily applied for and was awarded a patent for her pie crust recipe. The business was incorporated under the name Mrs. Emily Watson and corporate offices were established on Madison Avenue in New York City. The advertising agency of J. Walter Thompson was hired and ads were placed in newspapers and women's magazines throughout the country.

The June 18, 1925 edition of *The Evening Star* of Washington, D.C., contained the following ad: *3 MINUTES - and it's ready for your oven! Rich-tender-crisp-meltingly*

*delicious Pie Crust. They say in Fort Plain, N.Y., that nobody makes pies like Mrs. Emily Watson's with crusts so tender and crisp they fairly melt in your mouth. This wonderful homemade pie crust dough is now being mixed for you in Mrs. Watson's model kitchens. Experienced cooks everywhere are using Mrs. Watson's Pie Crust to make their pastry baking easier and more dependable. You just add water and roll it out - perfect pie crust every time! Mrs. Watson's Pie Crust has been tested and approved by Good Housekeeping Bureau of Foods. If your grocer cannot supply you, send 15 cents in stamps for a full size package - and a leaflet of delicious, easy recipes-to Mrs. Emily Watson, Inc., Fort Plain, N.Y.*

By 1925, the pie crust dough business was booming in Fort Plain. The New York City office moved Mr. Joseph Schmedding, vice-president and treasurer of Mrs. Emily Watson Inc., to the Tingue Building in the village at the corner of Canal and River streets, where he became the general manager of publicity and

trade expansion.

"Fort Plain, N.Y." was printed on every advertisement and package of dough, giving the village public exposure throughout the country. Carloads of pie crust dough were sent by rail as far west as San Francisco. Samples of the pie crust dough were even sent overseas to England in an attempt to market the product abroad. Two hundred cartons were loaded on the West Shore rail cars which shipped them to New York City where they were loaded on ships of the Cunard steamship line bound for Europe.

The 1930 census shows the Watsons still living in Fort Plain. However, sometime before 1933 they moved their business and the machinery to Rochester, NY, to continue the business and be near their daughter. By 1935 Mrs. Watson's Inc. was cited in a Rochester newspaper as having failed to pay taxes and in 1938 the company petitioned for bankruptcy bringing an end to what the Fort Plain Standard had once called "a phenomenal success."

## Third Annual Virtual Winter Lecture Series offered by Schoharie Crossing

The Erie Canal historic site Schoharie Crossing in Fort Hunter will host several online programs this winter on a variety of history-related topics. Presentations will be offered in two series: Lunchbox Lessons and the Third Thursday Lectures. Both series will be offered live online, and most will be recorded for later viewing on YouTube.

During the month of February, the Lunchbox Lesson will discuss abolitionist John Brown in a presentation offered by Brendan Mills of John Brown State Historic Site in Lake Placid. That program begins at noon on Feb. 8.

Mary Liz and Paul Stewart of the Underground Railroad

Education Center will present on the Myers family and the abolitionist movement in the Capital Region for the Third Thursday Lecture at 7 p.m. on Feb. 16.

For March, the Lunchbox Lesson will discuss Canal Women on International Women's Day, March 8, at noon with Seneca Falls Historical Society Executive Director Nellie Ludemann.

For the Third Thursday Lecture, Kathryn Weller, director of education at the New York State Museum, will speak on Palatine Germans in the Hudson and Mohawk Valleys. That will be on March 16 at 7 p.m.

On April 20, Samantha Hall-Saladino, executive director of

the Fulton County Historical Society, will present a program with some of the county's "Myths and Legends." That program starts at 7 p.m. and will conclude our Third Thursday Lecture series.

These programs are free for the public and available on the Webex meeting platform. No registration is required, and links can be found on our NYS Parks website or social media. If you would like a direct link emailed to you, contact the site.

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



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**See your doctor when you start to plan your trip abroad.  
It's important to do this well in advance.**

- **Make sure you are up-to-date on all of your routine vaccines.**
- **Vaccinate at least a month before you travel.**
- **Your body needs time to build up immunity.**
- **You may need several weeks to get all the doses of the vaccine.**
- **Your primary doctor may not stock travel vaccines.  
Visit a travel medical clinic.**
- **You'll need time to prepare for your pre-travel appointment.**
- **If the country you visit requires a yellow fever vaccine, only a limited number of clinics have the vaccine and may be some distance from where you live. You must get it at least 10 days before travel.**

**To find out which vaccines are recommended or required for the countries you plan to visit, go to:**

**[wwwnc.cdc.gov/travel](http://wwwnc.cdc.gov/travel)**

**Or contact Montgomery County Public Health  
518-853-3531**



## Morning Star bus trip to Branson, MO

There will be a bus trip to Branson, MO, sponsored by Morning Star UMC leaving Ilion on April 23 and returning May 1. The price of \$1,280/person double and \$1,680 single includes transportation, eight nights lodging, eight breakfasts, four dinners, seven spectacular shows, a

guided tour of Branson, shopping, baggage handling in Branson, taxes and meal gratuities plus more. A deposit of \$50 is due ASAP.

For reservations and more information contact Margaret at 315.894.9581.

## January is National Eye Care Month

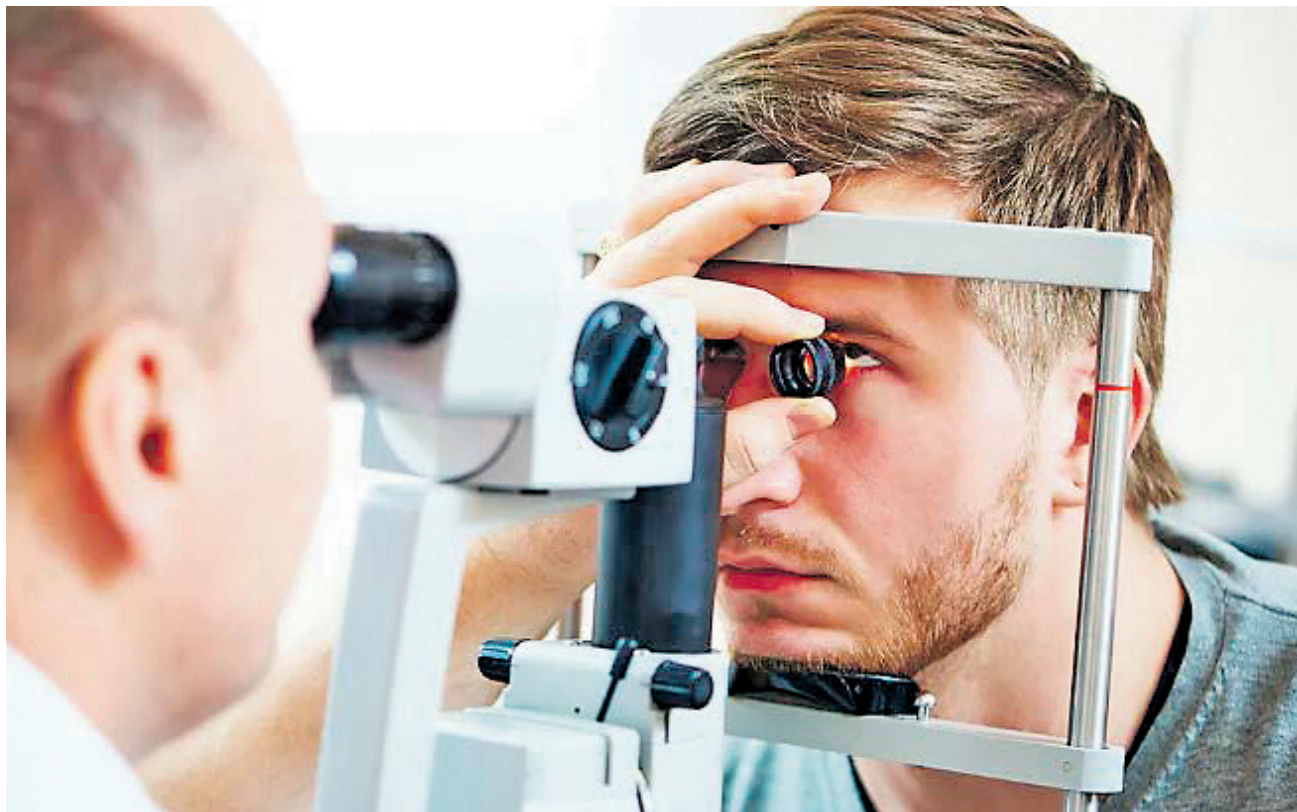
by **Dr. Matthew Wadas, Wadas Eye Group**

When was the last time you had your eyes examined? Do you feel you're not seeing as clearly as you used to? Do you suffer from scratchy, burning or watery eyes? Do you have a family history of eye diseases such as glaucoma or macular degeneration? Do you have systemic health diseases such as diabetes or high blood pressure? How about autoimmune dis-

eases such as rheumatoid arthritis, multiple sclerosis or lupus?

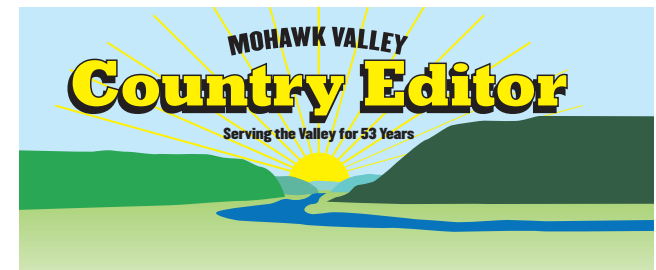
Just because you feel you see well doesn't mean you should neglect having a regular check-up with your eye doctor. Many diseases, systemic and ocular, can either slowly or suddenly affect your vision and, unfortunately, many times that vision loss is permanent.

January is National Eye Care Month. Start the year off right and safeguard your vision – schedule an eye exam today.



January is National Eye Care Month. Now is the time to start the year off right and safeguard your vision by scheduling an eye exam today.

Photo courtesy of Wadas Eye Group



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# Copper Café receives donation for cookie class

Copper Café, located in Ilion and owned and operated by Arc Herkimer, recently received a donation from the Bonacci family.

The family donated \$1,000 to the eatery in honor of Mrs. Bonacci's mother, Augustina "Gussie" Brindisi, who recently passed away at the age of 100. The funds were dedicated to a series of baking classes for people with intellectual and developmental disabilities. Accompanying the donation was a recipe for Gussie's Italian ricotta cookies, which participants have continuously learned to prepare step by step under the tutelage of Copper Café Head Chef Eric Kennedy.

"This is a unique donation for our organization, as the Bonacci family is not only supporting the café but also providing an opportunity for people supported to grow life skills and have a creative outlet," said Catherine Loomis, Arc Herkimer vice president of community engagement and career development. "An individual with a disability who acquires cooking or baking skills enhances their employability; it is also a great recreational activity, builds social skills by cooking with friends and increases independence."

The first cookie class took place during the holidays and have continued since that time. Bakers-in-training include people with disabilities who reside in agency-owned homes, participants of day habilitation and those who take part in vocational programming. Individuals who attended the cookie classes have learned the art of baking, including measuring, mixing, kitchen cleanup and of course taste testing.



Copper Café Head Chef Eric Kennedy teaches pre-vocational participant James Michael Kent how to frost ricotta cookies in a baking class, sponsored by the Bonacci family. Photo courtesy of ARC Herkimer



**Tyson Calvin Fowler**, 45, passed away on December 30, 2022 in Oneida Hospital after a courageous twelve year battle stemming from Lyme disease. Tyson was a beloved father, husband, son, brother, and friend. He was born on May 12th, 1977 in Amsterdam, New York to Joseph C. and Audrey F. Fowler. Anyone who knew Tyson, knew that he truly loved and valued his relationships with his family and friends. He was the eldest of four children and cherished his role as "big brother" to his three younger brothers, Dontay, Caleb, and Nathan. Growing up in Canajoharie, NY, Tyson loved to play outdoors with his brothers and with his best friends. Summers were spent at camp, jumping off the falls, playing baseball in the backyard, and riding bikes until the streetlights came on. Tyson graduated from Canajoharie High School in 1995. He was an extremely gifted athlete, excelling at basketball, baseball, and cross-country. By the time he reached eighth grade, Tyson was able to dunk a basketball and it was his remarkable pitching arm that caught the attention of the New York Yankees who came to scout him in high school. After graduating, Tyson picked up golf as a new hobby, playing every chance he got and eventually became an 11 handicap. He loved music, his favorites were A Tribe Called Quest, Big L, Bob Marley, EPMD, Pink Floyd, and Phish. Tyson always looked forward to attending live shows or sitting around a campfire with his brothers and friends, dancing and laughing all night long.

Tyson met his wife, Ann, on Nantucket and the two were married on September 5, 2009. Together, they enjoyed traveling, golfing, listening to music, and their favorite, long car rides, exploring the countryside. They welcomed their first son, Calvin, in 2011, and his brother, Abren, in 2014. Being a father was Tyson's single greatest joy in his life. Despite the physical devastation brought on by the Lyme disease that prevented him from doing all of the fatherly things that he dreamed of, Tyson still found special ways to connect with them and show them endless love. From his wheelchair, he was able to teach (then two year old) Calvin how to swing a golf club. As a toddler, Abren shared Tyson's love for music. Tyson would invite Abren to sit up on his lap and together, they would transform his bedroom into a dance party by blasting music on the speakers. Both Calvin and Abren would often be found racing their little cars up and down Tyson's hospital bed while watching baseball on the television. Tyson, Ann, and the boys called Greenwich, CT home for nine years before moving to Sherrill, NY to be closer to family.

