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**FEBRUARY 7, 2023**



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Deuteronomy 6:5

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## Superb Owl

by Marianne Friers, Fultonville

On a cold, dark roadside up near Fordsbush my younger brother and I were listening hard, parked on the shoulder with the windows down and the car shut off.

It's a lot noisier than you'd expect out there in the country. We were trying to filter out the distant rumble of traffic and the busy whisper of a nearby stream.

It was fun, though, shivering there an hour before first light on the last day of December 2022. We were participating in a Christmas bird count and that is always a good time. It was New Year's Eve, and the Audubon Christmas Bird Count season extends from Dec. 14 to Jan. 5 each year, including the holidays therein.

Suddenly, from the edge of a distant woodlot across a long, rolling hay field, came the call we were waiting for – the soft, sibilant whinny of my last countable bird for the year, an Eastern screech owl.

What a superb owl...

Which brings me to this weekend.

If you ask a birder, this is Superb Owl Sunday. (Of course, they are always superb, but sometimes you just have to celebrate.)

While most of the USA sits glued to the television set, enjoying wings and dips and touchdowns, birders will be pursuing a different sort of wings and hoping not to dip. (For birders, dipping is missing a good bird that one is looking for, as in "I dipped on that snowy owl last week.") Instead of cheering and munching, they'll be searching their photo archives and meme libraries for the best of all things owl to share on social media.

New York hosts a number of owl species, some permanent residents, others visiting from time to time. From tiny northern saw-whet owls that would fit comfortably in your pocket, to the gigantic great gray owl, which makes the state rare bird alert and is a birding



*If you ask a birder, this is Superb Owl Sunday. This photo was taken in November 2020 on the private property of a fellow birder who lives in the area.  
Photo by Marianne Friers*

sensation any time one slips south from the northern boreal forests, they are all superb if you are a birder.

If I had to choose, my favorite would be the short-eared owl. Most of the state's other owls (great horned, barred, eastern screech and even the elusive snowy owls) appeared on my life list long ago. I even saw a great gray owl in Wyoming one time. Dad was a birder, so we grew up loving the woods and outdoors and noticing the denizens thereof.

However, I never spied a short-eared owl until Feb. 24, 2019. The boss and I had been actively seeking them for weeks, driving all over the county early in the morning and late in the afternoon. They are fairly rare and prefer habitat that mimics their normal far northern grassland habitat.

Big farm fields fit that description nicely.

On that fateful evening, having decided that gas was too expensive for us to spend any more time checking out a certain road in the western part of Montgomery County where they had historically appeared, we instead drove out to Lynk Street where we often see other northern raptors.

And there in the gathering dusk, we found five!

Since then, we have found several others here near home and up in the celebrated Fort Edward Grasslands, another spot they frequent. However, no matter how many of the cute little cat-faced owls with their raspy kitty-cat calls that we find in our travels, the thrill is always there.

I am hoping to celebrate Superb Owl Sunday by finding some this year as well. It would be a big win for my birding team, although I don't expect anyone to give us a ring (unless you want to give us a ring on our cell phones if you spot a good owl).

Happy Superb Owl Sunday to each and every one of you.



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Or visit: [www.health.ny.gov/prevention/immunization](http://www.health.ny.gov/prevention/immunization)

Provide by: The Montgomery County Health Department 518-853-3531



## American Heart Month: Why regular testing is critical for protecting women's heart health

by JoAnne Foody, M.D.,  
FACC, FAHA,  
Chief Medical Officer at  
Esperion

(BPT) – February marks the start of American Heart Month, a month dedicated to raising awareness about cardiovascular health and heart disease prevention. According to the CDC, every 34 seconds, one person dies in the U.S. from cardiovascular disease (CVD). For women in particular, CVD is the number one killer, resulting in one in three deaths each year.

Despite these staggering statistics, few people recognize the impact of cardiovascular disease on women compared to other health issues that affect women such as breast cancer, reproductive disorders, mental health conditions and more.

As a cardiologist, physician researcher and advocate

for women's health, shedding light on these hard truths surrounding CVD is a mission that's near and dear to me. Cardiovascular disease is one of the greatest health threats our communities face, and it has never been more important for individuals to understand their risk for CVD during this American Heart Month and beyond.

Accordingly, I'd like to underscore the importance of regular testing for women and why heart health checkups should be added to your regular medical calendar.

### The Importance of Regular Cardiovascular Testing

Cardiovascular health is impacted by several factors such as diet, physical activity, tobacco use, alcohol use and more, as stated by the CDC. Since these variables can impact an individual's cholesterol levels, and in turn, one's

cardiovascular health, getting your cholesterol numbers checked regularly is one of the best ways to manage your cardiovascular risk.

Unfortunately, a survey by the American Heart Association (AHA) found that 76% of women don't know what their cholesterol values are. With this in mind, the AHA recommends that adults over the age of 20 check their cholesterol levels (including total cholesterol, LDL-c and HDL-c) every four to six years, as long as their risk remains low. For individuals who have a higher risk of cardiovascular disease, cholesterol levels and other risk factors may need to be checked more regularly.

Knowing your numbers is key to understanding your individual risk levels and what changes – such as lifestyle choices or prescribed medicines – need to be made

to reduce your risk for CVD. Because lifestyle choices that impact cholesterol levels change over time, regular checkups and testing are crucial.

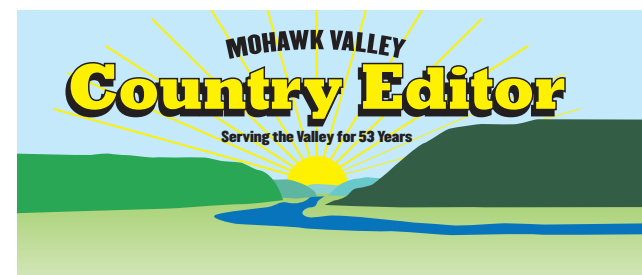
As you embark on your journey toward better heart health, having baseline numbers to compare against can be helpful.

Today and every day, my hope is that we can spotlight heart health as a foundational women's health issue, raising awareness of the risk factors that are contributing to rising levels of cardiac events in women. With this in mind, I'd like to encourage everyone to get their numbers checked if they haven't done so recently, and to consider small changes to improve cholesterol levels, such as eating heart-healthy foods, exercising regularly, losing weight and drinking alcohol in

moderation. Even small changes can make a big impact on your heart health.

Our heart health is important 24 hours a day and 365

days a year. Gradual changes in lifestyle choices paired with regular checkups and testing with doctors can make all the difference for our heart health.



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## Understand Your Cholesterol Levels

	Total Cholesterol	HDL Cholesterol	LDL Cholesterol	Triglycerides
<b>OPTIMAL</b>	< 200 but the lower the better	> 60 is ideal > 40 for men > 50 for women	< 100 < 70 if ASCVD present < 55 if high risk ASCVD	< 149 < 100 is ideal
<b>BORDERLINE RISK</b>	200 – 239	n/a	130 – 159	150 – 199
<b>HIGH RISK</b>	> 240	< 40 for men < 50 for women	> 160 190 considered very high	≥ 200 500 considered very high

\*All values are in mg/dL (milligrams per deciliter) and are based on fasting measurements.

\*Information pulled from Healthline: <https://www.healthline.com/health/high-cholesterol/levels-by-age#adults>

**ESPERION**

Here's an infographic that overviews the levels of total cholesterol, including HDL-c, LDL-c and triglycerides and the ranges of each that we should strive for in pursuit of optimal heart health.

In these difficult times, there is a place of refuge and peace anyone can access by calling these phone numbers to hear various offerings of spiritual inspiration assuring you of God's great love and power in your life.

1. The Daily Lift 1(617)450-3430 -  
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The MAINSTREET PARTY will  
have a Meet & Greet Event on  
Wednesday, February 15, 7 PM at Berean Bean.  
*Meet the candidates and  
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**VOTING for Canajoharie is  
March 21, 2023, 12-9 PM  
at Village Hall on Erie Boulevard.**

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If you are not registered, you can pick up a voter  
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# Help the Utica Zoo elect its first pre-Zoo-dent

Five animals are throwing their hat in the ring for a chance to become the pre-zoo-dent of the Utica Zoo. This election will decide the zoo's first ever animal-leader who will showcase the important role of

animal ambassadors and the zoo is looking to the public to help them decide the winner.

Beginning on Feb. 1, the general public can start supporting their favorite candidate's attempt to win the title by making donations to their election campaigns online. For every \$10 donated, their candidate will receive five extra votes. Official voting will take place in-person at the Utica Zoo from Feb. 18 - 20 – visitors will receive a voting ballot with admission. The winner will be decided on Feb. 20, in recognition of President's Day. All donations to the campaigns will be used to support the zoo's animal care fund.

The five candidates who joined the campaign trail are:

- Breton, the Canada lynx: Representing the North Trek Trail, Breton hopes to introduce a policy that will give individuals the ability to flip their day-to-day schedules to a nighttime one, letting their other nocturnal species thrive.

- Creamy, the white-naped crane: Representing Asian Realm, as the oldest member of the zoo (41 years), Creamy has spent most of his campaign using his age to relate to other older voters to convince them that taking medications from the keepers is to help them feel better, not worse (though he himself sometimes struggles with this idea as well).
- Mei Lin, the red panda: Representing Forever Forests, Mei Lin hopes to introduce a policy that will designate nap times in both work and school, as well as enough snack breaks during the day to eat roughly 20% - 30% of your own body weight in food.
- Tasha, the Nigerian dwarf goat: Representing Backyards and Barnyards, Tasha hopes to introduce a policy that will deliver more petting and hand-fed food to those that need it in her area – specifically for her and her friends.
- Zara, the Hartmann's mountain zebra: Representing African Ridge, Zara hopes to introduce a policy that proposes kids should be able to hold more responsibilities at the zoo, gaining a lot of traction with younger voters.

"We are really excited to announce the first pre-zoo-dent election at the Utica Zoo," Allie Snyder, Utica Zoo marketing & community engagement manager, said. "This is a fun, new way to engage the public and help them get to know some of our animals a little better."

To learn more about the candidates or to make a donation to a campaign, visit [uticazoo.org/prezoodent](http://uticazoo.org/prezoodent).



**Breton**  
CANADA LYNX  
DISTRICT: NORTH TREK TRAIL



**CREAMY**  
WHITE NAPED CRANE  
DISTRICT: ASIAN REALM



**Mei Lin**  
RED PANDA  
DISTRICT: FOREVER FORESTS



**TASHA**  
NIGERIAN DWARF GOAT  
DISTRICT: BACKYARDS & BARNYARDS



**ZARA**  
HARTMANN'S MOUNTAIN ZEBRA  
DISTRICT: AFRICAN RIDGE

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**We need a Mayor and Village Board who look for opportunities to say "yes" rather than village regulation reasons to say "no."**

**Vote for the MAINSTREET PARTY on MARCH 21, 2023**  
**Village Office - Erie Boulevard 12-9 PM**



**RONALD O DIEVENDORF- MAYOR**

**TRACEY MACFARLAND STETIN- TRUSTEE**

**PETER LYDEN- TRUSTEE**





# Mark Your Calendars!

## **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.

**Lunchbox Lesson 2023 - John Brown with John Browns Farm** at noon as a Webex meeting. Brendan Mills, Historic Site Manager at John Brown Farm will discuss the lasting impact of Brown, his efforts toward emancipation of Blacks in America, and what his homestead in the Adirondacks continues to offer as a focus toward social change. No registration required. Free. Meeting link goes live at 11:50 a.m. on Feb. 7 at [tinyurl.com/yc82y38r](https://tinyurl.com/yc82y38r)

## **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](https://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 10**

**Utica and Mohawk Valley Chapter of the National Railway Historical Society meeting** 7 p.m. at the Zion Lutheran Church in the Town of New Hartford. Includes chapter's annual Show and Tell Night. For more information, contact Bradford Paulson at 315.275.1223 or 315.853.5400 or [Bpaulson909@msn.com](mailto:Bpaulson909@msn.com).