Tyson was kind, patient, warm, and loving. He possessed a special way about him that made everyone around him feel welcomed and comfortable in his presence. He was a creative soul and although he admittedly could not find his way in the short time he spent in college, he eventually began working for Ralph Lauren on Nantucket at the most entry-level position in the company. Surrounded by fashion, art, and beauty, Tyson came alive with this opportunity for a new outlet for his creativity and wanted more. He continued to work hard and was transferred within the company to sales on Madison Avenue where, on a chance afternoon, Tyson would meet the lead men's designers for the company. They had ventured into the shop and needed some assistance. As they tell the story, Tyson's virtues of kindness, warmth, and his overwhelmingly pleasant nature struck them. They invited him right then and there to join their team in a non-paying, small internship-like role for a few weeks. After working his regular shifts and on every day off, he would head down to the corporate offices and help the design team for several hours. A few weeks turned into a few months and Tyson was offered an official role in Men's Concept Design. Tyson had absolutely found his way and his confidence grew as he received praise for his ideas, his creativity, and for his work ethic. He was so very proud and grateful to be a part of such an incredible organization.

Throughout his life, Tyson consistently looked for ways to be of service to those around him and after being delivered a devastating diagnosis in 2012, still, his reaction was, "I believe I got sick with Lyme so that I could help others." Even in the face of this treacherous illness, he was incredibly selfless by sharing his journey and offering guidance and education to folks along the way.

The family wishes to thank Tyson's team of India and U.S. doctors for their unwavering support and for their relentless efforts to save his life. Tyson was afforded an extra ten years of life because of the loving care he received and because of his own determined will.

Tyson leaves behind his loving and devoted wife, Ann, their two children, Calvin and Abren, his father, Joseph, his mother, Audrey, his brothers, Dontay (Lacey), Caleb (Angel), and Nathan (Charis), his paternal grandparents, Ocia and Marilyn, as well as many aunts, uncles, cousins, nieces, nephews, and friends, all of whom he loved dearly. He is predeceased by his maternal grandparents, David and Patricia Peterson, and cousins, Kevin Fowler, Coreena Pedrick, Marilyn Brown, and Charles Baker, Jr.

Calling hours for the public will be held at Malecki Funeral Home in Sherrill, NY on Friday, February 3, 2023 from 4-7 pm. There will be a memorial/celebration of life at Canajoharie Country Club the following day at 1 p.m. A private burial will take place in the spring.



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 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 stjmc-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

**CHERRY VALLEY**  
**CHERRY VALLEY ASSEMBLY OF GOD**  
 37 Alden St., Cherry Valley  
 607-264-3306  
 Pastor David Carpenter, Jr.  
 Sundays 9:30 AM

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

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

**COLD BROOK**  
**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 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

**EPHRATAH**  
**EPHRATAH REFORMED CHURCH**  
 140 Co. Hwy. 140, Ephratah, NY  
 To live and share Jesus Christ  
 both locally and globally.  
 Everyday. Everywhere. Everyone.  
 Pastor Jeff Hindrliiter  
 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 UNITED  
 METHODIST CHURCH**  
 Pastor Kathy Reese  
 Sunday worship and  
 Sunday school 10AM  
 Outdoor service: 11 Montgomery  
 Street, Fultonville, May-Early Sept.  
 (byo - chair)  
 Indoor service:  
 Winter and inclement weather  
 Glen Town Hall, 7 Erie Street, Fultonville  
 Community Outreach is  
 very important to us  
**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 Dubea  
 & 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., Iliion, NY, 13357  
 Reverend Richard Riggie  
 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.,  
 Iliion, 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, Iliion

**ANNUNCIATION CHURCH**  
 109 West Street, Iliion, 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,  
 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

**LASSELLVILLE**  
**LASSELLVILLE**  
**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 ffirstpres@gmail.com  
 www.presbylf.org  
 Sunday Worship 10 AM  
 Sunday School 10 AM

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

**THE HOLY SPIRIT POLISH**  
**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**  
**MIDDLEVILLE 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  
 Sunday School 9 AM  
 Sunday Worship 10 AM  
 Wednesday Bible Study  
 & Prayer Meeting 7 PM

**THE WORD CHRISTIAN CENTER**  
 Pastor Dan Annutto  
 27 E. Main St. • 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 Robbin Harris • Ph 845-8730  
 Morning Service 11:15 AM

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

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

**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

**PALATINE BRIDGE**  
**TRINITY EVANGELICAL LUTHERAN**  
**CHURCH OF STONE ARABIA**  
 5430 St. Hwy. 10, Palatine Bridge, NY  
 Pastor A. Elisabeth Aurand  
 Sunday In Person Worship 9 AM;  
 email for link  
 office@stjm-canajoharie.org  
 518-673-2224

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

**RANDALL**  
**RANDALL CHRISTIAN**  
**COMMUNITY CHURCH**  
 NY Rte. 5S  
 Sunday Service 10:30 AM  
 Worship Leader Darlene Spaulding

**RICHFIELD SPRINGS**  
**CHURCH OF CHRIST UNITING**  
 PO Box 896,  
 Richfield Springs, NY 13439  
 Rev. Casey Bradley • 315-858-1553  
 Service: Sunday 9:15 AM  
 Church School: Sunday 9:30 AM

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

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

**SALISBURY CENTER**  
**UNITED METHODIST CHURCH**  
 2545 State Route 29  
 Pastor Mark Hediger, 315-429-9085  
 pastormark@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  
 svchurch@gmail.com  
 Wednesday Prayer 6 PM; Sunday  
 Morning Bible Study 9:45 AM;  
 Worship Service Sunday Morning  
 10:30 AM

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

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

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

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

**RIVER OF JUBILEE CHURCH**  
 5057 St. Hwy. 5 S, Sprakers, NY 12166  
 Pastor: Gail Adamoschek  
 Pastor: Steve Adamoschek  
 518-322-1427 / 518-224-4455  
 Sunday Service 10 AM  
 Children's Church Available  
 Other Learning Opportunities Avail-  
 able 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. Prayer 7 PM,  
 Bible Study 7 PM (Wed., Thurs. & Fri.)  
 We teach the fullness of God's Word,  
 a life of holiness for the believer,  
 and salvation for all who trust  
 in Christ's sacrifice.

**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**  
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 Sunday Worship 8:30 AM  
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## The Mainstreet Party will restore civility and transparency to the Village of Canajoharie

**I am Ron Dievendorf.** My wife Amy and I have two married sons and three grandchildren. I was a pharmacist on Church Street for 26 years and have been active in the community since 1971. I have been a board member of Montgomery County Office of Aging and the Lions Club and am a current member of both the Liberty Human Rights Committee and the Fulmont Community Action Board. I also volunteer at the Canajoharie Reformed Church and the Canajoharie Library.

I was a founding member of Music on Main Street and served on the Mid-County Ambulance Service for 15 years. I was elected mayor of Canajoharie twice, helped implement the Façade Improvement Program and facilitated Canajoharie joining the National Register of Historic Places.

Former mayor, the late Abe Biltucci, in commenting on my last term as mayor, said I have the "ability to bring people together, to work toward a common goal... to benefit the people of Canajoharie, not myself." The Mainstreet Party holds that creed and will govern by listening and bringing people together.

**My name is Tracey MacFarland-Stetin.** I am married to Dan Stetin and together we are proud parents of two children and a grandparent of one. I have lived in Canajoharie for 52 years and currently work as the School Counseling Secretary

at Canajoharie High School. My father served as a trustee in Canajoharie for eight years and I'd love to follow in his footsteps and also serve this Village.

I care deeply about the county, and more specifically our community. I believe in honesty and transparency when serving the community as well as listening to and putting my constituents' concerns first. I care about upholding and maintaining this great village with a great environment to raise our families in, being good neighbors and living out our golden years!

**My name is Peter Lyden.** I'm a fully licensed property and casualty insurance broker. I work with my father selling insurance throughout New York. I moved to Canajoharie from Clifton Park in 2020, and I finally found my dream home in a chance online posting after more than a decade of looking and I'm never planning to move again. I may be new to the village, but my family has a long history in the Mohawk Valley, going back to

before the American Revolution.

I wish to serve as a Trustee to help revitalize this village that I've come to love. We need to modernize how the village functions while addressing the concerns of the community and increasing transparency and community involvement and honoring the history that lives around us.

The Mainstreet Party will have a meet and greet event on Feb. 15 at 7 p.m. at Berean Bean. Meet the candidates and tell them what is important to you.

Voting is scheduled for March 21 from noon - 9 p.m. at Village Hall on Erie Boulevard. You can pick up voter absentee application forms at Lee's Shops at Wagner Square and return them by March 1 to Lee's Shops.

If you are not registered, you can pick up a voter registration form at Lee's Shops at Wagner Square and return it by March 8 to Lee's Shops.



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# NYS Elks State President visits Canajoharie-Fort Plain Elks Lodge

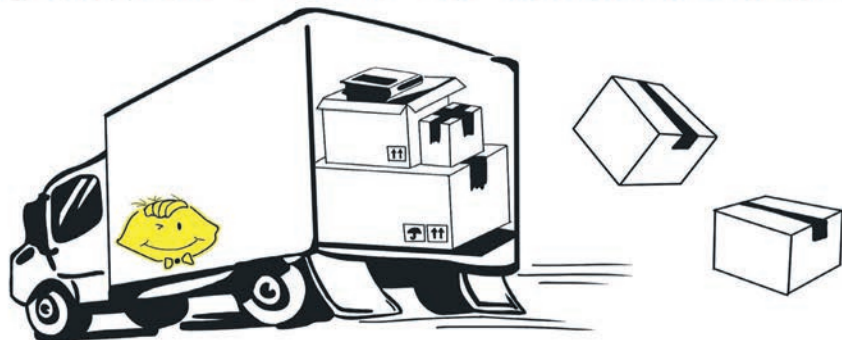


NYS Elks President Cameron Ricci and First Lady JoAnn visited the Canajoharie-Fort Plain Elks Lodge in Nelliston on Dec. 19. Photo courtesy of Canajoharie-Fort Plain Elks Lodge

*"Snowfall rouses your inner child to dream and play once more."  
- Angie Weiland-Crosby -*



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# Mark Your Calendars!

**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 3**

**Black & White Hero Sale** 11 a.m. to 6 p.m. at the Iliion Masonic Temple, 118 Morgan St., Iliion. Call 315.269.6493 to order. Pick-up times will be 11 a.m. - 1 p.m. and 3-6 p.m. at the Third St. (side) door. Cost is \$9. Sponsored by Eastern Star. Gluten free wraps offered.

**FEBRUARY 7**

**Red Cross Blood Drive** noon to 6 p.m. at St. John's St. Mark's Church, 143 Church St., Canajoharie. To schedule an appointment, call 1.800.RED CROSS or go to [www.redcrossblood.org](http://www.redcrossblood.org) and enter sponsor code: St.JohnsSt.MarksCanajoharie.

**FEBRUARY 8**

**Cheesemaking in Oneida County** 7 p.m. at Irish Cultural Center of the Mohawk Valley - Museum, 623 Columbia St., Utica. Learn how Rome native Jesse Williams' vision would forever change the way cheese was produced in the United States. Free. Register at [tinyurl.com/39cwcbtv](http://tinyurl.com/39cwcbtv)

**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](http://herkimercounty.org) or [fb.me/HerkimerCountyPublicHealth](https://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/6bmwxcak](http://tinyurl.com/6bmwxcak)

**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](mailto: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](http://herkimercounty.org) or [fb.me/HerkimerCountyPublicHealth](https://fb.me/HerkimerCountyPublicHealth).

**APRIL 13**

**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](http://herkimercounty.org) or [fb.me/HerkimerCountyPublicHealth](https://fb.me/HerkimerCountyPublicHealth).

**AUGUST 1**

**National Night Out 2023** 5:30 - 8 p.m. at Wagner's Square, Mohawk St., Canajoharie. Contact officer Peruzzi at [jasonperuzzi@canjo.org](mailto:jasonperuzzi@canjo.org). This event will include food, music, vendors, activities for children and much, much more. Free to attend. Free to set up. Presented by Canajoharie Police Department as an annual community-building event providing a great opportunity to bring police and neighbors together in a positive environment.

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



# BUSINESS FOCUS

## Esther's Budget Shop

Going nearly four decades strong, Esther's Budget Shop in Fort Plain opened its doors on Jan. 31, 1985. To celebrate their 38th anniversary, there will be a special sale from Jan. 24 - 31 with great buys throughout the store. Come visit to help celebrate all these years in business as well as owner Esther Nurnberger's birthday. There will be cake on Jan. 28 from noon - 2 p.m.

Esther's Budget Shop started at home. They had a chicken coop, and Esther's husband and three sons cleaned it out and made it into a little shop for her. Esther's husband knew Roger Bower, an auctioneer in Fort Plain, who owned the building the shop now operates in.

"Roger rented this building to me until it was paid for. That was my big break to have a shop," Esther said. "We had hard times to start. But you never ever give up. God is always with you."

Luckily, she then met Bob Smith, who was a schoolteacher and also an auctioneer in Fort Plain. He introduced her to doing flea markets, which helped the business stay afloat.

"You can meet many wonderful people who can help out and give you advice that will help you stay the course of your goal," Esther said. "Never give up!"

Before she started her shop, she worked in the Beechnut factories and as a waitress at VanWie Restaurant. But she just loves her shop. "It is a lot of work but it's fun work that I enjoy," she said. "I meet so many wonderful people and learn so many things I didn't know. I also get to come in direct contact with items

that are old that I don't know what they are, but there's always someone who does know!"

Esther said her business is special because she loves helping people. Her customers are like family and treated with respect. "It is so rewarding to me when someone comes and finds an item they have been looking for forever at my little shop," she said.

For example, she once had a woman from Canada stop in who had been looking for a specific Little Golden Story Book. Her father used to read to her every night before she went to bed. She was not a young woman, and she'd been looking for this book for years. She found the book in Esther's stop. "I cannot tell you how happy she was," Esther said. "It made my day to make her happy."

She added that there have been many incidents like that, and each one makes her happy.

"Never fear - Esther's here to help," she said. "I'm like 'under dog!' Prayer is the best weapon we have, and it is the key that opens God's heart."

Esther's Budget Shop is located at 188 Canal St. in Fort Plain. They can be reached by phone at 518.258.4286.

*Esther's Budget Shop in Fort Plain opened its doors on Jan. 31, 1985. To celebrate their 38th anniversary, there will be a special sale from Jan. 24 - 31. Come celebrate all these years in business as well as owner Esther Nurnberger's birthday. There will be cake on Jan. 28 from noon - 2 p.m.*



# FEBRUARY

## Herkimer County Office for the Aging

Meals on Wheels provides a well-balanced, hot, noon-time meal which is available Monday - Friday in most parts of Herkimer County. To be eligible, the person needs to be age 60 or older and be disabled due to a chronic or temporary condition.

A temporary condition could be due to a recent hospitalization or accident. If you are interested in learning more about Meals on Wheels or signing up, please contact our office at 315-867-1204.

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|---|--|---|---|
|   |   | <b>1</b><br>Lasagna<br>Italian Blend Vegetables<br>Garlic Roll<br>Cookie                                 | <b>2</b><br>Cheesy Ham &<br>Rice Casserole<br>Broccoli • Coleslaw<br>Fruit Cocktail | <b>3</b><br>Shaved Roast Beef on a Roll<br>O'Brien Potatoes<br>California Blend Vegetables<br>Chef's Choice Dessert |
| <b>6</b><br>Chili<br>Corn<br>Green Beans<br>Pears                             | <b>7</b><br>Chicken & Biscuits<br>Mashed Potatoes<br>Mixed Vegetables<br>Cookie   | <b>8</b><br>Pork Chops<br>Stuffing<br>Brussels Sprouts<br>Frosted Birthday Cake                          | <b>9</b><br>Cream of Broccoli Soup<br>Egg Salad Sandwich<br>Kaiser Roll<br>Pudding  | <b>10</b><br>Shepherd's Pie with<br>Mashed Potatoes & Corn<br>Broccoli<br>Lemon Pudding                             |
| <b>13</b><br>Spaghetti & Sausage<br>Italian Blend Vegetables<br>Peaches       | <b>14</b><br>Salisbury Steak<br>Rice<br>Green Beans<br>Valentine Cookie  | <b>15</b><br>BBQ Chicken<br>Baked Beans<br>Broccoli<br>Pudding   | <b>16</b><br>Pot Roast<br>Roasted Potatoes<br>Dill Carrots<br>Brownie               | <b>17</b><br>Baked Ham<br>Scalloped Potatoes<br>Peas and Carrots<br>Pineapple                                       |
| <b>20</b><br><b>CLOSED FOR<br/>PRESIDENT'S DAY</b>                            | <b>21</b><br>Herb Baked Chicken<br>Au Gratin Potatoes<br>Cauliflower<br>Mandarin Oranges  | <b>22</b><br>Ash Wednesday<br>Macaroni & Cheese<br>Stewed Tomatoes & Zucchini<br>Green Beans • Ice Cream | <b>23</b><br>Turkey Dinner with Gravy<br>Sweet Potatoes<br>Corn<br>Gelatin          | <b>24</b><br>Fish on a Bun<br>Confetti Rice<br>Spinach<br>Cookie  |
| <b>27</b><br>Pulled Pork on a Bun<br>Baked Beans<br>Mixed Vegetables<br>Pears | <b>28</b><br>Fiesta Chicken<br>Mashed Potatoes<br>Squash<br>Pudding Parfait   | <p><i>** Meals are Subject to Change.</i></p> <p><i>All Meals Served with Milk and Bread Daily.</i></p>  |   |   |

*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.*



## Jesse Williams and the first cheese factory

Just north of Rome, at the site of the current New York State Fish Hatchery, the modern cheese industry was born in 1851.

Jesse Williams was a successful farmer and cheesemaker but believed by working together as cooperative dairies, farmers could maximize their profits. This led him to start the first cheese factory in the U.S., a move that revolutionized agriculture not only locally but across the nation. Patrick Reynolds, director of public programs at the Oneida County History Center, explains the origin of the Cheese Factory System.

Williams was born in Rome in 1798 and like his father became a farmer. Although there was considerable cheesemaking going on in New York, its market value suffered from inconsistency. Williams objected to the quality as well as the lack of uniformity in size. To address these issues, he invented machinery and equipment that guaranteed high quality cheese made in uniform sizes.

The year 1851 marked the first time he combined the milk from his own farm with that of his son's farm. From that small partnership grew the cheese factory industry.

He built the first cheese factory in the U.S. at Highland Mills, adjacent to the current fish hatchery. Soon dozens of area dairy farmers were delivering their milk to him to make cheese. The first year he produced 100,000 pounds of cheese and was an immediate success. Quickly his ideas spread to other sections of the country and the world.

As news spread of Williams's success, dairymen from across the country flocked to Rome to learn about the new process. Williams and his wife answered as many questions as they could to spread the gospel of cooperative cheesemaking. Within 15 years, there were 500 such factories in New York alone. In 1864, Williams's success led to the formation of the New York State Cheesemaker's Association, which soon

thereafter became the American Dairy Association.

On the 100th anniversary of Williams's cheese factory, John H. Kraft, president of Kraft Foods, proclaimed that "pioneers like Jesse Williams ... [fathered] the ideas and tools that have made America great." This man, Kraft said, "exemplified the spirit which has made the dairy industry the largest agricultural industry in America."

Williams died in 1864 at age 67. At that time Oneida County was making over eight million pounds of cheese per year. Williams never patented his cheesemaking inventions but gave them to the agricultural world.

A free program called "Cheesemaking in Oneida County" will be offered on Feb. 8 at 7 p.m. at the Irish Cultural Center of the Mohawk Valley Museum, 623 Columbia St., Utica. Learn how Williams's vision would forever change the way cheese was produced in the U.S. Register at [tinyurl.com/39cwcvtv](http://tinyurl.com/39cwcvtv).

## Scholarship applications now available through local foundation

The Herkimer Region College & Career Scholarship Foundation is accepting applications for scholarships for 2023. Each year, this local foundation presents approximately a dozen scholarships.

Students eligible for these scholarships include those who are majoring in technical education in their high school program and plan to go to college next year. The scholarship foundation also offers a Career Award for students who gain employment in a Career and Technical Education field prior to or soon after graduation and incur expenses as a result of that employment. This award allows the reimbursement of up to \$750 for trade-specific expenses such as employment clothing, personal protective equipment, tools, supplies, certifications, credentials and/or licenses.

Award eligibility includes nearly all students enrolled in the Technical Education Center located at Herkimer-Fulton-Hamilton-Otsego BOCES. Also eligible are those adults who wish to enroll in vocational training, such as practical nursing, at Herkimer BOCES.

Application forms are now available from school counselors in all Herkimer BOCES area school districts, online for printing at [herkimer-boces.org/scholarshipfoundation](http://herkimer-boces.org/scholarshipfoundation) or by calling Shawn Maxson at Herkimer BOCES at 315.867.2023. The deadline for submitting an application is March 1.

Aside from the scholarships that students apply for, there are special incentive awards

available for those pursuing careers in certain areas. These special funds are administered by the Herkimer Region College & Career Scholarship Foundation and are in addition to the scholarships offered through the general fund.

The special incentive awards are:

- The Paul A. Bouck Memorial Fund provides a scholarship to a student who is entering a field of study that relates to agriculture, a rural-related field or other related areas.

- The Robert A. Moore Memorial Scholarship provides a scholarship to a student who has completed the Herkimer BOCES Visual Communications Media Arts program and plans to further their training in the field of radio and television broadcasting.

- The Special Nursing Fund provides a scholarship to a nursing student in need of financial assistance.

- The Mower Family Farm Fund provides a scholarship to a student who will be pursuing occupations in the field of agriculture.

- The William E. Whitehill Jr. Scholarship provides a scholarship to a student in the Technical Education Center who demonstrates the most improvement while in the program.

- The Chris Brockway Memorial Scholarship Award provides a scholarship to a student who completes the Criminal Justice program.

- The Papaleo/Dady Family Scholarship provides a scholarship to a student who

successfully completes a two-year technical education program at BOCES with a minimum grade-point average of 85%.

- The Harry J. Enea Sr. Memorial Scholarship provides a scholarship to a student entering the mortuary science field.

- The Chester A. Scerra Memorial Scholarship provides a scholarship to a student pursuing an education in the field of culinary arts.

- The William E. Busacker Scholarship Award provides a scholarship to a student who has demonstrated leadership in causes that promote change to the status quo, compassion for the less fortunate, animal rights or other issues.

- The Hummel Family Scholarship Award provides a scholarship to a student who demonstrated community-minded focus throughout the student's high school career.

The Herkimer Region College & Career Scholarship Foundation is unique because all scholarships go to technical education majors, Herkimer Region College & Career Scholarship Foundation Board President Sharon Baisley said.

Among the colleges being attended by winners of last year's scholarships are Herkimer College, Mohawk Valley Community College, Clark University, University of Wyoming and Alfred State College. Several nursing students were awarded scholarships to attend the Herkimer BOCES Adult Practical Nursing Program.



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# Herkimer students win four Central New York Scholastic Art Awards

Three Herkimer Central School District students won a total of four awards in the 2023 Central New York Scholastic Art Awards, and their artwork will be on display at Onondaga Community College.

Herkimer senior Hannah Minguela, senior Lyla Williams and sophomore Jillian Hutchinson each won Silver Key Awards. Williams also won an Honorable Mention.

"More than 4,000 pieces were submitted to this competition from all over Central New York, and Herkimer had four winning pieces," Herkimer Jr./Sr. High School art teacher Heather McCutcheon said. "This is a big honor. We are the only school in Herkimer County that had work selected to be in this show."

All pieces of art that won 2023 CNY Scholastic Art Awards will be on display in the hallways of

the SRC Arena and Events Center at Onondaga Community College through March 5. The 2023 CNY Scholastic Art Awards Ceremony took place Jan. 17 at the same location.

Minguela's winning piece was a sculpture made out of clay and recycled books.

"I am very thankful and happy to be accepted into this exhibit," Minguela said.

Williams won her awards with an acrylic paint-

ing and a sculpture made out of cardboard and Crayola Model Magic.

"The Scholastics competition was a fun opportunity to present artwork," Williams said. "It is also good to get two awards on behalf of my school."

Hutchinson earned her award for digital art that she created on an iPad using the app Procreate.

"I feel very honored to have my work displayed," Hutchinson said.



Hannah Minguela won a Silver Key Award in the 2023 CNY Scholastic Art Awards. She poses here with her winning piece, a sculpture she made out of clay and recycled books. Photos courtesy of Herkimer BOCES



Sophomore Jillian Hutchinson won a Silver Key Award in the 2023 CNY Scholastic Art Awards. She poses here with her winning piece, digital art that she created on an iPad using the app Procreate.



Senior Lyla Williams won a Silver Key Award and an Honorable Mention in the 2023 CNY Scholastic Art Awards. She poses here with her winning pieces, an acrylic painting and a sculpture made out of cardboard and Crayola Model Magic.



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# HOME IMPROVEMENT

## Types of home insulation and where to install them

When thinking about renovating their homes, homeowners may imagine changing wall colors, expanding room sizes or upgrading appliances and fixtures. However, unless people take inventory of the less glamorous components of the home, such as structure, plumbing, heating and cooling and insulation, other improvements may be for naught.

A home insulation project certainly doesn't offer the wow factor of a kitchen remodel, but insulation serves a vital function in the house that helps keep people comfortable and reduces energy consumption. Insulation is typically placed in areas where air escapes, such as between the stud cavities inside the walls and in the attic and serves to slow and reduce heat transfer.

The U.S. Department of Energy says between 50% and 70% of the energy used in homes is for heating and cooling. By improving home insulation, homeowners can make their homes more comfortable, consistent and efficient. In fact, the ENERGY STAR program overseen by the U.S. EPA says homeowners stand to save an average of 15% on heating and cooling costs by adding proper insulation. To do so, homeowners can take a crash course in home insulation and find the products that fit their needs.

### Blanket Batts & Rolls

Blanket batts and rolls typically are constructed with fiberglass, so proper safety gear, such as a mask and gloves, is needed when handling them. Installing this type of insulation is relatively easy since the materials are designed to fit the standard width between studs, rafters and floor joists.

### Loose Fill

Loose fill is usually made of fiberglass or cellulose (re-

cycled paper fiber). It is blown or sprayed into place with pneumatic equipment, according to the Home Depot. Loose fill can be ideal for hard-to-reach areas in attics or inside wall cavities. It's good for adding insulation to irregularly shaped areas. Since it requires special equipment, this is a job best left to professionals.

### Sprayed Foam

Sprayed foam is just as the name implies, a foam made from polyurethane, polyisocyanurate, cementitious or other materials that are applied by a spray container. DIYers who need only small applications can use canned products. Large quantities are pressure-sprayed by professionals.


### Foam Board/Rigid Foam Panels

Ideal for unfinished walls, such as basement or foundation walls, floors and ceilings, these are boards of polyurethane or polystyrene. Foam boards tend to reduce energy consumption more effectively than other types of insulation.

Homeowners considering upgrading their insulation or amending existing insulation should do their homework on the type of insulation that will be most effective for their homes.



A home insulation project certainly doesn't offer the wow factor of a kitchen remodel, but insulation serves a vital function in the house that helps keep people comfortable and reduces energy consumption.



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# HOME IMPROVEMENT

## Groundhog Day fun and facts

Groundhog Day offers a touch of whimsy during the often-bleak midwinter chill. Across the country, eager celebrants await a rascally rodent to determine if there will be six more weeks of winter or if the nation will receive an early reprieve from the cold.