## **FEBRUARY 11**

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

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

**Indoor Garage Sale and Bake Sale** 9:30 a.m. - 3 p.m. at Ilion First Baptist Church, 8 Second St., Ilion. Bagged Lunch for Sale for \$6. Includes: Soup, Sandwich, & Drink. Items for sale: household items, books, chairs, kitchen items, tables, sofa and chair. For more information contract church office at 315.894.9041.

**Fort Plain Free Library family-friendly cookie decorating** 11 a.m. - 1 p.m. at 19 Willett St. Call 518.993.4646.

**Chicken and Biscuit Dinner** 3 p.m. until sold out at 1511 State Route 29A, Stratford. Dine in or take out. Call 315.429.7058 to pre-order and for availability. Adult \$12. Child \$6.

**Freeze Fest & Snowshoe Race** at 11 a.m. at MV Golf & Event Center, 6069 NY-5, Little Falls. Starting at 11 a.m., snowshoe enthusiasts will race a 5K, 10K or 15K. Snowshoe racers can register at [runsignup.com/Race/NY/LittleFalls/MVSnowshoeRace](https://runsignup.com/Race/NY/LittleFalls/MVSnowshoeRace) or register day-of starting at 9:30 a.m. at the course. Race fee is \$25 for those who sign up before Feb. 5. The fee increases to \$30 after that date.

## **FEBRUARY 12**

**Chocolate Delights** 12 - 3 p.m. at Ilion First Baptist Church, 8 Second St., Ilion. Home-made: cannoli, filled cupcakes, cookies and more. For more information call Church Office at 315.894.9041.

## **FEBRUARY 14**

**Valentine's Day luncheon** noon at Arkell Center in Canajoharie. Sponsored by Canajoharie Senior Citizens Club. Pizza, salad, dessert and soda \$5. Musical entertainment to follow. Call 518.673.4408 by Feb. 10.

## **FEBRUARY 15**

**Third Wednesday Night Dinners** 4 - 6 p.m. at Ilion First Baptist Church, 8 Second St., Ilion. Bake Ziti Dinner. \$12 per dinner. Take-outs or delivery only. Take-outs may be ordered ahead by calling 315.894.9041.

**Main Street Party Meet and Greet Event** 7 p.m. at Berean Bean, 64 Church St., Canajoharie. You can pick up a Voter Absentee Application form at Lee's Shops at Wagner Square and return it 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. Contact Main Street Party at [mainstreetrod@outlook.com](mailto:mainstreetrod@outlook.com)

**Senior Citizens Pinochle Card Party** 12:30 - 4 p.m. at Arkell Center in Canajoharie. Card Party, prizes and refreshments. \$2 donation. Want to sub? Call Rosanne 518.844.6832.

**Mohawk Valley Center for the Arts opens Youth Art Month Exhibition** 5:00-6:30 p.m. The Exhibition runs through March 14. For more information, contact Mohawk Valley Center for the Arts at 315.823.0808.

## **FEBRUARY 16**

**American Red Cross Blood Drive** 10:30 a.m. - 3:30 p.m. in Alumni Hall, in the Robert McLaughlin College Center. To schedule an appointment, email [brownvl@herkimer.edu](mailto:brownvl@herkimer.edu) or visit [redcross-blood.org](http://redcross-blood.org). Sign-up can be found at [redcrossblood.org/rapidpass](http://redcrossblood.org/rapidpass).

**Equine Collaborative International Winter Webinar** 7 p.m. Gail Pearles - Fear after a Mishap with a Horse - How it Effects the Horse and You. Register via PayPal at [paypal.me/ECI2021](https://paypal.me/ECI2021)

**Book Borrowing "LIBBY" Program meeting** 1:30 p.m. Arkell Center, 2 Maple Ave., Canajoharie. Maria from the Canajoharie Library will take a walk through "LIBBY", a book borrowing app for electronic devices. Contact Joan Cimino at 518.673.4408 or [Joancimino77@gmail.com](mailto:Joancimino77@gmail.com)

## **FEBRUARY 17**

**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.

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

**Annual Fish Fries event** 4-7 p.m. at Poland Firehouse Station #1, 216 State Route 8, between Poland and Cold Brook. Dinners served every Friday through April 7. Fish dinner \$14. Other menu options available. Any questions, text Lori Burritt's cell at or 315.794.1877.

## **FEBRUARY 17-18**

**Canajoharie Forest, Fish and Game Association Coyote Hunt.** Registration is Friday night Feb. 17 5-8 p.m. and Saturday morning 6-8 a.m. Registration fee is \$20 and you must register before the Hunt. You must be back to the clubhouse by 4 p.m. Weigh in starts at 4 p.m. Saturday. Any questions call Craig 518.332.0297 or Dottie 518.774.9165.

## **FEBRUARY 20**

**Canajoharie Senior Citizens Club meeting** 1 p.m. Contact Joan Cimino at 518.673.4408.

## **FEBRUARY 22**

**Senior Citizens Pinochle Card Party** 12:30 - 4 p.m. at Arkell Center in Canajoharie. Card Party, prizes and refreshments. \$2 donation. Want to sub? Call Rosanne 518.844.6832.

## **FEBRUARY 23**

**Herkimer County Local Early Intervention Coordinating Council (LEICC) meeting** 2 p.m. in Department of Social Service's 2nd floor conference room, Herkimer County Courts Building, 301 North Washington St., Herkimer. Any questions, contact Nicole Keyser at 315.867.1176.

## **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)

**Annual Fish Fries event** 4-7 p.m. at Poland Firehouse Station #1, 216 State Route 8, between Poland and Cold Brook. Dinners served every Friday through April 7. Fish dinner \$14. Other menu options available. Any questions, text Lori Burritt's cell at or 315.794.1877.

## **MARCH 2**

**Equine Collaborative International Winter Webinar** 7 p.m. Britta Hesla - Equine Assisted Therapy. Register via PayPal at [paypal.me/ECI2021](https://paypal.me/ECI2021)

## **MARCH 3**

**Annual Fish Fries event** 4-7 p.m. at Poland Firehouse Station #1, 216 State Route 8, between Poland and Cold Brook. Dinners served every Friday through April 7. Fish dinner \$14. Other menu options available. Any questions, text Lori Burritt's cell at or 315.794.1877.

## **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).

## **MARCH 10**

**Annual Fish Fries event** 4-7 p.m. at Poland Firehouse Station #1, 216 State Route 8, between Poland and Cold Brook. Dinners served every Friday through April 7. Fish dinner \$14. Other menu options available. Any questions, text Lori Burritt's cell at or 315.794.1877.

## **MARCH 11**

**Antique Show and Sale** 10 a.m. - 4 p.m. at Arkell Museum, Canajoharie. Admission is \$5 per person. Antique Appraisals by George Heigel for \$5 per item. Additional information can be obtained by contacting Show Manager Joan Draus by at 518.894.7807 or [joan-draus@gmail.com](mailto:joan-draus@gmail.com)

## **MARCH 16**

**Equine Collaborative International Winter Webinar** 7 p.m. Grand Valley Horse Rescue Youth Members. Register via PayPal at [paypal.me/ECI2021](https://paypal.me/ECI2021)

## **MARCH 17**

**Annual Fish Fries event** 4-7 p.m. at Poland Firehouse Station #1, 216 State Route 8, between Poland and Cold Brook. Dinners served every Friday through April 7. Fish dinner \$14. Other menu options available. Any questions, text Lori Burritt's cell at or 315.794.1877.

## **MARCH 21**

**Voting for Canajoharie residents** 12-9 p.m. at Village Hall on Erie Boulevard. Call Village Hall at 518.673.5512 with any questions.

## **MARCH 24**

**Annual Fish Fries event** 4-7 p.m. at Poland Firehouse Station #1, 216 State Route 8, between Poland and Cold Brook. Dinners served every Friday through April 7. Fish dinner \$14. Other menu options available. Any questions, text Lori Burritt's cell at or 315.794.1877.

## **MARCH 31**

**Annual Fish Fries event** 4-7 p.m. at Poland Firehouse Station #1, 216 State Route 8, between Poland and Cold Brook. Dinners served every Friday through April 7. Fish dinner \$14. Other menu options available. Any questions, text Lori Burritt's cell at or 315.794.1877.

## **APRIL 7**

**Annual Fish Fries event** 4-7 p.m. at Poland Firehouse Station #1, 216 State Route 8, between Poland and Cold Brook. Final dinner of the series. Fish dinner \$14. Other menu options available. Any questions, text Lori Burritt's cell at or 315.794.1877.

## **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).

## **APRIL 20**

**Defensive Driving Course** 9 a.m. - 3 p.m. at Arkell Center, 2 Maple Ave., Canajoharie. April Johnson from the Shults Agency is the instructor. Call Joan Cimino to register at 518.673.4408, as seating is limited.

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



# Show and tell at Railroad Society meeting

The Utica and Mohawk Valley Chapter of the National Railway Historical Society will meet on Feb. 10 at 7 p.m. at the Zion Lutheran Church on the corners of French and Burrstone roads in New Hartford. There will be a business portion conducted by Chapter President Harry Lenz with reports on New York Central 6721, the Adirondack Railroad, the annual meeting of the Empire State Passengers Association in Schenectady, the ALCO Historical and Technical Society Train Show, possible bus and Amtrak trips and the annual banquet at the Trackside Restaurant at Utica Union Station in May, along with many other activities and projects ahead for in the coming weeks and months.

After the break, chapter members will participate in the chapter's annual Show and Tell Night where the members bring railroad-related items to show for those who attend the meeting that night.

This meeting is open to anyone who is interested in railroads, railroad history and collecting many different railroad items that they may have found at garage sales, flea markets, antique shows and shops, on eBay and/or at railroadianna shops and meets.

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

*On behalf of the West St Johnsville Cemetery Association we would like to extend a heartfelt thank you to the following people who generously donated to our new backhoe tractor fundraising campaign and thank you to those who requested that your name not be published. Together we raised 70% of the cost for this piece of equipment. If you still wish to donate please send to PO Box 233, Saint Johnsville, NY 13452. Thank you again for your generosity!*

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In memory of Glenn, Frances & Lee Bruce  
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In memory of Brenda Countryman  
In memory of Robert Crocker & Bernice Smullen  
In memory of Class of '68  
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In memory of Donnie & Peggy Nellis  
In memory of David & Catherine Blencoe, Helen & Jay Blencoe, Carlton, Lloyd & Burton Blencoe

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# DINING & ENTERTAINMENT

## Fort Plain Free Library to host cookie decorating Feb. 11

Just in time for Valentine's Day, the Fort Plain Free Library is hosting a special cookie decorating event for area families. From 11 a.m. - 1 p.m. on Feb. 11, participants will use icing and sprinkles to decorate homemade sugar cookies. (Note that the cookies contain gluten, dairy and soy.)

There is no charge to participate and all supplies will be provided.

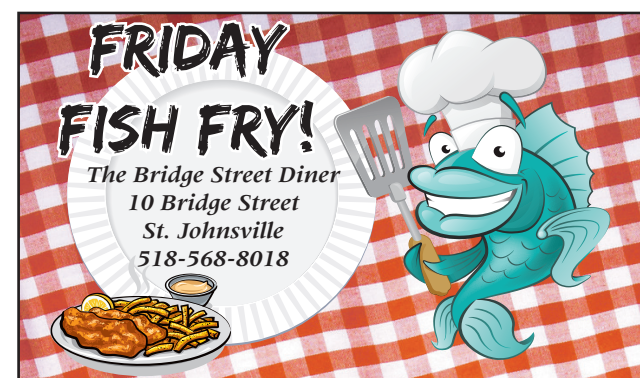
For more information, call the 19 Willett St. library at 518.993.4646.

## Herkimer County LEICC to meet

The Herkimer County Local Early Intervention Coordinating Council (LEICC) will meet on Feb. 23 at 2 p.m. in the Herkimer County Courts Building located at 301 N. Washington St., Herkimer. This meeting will take place in person at the Department of Social Service's second floor conference room. This meeting is open to the general public.

If you are the parent of a child currently receiving Early Intervention Services or who has received services within the past 10 years and would like to become a member of the council to advise on the policies of the program, we welcome your participation. Parents are our most valuable resource in creating the best program for the children.

If you have any questions, contact Nicole Keyser, supervisor, at 315.867.1176.



## Fish Fry dinner series starts Feb. 17

The Poland Volunteer Fire Company in Cold Brook will host its annual fish fry dinner series every Friday from 4 - 7 p.m. from Feb. 17 - April 7. Menu options include fried fish, broiled fish, chicken tenders, shrimp and fish/shrimp combos. Meals also include fries or a baked potato, cole slaw, a roll and dessert.

Meals are eat-in or take-out. Gluten-free dinners available.

Now accepting credit cards. Prices include sales tax:

Fish dinners \$14

Shrimp dinner \$14  
Fish/shrimp combo \$15  
Chicken tenders dinner \$13  
Child's fish dinner \$7

There will also be a weekly door prize. There will be one complimentary ticket with each dinner purchased.

The dinners are hosted at the Poland Firehouse Station #1, 216 State Route 8, between Poland and Cold Brook.

If you have any questions, text Lori Burritt at 315.794.1877.



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Broccoli Alfredo (add chicken or shrimp if desired or keep it vegetarian)

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• Shrimp Cocktail \$13 • Bavarian Pretzels with Fat Tire Beer Cheese \$9

• Stuffed mushrooms (stuffing, sausage, blue cheese crumbles) \$12

Soup is Lobster Bisque or Split Pea with Ham

Dessert is a choice of Cheecake with raspberry sauce,  
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# AUTOMOTIVE

## How to help seniors adapt to automotive tech

Modern automobiles are more technologically advanced than ever before. That tech isn't just making driving more comfortable and convenient, but also safer.

In a recent analysis of motor vehicle accidents, researchers at the International Institute for Highway Safety found that vehicles with blind spot and lane departure warning systems were involved in 11 percent fewer sideswipes and head-on crashes than cars that did not feature such systems. In addition, the IIHS estimates that the number of automobile crashes in the United States could be decreased by 85,000 each year if every vehicle were outfitted with a lane departure warning system.

Driver assistance systems have made driving safer for millions of people across the globe, but one demographic may need some extra help adapting to modern vehicles, and may even need a little extra encouragement to utilize tech that can keep them safe behind the wheel. The Centers for Disease Control and Prevention notes that, in 2018, the United States was home to 45 million licensed drivers aged 65 and over. That marks a 60 percent increase since 2000. Though seniors' perceived unwillingness or inability to utilize modern technology is often overstated, some aging drivers may need a little extra help as they try to learn how to use assistance technologies in their vehicles.

- Learn the tech yourself. Assistance technologies are not all one and the same. Vehicle manufacturers have their own systems and there can be a learning curve when adapting to a new one. If you aspire to teach a senior how to utilize the assistance technologies in his or her vehicle, first learn the tech on your own. If both you and your aging friend or family member own a

Subaru, chances are you already know how to use the tech in your loved one's vehicle. If you drive cars made by different manufacturers, visit the dealership where your loved one bought his or her car and ask for a quick tutorial on all the safety features in the vehicle. Salesman demonstrate these features every day, so it shouldn't take long for them to show you the ropes.

- Be patient. Each person adapts to a new technology at his or her own pace. It's important to remain patient when teaching aging drivers how to use the tech in their vehicles. Old habits die hard, and while some drivers may quickly adapt to tech like back-up cameras, others may not be so quick to abandon driving techniques they've been safely using for decades. Stay the course, remain patient and allow senior drivers to adapt at their own pace.

- Teach one tech at a time. It can be overwhelming for drivers of all ages to adapt overnight to all the tech in their new vehicles. When teaching senior drivers how to utilize various driver assistance technologies, take it one tech at a time. When coupled with your patience, this approach can help seniors avoid being overwhelmed and increases the likelihood that they will embrace the tech in their vehicles.



Many senior drivers utilize driver assistance technologies every day. A patient and methodical approach to showing seniors how their vehicles can help them stay safe behind the wheel can be a road map to helping seniors adapt to life in modern vehicles.

## Tips to safely drive in large cities

Visitors to large cities often marvel at how drivers traverse urban roadways. Non-city dwellers may white knuckle their way through crowded city streets, all the while wondering how anyone could handle such a stressful experience on a daily basis. Though suburban or rural residents may never master the art of city driving, they can embrace various strategies to make city driving safer and less stressful.

- Take a small vehicle if possible. Rural and suburban roadways may be built for SUVs and other large vehicles, but that's not often the case in cities. A feeling of claustrophobia contributes to the discomfort many drivers feel when driving through cities. Some may be worried that their SUVs or trucks will hit parked cars, while others may prefer to be closer to the street so they can easily see pedestrians. Drivers who can choose between an SUV or truck and a smaller vehicle like a sedan may find that they feel more comfortable driving the smaller vehicle inside city limits.

- Pick and choose your driving times. The National Safety Council says morning rush hour in most cities is typically between 7 a.m. and 9 a.m., while afternoon rush hour begins around 4 p.m. and lasts until 7 p.m. Drivers nervous about city driving may benefit by avoiding cities during rush hours. During rush hour, city streets may be overcrowded with commuter

buses, taxis and ridesharing services, and professionals anxious to get to work or get home after a long day at the office. That can make city driving especially stressful. If possible, avoid these times.

- Stay in your lane. The automotive experts at Edmunds.com note that switching lanes will only trim a negligible amount of time off your trip. Those extra few seconds or even minutes are not worth risking an accident. Slow drivers tend to stick to the right lane in cities, though drivers who stay in the right lane should recognize that experienced

city drivers who want to make right turns may be aggressive with other right lane drivers who they feel are moving too slowly. Do your best to ignore aggressive drivers and resist the temptation to drive significantly below the speed limit,



even when you're in the right lane.

- Don't take turns and crosswalks for granted. Suburban and rural drivers may not give a second thought when approaching crosswalks. But city crosswalks are often filled with pedestrians. That requires a little extra patience and attention when turning or driving through a yellow light within a city.

- Be mindful of cyclists. Many large cities have established bike lanes to encourage more people to bike to work. Cyclists move more quickly than pedestrians traveling on foot, so always make sure to check sideview mirrors before turning to ensure speedy cyclists are not coming up behind you. In addition, never swerve into bike lanes, as cyclists have every right to be on the road.

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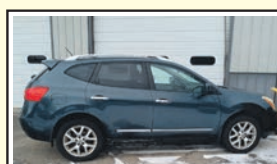
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## AUTOMOTIVE

### Four basic vehicle maintenance jobs many DIY novices can perform at home



Changing wiper blades is a simple DIY task that doesn't require any special tools.

The cost of owning a vehicle has risen dramatically in recent years. Though prices at the gas pump have done much to stretch drivers' budgets, supply shortages related to the COVID-19 pandemic hit motorists' bottom lines even before the average gallon of gas reached unimaginable levels in mid-2022. Though it's certainly not an inexpensive time to own a vehicle, drivers can take solace knowing that these four basic vehicle

maintenance tasks can be performed at home and save them money.

1. Change air filter: Among the simplest DIY vehicle maintenance tasks, changing the air filter on a car or truck requires no special tools. Changing an air filter can be done in as little as 10 minutes, though novices might need more time until they get a feel for what's under the hood. Vehicle owners' manuals can indicate where the air filter is and how fre-

quently it should be replaced.

2. Change wiper blades: Changing wiper blades is another simple DIY task that doesn't require any special tools. Streaking is a telltale sign blades should be replaced, and some blades even start to come apart after excessive wear and tear. The time it takes to perform this task could depend on how long it takes to remove the old blades, which can take time until DIYers get a handle on how to quickly remove them.

3. Oil change: According to Bankrate.com, the average cost of a top service oil change at six nationwide franchises exceeded \$75 in May 2022. But this relatively simple task can be performed at home rather easily. Drivers will need to invest in a ratchet, oil filter wrench, oil pan, and funnel, but that's all they need to change their own vehicle oil. A jack will be necessary as well, but most new vehicles already come with a jack.

4. Tire inflation: Drivers can save on that costly fuel by keeping their tires properly inflated at all times. Poorly inflated tires make the engine work harder to get the vehicle down the road, and that extra work wastes fuel. A portable tire inflator can read the pressure in each tire and drivers can then inflate the tires to the PSI recommended in their owner's manual. A quality tire inflator can be purchased for less than \$100.

Novices may be overcome by nerves when attempting these jobs for the first time, but online tutorials can help them get a handle on any task that stretches their abilities to the limit. If the task seems too tall to tackle at home, take the car to a trusted mechanic or dealership.

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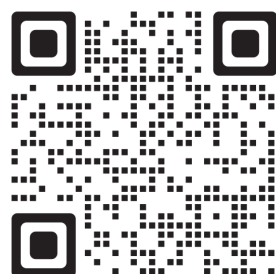
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2019 Jeep Cherokee Limited  
83,183 Miles, Stock # AM282201K



2017 Jeep Grand Cherokee Limited  
82,417 Miles, Stock # AM742446T



2021 Jeep Compass Latitude  
7,073 Miles, Stock # CN579751T



2018 Jeep Renegade Sport  
25,260 Miles, Stock # CN00463T



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



2014 Jeep Wrangler Sahara  
67,152 Miles, Stock # AM328691T



2021 1500 Rebel Truck Quad Cab  
37,671 Miles, Stock # AM524721T



2018 Jeep Renegade Sport  
58,958 Miles, Stock # AMJ22714R



2018 Jeep Compass Latitude  
71,420 Miles, Stock # CN336431T



2018 Jeep Grand Cherokee Laredo  
78,841 Miles, Stock # CN397013P



2017 Dodge Grand Caravan SE  
46,489 Miles, Stock # CN636672T



2020 Chevrolet Impala LT  
57,307 Miles, Stock # CN103733R



2019 Jeep Grand Cherokee Limited  
58,720 Miles, Stock # AM730666K



2019 Ram 1500 Big Horn/Lone Star  
49,615 Miles, Stock # AM817328T



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



2015 Nissan Rogue SV SUV  
87,699 Miles, Stock # AM505282K



2020 GMC Acadia SLT  
58,560 Miles, Stock # CN150708R



2015 Chevrolet Sonic LT  
91,205 Miles, Stock # CN139425P



2020 Hyundai Santa Fe SEL 2.4  
16,204 Miles, Stock # CN230510R



2019 Ford Edge SEL  
45,626 Miles, Stock # FNC56718T



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



2020 Ford Fusion SE  
51 Miles, Stock # AM172732R



2014 Ram 2500 SLT Trick Crew Cab  
91,244 Miles, Stock # AM298548T



2018 Chevrolet Corvette Grand Sport 3LT  
52,254 Miles, Stock # AM300586P



2021 Chevrolet Trailblazer RS  
21,018 Miles, Stock # CN033835P



2019 Ford Edge SEL  
32,784 Miles, Stock # FNC56671T



2017 F-250 Truck Crew Cab  
49,240 Miles, Stock # CNC36024T



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



# BUSINESS FOCUS

## Massaro & Son Florist

Massaro & Son Florist is a family owned and operated retail florist with a strong history. It is currently run by two sisters and third generation Massaros, Margaret and Mary Ann. Their customers are the local flower lovers that treat themselves and their friends "just because" as well as those that moved away but send arrangements to their mother or father (or favorite aunt) on special occasions, such as weddings, birthdays, anniversaries and funerals.