It is fun to guess if an early spring is coming, and even more so to rely on a large ground squirrel to play meteorologist. To further en-

hance the Groundhog Day experience, burrow into these interesting facts about the holiday and the animal itself.

- The world can thank the Germans for the Groundhog Day tradition. The see-his-shadow concept was adapted from a German Candlemas Day tradition in which clergymen would bless the candles they needed for the cold season. If the candles brought a sunny

day, there would be six more weeks of winter. However, clouds and rain signified that winter would end soon. Germans who settled in Pennsylvania in the 1700s brought the custom to America.

- Germans once used a hedgehog as their animal forecaster. When relocating to Pennsylvania, groundhogs were used because they were more common than hedgehogs.

- Punxsutawney Phil is perhaps most revered for his forecasting abilities. However, more than a dozen states have their own prognosticating groundhogs. These include Buckeye Chuck in Ohio, Birmingham Bill in Alabama and General Beauregard Lee in Georgia.

- Phil has been predicting the weather at Gobbler's Knob for more than 130 years. This is quite a feat considering groundhogs typically live between six and eight years. Folklore indicates Phil sips a magical drink that will prolong his life for seven more years.

- Phil's full name is Punxsutawney Phil, Seer of Seers, Sage of Sages, Prognosticator of Prognosticators and Weather-Prophet Extraordinary.

- Groundhogs also are called woodchucks and are a species of rodent known as marmots. They typically weigh between 12 and 15 pounds. Woodchucks really have nothing to do with wood or chucking. The name stems from an Algonquian name wuchak.

- The National Oceanic Atmospheric Administration says Phil has seen his shadow

more times than not between 1887 and 2019. Statistically speaking, six more weeks of winter is often the norm.

- Groundhogs prefer to live in open country or at woodland edges. They are never far from a burrow made in well-drained soil. Most have summer and winter dens.

- Groundhogs are adept at predicting the arrival of spring, just not in the way people have come to know from Groundhog Day. Since they hibernate, when groundhogs emerge from their burrows, it's a sure sign spring is on its way.

- The 1993 movie "Groundhog Day" starring Bill Murray helped solidify Punxsutawney Phil as a national hero and household name. Since then, crowds numbering as high as 30,000 have made the pilgrimage to see Phil in person.

Groundhog Day brings some levity to an otherwise uneventful time of year.



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# HOME IMPROVEMENT

## What to know about refinancing a mortgage

Historically low interest rates have made now a good time to be a homeowner. According to the Federal Home Loan Mortgage Corporation, also known as Freddie Mac, the average interest rate on a 30-year fixed-rate mortgage in mid-September 2021 was 2.86. Just 10 years earlier, the average rate was 4.09. That's a significant dip, and one that's saving today's homeowners tens of thousands of dollars over the life of their mortgages.

Interest rates dipped during the pandemic and have remained low ever since. That's unlikely to last forever, which has given many homeowners a sense of urgency regarding refinancing. Refinancing can be financially advantageous, but there are some things homeowners should know prior to contacting their lenders.

### Refinancing Does Not Always Save Money Over the Long Haul

It's hard to blame homeowners who jump at the chance to refinance their mortgages. Refinancing is often associated with significantly lower monthly payments, and such savings can be used to finance home improvements, pay for tuition or build retirement nest eggs. However, homeowners won't necessarily save money over the long haul if they're refinancing an existing

30-year mortgage with another 30-year mortgage.

The mortgage experts at Mortgage Calculator note that a Change Terms mortgage refinance is characterized by a shift to a loan charging a lower interest rate. The initial savings with such a refinance are undeniable, but changing from one 30-year to another 30-year restarts the mortgage clock, which can add years to the time homeowners will be repaying their debt. As a result, homeowners may end up paying more interest over time than they might have had they just kept their initial mortgage. Homeowners interested in a Change Terms refinance may want to look into switching from a 30-year to a 15-year mortgage. A shorter-term mortgage will increase the monthly payment, but the loan will reach maturity much faster, greatly reducing the amount of interest homeowners will pay over the life of the mortgage.

### Refinancing Can Be Costly

Lower monthly payments might be the number that catches homeowners' eyes as they look to refinance, but it's important that homeowners recognize that refinancing is not free. In fact, the personal finance experts at Kiplinger note that refinancing incurs many of the same costs that homeowners had to pay

when they signed their initial mortgage papers. That includes fees, taxes and appraisal costs. These costs are sometimes paid up front, but they also might be rolled into the loan balance. In the latter instance, homeowners could be paying interest on their refinancing costs. Homeowners who are refinancing solely because of lower interest rates should know that some lenders raise interest rates to compensate for refinancing costs. That can negate the savings and end up costing homeowners more money than the original mortgage.

Refinancing is an option for homeowners who want to save money. Homeowners can speak with a financial advisor to determine if this is the best way to save money over the long haul or if refinancing will ultimately cost them more over the life of the mortgage.



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EOS/ESD Association Inc. (ESDA) recently presented a check for \$2,500 to the Philip S. McDonald Police Benevolent Association Inc. (Rome).

"EOS/ESD Association Inc. contributes to the PBA each year and in turn the PBA is able to give back to many charitable events. This generous donation will assist in plans to provide funding for the Rome Police Department Kops 4 Kids program, Kennedy Arena sponsorship, Integrated Community Alternatives Network (ICAN) donation and help the PBA to provide a Criminal Justice Scholastic Scholarship program with BOCES later this year," noted a statement on the Rome PBA Facebook page.

Lisa Pimpinella, executive director for the ESDA, said, "The EOS/ESD Association Inc. Board of Directors continues to support the local community and region annually in various ways. As we enter 2023, we want to assist the Rome Police Department and PBA, who make a difference in the lives they touch and make this community a better place. We see the impact and result of the community engagement and want to be a part of that great work."

For more information about the EOS/ESD Association Inc., refer to esda.org, social media presences on Facebook and LinkedIn or contact Lisa Pimpinella via email at lpimpinella@esda.org or call 315.339.6937.

## EOS/ESD Association supports the Philip S. McDonald Police Benevolent Association



Presenting the check to the Rome PBA are (L - R) EOS/ESD Association Program Manager Alison Swartz, ESDA Executive Director Lisa Pimpinella and Rome PBA President Jeff Buckley and Vice President James Bristol. Photo courtesy of EOS/ESD Association

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 Email Address: \_\_\_\_\_  
 Payment Method:  Check/Money Order  American Express  Discover  Visa  MC  
 Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ MM / YY  
 \* (REQ.) Card Security Code # \_\_\_\_\_  
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# King Crossword

# MAGIC MAZE ● FINGERS

# Weekly SUDOKU

by Linda Thistle

**ACROSS**

|    |    |    |    |    |    |    |   |    |    |    |    |
|----|----|----|----|----|----|----|---|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8 | 9  | 10 | 11 |    |
| 12 |    |    | 13 |    |    |    |   | 14 |    |    |    |
| 15 |    |    | 16 |    |    |    |   | 17 |    |    |    |
| 18 |    |    | 19 |    |    |    |   | 20 |    |    |    |
| 21 |    |    |    |    |    |    |   |    |    |    |    |
| 23 | 24 | 25 |    |    | 26 |    |   | 27 | 28 | 29 |    |
| 30 |    |    |    | 31 |    |    |   | 32 |    |    |    |
| 33 |    |    |    | 34 |    |    |   | 35 |    |    |    |
| 36 |    |    |    |    |    |    |   |    |    |    |    |
| 38 | 39 | 40 |    |    |    | 41 |   |    | 42 | 43 | 44 |
| 45 |    |    |    |    | 46 |    |   |    | 47 |    |    |
| 48 |    |    |    |    |    | 49 |   |    | 50 |    |    |
| 51 |    |    |    |    |    |    |   |    |    |    |    |
| 52 |    |    |    |    |    |    |   |    |    |    |    |
| 53 |    |    |    |    |    |    |   |    |    |    |    |

1 Discoverer's call  
4 Island near Java  
8 "Cheers" order  
12 Brooch  
13 Oodles  
14 Plotting  
15 Swelled head  
16 Reed and Rawls  
17 "Hud" actress Patricia  
18 Star of "NCIS: Los Angeles"  
21 Klutz  
22 Singer Starr  
23 Photo book  
26 Witty one  
27 Crater part  
30 Corp. king-pins  
31 24 hours  
32 Cab cost  
33 Sauce source  
34 Novelist Rand  
35 Avid  
36 Anderson Cooper's channel  
37 Calendar abbr.  
38 Official flower of Chicago  
45 Cash advance  
46 Manhattan area  
47 Lennon's love

48 During  
49 Nest setting  
50 Pep  
51 Sandwich shop  
52 Play area  
53 Greek vowel

**DOWN**  
1 Oil cartel  
2 Lofty  
3 — about (roughly)  
4 Fragrant wood  
5 Unfriendly  
6 Noisy

7 "Not a problem!"  
8 Energizer mascot  
9 Fencing sword  
10 List-ending abbr.  
11 Bakery buy  
19 Debtors' notes  
20 Pester  
23 Rm. coolers  
24 Sign before Virgo  
25 Lad  
26 Pallid  
27 Joplin tune

28 Anger  
29 Debussy's "La —"  
31 Ming, for one  
32 Kismet  
34 Reply (Abbr.)  
35 Seconded  
36 "True Colors" singer Lauper  
37 Different  
38 Not naked  
39 Abode  
40 Banister  
41 Asta's feeder  
42 Relocate  
43 Squad  
44 NYC gallery

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
Unlisted clue hint: FARTHEST FROM THE THUMB

Crossed    Knuckle    Point    Thumb  
Feel       Little       Print     Touch  
Index      Nails       Snap     Twiddle  
Knock      Pinch       Tap

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

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

**DIFFICULTY THIS WEEK: ♦**

♦ Moderate    ♦♦ Challenging  
♦♦♦ HOO BOY!

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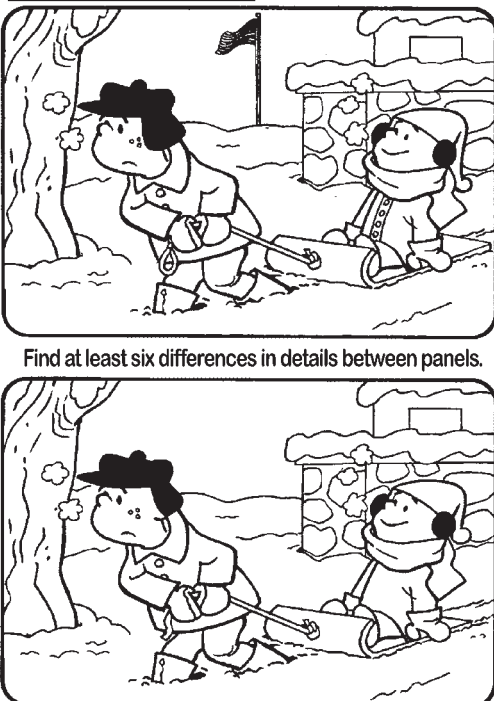
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NYS Contract Pricing  
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Tire Chains  
Ag-Bags  
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Bale Wrap

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**ON THE FARM TIRE SERVICE**

**HOCUS-FOCUS** BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Earflap is smaller. 2. Rope loop is missing. 3. Flag is missing. 4. Buttons are missing. 5. Tassel is shorter. 6. Sled is shorter.

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**CryptoQuote**  
AXYDLBAAXR is LONGFELLOW  
One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each week the code letters are different.

DYB YXN, CSE KW MSCZSAS ZY  
D CXYU QSDJ EGDE ZW UZASY  
EX KW, YSN, KYEXKVGSB, HKCC  
XH EGZYUW EGDE GDAS YSASJ  
MSSY. — JDZYSJ ODJZD JZCRS

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


Pad  
BATTLE

Acclaim  
ASPIRE

Stash  
OVERT

Regular  
LAYDI

**TODAY'S WORD**



"See what I mean? Mine cried first — he's a born \_\_\_\_\_!"



# Happiness and health are just a hill away

by Troy Bishopp

With the reduced level of sunlight these days, the onset of Seasonal Affective Disorder (SAD) is a real thing for many people. This time of year, many of us are trying to increase our vitamin D levels, and to fight all the flus, absorbing what sun exists with fresh, unabated air, through our lungs. This lends itself well to sliding, where happiness and health are just a hill away.

According to health experts, the benefits of sliding downhill uses well over 400 calories per hour and con-

tributes to the absorption of the “sunshine vitamin,” provided your sledding sojourn is over 30 minutes several times a week. Minutes of “green exercise” have shown to reduce stress and improve mood and self-esteem while creating those important memories.

Not being a health professional, I can’t exactly know the ancillary benefits of sliding, but making snow angels, eating copious amounts of snow, laughing with your grandchildren and taking side trips into hedgerows to look for wild-

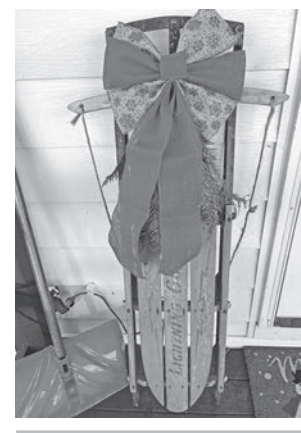
life seems just as valuable for your health. To embrace this health regime, one needs an appropriate sled.

The New York Times just came out with their best sled, endorsing a whopping \$159 L.L. Bean Sonic Snow Tube. For an old frugal farmer, that seemed like a lot of coin, until I learned bobsled, toboggan, jet ski, plastic and premium foam sled styles average between \$60 and \$200. The art of having a meaningful ride is dependent on having a good sled, but I guess this health benefit got way more

expensive than I thought.

I’ve found that kids (and Pop-Pops) need function, not fancy. For any movement on snow, it’s especially important to consider the person’s age, personality, experience, hill angle, type of snow, groomed (or not), obstacles and the ending point. We’ve found the sided, flat-bottom, hard plastic, neon-colored ones have worked best for long straight rides in most conditions. They average less than \$25 in most places. It goes without saying that old inner tube on the farm still works quite nicely also.

Back in the day, craftspeople made many durable, excellent sleds and toboggans out of wood and steel



Stay healthy – slide more!  
Photo by Troy Bishopp

that have stood the test of time and enjoyment. We still use our ancestors’ sleds or metal saucers and they can still be bought at garage sales and flea markets for

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a great value. You have choices depending on your sledding needs.

You know what’s really epic for your health? Sharing smiles, laughter and creating lasting memories. If you consider the nutritional benefits of enjoying a home-cooked meal and a cup of hot chocolate after hanging up the mittens and the positive melatonin release, you’ve got to consider dusting off that ol’ sled. Bring on the vitamin D.

# Creating a garden in a terrarium

by Deborah J. Benoit, Extension Master Gardener, UVM

Terrariums are miniature gardens in lidded, clear-glass containers. Their closed environment requires little care and only occasional maintenance.

The container can be a jar, a glass globe or an unused aquarium. Whatever size container you choose, just be sure it’s been thoroughly cleaned.

Select plants that either are naturally small and slow growing or that can be pruned to remain small. Plants not suited to growing inside the limited space of a terrarium will soon outgrow the container and overcrowd their companion plants. For best results, choose plants with similar light and humidity requirements.

Plants to consider include miniature ferns, such as maidenhair fern and button fern, the palm-like little tree plant, polka dot plant and miniature African violets. Carnivorous plants, such as Venus flytrap or sundew, will appreciate the humidity a terrarium provides. In addition, mosses can be the star of a tiny terrarium or serve as ground cover in a large one.

To provide a good foundation for plants to grow, begin with a one- to two-inch layer of coarse gravel or small stones. Use the thicker layer for a larger container. This

layer provides necessary drainage since the terrarium’s container has none.

Next, add a thin layer of activated charcoal. The charcoal will help prevent odors and bacterial growth.

The top layer in which plants will grow is made up of two to three inches of light potting soil that contains perlite and/or vermiculite.

Plan the arrangement of plants using a plate or a piece of paper the size of the planting area within the container. Taller plants should be placed behind shorter ones. Allow enough room, particularly near the walls of the container, for plants to grow.

When satisfied with your design, remove the plants from their pots, working away excess soil and freeing roots. Make a hole in the terrarium’s soil and spread roots to accommodate the shallow soil depth. Gently press soil around the base of each plant.

Depending on the container, it may be difficult to use your hands to place plants in the terrarium. You can use a long-handled spoon, dowel, chopsticks, tongs and other items to place each plant and firm it in soil.

Water sparingly by misting or adding spoonfuls of water. Soil can be covered with

sand, gravel, colored aquarium stone or a living ground cover such as moss. Consider adding shells, miniature figurines and other decorative accents. Finally, secure the lid in place to create a closed environment that will need minimal maintenance.

If excess moisture accumulates on the inside of the glass, briefly open the lid. Conversely, if the seal is not tight, the terrarium may need to be watered periodically. If you have a lid with a good seal, you may not need to add water for months.

As plants grow, they may need to be groomed periodically with pruning to remove unhealthy or damaged growth or to

maintain shape or size.

Select a location for the terrarium with bright light but avoid placing in direct sunlight as the glass will magnify the sun’s rays and overheat the environment inside the terrarium, damaging the plants.

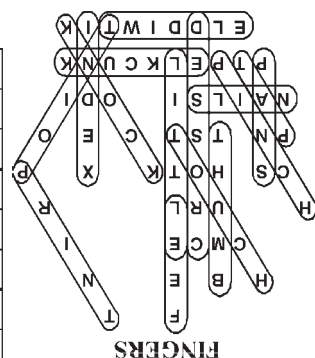
If you’d like a terrarium featuring cactus and succulents, which prefer far less humidity, you can accommodate them by making an open terrarium in this same manner. Omit the lid to allow air to circulate. Monitor and water as needed.

Large or small, terrariums are a wonderful way to enjoy a tiny, private garden even in the middle of winter.

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

Answer

Weekly SUDOKU



**SCRAMBLERS**  
solution  
1. Tablet 2. Praise;  
3. Trove; 4. Daily  
Today's Word  
**LEADER**

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| D | E | L | I | Y | A | R | D | E | T | A |   |   |
| A | M | I | D | T | R | E | E | V | I | M |   |   |
| O | N | O | S | H | O | S | N | L | O | V |   |   |
| C | H | R | Y | S | A | N | T | H | E | M | U | M |
| C | N | N | O | C | T |   |   |   |   |   |   |   |
| S | O | Y | A | Y | N | E | A | G | E | R |   |   |
| C | E | O | S | D | A | V | E | F | A | R | E |   |
| A | L | B | U | M | W | A | G | F | A | R | E |   |
| O | A | F | K | A | Y |   |   |   |   |   |   |   |
| C | H | R | I | S | O | D | O | N | N | E | L | L |
| E | G | O | L | O | U | S | N | E | A | L |   |   |
| P | I | N | A | L | O | T | U | P | T | O |   |   |
| O | H | O | B | A | L | I | B | E | R |   |   |   |

Solution time: 21 mins.

Answers

**King Crossword**  
— Rainer Maria Rilke  
of things that have never  
to us, new, untouched, full  
a long year that is given  
And now, let us believe in  
answer

**Cryptquote**

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## Answering questions about dyslexia

Learning disabilities affect millions of people across the globe each year. Though learning disabilities are often discussed in ways that highlight how they affect students' performance in the classroom, the International Dyslexia Association® notes that the effects of a learning disability like dyslexia can reach well beyond the classroom.

According to the nonprofit organization LD Resources Foundation Inc., which is dedicated to helping individuals affected by learning disabilities, dyslexia is the most common learning disability. Answering some common questions about dyslexia can help people affected by it, including adults, get the help they need to overcome it.

### What is dyslexia?

The IDA defines dyslexia as a language-based learning disability that causes people to have difficulties with specific language skills, particularly reading. Students with dyslexia may experience difficulties with oral and written language skills, including the writing and pronunciation of words.

### What causes dyslexia?

The IDA reports that studies of brain images as well as the anatomy of the brain have indicated that there is a difference in the way the brain of a person with dyslexia develops and functions.

### What are some symptoms of dyslexia?

The LDRF indicates that individuals with dyslexia may find it difficult and overwhelming to read, write and speak. The Mayo Clinic notes that signs of dyslexia may be difficult to

recognize before a child enters school and symptoms vary depending on the age of the individual affected.

Young children affected by dyslexia may learn new words slowly; experience difficulty forming words correctly; have problems remembering or naming letters, numbers and colors or find it hard to learn nursery rhymes or play rhyming games.

Signs of dyslexia may become more apparent once children enter school. At this point, kids with dyslexia may read well below the expected level for their age; have problems processing or understanding what they hear; find it difficult to find the right word or form answers to questions; have trouble seeing similarities and differences in letters and words; and have difficulty spelling, among other symptoms.

Difficulty reading, problems spelling, avoiding activities that involve reading, requiring an unusually long time to complete tasks that involved reading or writing and mispronouncing names or words are some of the symptoms of dyslexia in teens and adults.

### Can dyslexia be cured?

The Mayo Clinic notes that there is no known way to correct the underlying brain abnormality that causes dyslexia. However, various techniques have made it easier for individuals with dyslexia to do well in school and in the professional arena.

Learning disabilities like dyslexia can affect individuals throughout their lives. But early detection and treatment can help students and adults overcome the challenges of dyslexia and other learning disabilities.

## Did you know?

Modern-day fans of the National Football League, which is one of the most popular and most-watched sports leagues in the world, may aspire to one day see their favorite teams play in-person in the Super Bowl. While there may be nothing stopping fans' favorite teams from making the big game, fans themselves might be priced out. According to Ticketmaster®, the average price for a Super Bowl ticket in 2019 was \$3,295. But even that figure is something of a low estimate, as tickets to Super Bowl LIII between the New England Patriots and the Los

Angeles Rams were only sold in pairs, meaning tickets cost closer to \$6,590, and that's before hefty service fees were applied. For many fans, that price is simply too high. But the average fan hasn't always been priced out of attending the NFL's annual championship game. In fact, History.com notes that the average ticket to Super Bowl I, which took place on Jan. 15, 1967, at the Los Angeles Coliseum, was just \$12. Perhaps even more surprising to today's NFL fans? The inaugural Super Bowl did not even sell out.

**Football fans share a universal language that cuts across many cultures and many personality types. A serious football fan is never alone. We are legion, and football is often the only thing we have in common.**  
- Hunter S. Thompson -



Please join the Fowler family to remember and honor

*Tyson Calvin Fowler*

May 12, 1977 - December 30, 2022

*Public Calling Hours*  
Friday, February 3, 2023  
Malecki Funeral Home  
464 Sherrill Road - Sherrill, New York  
4:00 - 7:00 pm



*Celebration of Life*  
Saturday, February 4, 2023  
Canajoharie Country Club  
1:00 - 5:00 pm

Tyson's family invites you to join them as they gather to share favorite memories and reminisce on a life beautifully lived. It will be a time to come together and remember Tyson, who will be dearly missed by all who knew and loved him.

In lieu of flowers donations will be graciously accepted for The Tyson Fowler Memorial Scholarship Fund

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# AUTOMOTIVE

## How to protect outdoor gear before placing it in storage

The right gear makes all the difference when spending time in the great outdoors. Outdoorsmen spend billions of dollars every year on gear, and that spending reflects outdoor enthusiasts of all experience levels.

According to the Outdoor Industry Association, fully engaged outdoors enthusiasts were expected to spend nearly \$800 million on outdoor equipment in 2020, while even less engaged outdoor enthusiasts were projected to spend more than \$140 million on equipment. These projections were released prior to the out-

break of COVID-19.

Quality outdoor gear can be expensive, and outdoor enthusiasts of all experience levels can benefit from a refresher on how to protect seasonal gear before placing it in storage.

### Summer Gear

Before storing summer outdoors gear, make sure it's been thoroughly cleaned. Mud, dirt or sand can accumulate on gear over the course of a typical summer, and if the gear is not cleaned off before placing it in storage this can lead to otherwise preventable corrosion. Carefully clean each item with an appropriate

solution and allow gear to dry before placing it in storage.

It's imperative that gear be completely dry before being placed in storage, as moisture can contribute to rust. Gear made from fabric, such as tents, also must be cleaned thoroughly and allowed to dry completely, as any lingering moisture can lead to the growth of mold and mildew over the winter. Mold and mildew can spoil gear and if undetected can even contribute to health problems.

### Winter Gear

Like summer gear, winter gear also must be thoroughly

cleaned, and this might require a little more elbow grease than cleaning summer gear. Skis, sleds and snowboards may accumulate more pesky grime, such as salt, so outdoorsmen may need to apply a mild soap or product-specific cleaner to remove especially stubborn buildup.

Dryness also is essential before storing winter gear, as moisture poses just as significant a threat to skis, sleds and snowboards as it does to summer gear. Snow sports equipment may benefit from a hot wax treatment prior to being stored away for summer but be careful to follow manufacturer instructions regarding application and removal of such products. Some manufacturers may recommend treatments be left on over the summer, while others may suggest otherwise.

### Storage

Standard garages typically provide ample protection from the elements for winter and summer gear. However, some equipment, including skis and snowboards, may need to be stored in climate-controlled environments inside the home.

Outdoor enthusiasts spend



Skis may accumulate pesky grime such as salt so outdoorsmen may need to apply a mild soap or product-specific cleaner to keep them clean for use or storage.

a lot of money on their gear. Savvy athletes know that such investments require careful attention to how those items will be stored during the off-season.

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### District Updates:

**Delightful Winter Concert Held:** Students performed for a packed house in the Jr/Sr High School Auditorium on December 20th. The concert featured: Elementary Band, High School Band, Elementary Chorus, and High School Chorus. The program opened with a joint chorus of students, ranging from 5th-12th grades. Each group then performed a few holiday/winter themed songs, before closing out the evening with "Everywhere Christmas Tonight" which was performed by all students at the same time. The bands were directed by Mr. Dalton Burrello and the choruses were directed by Mrs. Julieanne Sincavage. It was wonderful to see our post-pandemic music department back to full capacity! Great job to all!

The Fort Plain PTA is re-organizing to bring programs to students, once again. Recently elected officers include:

Co-President: Jennifer Weaver  
 Co-President: Lauri Broady  
 Vice President: Kim Skramko  
 Treasurer: Jessica Sanders  
 Secretary: Melissa Furman  
 Elementary building representatives are Jodi Coppollo and Meagan Heiser. High School building representatives include Mike Broady, Brittney McIntosh, Lexi Veitch  
 Those interested are invited to a general membership meeting on Wednesday, March 1st at 3:15 p.m. in the Harry Hoag School library. Anyone interested, but unable to attend the meeting, should contact lauri.broady@fortplain.org

**Community Health & Wellness Fair:** Members of the Canajoharie-Fort Plain Community Health & Wellness Fair planning committee have announced the return of the health fair! It will be held on Saturday, November 4th from 9:00-12:30 at the East Hill Elementary School. The fair will feature a host of health and wellness services, tons of fun activities for all ages, and free food and giveaways. More information will be coming in future months.