Margaret and Mary's grandparents started the business back in the 1940s with a farm stand, and their parents joined them in 1950. They expanded into offering plants and cut flowers as well. In the late 1950s, they started to make and deliver arrangements.

When the sisters were old enough to help out, they were added to the workforce. Delivering, washing buckets and processing flowers escalated into designing, assisting customers and answering the phone and taking orders. Usually it's just the two of them on a daily basis, but when the



Massaro & Son Florist is currently run by sisters Margaret DeCarr and Mary Ann Rice. They are members of the third generation of the Massaro family who have run the business since the 1940s.

holidays approach their families can be found helping them out. They call it "volunteering" – and Mary and Margaret feel fortunate.

Massaro's customers are more than just someone making a purchase – they are people that are trying to express their feelings with flowers, whether they are providing comfort for a loss, celebrating an award achieved or just acknowledging a yearly milestone.

They have always thought of their customers as extensions of their families. They have been involved in their births, proms, weddings and funerals throughout their generations.

One of the hardest things they've faced in the last few years are the "order gathering florists" on the internet – the ones that don't have physical shops and really don't really know one flower from another. They just accept your information, run your credit card and pass the order on to the real florists to fill. They charge high fees and promise unrealistic items and timeframes. That is not what you'll get with Massaro & Son Florist.

They look forward to adding new members to their business family and being a part of their lives. Massaro & Son Florist is located at 5652 State Route 5 in Herkimer. Find them online at [massarosflorist.com](http://massarosflorist.com).

♥ **Massaro & Son Florist** ♥  
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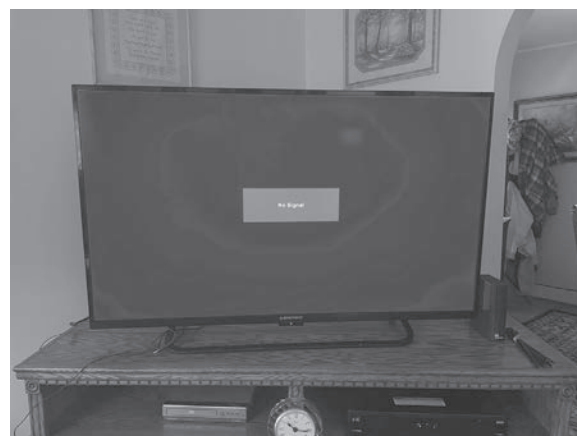
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## An appetizing starter perfect for the big game

Each year, American football's championship game is one of the most-watched television broadcasts across the globe. The Super Bowl might not kick off until early evening in the eastern U.S., but the day's festivities typically begin much earlier than that.

Super Bowl parties typically bring people from all walks of life together. Football fans mingle with non-fans who are more anxious to see the famed Super Bowl advertisements than they are the big game. But one thing all Super Bowl viewers can enjoy together is the food. Food is as much a part of Super Bowl Sunday as the game itself. Fans at home can cook up traditional Super Bowl Sunday foods.

The focus of Super Bowl Sunday fare is not often about an entrée, but rather the bevy of snacks and starters people can enjoy in small doses throughout the game. This recipe for "Beer-Braised Meatballs" from "Cooking With Beer" by the editors at Publications International, Ltd. makes 20 meatballs, making it ideal no matter the size of your Super Bowl Sunday party.

### "Beer-Braised Meatballs"

Makes 20 meatballs

1 pound ground beef  
1/2 cup seasoned dry bread crumbs  
1/2 cup grated Parmesan cheese  
2 eggs, lightly beaten  
1/3 cup finely chopped onion  
2 cloves garlic, minced  
Salt and black pepper  
1 bottle (12 ounces) light-colored beer, such as a lager  
1 1/2 cups tomato sauce  
1 cup ketchup  
2 tablespoons tomato paste  
1/2 cup packed brown sugar

1. Preheat the oven to 400 F. Line broiler pan with foil; spray rack with nonstick cooking spray.

2. Combine beef, bread crumbs, cheese, eggs, onion, garlic, salt, and pepper in large bowl; stir to blend. Shape mixture into 1-inch balls. Place meatballs on prepared rack. Bake 10 minutes or until browned.

3. Bring beer, tomato sauce, ketchup, tomato paste, and brown sugar to a boil in a Dutch oven. Add meatballs and reduce heat to medium-low. Cover; simmer for 20 to 30 minutes or until meatballs are cooked through, stirring occasionally.



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## Planning your Valentine's Day proposal

February 14 is a day dedicated to love. And for couples who are pondering their futures together, Valentine's Day may seem tailor-made for wedding proposals. According to a survey of 1,000 married adults by James Allen, an online diamond and bridal jewelry retailer, people really love getting engaged on Valentine's Day. Forty-three percent of Millennials report favoring Valentine's Day for proposals — whether they're doing the asking or being asked.

There are a few things to keep in mind when considering whether or not to pop the question on Valentine's Day. Here are some ideas for planning the proposal.

### Make it your own

Even if the proposal is taking place on one of the most popular days of the year to get engaged, interject some personality into the occasion. Include important elements that are dear to the person to whom you are proposing, such as favorite flowers or a preferred restaurant. Restaurant reservations may be hard to come by on Valentine's Day, so you may want to select a more private meal at home or something catered unless you want to share your proposal with a crowd.

### Visit possible locations in advance

Think about where you would like to propose and visit those areas at different times of the day. Timing a proposal during sunset with the rays creating a warm glow on a park bench or on the incoming tide can make it more magical. Adjust proposal area plans for busier crowds expected on Valentine's Day.

### Have the ring at the ready

Jewelry shops are in demand around Valentine's Day, so be sure to choose and have the ring sized well in advance of the proposal. This ensures the ring will be ready in time. If the ring

will be a surprise, get hints beforehand to understand your loved one's design tastes. Consider bringing a friend along when shopping to offer support and advice.

### Use chocolate to your advantage

Boxes of chocolate are ubiquitous on Valen-

tine's Day. Nestle the ring inside of a box of truffles or another favorite confection and have the question "Will you marry me?" attached to the inside of the box.

### Hire a photographer

Work with a photographer to capture the mo-

ment, whether it's a professional photographer or a friend enlisted for the task. This way you can be fully immersed in the moment as it unfolds, and then look back on the experience from a different perspective when the photos are printed.



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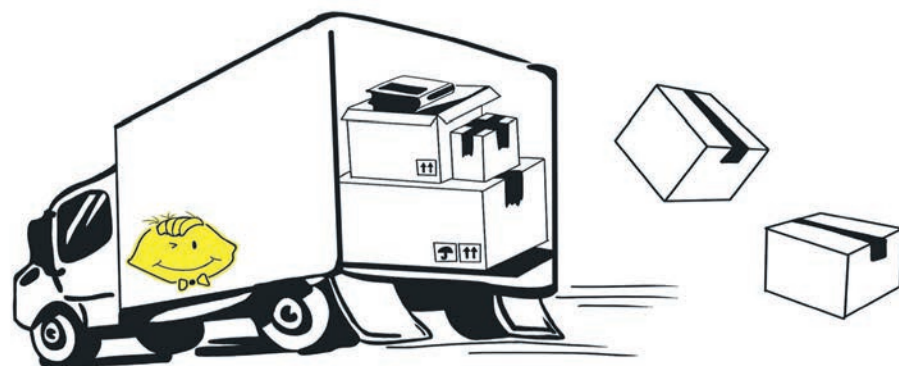
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## Palatine Settlement Antique Show and Sale in March

The Palatine Settlement Society will once again host an Antique Show and Sale.

Slated for March 11 from 10 a.m. - 4 p.m., the show will be held at the Arkell Museum in Canajoharie.

The Museum's Great Hall, where show dealers are located, boasts a fabulous painted floor depicting the historic footprint of the Mohawk Valley, which certainly complements the atmosphere of the show.

This Antique Show is known for its quality wares as the dealers maintain the standard of exhibiting only genuine antiques and collectibles.

Admission is \$5/person. The show will also feature antique appraisals by George Heigel for \$5 per item.

Additional information can be obtained by contacting Show Manager Joan Draus at 518.894.7807 or joandraus@gmail.com.

## Herkimer College named most affordable Community College in NYS

Herkimer College made the list of the Best Community Colleges in New York in 2023 by Intelligent.com. Herkimer College was awarded Most Affordable on the final list and was ranked number eight overall out of the 22 community colleges scored.

The higher education resource guide identifies top schools in the state based on tuition costs, the number of credits required to graduate and the online coursework delivery format. There are 30 SUNY community colleges across New York.

"We are excited to be named among the top 10 community colleges in New York and overall, most affordable," said Herkimer College President Dr. Cathleen C. McColgin. "Here, students can obtain an exceptional education from esteemed, dedicated faculty. We are proud to provide countless opportunities for success and advancement, all within reach for every learner."

To maintain its commitment to affordable and accessible education, the college announced in early 2022 that its in-state tuition and fee rates for the 2022-23 academic year would remain static. Tuition for full-time, in-state students is \$2,558/semester and part-time, in-state tuition is \$189/credit hour.

Intelligent.com implemented a unique methodology that ranks each institution on a scale from 0 to 100 across six categories. The scoring system compares each school to tuition costs, admission, retention and graduation rates, faculty, reputation and the student resources provided for online students.

According to Intelligent.com, studies show that obtaining a degree increases income substantially, with graduates earning 84% more than those with only high school diplomas or those without a completed GED. The percentage difference in earnings continues to grow with higher learning degrees such as master's, doctoral or professional degrees, with the unemployment rate decreasing to as much as 1.6% for those with a doctorate.

To access the complete Intelligent.com ranking, visit [intelligent.com/best-community-colleges/new-york/#herkimer\\_college](https://intelligent.com/best-community-colleges/new-york/#herkimer_college).

## NYS Youth Art Month Exhibition: Reflections 2023 opens Feb. 15

The Mohawk Valley Center for the Arts is delighted to present the New York State Youth Art Month Exhibition – Reflections 2023.

Herkimer County area students will be exhibiting their artwork at the 401 Gallery at Canal Place in Little Falls from Feb. 15 - March 14. Teachers and students from over 60% of our area schools are participating.