### Upcoming Events:

1/27 HS 2nd Quarter Ends  
 2/3 HS Report Cards Mailed  
 2/15 Board of Education Mtg 6:00 pm  
 2/20-2/24 School Closed for Break  
 3/1 Fort Plain PTA Mtg 3:15 pm

### Sports News:

The district is proud to announce that all fall teams were named NYSPHSAA Scholar-Athlete Teams. To qualify as a Scholar-Athlete Team, 75% of a team's roster must have a GPA of 90 or higher. Congratulations to the following named teams: Boys Cross Country, Girls Cross Country, Boy Soccer, Girls Soccer, Volleyball, Football, and Golf. Great job to all students!

The Western Athletic Conference named several Fort Plain students to their fall All-Star Teams. Congratulations to Stephen Gray and Rylee Herron for soccer, Vivian Nunez for volleyball, Landon VanGorder and Jordan Brown for Golf, and Natalie Thibodeau for X-Country. In addition, Anthony Paradiso was named to the Section II Exceptional Senior Football Game.

### Harry Hoag Elementary School News:

Harry Hoag School first graders were the first group to take advantage of a new collaboration between the district and the Fort Plain Free Library. The first grade students visited the library for a tour and scavenger hunt, to teach what the facility has to offer and how to find things. After enjoying a craft and a snack, the students helped the library staff with holiday decorating by adding their creations. The collaboration is hoped to encourage students to participate in the library's programming beyond the school day. Everyone looks forward to the next visit!

The Elementary Student Council recently visited the Fort Plain Senior Center, to share a morning of bingo and breakfast. The students were happy to share school news with the seniors, talking about their favorite things and activities. The members of the senior center, in turn, talked about the things they enjoy and eagerly joined in the student conversations. They hope that the student council will be back soon!

The members of the 6th grade class were recognized and presented with diplomas at a December 19th D.A.R.E. graduation ceremony. D.A.R.E. teaches students to resist drugs and violence, and empowers them to lead lives free of substance abuse and other dangerous behaviors. The program is sponsored by the Montgomery County Sheriff's Department, and instructed by Deputy Nick Manginelli. Said Deputy Manginelli, "We thank the students, parents, staff and community for being part of this very important process. Congratulations to the graduates; take these lessons learned forward and continue to make us proud!"

The Elementary Talented & Gifted Program features third grade programs in January and February. At the first session, students learned about "vision boards" and how to express themselves through collage. Participating students included: Tabitha Romanello, Nini Brackett, Maria Hisert, Elly Brown, Garrett Trumbull, and Alyssia Ortiz.

The "Hilltopper Herald" article of the month comes from Conner Hearn: "...dirt racing started with moonshiners. Moonshiners were people who made illegal alcohol because in the 1920s alcohol was illegal in the USA. When they sold it they would get caught, so they souped up their cars. On December 5, 1933 the ban was lifted. So the Moonshiners took their souped up cars to Daytona Beach. The sand was very hard, so they decided to race on it and dirt racing was born!"

### Jr/Sr High School News:

Fort Plain 8th grader Olivia Sweet has been honored by NASA with a 2022 "You've Got Perseverance" award. On December 6th, Olivia spoke with NASA engineers and scientists in the Jet Propulsion Lab in California. She also received a personalized message, sent from the Perseverance Rover that is currently on Mars. Olivia was nominated for the award based on how she has demonstrated determination, grit and perseverance in her academic and personal life. Congratulations!

The Jr/Sr High School is proud to announce the restructure of the library media center. Through the use of American Rescue Plan funding, the district was able to purchase colorful, light and comfortable furniture that allows multiple combinations for a variety of learning, meeting and working spaces. "Our library media center provides an inviting place for students to study, learn, read and explore," said librarian Mrs. Taryka Chaulk. "Although the room is just a giant square, we tried to create little pockets for different student gatherings. Large groups and classes can gather in the back. Pairs or individual students can sit at the high top tables near the windows. We even have small conversation areas where student groups have gathered to plan or brainstorm school events." The updates and changes have been very popular with the students, who find it a more engaging space and much better suited to their needs and varying learning styles.

The 8th grade students celebrated "Friendsgiving" in November, kicking it off with a float parade. The students were placed into groups based on what they considered to be their strengths and interests. Each group was randomly assigned a rolling base that they had to use for their float. Those bases ranged from laptop carts to rolling chairs, and even a wheelbarrow. Once their float design was drawn up, students used materials from different classrooms for the construction. Their finished product needed to be able to move, and also represent the theme they were given. To celebrate all that they had accomplished, the students enjoyed a "Friendsgiving" during their lunch period, featuring traditional holiday foods. This new project brought about a ton of creativity, teamwork, and problem solving. Way to go, 8th graders!

The 8th grade Home & Careers class recently competed in a delicious event, which tapped into their culinary and creative skills. The Annual Grilled Cheese Challenge features students coming up with the most creative, yet tasty, ways to spruce up boring old grilled cheese. The winners were Brady Spaulding and Brodie Poultney with their chicken, tomato, and chipotle grilled cheese. The other winning pair was Mason Gray and Levi Hext, who went with a breakfast sandwich featuring scrambled eggs, a seasoned hashbrown, bacon and maple syrup - all nestled in the creamy grilled cheese! All of the students enjoyed taking an old favorite and making into a new masterpiece.

The Jr/Sr High School student body thanks the student council for a fun and successful Holiday Spirit Week! The week featured a tree decorating contest, a pep rally, ugly sweaters and other fun apparel. The week was also highlighted by the annual student council food drive. Non-perishable foods were collected all week, and then delivered to a local food pantry in time for holiday distribution.



# HAPPILY EVER AFTER

## How to tame wedding-related jitters

Nerves are to be expected when getting married. It is exciting to be engaged and realize you have met that special someone with whom you want to share the rest of your life. But anxiety may creep in as the big day draws closer.

A lot of planning goes into a wedding, and often the pressure that comes with trying to create the perfect day can overshadow feelings of love and excitement. That is when wedding jitters may crop up. Couples must recognize they're not alone if they feel a little uneasy as their wedding day draws closer. However, there are ways you can address and tame jitters both before and during the wedding.

### Step away from wedding-related tasks

Chances are you have spent months with the wedding on your brain. In fact, it likely has consumed your daily life. Take a day or two to do something unrelated to the wedding, whether you're alone, with friends or with your future spouse. Attend a fun event, go out to dinner, queue up several movies for a night in, or take a small trip. Keep wedding details out of the picture while you're enjoying yourself.

### Forget about being perfect

Wedding jitters often stem from being nervous about everything going to plan. You may put undue pressure on yourself to ensure everything is perfect. But perfection is impossible, and the sooner you accept that a thing or two will likely not work out, the less

stressed you may feel. You'll be surrounded by family and friends who will help you roll with the punches, whether that's a torn hemline or a missing buffet item. Guests are here to celebrate you, not pass judgment.

### Discuss large changes to come

Some couples feel jittery because they haven't spoken about all of the changes ahead. These can include relocation, merging of finances and whether or not children are in your future, among other things. Stress can be tamed if you take a break from wedding planning and discuss these important topics.

### Learn relaxation techniques

Learning to relax is important when dealing with anxiety. There are many different relaxation techniques to explore. Some include meditation, yoga, deep-tissue massage, exercise, or immersing yourself in a peaceful spot outdoors. Some people turn to reading or other hobbies to relax. Do not look to alcohol or medication as an outlet to alleviate stress.

### Talk to someone

If anxiety about the wedding is eating you up, consider speaking with a professional therapist or even a close friend or family member. Sometimes a new perspective is all you need to calm the jitters.

Nervousness when planning a wedding is understandable. However, couples can take steps to tame jitters so they enjoy all that goes into tying the knot.



*If anxiety about your wedding day is eating you up, consider speaking with a professional therapist or even a close friend or family member. Sometimes a new perspective is all you need to calm the jitters.*

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# HAPPILY EVER AFTER

## Tips to help master your wedding guest list

Weddings are such momentous occasions that it's no wonder couples want to share their big days with as many people as possible. Though a wedding where all friends, family members and acquaintances are in attendance may be a dream scenario, reality often calls for a more carefully curated guest list.

Data from The Wedding Report indicates that the average cost of a wedding is slightly more than \$20,000, though that figure could be substantially higher, or even lower, depending on where couples tie the knot. Both The Wedding Report and The Knot report that a wedding venue and catering make up a significant percentage of the overall cost of a wedding, with some figures indicating that these expenses account for around 65 percent of the final price tag. The number of guests couples will host on their wedding day will affect which venue they book and how much food and beverages they'll need to satisfy guests. Couples who hope to stay within budget can consider these tips as they try to build a guest list that won't break the bank.

- **Accept input.** Parents may no longer foot the entire bill for their children's weddings, but couples who are accepting some financial help from parents must also accept mom's and dad's input regarding the guest list. Even if parents' desired guests do not ultimately make the cut, it's best to respect their wishes and consider who they want to invite. Couples who are financing their own weddings without outside help need not feel beholden to invite anyone who does not meet their invitation criteria.

- **Make a preliminary list without regard to budget.** Couples can have fun making preliminary guest lists without considering their budgets. A preliminary list can serve as a solid starting point, and couples may even realize that their list is within budget. Once the preliminary lists have been created, couples can categorize guests (i.e., distant cousins, coworkers, etc.) and then work together to determine if any categories can be eliminated from the invitation list. For example, couples who may be going over budget with their guest lists

can each agree to remove distant cousins from their prospective invitees.

- **Seek advice.** Many couples face difficult decisions regarding their wedding day guest lists, so it can be helpful to speak to a recently married friend or relative to see how they handled paring down their guest lists. Some might have done it by category, while others might have limited guest lists to local friends and family. When taking this approach, couples can speak to friends about how they approached handling people who were surprised that they were not on the final list of invitees.

- **Throw a less formal party down the road.** A less expensive backyard barbecue within weeks of tying the knot can serve as a less costly alternative to a large wedding reception. Couples who take this approach can keep their wedding day guest lists to a minimum but invite everyone they hope to see to a post-wedding day backyard barbecue or potluck picnic so they can celebrate with everyone they love.



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# HAPPILY EVER AFTER

## Responsibilities of various members of a wedding party

Participating in a wedding party is an honor. Couples invite many people to their weddings, and the select few asked to be in the party are typically those individuals with whom the couples shares a strong and special bond.

The role of the wedding party is not merely symbolic. Though

it's up to the happy couple to determine how involved they want their wedding party to be, individuals asked to be in the party should know that their acceptance of these roles carries with it a certain level of responsibility.

### Maid of Honor

The maid of honor may bear the most responsibility of any wedding party member. Maids of honor typically help with the planning of the wedding, offering advice and opinions on everything from the bride's gown to the bridesmaid dresses and anything else a couple might need help with. If the bride asks, the maid of honor may be asked to organize dress fittings and attend them as well. A maid of honor typically plays an active, and often the lead, role in planning the bachelorette party. Come the day of the wedding, the maid of honor helps the bride prepare and may organize the bridesmaids to ensure everyone stays on schedule. A maid of honor typically toasts the happy couple during the reception as well.

### Best Man

Like the maid of honor, the best man has some extra responsibilities before the wedding and during the festivities. A best man may organize tux fittings, plan the bachelor party, help make arrangements if the groom requests help, and be asked to hold the rings on the day of the ceremony. A best man toast is common during the reception, and some grooms ask their best men to distribute tips to vendors at the end of the night.

### Bridesmaids

Bridesmaids often help the maid of honor plan the bachelorette party, and they also help to organize the bridal shower if the bride chooses to have one. Bridesmaids can offer input on wedding planning, particularly if they're already married, though that is not necessarily required. Bridesmaids also can help relieve stress on the bride by being as agreeable as possible when scheduling dress fittings.

### Groomsmen

Groomsmen help to plan the bachelor party and may be



asked to provide some support prior to the ceremony. For example, on the day of the wedding, groomsmen may be asked to show guests, particularly elderly friends and family of the couple, to their seats. Like their bridesmaid counterparts, groomsmen can be especially helpful by doing what's asked of them without resistance. Arriving on time to tuxedo fittings and offering insight when they think it might help are some simple ways groomsmen can pitch in.

### Flower Girl/Ring Bearer

Often reserved for children, the roles of flower girls and ring bearers only require some simple participation during the ceremony. Flower girls drop petals as they precede down the aisle ahead of the wedding party, while the ringer bearer carries the ring down the aisle. If these roles will be filled by especially young children, couples may choose to have them walk down the aisle together.

### Parents of the couple

Parents of the bride and groom typically play supportive roles but may be asked to give speeches during the rehearsal dinner or the reception. The father of the bride typically walks her down the aisle, while the mother will likely spend the day of the ceremony at the bride's side as they get ready. Parents of the groom do not have any traditional responsibilities, though the groom and his mother customarily share a mother/son dance during the reception.

Couples need not feel compelled to assign bridal party members these duties if they don't feel comfortable doing so. However, sharing some of the responsibilities of wedding planning can help couples enjoy the process more and keep party members engaged.

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# HAPPILY EVER AFTER

## Popular and lasting wedding traditions

Weddings are steeped in tradition. Some of those traditions may be exclusive to particular families, but many others are embraced by families of various backgrounds.

Couples needn't feel beholden to popular wedding traditions, but some may feel that these customs make their weddings more fun and serve as a great way to connect their ceremonies with those of their parents, grandparents and possibly even their ancestors.

### Old, new, borrowed, blue

The rhyme "something old, something new, something borrowed, something blue" is likely familiar to people about to get married. This traditional rhyme has existed for centuries and refers to items a bride should wear and keep with her on her wedding day. The old alludes to a bride's past, the new refers to her future, the borrowed is intended to be something borrowed from a married couple or bride, and the blue is a symbol of purity, love and fidelity. These items are traditionally given to the bride-to-be by family members or female friends who are already married.

### Bridal veil

It's now up to brides if they want to wear a veil on their wedding day, but it was once a tradition all brides adhered to. Some trace the tradition back to ancient Greece, while others suggest the tradition began in the days of the Roman Empire. Veils were believed to shield brides from evil spirits on her wedding day, thus paving the way for a healthy and happy future. Many brides still wear veils today, though likely due more to their aesthetic appeal than out of a belief that the veil will ward off evil spirits. Some brides still use veils to cover their face as they walk up the aisle, while others flip the veil over their heads.

### Gifting knives

Perhaps one of the lesser known superstitions surrounding weddings, giving knives as a wedding gift is a no-no for some people. The origins of this superstition are uncertain, but people who abide by this tradition feel that knives are symbolic of a broken relationship. That would likely come as a surprise to the many engaged couples who have a set of knives on their wedding registries.

### Carrying the bride over the threshold

Historians trace this tradition, which Hollywood has undoubtedly helped to keep alive, all the way back to medieval Europe. Also inspired by a bride's perceived vulnerability to evil spirits, the tradition of a groom carrying his bride over the threshold into their new home was believed to keep the spirits from entering the home through the soles of the bride's feet.

### Breaking glass

Couples break glass for different reasons on their wedding days. Within the Jewish faith, one member of the couple will stomp on a carefully wrapped glass to serve as a reminder of the destruction of the Jewish temples and to inspire reflection among those in attendance. Italian newlyweds also may smash glass, but they'll do it with a little more gusto. Local tradition in Italy dictated that, at the end of the wedding, the newly married couple would smash a wine glass. Folklore suggests that the number of pieces the glass breaks into indicates how many years the couple will stay together.

Tradition is part and parcel of many weddings. Some traditions are more solemn than others, but all can add something meaningful, dramatic and even a little fun to the ceremony.



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**EOS/ESD Association works with local schools on STEM education activities and technology certification**



*EOS/ESD Association's Business Development Manager Brennan Pimpinella (right) speaks to JD George Elementary School Principal Gary Bissailon and Science Club students about electrostatic discharge. Photo courtesy of EOS/ESD Association*

The EOS/ESD Association Inc. (ESDA), based in Rome, NY, recently

announced that it is offering STEM Education activities and Technology Certification to local schools in Central New York and the Mohawk Valley.

As part of ESDA's effort to reach out to the local community and to work with individuals who need training to work in the technology field, the ESDA team is working on projects to attract the future's workforce to technology-related professions as early as the middle school age level and teaching them about the impact of electrostatic discharge.

Lisa Pimpinella, executive director for the ESDA, said, "On behalf of the Board of Directors of the EOS/ESD Association Inc., we are doing our part in trying to enhance the technical talent of the local community. We have identified that capturing the interests of students starting at the middle school and high school age levels is necessary. From designing fun, interactive activities and experiments to offering course certifications, we

recently started working alongside Oneida-Herkimer-Madison BOCES and Vernon Verona Central School District to offer their students foundational training in the area of electrostatic discharge (ESD)."

According to the ESDA's website, in ordinary circumstances, static electricity and ESD are only a little more than an annoyance. However, in an increasingly technological age (i.e., semiconductor and microchip manufacturing), the familiar static shock we receive when walking across a carpet can be costly or dangerous during production.

Pimpinella also said that the ESDA offers an Operator Training Course, which is an online learning video intended to give basic information needed to implement an ESD Control program as well as to help understand how to protect sensitive products, like microchips and semi-conductors, from static discharge. The self-paced learning video is accompanied by a knowledge assessment. "Once the course is completed and knowledge assessment passed, the ESDA issues certificates to each attendee," said Pimpinella.

ESDA is a nonprofit organization dedicated to advancing the theory and practice of electrostatic discharge (ESD) avoidance. It was founded in Rome in 1982, has grown to 15,869-plus members and volunteers, and 55-plus participating countries.

For more information about ESDA, refer to esda.org or contact Pimpinella at lpimpinella@esda.org or 315.339.6937.

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# PETS

## Signs of anxiety in dogs

Mental health issues have garnered some much-needed attention in recent years. As the world confronted a global pandemic, the mental health cost of that confrontation proved significant, prompting millions of people to speak openly about mental health for the first time.

Much of the conversation surrounding mental health conditions in recent years has focused on the human toll those conditions have taken. But mental health issues, including anxiety, can affect pets as well. According to the American Kennel Club, dog anxiety can affect all breeds. As a result, it behooves all dog owners to learn about dog anxiety so they can be in the best position possible to help their furry friends.

What is anxiety?

The anxiety dogs feel is not much different than that felt by humans. Merriam-Webster defines anxiety as “apprehensive uneasiness or nervousness over an impending or anticipated ill.” Although the AKC acknowledges that all dogs feel anxiety at one point or another, the organization warns that disproportionate levels of anxiety that go untreated can produce an anxiety disorder in dogs. Such disorders can pave the way to behavioral and other issues.

What causes anxiety in dogs?

The Merck Veterinary Manual indicates that fear, separation and aging are some of the most common causes of dog anxiety. Some dog owners may recognize that their dogs are fearful of loud noises, strangers (including both people and animals they don't recognize), veterinary visits, and certain visual stimuli. Though that fear is often temporary, it could lead to significant

anxiety in some dogs.

The AKC estimates that around 14 percent of dogs are affected by separation anxiety. These dogs cannot be comfortable when their owners leave, and they may engage in various negative behaviors as a result. Such behaviors include chewing or destroying furniture, urinating or defecating in the home even if they've been trained, and excessive barking.

Age-related anxiety has been linked to cognitive dysfunction syndrome, or CDS. In such instances, dogs with CDS experience anxiety as they deal with issues affecting their memory, perception and awareness.

What are some symptoms of anxiety in dogs?

The AKC advises dog owners to be on the lookout for these important symptoms of dog anxiety:

- Aggression
- Urinating or defecating in the house
- Drooling
- Panting
- Destructive behavior
- Depression
- Excessive barking
- Pacing
- Restlessness
- Repetitive or compulsive behaviors

Anxiety can be a serious issue for dogs that adversely affects their quality of life. Various approaches can be tried to treat dogs with anxiety. Dog owners who suspect their dogs are experiencing excessive anxiety are urged to discuss their concerns with their veterinarians.



## Pets seeking forever homes



*The most perfect kitty is looking for a home. Meet Zorro! Zorro came in because his owner had to move. He's around five years old, loves to be held, has lived with other cats, dogs and kids. Zorro was positive for FIV, but he's extremely healthy! Someone please give Zorro a chance. You won't be disappointed.*  
Photos courtesy of Herkimer Humane Society



*Sweet Sadie is looking for a new home. Sadie was surrendered because the other dog in the home didn't get along with Sadie so they decided to surrender her. Sadie is six years old, housebroken and has such a sweet demeanor. We were told she gets along with dogs, cats and kids. A meet and greet is obviously required. Sadie was very sick when she first got here but she's feeling better now. An older girl doesn't deserve to be in a shelter.*





# PETS

## Threats to pets that roam outdoors

Domesticated pets may have evolved from wild animals, but it has been some time since dogs were needed to hunt like wolves or domesticated cats had to survive like wild leopards or tigers. While pets can enjoy time outdoors, it's important to avoid leaving them to their own devices for too long. The online health resource Healthcare for Pets says responsible pet ownership necessitates certain precautions to keep pets safe when they venture out of the home.

The following is a list of potential dangers that can affect pets outdoors.

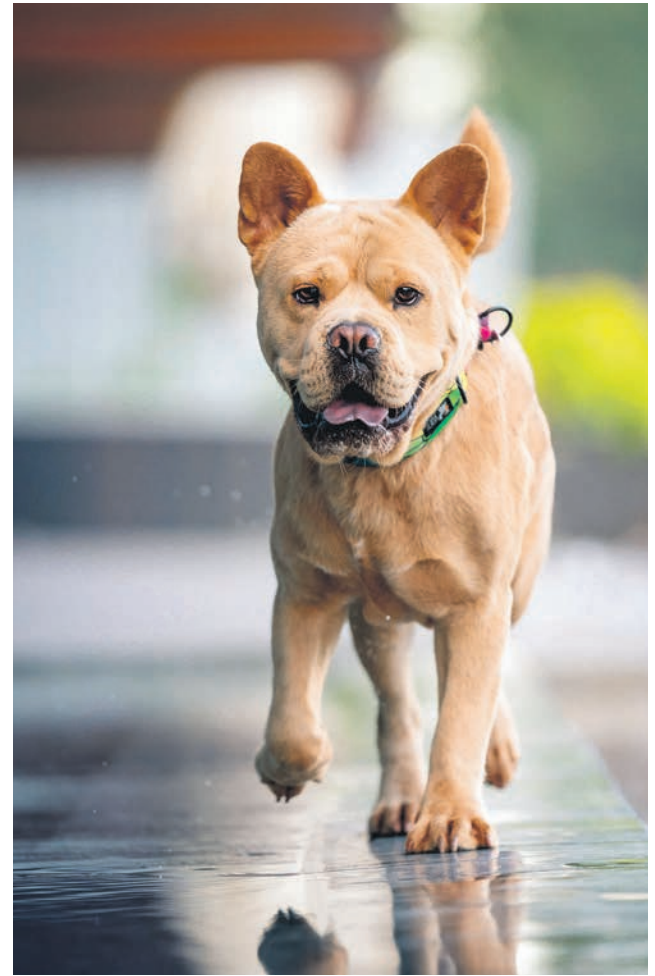
- **Pesticides and poisons:** Pet owners may use pet-friendly products in and around their homes. However, there's no guarantee that your neighbors do the same. Common lawn and garden products, including insecticides and pesticides, may cause anything from mild irritations to toxic poisoning.
- **Weather:** A fur coat does not offer complete protection from conditions like extreme weather. Pets can experience hypothermia or heat stroke if they are exposed to extreme weather for prolonged periods of time.
- **Automobiles:** Dogs and cats that wander can be struck by vehicles and/or ingest potentially harmful substances leaking from cars or trucks. Automotive coolant (antifreeze) is often sweet and brightly colored, which attracts curious pets. Ethylene glycol in coolant is fatal to dogs and cats if ingested. Outdoor cats may hide or seek warmth in car engines, putting them at risk for injury.
- **Exposure to illnesses:** Young animals should not spend prolonged periods of time outdoors before they are vaccinated. However, the American Veterinary Society of Animal Behavior recommends that pet parents begin taking puppies on walks and public outings as early as one week after their initial rounds of vaccinations (roughly seven weeks old) because this is the window of time when socialization skills are learned.
- **Parasites:** Bugs and parasites may be lurking outdoors.

Parasitic worm larvae, fleas, mosquitoes and ticks can be harmful to pets. Ask your vet about year-round flea/tick/heartworm preventatives if a pet spends time outdoors.

• **Other animals:** Wild animals pose a risk to domesticated pets. They can pass illnesses on to pets or engage them in scuffles that result in injuries or even death. If companion animals are not spayed or neutered, pet owners may have to confront unexpected pregnancies after pets spend time outdoors.



*Pets that spend time outdoors should be supervised whenever they leave the confines of their homes.*



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# TAX TIME

## Money management tips for retirees

What constitutes a perfect retirement is different for everyone. Some people may imagine spending their golden years fishing their days away, while others may aspire to finally embrace their inner globetrotter. Though individuals' retirement dreams differ, every retiree will need money, which only underscores the importance of a wise and disciplined approach to money management.

Average life expectancies have risen considerably over the last several decades. According to estimates from the United Nations Population Division, the average life expectancy is slightly more than 79 in the U.S. That figure is a welcome sign, but it may inspire a little fear among seniors who are concerned that they might outlive their money. No one knows how long they will live, but everyone can embrace a handful of money management strategies to increase the chances that they won't feel a financial pinch in retirement.

- Study up on the tax implications of withdrawing from your retirement accounts. Every retirement investment vehicle, whether it's an IRA or a 401(k), has tax implications. Money withdrawn too early may incur tax penalties, and even money withdrawn long past retirement age could elevate retirees into a new tax bracket that could prove costly. A financial advisor can help retirees determine the tax implications of withdrawing money from their retirement accounts and may even develop a detailed guideline of when withdrawals should be made and how much should be withdrawn in a given year in order to minimize tax liabilities.

- Prioritize your own needs. Though retirees, particularly those with children and grandchildren, may feel an obligation to help their families in difficult financial times, generosity can be very costly for adults who have stopped working. Retirees

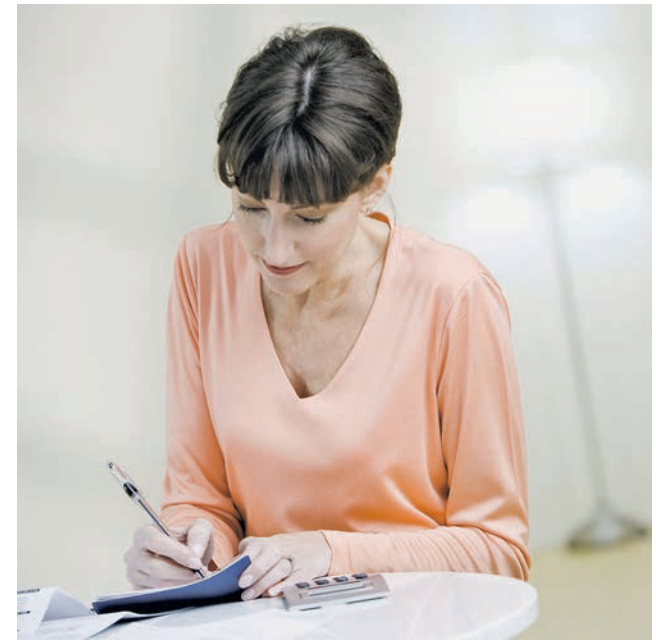
may or may not have opportunities to generate new income, and even those who do likely won't make enough to meet their daily financial needs. Given that reality, retirees must prioritize their own financial needs, including their immediate needs and those they will have for the rest of their lives. Though it might be difficult to turn down loved ones' requests for financial help, retirees must make sure they can pay their bills and maintain a quality of life that won't jeopardize their long-term health.