Students of all ages have the opportunity to show and sell their artwork during the exhibit. We encourage visitors and students to explore the artwork together. It promises to deliver an exciting range of work to explore.

Join us for the opening reception on Feb. 15 from 5 - 6:30 p.m. (snow date Feb. 17). Keep an eye open for special events during the month.

A special thanks to Linda and Alan Vincent for providing underwriting for this exhibition.

# MARK YOUR CALENDAR!!

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# CHURCH SERVICE DIRECTORY

<p><b>AMES</b> <b>AMES - SPROUT BROOK UMC</b> 613 Latimer Hill Rd., Ames, NY 13317 518-673-3495 Pastor Jan Markle Sunday Service 9 AM</p> <p><b>CORNERSTONE BAPTIST CHURCH</b> Pastor Todd Lozier Sunday AM Service 10 AM Sunday School/Adult Small Groups 11:15 AM Sunday Evening 6 PM Wednesday PM Service 7 PM Via Zoom email us for the link Youth Group Sunday Evenings during the school year. Family Night - First Sunday Evening of the month from Oct - May 7274 St. Hwy. 10, Ames, NY 13317 www.cornerstoneames.com info@cornerstoneames.com 518-673-3405</p> <p><b>AMSTERDAM</b> <b>THE TIME FOR TRUTH MINISTRIES</b> PO Box 351, Amsterdam, NY 12010 Phone 518-843-2121 Cell 518-774-8558</p> <p><b>BARNEVELD</b> <b>SAINT DAVID'S EPISCOPAL CHURCH</b> 140 Mappa Ave., Barneveld NY 13304 315-836-6707 Pastor Namoi Sorrwar-Randall Sunday Worship 10 AM Sunday School 10 AM</p> <p><b>CANAJOHARIE</b> <b>CHURCH OF THE GOOD SHEPHERD</b> 26 Moyer St., Canajoharie 518-708-5880 The Rev. Virginia L. Ogden, Rector Sunday Worship 9:30 AM with Communion Church Email: churchgoodshep26@gmail.com Website: www.churchgoodshepherd.com</p> <p><b>UNITED METHODIST CHURCH OF CANAJOHARIE</b> 50 E. Main St. 518-673-2717 Jesus says - "Come Unto Me" Join us - Special Music Ministry, Beautiful Surroundings, Friendly People Sunday Service 10:30 AM Email: umc673@frontiernet.net Communion Last Sunday of the Month</p> <p><b>ST. JOHN'S &amp; ST. MARK'S LUTHERAN CHURCH</b> 143 Church St., Canajoharie 518-673-2224 Pastor A. Elisabeth Aurand Remote &amp; In-Person Sunday Worship 11 AM; email for link stjmc-canajoharie.org office@stjm-canajoharie.org</p> <p><b>FAITH, HOPE AND LOVE CHURCH</b> Rev. David W. Bowley, Pastor Sundays, 5 PM at the Upstate Chapel 63 Cliff St, Canajoharie Call 518-673-5128 or see Facebook "Faith, Hope and Love Christian Church" and our website faithhopeandlovechurch.com</p> <p><b>NEW BEGINNINGS BIBLE CHURCH</b> 63 Cliff St., Canajoharie, NY 13317 Pastor Larry Alkinburgh 518-848-4816 pastor@newbeginningsbc.org Sunday School 9:15 AM Worship Service 10:30 AM</p>	<p><b>REFORMED CHURCH OF CANAJOHARIE</b> 15-19 Front St., Canajoharie 518-673-2816 Rev. Matt Draffen, Senior Pastor Rev. James Peck, Jr., Associate Pastor Saturday Evening Worship 4:30 PM Sunday: Adult Bible Study 9 AM Worship 10 AM, Coffee Hour following Sunday service. Tuesday: Knit &amp; 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</p> <p><b>CHERRY VALLEY</b> <b>CHERRY VALLEY ASSEMBLY OF GOD</b> 37 Alden St., Cherry Valley 607-264-3306 Pastor David Carpenter, Jr. Sundays 9:30 AM</p> <p><b>ST. THOMAS THE APOSTLE CATHOLIC COMMUNITY</b> 1 Church St., Cherry Valley 607-264-3779 Masses Sunday mornings at 8:30 AM &amp; 11 AM</p> <p><b>GRACE EPISCOPAL CHURCH</b> 24 Montgomery St., Cherry Valley 315-858-4016 Fr. Kyle Grennen, Rector Holy Eucharist 11 AM Sunday school 11 AM Fully handicap accessible Active youth group - call for details Facebook: Grace Episcopal Church Cherry Valley</p> <p><b>COLD BROOK</b> <b>COLD BROOK UNITED METHODIST CHURCH</b> 467 Main St. Sunday Worship 10:30 AM</p> <p><b>NEW LIFE CHAPEL OF THE AEA</b> 3447 St. Rt. 8 Pastors: Rev. Gail &amp; Rev. Mike Jay 315-826-7115 Sunday Worship 10:30 AM Intercessory Prayers Tuesday 7 PM (please call to confirm)</p> <p><b>DOLGEVILLE</b> <b>NEW HOPE CHRISTIAN FELLOWSHIP</b> Pastor Peter Spiak 32 Spencer St. • 315-429-3630 Sunday School 9:30 AM Sunday Worship 10:30 AM Tuesday Bible Study 7 PM</p> <p><b>GRACE BAPTIST CHURCH OF DOLGEVILLE</b> Pastor Len Byerly 12 Van Buren St. Morning Worship 11-12:30 PM Lunch 12:30-2 PM Afternoon Worship 2-3 PM</p> <p><b>DOLGEVILLE UNITED METHODIST CHURCH</b> Pastor Matt Worley 21 N. Helmer Ave. Church Phone 315-429-7381 Sunday Church Service Oppenheim @ 10 AM Dolgeville @ 11 AM</p> <p><b>UNITED LUTHERAN PRESBYTERIAN PARISH</b> 26 E. Faville Ave. Worship 11 AM</p> <p><b>DOLGEVILLE CHRISTIAN FELLOWSHIP</b> Pastor Marvin Isum 3 Elm St. Phone 315-429-8390 Sunday Worship 10:30 AM Mid-week Service Tuesday 7 PM www.dolgevillechristianfellowship.org</p>	<p><b>ST. JOSEPH'S ROMAN CATHOLIC CHURCH</b> 31 N. Helmer Ave., Dolgeville, NY Phone 315-823-3410 Sunday Mass 9AM</p> <p><b>EAST SCHUYLER</b> <b>CHRISTIAN ASSEMBLY OF SCHUYLER</b> Pastor Adam Coomes 3659 Route 5, East Schuyler Sunday Worship 10:30 AM Wednesday Night 6:30 PM Phone 315-895-0926 Christianassemblyofschuyler.com</p> <p><b>EPHRATAH</b> <b>EPHRATAH REFORMED CHURCH</b> 140 Co. Hwy. 140, Ephratah, NY To live and share Jesus Christ both locally and globally. Everyday. Everywhere. Everyone. Pastor Jeff Hindrliter Sunday School for all ages 10 AM September-June Sunday Morning Worship 11 AM Prayer &amp; Praise Thursdays 7 PM</p> <p><b>ESPERANCE</b> <b>ESPERANCE PRESBYTERIAN CHURCH</b> 129 Church St., Esperance NY 12066 Sunday Worship 9:30 am Rev. 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PAUL'S LUTHERAN CHURCH</b> 36 Lydius St., Fort Plain, NY 13339 518-993-2040 Pastor Jonathan Litzner 405-250-8395 Church Service 11 AM</p> <p><b>ST. JOHN'S LUTHERAN CHURCH</b> 774 St. Hwy. 163, Fort Plain, NY 518-705-7552 Rev. David A. Johnson, Ph.D. Sunday Worship 9 AM, Sunday School 10 AM, Ladies Aid W.E.L.C.A. Handicapped Accessible</p>	<p><b>REFORMED CHURCH OF FORT PLAIN</b> 165 Canal St., Fort Plain, NY 13339 518-993-4302 fortplainrca@yahoo.com Rev. Nancy E. Ryan Worship 11 AM, AA meetings Mon. &amp; Tues. 7 PM, Emergency Food Pantry 518-993-4302</p> <p><b>VICTORIOUS LIFE CHURCH RMI FELLOWSHIP</b> 104 Main St. &amp; 431 St. Hwy. 80 Fort Plain, NY 518-993-3102 Sunday School 9 AM, Morning Worship 10:30 AM, Youth Group 5 PM, Evening Worship 7-8 PM</p> <p><b>FORT PLAIN UNITED METHODIST CHURCH</b> 39 Center St., Fort Plain Audie Miller, Lay Supply Pastor Church Office 518-993-3863 Kitchen 518-993-3464 ALL WELCOME, Worship Service 11AM</p> <p><b>OUR LADY OF HOPE R.C. CHURCH</b> 115 Reid St., Fort Plain, NY 13339 Parish Office 518-993-3822 ourladyofhope@frontier.com Mass Schedule: Saturday, 4 PM; Sunday, 9:30 AM; Confessions: Sat. 3 &amp; by appointment Please call parish office for Holy Day schedule</p> <p><b>FREYSBUSH UNITED METHODIST CHURCH</b> Freyzbush Rd., Fort Plain 518-429-9936 or 518-424-8488 Worship 9 AM, Sunday School 10 AM ALL ARE WELCOME</p> <p><b>FRANKFORT</b> <b>OUR LADY QUEEN OF APOSTLES</b> 414 Frankfort St., Frankfort, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 4 PM (May - October); Sunday 9 AM; Tues &amp; Thurs 9 AM</p> <p><b>FULTONVILLE</b> <b>FONDA-FULTONVILLE UNITED METHODIST CHURCH</b> Pastor Kathy Reese Sunday worship and Sunday school 10AM Outdoor service: 11 Montgomery Street, Fultonville, May-Early Sept. (byo - chair) Indoor service: Winter and inclement weather Glen Town Hall, 7 Erie Street, Fultonville Community Outreach is very important to us <b>518 853-3311</b></p> <p><b>FULTONVILLE REFORMED CHURCH</b> Corner of 5S &amp; 30 Pastor Jane Hubschmitt Sunday School 10 AM Family Worship 10:30 AM</p> <p><b>GLEN</b> <b>GLEN REFORMED CHURCH</b> State Hwy 161 in the Hamlet of Glen 4 miles South of Fultonville glenreformed@nycap.rr.com Sunday Worship at 9. Sunday School immediately following Children's Message</p>	<p><b>HERKIMER</b> <b>SS PETER and PAUL ORTHODOX CHURCH</b> Fr Vasil Dubee &amp; Fr Dn Demetrius Richards 305 Main Rd., Herkimer Phone 315-866-3272 Saturday Vespers - 5 PM (spring/summer months) 4 PM (fall/winter months) Sunday Divine Liturgy 9:30 AM Sundays</p> <p><b>TEMPLE BETH JOSEPH</b> 327 N. Prospect St. Phone 866-4270 Friday 7 PM</p> <p><b>ST. FRANCIS de SALES CHURCH</b> Rev. Mark Cunningham, Pastor 219 N. Bellinger St. Phone 866-4282 Saturday Vigil Mass 4 PM Sunday Mass 8 AM</p> <p><b>CHURCH OF SAINTS ANTHONY and JOSEPH</b> 229 S. Main St. Phone 866-6373 Sunday Mass 10 AM No Saturday Vigil</p> <p><b>REDEEMER CHURCH</b> Pastor Michael Servello 931 Herkimer Rd., Utica, NY 13503 Phone 792-4748 Saturday 6 PM • Sunday 9 &amp; 11 AM</p> <p><b>OAK RIDGE FREE METHODIST CHURCH</b> Pastor Chris Schumske 838 W. German St. Worship Service for adults &amp; children 8:30 AM &amp; 10:30 AM with Ridgekids for the children (0-5th grade) Phone 866-0575</p> <p><b>UKRAINIAN ORTHODOX CHURCH OF ST. MARY'S PROTECTRESS</b> 326 Moore Ave. Sunday Divine Liturgy 10 AM Holy Day Liturgy 9 AM Phone 866-1336</p> <p><b>NEW LIFE CHURCH</b> Pastor David Hayner 337 Protection Ave. Phone 866-1164 • www.nlc-mc.org Worship 10 AM Wednesday Worship 6:30 PM</p> <p><b>THE SALVATION ARMY</b> Lieutenants Derrick &amp; Heather Purvis 431 N. Prospect St. Phone 866-1240 Facebook.com/ TheSalvationArmyHerkimer Sunday School 10 AM Morning Worship 11 AM</p> <p><b>FIRST UNITED METHODIST CHURCH OF HERKIMER AND LITTLE FALLS</b> Pastor Joelle Faulks Prospect St &amp; Park Ave. Sunday Worship and Sunday School 9 AM</p> <p><b>HERKIMER REFORMED CHURCH</b> 102 Church St. Phone 866-1523 Worship 9:30 AM Shepherd's Table: Tuesday 11:30-12 PM</p> <p><b>TRINITY EVANGELICAL LUTHERAN CHURCH</b> Corner of West German &amp; Henry Streets Phone 315-866-6474 Sunday Worship Services 10 AM in person and virtually on Zoom, YouTube &amp; Facebook Bible Studies Thursday mornings 10 AM on Facebook</p>	<p><b>THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS</b> 317 Gros Blvd., East Herkimer 315-866-8095 Sunday Sacrament Meeting 10 AM Sunday School/Primary 11 AM - Visitors welcome - Family History Center, open by appointment</p> <p><b>ILION</b> <b>ILION COMMUNITY CHURCH</b> Pastor Dean Mabry 44 Central Plaza Sunday Worship 10 AM Child Care/Kids Church Available ilionchurch.com</p> <p><b>SAINT AUGUSTINE'S EPISCOPAL CHURCH</b> 78 2nd Street Phone: 680-322-1034 or 315-895-0363 Email: staugustine3@gmail.com Sunday Services at 10 AM</p> <p><b>FIRST PRESBYTERIAN CHURCH</b> 90 Morgan St., Ilion, NY, 13357 Reverend Richard Riggles Bible Study 9:30 AM Church Service 10:30 AM 315-894-2070</p> <p><b>FIRST BAPTIST CHURCH</b> 8 Second Street Reverend John Partise Wednesday Mid Week Service 7 PM Sunday Morning 11 AM</p> <p><b>JESUS NEVER FAILS COMMUNITY CHURCH</b> Reverend Hans Drews 1161 Elizabethtown Rd., Ilion, NY 13357 518-568-7983 hansandrosaline@yahoo.com Sunday Service 11 AM</p> <p><b>MORNING STAR UNITED METHODIST CHURCH</b> 36 Second Street Pastor Joelle Faulks Sunday Worship 10:30 AM November 1 - May 1 4224 Acme Rd, Frankfort May 1 - November 1 36 Second Street, Ilion</p> <p><b>ANNUNCIATION CHURCH</b> 109 West Street, Ilion, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 4 PM (November - April); Sunday 11:30 AM; Monday &amp; Wednesday 9 AM</p> <p><b>JOHNSTOWN</b> <b>CHURCH OF THE NAZARENE</b> 3316 St. Rt. 29 W, Johnstown, NY 12095 Offices: 518-762-2982 Cell: 857-523-8417 Pastor, Rev. Mark Fowler Sunday Morning Service 11 AM Sunday School for All Ages 10 AM</p> <p><b>JOHNSTOWN FIRST PRESBYTERIAN CHURCH</b> 37 South Market St. Johnstown, NY 12095 518-762-8263 office@johnstownpresbyterian.org Pastor George W. 'Blake' Blakesley Church Service 10:30 AM in person, Zoom and Facebook Please call for more information about our free community lunch, thrift store &amp; personal care shelf.</p>
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# CHURCH SERVICE DIRECTORY

<p><b>LASSELLVILLE</b> <b>LASSELLVILLE</b> <b>UNITED METHODIST CHURCH</b> State Hwy. 29 Pastor Robert A. Lindsay Worship: Sunday 9:30 AM Sunday School to start soon</p>	<p><b>INGHAMS MILLS BAPTIST CHURCH</b> Rev. Gary L. Busch, Pastor Sunday Worship Service 10 AM 443 Inghams Mills Rd. Little Falls, NY 13365 Pastor's Phone (315) 717-9936</p>	<p><b>CHRISTIAN BIBLE CHURCH</b> H. Ed Reed, Pastor/Teacher 167 Ward Rd. • Phone 858-1282 www.christianbiblechurch.us Sunday School 9 AM Sunday Worship 10 AM Wednesday Bible Study &amp; Prayer Meeting 7 PM</p>	<p><b>PALATINE BRIDGE</b> <b>TRINITY EVANGELICAL LUTHERAN</b> <b>CHURCH OF STONE ARABIA</b> 5430 St. Hwy. 10, Palatine Bridge, NY Pastor A. Elisabeth Aurand Sunday In Person Worship 9 AM; email for link office@stjm-canajoharie.org 518-673-2224</p>	<p><b>SPRAKERS</b> <b>CHRISTIAN CHURCH OF</b> <b>CHARLESTON FOUR CORNERS</b> 1380 E. Lykers Rd., Sprakers 518-922-9088 Paster Brett Popp Sunday School (ages 3-adult) 9:45 AM Worship 11 AM Sunday Prayer Meeting 5:30 PM Thu. Evening of Encouragement &amp; Community Kid's Bible Club 6:30 PM</p>	<p><b>ST. PAUL'S LUTHERAN CHURCH</b> 32 W. Main St., St. Johnsville, NY (next to NBT Bank) 518-568-3007 Church 518-568-2405 Parsonage Rev. David Johnson Sunday Worship 10:30 AM, Tues. Bible Bungee-Jumping 7 PM, "Bible Study" that actually makes sense! A Vibrant, Welcoming Community of Faith &amp; Vision</p>
<p><b>LITTLE FALLS</b> <b>FIRST BAPTIST CHURCH</b> 555 Albany St. 315-823-3392 Morning Worship 9:45 AM Rev. Chris J. Wintermute, Lead Pastor Rev. William Whalen, Associate Pastor Nursery (infants through age 4) Meet and Greet Sunday at 8:00 AM Sunday School Classes 8:30 AM (nursery through adult) **Our Service is aired on 100.3 FM, 91.1 FM &amp; 88.7 FM on Sundays from 11-12 with a 1 week delay. **LIVE on Facebook: "gingerleecase" account- 9:45 am on Sundays</p>	<p><b>THE HOLY SPIRIT POLISH</b> <b>NATIONAL CATHOLIC CHURCH</b> 618 E. Gansvoort St., Little Falls, NY 315-823-0793 Father Rafal Dadello Mass at 11 AM on Sunday www.holyspiritpncc.org</p>	<p><b>THE WORD CHRISTIAN CENTER</b> Pastor Dan Annutto 27 E. Main St. • Ph (315) 985-3596 Sunday Services at 10 AM Intercession - Tuesdays at 6 PM</p>	<p><b>THE HOUSE OF ZION, INC.</b> 580 Dillenbeck Rd., Palatine Bridge 518-577-3069 Pastors Richard &amp; Denise Allen Saturday Morning Worship Service 11:30 AM Listen to UMT on live radio 97.5FM the 1st Sunday of every month 3-4 PM</p>	<p><b>THE CHRISTIAN CHURCH</b> <b>OF RURAL GROVE</b> 170 Rural Grove Rd., Sprakers, NY 12166 518-922-7831 Pastor Joshua Fetterhoff pastorjosh@ruralgrovechurch.org Sunday School (all ages) 9:45 AM, Morning Service 11 AM, Eve. Service 6 PM, Wed.-Family Night 7 PM, "Where Bible Teaching is Fundamental"</p>	<p><b>SEEKER'S FELLOWSHIP</b> 14 Park Place, St. Johnsville, NY 13452 518-568-7700 • Pastor Mike Yezierski Sunday Worship 6 PM, Tues. Prayer 7 PM, Bible Study 7 PM (Wed., Thurs. &amp; Fri.) We teach the fullness of God's Word, a life of holiness for the believer, and salvation for all who trust in Christ's sacrifice.</p>
<p><b>ST. PAUL'S UNITARIAN</b> <b>UNIVERSALIST CHURCH</b> Minister Jeffrey J. Frank Mark Bunce, Organist 565 Albany St., Little Falls, NY Phone 315-823-2284 Sunday Service &amp; Religious Education 10 AM</p>	<p><b>MARSHVILLE</b> <b>MARSHVILLE EVANGELICAL</b> <b>CHURCH</b> Route 10 South Pastor Mark Fowler Worship Sunday 9 AM</p>	<p><b>NELLISTON</b> <b>VALLEY ALLIANCE CHURCH</b> 85 E. Main St., Nelliston 518-993-3458 Pastor Ken Gies Sunday School (all ages) 9:15 AM, Sunday Worship 10:30 AM, Wed. Praise &amp; Prayer 7 PM, Fri. Youth Group 7 PM (7-12th grade)</p>	<p><b>RANDALL</b> <b>RANDALL CHRISTIAN</b> <b>COMMUNITY CHURCH</b> NY Rte. 5S Sunday Service 10:30 AM Worship Leader Darlene Spaulding</p>	<p><b>REFORMED CHURCH OF SPRAKERS</b> 112 Sprakers Hill Rd. Rev. Nancy Ryan Worship ~ 9 AM All Welcome!!!</p>	<p><b>ST. JOHN'SVILLE METHODIST</b> <b>CHURCH</b> 7 East Main St., St. Johnsville, NY 13452 Pastor Corey Jones 518-568-7983 • 315-866-8626 Worship Sunday 3 PM</p>
<p><b>FIRST ASSEMBLY OF GOD</b> Senior Pastor Timothy Parisi 559 E. Jefferson St. Phone 823-4043 firstaglf@gmail.com Sunday Morning All Worship 10 AM Thursday Bible Study 6:30 PM</p>	<p><b>MIDDLEVILLE</b> <b>MIDDLEVILLE UNITED</b> <b>METHODIST CHURCH</b> 24 Fairfield St. Sunday Worship 9:30 AM</p>	<p><b>NEWPORT</b> <b>FIRST BAPTIST CHURCH</b> <b>OF NEWPORT</b> 7497 Main Street Pastor's Phone 315-790-1877 Sunday Worship at 9:45 AM</p>	<p><b>RICHFIELD SPRINGS</b> <b>CHURCH OF CHRIST UNITING</b> PO Box 896, Richfield Springs, NY 13439 Rev. Casey Bradley • 315-858-1553 Service: Sunday 9:15 AM Church School: Sunday 9:30 AM</p>	<p><b>CURRYTOWN REFORMED CHURCH</b> 829 St. Hwy. 162, Sprakers 518-922-8422 Rev. Donald Hoaglander Visiting Pastor Jane Hubschmitt 518-705-2201 Sunday School 9:15 AM Worship Service 10 AM</p>	<p><b>EVERLASTING JOY</b> <b>BELIEVERS FELLOWSHIP</b> 14 Park Place (in with Seekers Fellowship) St. Johnsville, NY 13452 315-858-2112 • Pastor Carolee Coye Sunday Service 10 AM</p>
<p><b>HOLY FAMILY PARISH OF THE</b> <b>ROMAN CATHOLIC COMMUNITY OF</b> <b>LITTLE FALLS</b> Father Brian Slezak 763 E. Main St., Little Falls, NY Phone 315-823-3410 Saturday Vigil Mass 4 PM Sunday Mass 10:30 AM</p>	<p><b>MOHAWK</b> <b>DENNISON CORNERS</b> <b>COMMUNITY CHURCH</b> Pastor Donald King 219 Robinson Rd. • Phone 866-5215 Sunday: Sunday School 9:45 AM Morning Worship 11 AM Evening Worship 6 PM Wednesday Prayer 7 PM</p>	<p><b>UNITED METHODIST</b> Pastor Robbin Harris • Ph 845-8730 Morning Service 11:15 AM</p>	<p><b>RICHFIELD SPRINGS BIBLE CHURCH</b> 19 Church St., Richfield Springs, NY 13439 Rev. David Tosi • 315-858-0564 Sunday School (all ages) 10 AM Worship Service 11 AM &amp; 7 PM Wednesday - Prayer &amp; Praise Call for info on various Youth Ministries www.richfieldspringsbiblechurch.org</p>	<p><b>RIVER OF JUBILEE CHURCH</b> 5057 St. Hwy. 5 S, Sprakers, NY 12166 Pastor: Gail Adamoschek Pastor: Steve Adamoschek 518-322-1427 / 518-224-4455 Sunday Service 10 AM Children's Church Available Other Learning Opportunities Avail- able Visit us on Facebook</p>	<p><b>ST. JOHN'S REFORMED CHURCH</b> 68 W. Main St., St. Johnsville 518-568-7396 Faithfully Following Jesus Christ Sunday Worship 10:30 AM</p>
<p><b>HOLY TRINITY LUTHERAN CHURCH</b> 512 E. Gansevoort St. Sunday School 9:15 AM Sunday Worship 9:30 AM Wednesday Worship 11 AM &amp; 6 PM</p>	<p><b>MOHAWK REFORMED CHURCH</b> Rev. Brian Engel, Pastor 20 S. Otsego St. Phone 866-4292 Email mohawkpastor@verizon.net Follow us on Facebook Morning Worship: 10:30 AM Sept. - June 9:30 AM July-Aug. Youth Sunday School (Pre-K - Sr. High) 9 AM Adult Sunday School (Men, Women &amp; Couples) 9:30 AM September - June</p>	<p><b>KUYAHOORA COMMUNITY CHURCH</b> Pastor Dwayne Durand West Canada Valley High School Auditorium 5447 St. Rt. 28 Mailing Address PO Box 50 Middleville, NY 13406 Phone 315-292-1303 www.kuyahorracc.org Weekly Service Sunday 10:08 AM</p>	<p><b>SALISBURY CENTER</b> <b>FULL GOSPEL ASSEMBLY OF GOD</b> Pastor Robert Brent 106 Plant Road Sunday Worship 11 AM with Children's Church offered during the service</p>	<p><b>SPRINGFIELD CENTER</b> <b>ST. MARY'S EPISCOPAL CHURCH</b> 7690 Rt. 80, Springfield Center 315-858-4016 Fr. Kyle Grennen, Priest-in-Charge Sunday Eucharist, 9:30 AM Coffee - Fellowship follows service Holy Days - as announced</p>	<p><b>GRACE CHRISTIAN CHURCH</b> Pastor Michael Torres 20 Center St., St. Johnsville, NY 13452 518-775-0366 Email gccpastor2021@gmail.com</p>
<p><b>EMMANUEL EPISCOPAL CHURCH</b> 588-594 Albany St. Sunday Schedule: High Mass, Rite II 10 AM Nursery &amp; Sunday School 9:45 AM (Sept.-May) Fellowship Coffee Hour 11:15 AM Choir Rehearsal 11:30 AM Holy Day Masses as announced Confessions by appointment</p>	<p><b>EMMANUEL BIBLE CHURCH</b> 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 &amp; Prayer: Wed. 6 PM</p>	<p><b>ST. JOHN THE BAPTIST</b> <b>CATHOLIC CHURCH</b> St. John the Baptist Parish 7516 N. Main St. • Phone 845-8017 Saturday Vigil 4 PM Sunday Mass 8:30 AM</p>	<p><b>SALISBURY CENTER</b> <b>UNITED METHODIST CHURCH</b> 2545 State Route 29 Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 10 AM Thursday Bible Study 6 PM</p>	<p><b>FIRST BAPTIST CHURCH</b> Springfield Center, NY Rev. Terence Brant 607-264-3035 Sunday School 10 AM Morning Worship 11 AM Wed. night Bible Study 7 PM</p>	<p><b>LIGHTHOUSE BAPTIST CHURCH</b> 1524 St. Rt. 29A, PO Box 114 Stratford, NY 13470-0114 315-429-8854 • Pastor Martin Smith Sunday Morning Worship 10:30 AM; Wed. Eve. Prayer Meeting 6 PM; 2nd &amp; 4th Sunday Dinner following Morning Service with Afternoon Service following dinner "Old-Fashioned Bible Preaching"</p>
<p><b>FIRST PRESBYTERIAN CHURCH</b> Pastor Tamara Razzano 16 Jackson St. Phone: 315-823-3004 Email lffirstpres@gmail.com www.presbylff.org Sunday Worship 10 AM Sunday School 10 AM</p>	<p><b>CHURCH OF THE BLESSED</b> <b>SACRAMENT</b> Sr. Mary Jo Tallman, CSJ, Parish Life Director Rev. Leo Potvin, Sacramental Minister 71 E. Main St. Phone 866-1752 Sunday Mass 9:30 AM</p>	<p><b>OPPENHEIM</b> <b>OPPENHEIM</b> <b>UNITED METHODIST CHURCH</b> Route 29 Pastor Matt Worley 315-429-7381 Worship 10 AM Sundays, Totally Awesome God-TAG time 6:30 PM Wednesdays beginning in Oct., Sunday School 9 AM beginning September 18th</p>	<p><b>SLOANSVILLE</b> <b>SCHOHARIE VALLEY</b> <b>GOSPEL CHURCH</b> Pastor Pat Andreoli 133 Sprakers Rd., Sloansville, NY 518-864-5397 svgchurch@gmail.com Wednesday Prayer 6 PM; Sunday Morning Bible Study 9:45 AM; Worship Service Sunday Morning 10:30 AM</p>	<p><b>ST. JOHN'SVILLE</b> <b>BETHESDA FELLOWSHIP</b> 34 S. Division St., St. Johnsville, NY 13452 518-568-2678 Summer Schedule Sunday Worship 10 AM Wed. Worship and Prayer 6 PM</p>	<p><b>TRIBES HILL</b> <b>SACRED HEART CATHOLIC CHURCH</b> 111 3rd Ave., Tribes Hill 518-829-7301 Mass Saturday 4 PM</p>