- Examine your housing situation. Equity in a home is a feather in the cap of many retirees. Retirees who own their homes and live in locations with high property taxes might be able to cash in on their equity by selling their homes and downsizing to a smaller home with lower property taxes. If moving is not a consideration, discuss a reverse mortgage with a financial advisor. A trusted financial advisor can highlight the advantages and disadvantages of reverse mortgages, which are a great option for some people to improve their financial well-being in retirement.

- Stick to a budget during retirement. The U.S. Department of Health and Human Services reports that roughly 70% of individuals who turn 65 will need long-term care in their lifetimes. That's just one expense retirees must budget for, and it's more sizable than some people may recognize. In fact, the Fidelity Retiree Health Care Cost Estimate found that the average retired couple age 65 in 2022 will need roughly \$315,000 to cover health care expenses in retirement. And health care costs are just one of many expenses retirees can expect to have. Budgeting and avoiding overspending can ensure retirees have the money they need when they need it.

No one wants to outlive their money in retirement. Various strategies can help retirees effectively manage their money so

they can enjoy their golden years without having to worry about their finances.



Everyone can embrace money management strategies to increase the chances that they won't feel a financial pinch in retirement.

## Build a budget that works for you

Financial trends come and go, and it appears as though one approach to finance that industry professionals have long touted is having a moment. According to Debt.com, 86% of the more than 1,000 respondents who participated in the site's annual budgeting survey admitted they budget their spending. That marks a roughly 16% increase since 2019.

If budgeting is getting a star turn in individual financial planning, it's well deserved. Budgeting can help people save money and achieve an assortment of financial goals, including paying down debt, financing tuition and planning a dream vacation.

Each person's budget will be different, but that doesn't mean people need to take wholly unique approaches to building a budget. In fact, a conventional approach to budget-building can help people from all walks of life.

- Determine your net income. Bank of America notes that net income, also known as take-home pay, is the foundation of a budget. In the era of direct deposit, it can be easy for anyone to forget how much money they're taking in each month. Salaried workers can determine their net income pretty quickly and easily, while workers who are paid by the hour and freelancers may need to do a little extra work and serve as their own bookkeepers as they try to calculate their net incomes.

- Monitor your spending. Spending habits fluctuate, but some patterns will likely develop over time, and identifying these patterns is vital to building a budget. Individuals needn't wait to track their spending. Log into your bank account and see how you spent money each month over the last six months to a year. This can give you an accurate idea of where your money went after it came in. Monthly utility bills may be constants, but those

bills tend to fluctuate depending on the season, so a closer examination can yield what the average cost is. Budgets may need to be tweaked during months when utility bills peak.

- Don't discount the importance of things you want. It's important when building a budget that money is left for more than just bills. Things you want to do like dine out, travel or additional expenses like entertainment should be built into your budget so you can still enjoy yourself and your budget is not blown up when opportunities to have fun inevitably arise.

- Track and tweak. Progress can be tracked and the budget can be tweaked if you're still having trouble saving or your efforts to save are causing issues. Tracking progress allows you to see what is and isn't working, while tweaking affords room to compromise if the budget is proving too restrictive or not allowing you to meet your goals.

A conventional approach to budgeting can help people achieve their financial goals and feel better about their futures.

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# DINING & ENTERTAINMENT

## First Source supports Arc Herkimer's Copper Cafe

This year, First Source Federal Credit Union granted \$5,000 to Arc Herkimer's newest endeavor, the Copper Café.

"The financial support of First Source has been crucial in the conceptualization of the café and creating a training ground for people supported," said Catherine Loomis, Arc Herkimer vice president of community engagement and career development.

"We are thrilled that the mission of the café aligned with the vision of First Source."

The local eatery employs people with intellectual and developmental disabilities in a supported work environment. At the

café, individuals gain skills in cooking, customer service and point of sale that they can take with them to future community employment.

"When we learned about this particular Arc Herkimer initia-

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(L - R) Kevin Crosley, Arc Herkimer President/CEO; Lorene Bass, executive vice president - Supports & Services; Catherine Loomis, vice president - Community Engagement & Career Development; Cindy Schrader, Community Engagement & Career Development director; Eric Kennedy, Copper Café chef and manager; Katie Ullman, First Source associate director of marketing & communications; Cristina Ferdinand, First Source community educator; Allison Perry, Copper Café employee; and Mariann Munson, First Source community relations assistant. Photo courtesy of First Source

...tive, we knew it was a great fit for our community involvement," said Katie Ullman, First Source associate director of marketing & communications. "They do much to enable their people supported and to be able to include a financial education and training component along with the cafe, it was really a win-win for both organizations."

Located in the Arc Herkimer Mall at Central Plaza in Ilion, the Copper Café is in good company amongst other local businesses.

Since its opening in June, the eatery has found its footing with fresh, all-day breakfast, hearty lunches and tasty daily specials - all for under \$10.

Find out more on Facebook @ArcCopperCafe.

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- 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

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- ADK Country Store

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- Buel Road Repair

### Canajoharie

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- Berean Bean • Betty Beavers
- Brotherhood Antiques
- Canajoharie Golf Country Club
- Cornerstone Baptist Church
- Fell Off The Truck • Gino's
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- 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 • 5S 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

### Glen

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

### Gloversville

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

### Herkimer

- Citgo • Dick's Wheel Shop
- Empire Diner • Fastrac • Fat Cats
- Frank J. Basloe Library
- Hannaford
- Herkimer Co. Office For Aging
- Renewed & Rescued
- Sam's Deli • Smoker's Choice
- Subway in Sunoco
- T&J Fruits & Vegetables
- True Value • Tractor Supply
- Nathan Galinsky Apartments
- Massaro & Son Florist, LLC
- Stewart's

### Ilion

- Beer Belly Bob's
- Cliff's • Colonial Laundromat
- 4 Seasons Tire
- Dollar General • Lombardos
- Sorrento's • Stewart's

### Johnstown

- Clyde's Stop & Shop • Gulf
- Harvey's Pet
- Johnstown Moose #1185
- Miss Johnstown Diner
- Price Chopper • Stewart's (3)
- Super 8 • Whitey's
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- Ace Hardware
- Ann Street Restaurant & Deli
- Bonitas
- Café at Stone Mill
- Circle K/Nice N Easy
- Dollar General • George Lumber
- Keep Making Suds Laundromat
- Kinney Drugs
- Little Falls Antique Center
- Little Falls Library
- Little Falls Lumber
- Mangia Macrinas
- Paca Gardens • Price Chopper
- RD's Redemption • Runway Sunoco
- Sam's Deli • Showcase Antiques
- Charles Stahl
- Stewart's • Travelodge

### Mayfield

- Food & Fuel • Hart's Motorsport

### Middleville

- Stewart's

### Mohawk

- Family Dollar
- Smoker's Choice
- Fastrac • Mohawk Post Office

### Nelliston

- Eisenadler Brauhaus
- Freedom Liquidators
- Midvale Vet • Q's Mart

### Newport

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

### Palatine Bridge

- Ace Hatchet Hardware
- Below Zero • Big Lots
- Courtney's Grooming
- Country Farms
- Laundromat
- Lee Newspapers, Inc. • McDonald's
- Palatine Nursing Home

### Palatine Bridge

- Price Chopper • Stewart's
- Tractor Supply

### Poland

- Circle K Nice N Easy
- Poland Library • Stewart's

### Richfield Springs

- Aubuchon Hardware
- Cassidy's Diner
- Dollar General • Kinney Drugs
- McDonald's • Mirabito
- Price Chopper • Stewart's

### Salisbury

- Covered Bridge Convenience
- Kirby Library
- Nichols Country Store
- Spruce Creek Campground (summer)

### Sharon Springs

- LOG House Minimart
- Sharon Springs Free Library
- Stewart's

### Sloansville

- Mobil • Sloansville Wine & Liquors

### Sprakers

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

### St. Johnsville

- Bridge Street Diner • C.H. Burkdorf
- Country Farms • Dollar General
- Kinney Drugs • Monte Grab & Go
- Sitterly's
- St. Johnsville Marina (seasonal)
- St. Johnsville Rehab & Nursing Home
- Stewart's
- Two Brothers Laundromat

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## New partnership enhances Herkimer College's Emergency Management Certificate program

With a new partnership, students in Herkimer College's Emergency Management Certificate program can now transfer up to 18 credits toward the fully online Bachelor of Science in emergency services degree offered by Embry-Riddle's Worldwide Campus.

Embry-Riddle's B.S. in emergency services is among the few that carry the "Certificate of Recognition" from Fire Emergency Services Higher Education and is also accredited by the International Fire Service Accreditation Congress. According to Embry-Riddle, the curriculum is designed to address all critical knowledge areas

needed for contemporary emergency responders, and the program is globally recognized for providing career advancement.

"This transfer agreement creates incredible opportunities for students who complete Herkimer College's certificate program and ensures continuity of the top-notch instruction and flexibility participants find with our institution," said Herkimer College Associate Dean of Academic Affairs Robin Riecker. "With this partnership, the impact to the workforce – for both employees and employers – will be significant."


Herkimer College's Emergency Management Certificate program launched in the fall 2022 semester and is designed for transitioning professionals and individuals seeking industry-specific course work essential to support whole community emergency management programs. It's the only online

certificate program of its kind in the Mohawk Valley region, and Herkimer College is one of the only colleges in the state to offer an online emergency management certificate program at this level.

Herkimer College's program was designed utilizing industry standards such as the National Incident Management System (NIMS), the National Preparedness Goal, the Homeland Security Exercise and Evaluation Program (HSEEP) and NFPA 1600: Standard on Continuity, Emergency and Crisis Management.

To learn more about the curriculum, cost of attendance, financial aid or to apply for the Emergency Management certificate program, visit [herkimer.edu/EM](http://herkimer.edu/EM). To find out more about Embry-Riddle's B.S. program, visit [erau.edu/degrees/bachelor/emergency-services](http://erau.edu/degrees/bachelor/emergency-services).

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Herkimer College Associate Dean of Academic Affairs Robin Riecker facilitating a functional exercise at San Francisco International Airport. Photo courtesy of Herkimer College

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**Mon. Jan. 30th** – Normal Monday Sale.  
**Mon. Feb. 6th** – Normal Monday Sale & Monthly Fat Cow & Feeder Sale.  
**Mon. Feb. 13th** – Normal Monday Sale & Monthly Heifer Sale.

**UPCOMING SALES:**  
**2023 – Sat. Mar. 25th** – 11:30AM – Spring Premier All Breeds Sale – Selling 125 Head of Registered All Breed Dairy Cattle – this is the place to find those early showage heifers and cows! TAKING CONSIGNMENTS FOR THIS SALE NOW IF YOU NEED SOMEONE TO STOP BY GIVE US A CALL.  
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**\*\*Trucking Assistance** – Call the Sale Barn or check out our trucker list on our Web-Site. Call to advertise in any of these sales it makes a difference. Watch website for any last minute updates.  
 Directions: Hosking Sales LLC 6096 NYS Rt. 8, 30 miles South of Utica & 6 miles North of New Berlin, NY.  
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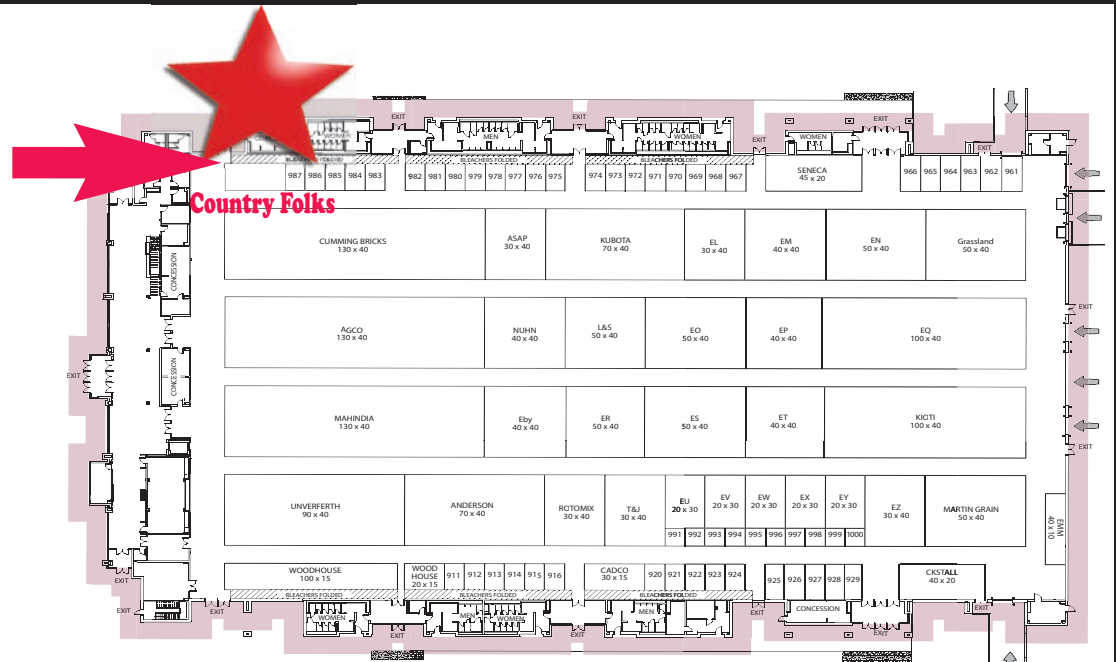
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