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## Don't let delivery and takeout foods fumble your Super Bowl

February 12 marks Super Bowl LVII and Americans from coast to coast will gather with friends and family to cheer on their team, enjoy the halftime show and partake in traditional football foods. While foods prepared at home remain a popular option, delivery and takeout options are convenient alternatives. Since this event can last up to four hours, harmful bacteria have ample time to develop in your favorite dishes, which increases the possibility of foodborne illness.

The USDA's Food Safety and Inspection Service (FSIS) wants to keep you in the game with some tips on how not to get benched by foodborne illness.

"Many Americans enjoy delivery and takeout foods during the Super Bowl for convenience, but food safety precautions are the same as food prepared at home," said USDA Under Secretary for Food Safety Dr. Emilio Esteban. "To prevent foodborne illness, food should not be left out for over two hours without proper heating or cooling and should be placed out in small amounts and replenished as needed to keep your family and friends safe."

Follow some tips from the food safety playbook to tackle foodborne illness head on throughout the game:

### Play 1: Boost Food Safety Defense Strategy with Four Simple Steps for Preparing Foods

You can't see, smell or taste harmful bacteria that may cause illness. When preparing food, follow the four guidelines below to keep food safe:

**Clean:** When handling raw meat and poultry, wash your hands for at least 20 seconds and clean and sanitize surfaces often with soap, water and a sanitizer.

**Separate:** Don't cross-contaminate. Use separate cutting boards, plates and utensils to avoid cross-contamination between raw meat or poultry and foods that are ready-to-eat.

**Cook:** Cook to proper internal temperatures, checking with a food thermometer.

**Chill:** Refrigerate promptly and do not leave food out at room temperature for over two hours.

### Play 2: Block Foodborne Illness and Bacteria by Staying out of the Danger Zone

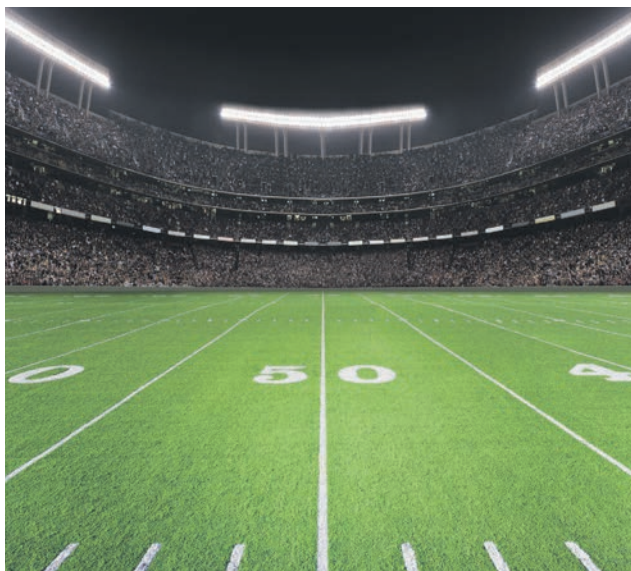
Leaving takeout and delivered foods out too long at room

temperature is not safe. Dangerous bacteria can grow most rapidly in the range of temperatures between 40° and 140° F (the Danger Zone), doubling in number in as little as 20 minutes.

• If you order food and it's delivered or picked up in advance of the big game, divide the food into smaller portions or pieces, place in shallow containers and refrigerate until ready to reheat and serve. You can also keep the food warm (above 140°) in a preheated oven, warming tray, chafing dish or slow cooker.

• Perishable foods, such as chicken wings, deli wraps and meatball appetizers, should be discarded if left out for longer than two hours without something keeping them hot or cold. To prevent food waste, refrigerate or freeze perishable items within two hours.

• Leftovers should be reheated to an internal temperature of 165° as measured with a food thermometer. If using a microwave to reheat, cover and rotate the food for even heating.



Food should be placed evenly in a covered microwave safe glass or ceramic dish with the lid or wrap vented to let the steam escape.

### Play 3: Get in the End Zone – Store Your Leftovers Safely

• To prevent bacterial growth, it's important to cool food rapidly so it reaches a safe temperature of 40° or below as fast as possible. Divide large amounts of food into shallow containers and cut large items of food into smaller portions to cool.

• Place leftovers into airtight containers to help keep bacteria out and retain moisture.

• Leftovers can be kept in the refrigerator for three to four days or frozen for three to four months. Although safe indefinitely, frozen leftovers can lose moisture and flavor when stored for longer times in the freezer.

Stay food safe year-round with our free magnet with safe internal temperatures, available in English and Spanish. Contact the FSIS Outreach team at [FSIS.Outreach@usda.gov](mailto:FSIS.Outreach@usda.gov) to order yours today.

If you have food safety questions, call the USDA Meat and Poultry Hotline at 1.888.MPHotline (1.888.674.6854), email [MPHotline@usda.gov](mailto:MPHotline@usda.gov) or chat live at [ask.usda.gov](https://ask.usda.gov) from 10 a.m. - 6 p.m. Monday - Friday.



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# TAX TIME

## Don't miss valuable tax credits, highlighted on National Earned Income Tax Credit Day

On National Earned Income Tax Credit Awareness Day (Jan. 27), the New York State Department of Taxation and Finance urged taxpayers to review their eligibility for this valuable benefit.

When the federal, New York State and New York City earned income tax credits are combined, they can be worth nearly \$11,100 for a family with three or more children.

"The earned income tax credit, which puts money directly into the pockets of working taxpayers, can be a financial lifeline for those

struggling to make ends meet," Acting Commissioner Amanda Hiller said. "I encourage all those eligible to take advantage of this valuable benefit."

The earned income tax credit (EITC) is a refundable credit for working taxpayers who earn less than \$59,187. This means you get a refund if the credit amount is more than what you owe in taxes.

Every year, thousands of New Yorkers qualify for the EITC for the first time as their filing

status or personal financial situation changes. For eligibility requirements, see the state's Tax Department's Earned income credit at [tinyurl.com/2p8esmsz](http://tinyurl.com/2p8esmsz). For federal qualifications, see the IRS EITC webpage at [tinyurl.com/2p89s2yr](http://tinyurl.com/2p89s2yr).

### How to Apply

You must file a personal income tax return to receive the credit, even if you don't owe any taxes. E-filing is the easiest and safest way to file your return, as well as the fastest way to receive your refund.

If you're eligible for the earned income tax credit, you're most likely also eligible to take advantage of the Free File program at [tax.ny.gov/pit/efile](http://tax.ny.gov/pit/efile). This program allows you to electronically prepare and file both your federal and NYS returns at no cost through the Tax Department website.

Hundreds of thousands of NYS taxpayers take advantage of this truly free service each year, saving them hundreds if not thousands of dollars in tax-preparation costs.

Free File is available in multiple languages.

## Preparing for tax season: Three tips to keep your documents organized



(BPT) - Taxes can be a daunting task. Some people are so anxious that they put it off until just before the April 15 deadline. According to a survey by IPX1031, 32% of Americans waited until the last minute to file taxes in 2022. Of those who procrastinated on filing, 25% said that they waited because filing taxes is too stressful and complicated.

While you can wait until the deadline to file, you'll only increase your tax anxiety. If you find tax season intimidating, check out these three tips that can help ease tax time stress.

### 1. Take a deep breath

It may seem trite, but the first thing you need to do to tackle your taxes is to take a deep breath. You likely already have everything you need to start your tax forms. It's just a matter of finding all your documents and organizing them so you can easily fill out your information and submit your forms.

Start early to help ease your tax season stress, so you have plenty of time to input and review your information. If you wait until the deadline, you'll only get more anxious about the prospect of being late or making mistakes on your tax forms.

Another way to manage tax time stress is to tackle your tax forms one section at a time. You can do this over the course of a few days or a couple of weeks. You can enlist the help of a partner or friend to keep you accountable and sit with you while you do your taxes.

### 2. Get organized

Whether you're doing personal or business taxes, creating a system with specific categories will help you stay organized throughout the year. That way, when it's time to tackle taxes, you'll have everything you need right in front of you.

First, create a deductions and expenses folder. In this folder, you'll keep cellphone and internet bills, receipts for supplies (like pencils, pens and papers), client dinner receipts and documents of charitable donations.

Next, you'll set up an income folder where you'll store your paystubs, bank statements and other records that prove any income you have produced during the year. If needed, you can create another folder for business tax documents like W-2s, property taxes and self-employment forms.

Lastly, make an investments folder. Here, you can save retirement contributions to IRAs or other accounts, tax-deferred investments, nondeductible investments and any other taxable investments.

By setting up and using this organizational system throughout the year, you'll be able to breeze through your tax forms with minimal stress.

### 3. Go digital

Now that you've got the system in place, it's time to simplify taxes by going digital. Recreate the organizational system above on your computer. You can also store or sync the folders on the cloud or mobile device so you can access documents on the go. You can also upload invoices, receipts and other documents into digital files as soon as you receive them.

The easiest way to convert physical documents into digital ones is to scan them. Simplify the process by using an application like Mopria Scan. This app allows you to scan directly from any Mopria certified device to your Android device without installing multiple apps, software or drivers for every scanner or printer you use at home or the office.

You'll also have easy access to scanned pages on your Android device's cloud storage or other applications. You can even scan your stuff and email it to your professional accountant so they can deal with it! Download the Mopria Print Service or Mopria Scan apps and relieve tax time stress.

Don't let tax season anxiety get you down. Using these three tips, you'll be able to complete your tax forms quickly and set yourself up for success for the next tax season.

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MAGIC MAZE

LONGFELLOW'S  
"THE VILLAGE  
BLACKSMITH"

QYVSPMJHFEBYVTQ  
OLIGDBYWTORPMKI  
FDBYSYWUSKRAPSS  
QOMKHDIIFDBGWWZ  
XCHESTNUTTREEOB  
WUADGEIASUAQOLR  
NLNJWALMBTOHFLA  
DAVYCALCSNIKEEW  
HYIEGDELSWOVEBN  
TSLQPNLKIUIRHEY  
FECBZYWVUVMSIRW

These pages sponsored by

COUNTRY CULTURE

visit the [countryculture.co](http://countryculture.co)

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
Unlisted clue hint: **Device to Blow Air Into a Fire**

Anvil	Hands	Sledge	Village
Brawny	Iron bands	Smithy	Week in
Chestnut-tree	Muscles	Sparks	Week out
Forge	Sinewy	Sweat	

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Super Crossword

UNBRIDLED  
ENERGY

ACROSS

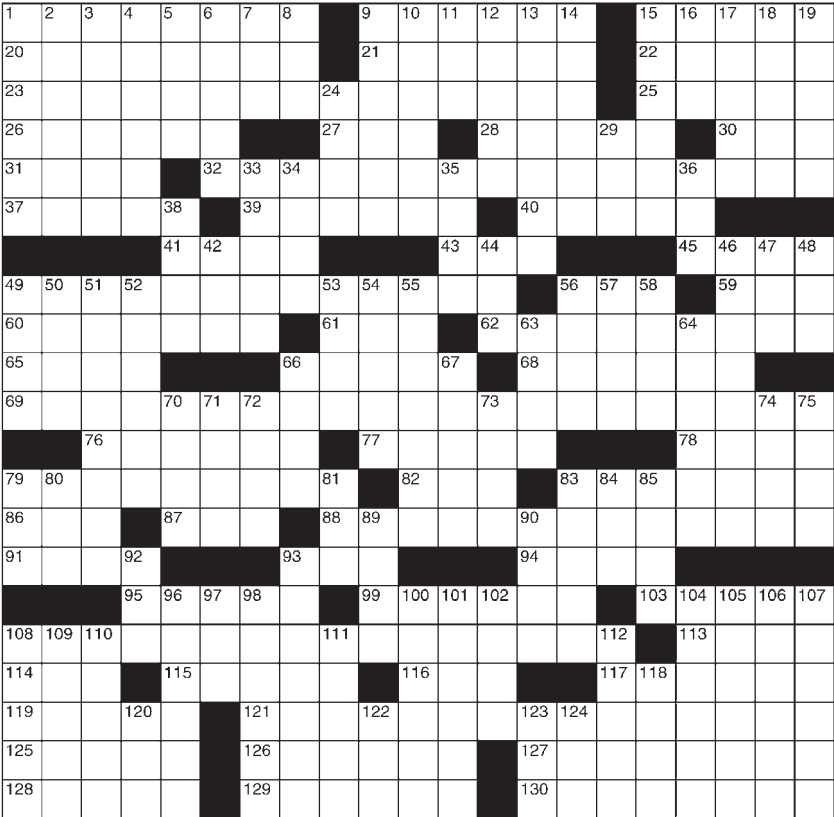
1 Elevates  
9 Faithful attendant in "Othello"  
15 Maritime  
20 Intensity  
21 Quark model particles  
22 Kagan of justice  
23 Start of a riddle  
25 Deserves  
26 Violinists' rub-ons  
27 Radio's Glass or Flatow  
28 Fished for morays  
30 Jostle (for)  
31 In — (mired)  
32 Riddle, part 2  
37 English diarist Samuel  
39 Confuses  
40 Avian homes  
41 Apple, e.g.  
43 Next yr.'s alums  
45 Look after  
49 Riddle, part 3  
56 With  
59 Across, DVD format  
59 See  
56-Across  
60 Supervises  
61 — Speedwagon

62 Liquid-emptying conduit  
65 Bits of land in la mer  
66 Pollute  
68 Target of  
69 Riddle, part 4  
76 Some purple flowers  
77 Drifting types  
78 Home of Club Cal Neva casino  
79 Place side by side for contrast  
82 Ayres of "State Fair"  
83 Scold  
86 — out a living  
87 ID for the IRS  
88 Riddle, part 5  
91 Part of MCAT  
93 Fair-hiring abbr.  
94 Irate, with "off"  
95 "The Office" actor Wilson  
99 Cure provider  
103 "Cómo —?" (Spanish greeting)  
108 End of the riddle  
113 E. — (bacterium)

114 Bagel salmon  
115 1980s  
Pontiac  
116 JVC rival  
117 Bacterium that requires oxygen  
119 Shady recess  
121 Riddle's answer  
125 Sleep loudly  
126 Turns out  
127 Bring back in from another country  
128 Axed down  
129 Not wobbling  
130 Florida city south of Tampa Bay

DOWN

1 Put a fresh bandage on  
2 Onto dry land  
3 Frosts over  
4 Soundness of mind  
5 Enthusiasm  
6 Taco sauce  
7 Hagen of Broadway  
8 According to  
9 Chef  
Lagasse  
10 Threaten  
11 Lead-in to thermal  
12 Sophia of "Firepower"  
13 Doctors in training  
14 "Boyfriend" singer  
Simpson  
15 "You — have worried"  
16 According to  
17 Enthusiasm  
18 Marksman Oakley  
19 Surgical beam source  
24 Encircle with a belt  
29 Sue Grafton's "— for Evidence"  
33 Papas' other halves  
34 Central German river  
35 Deputy: Abbr.  
36 Oct. clock setting  
38 Plan detail  
42 Choose (to)  
44 Fishing pole  
46 Asmara native  
47 Middy snooze  
48 Salon supply  
49 "Understood, dude"  
50 Farm tower  
51 Un-, non-, pro- and con-  
52 Vacation getaway  
53 Shah's land  
54 Horse noise  
55 Boat in Venice  
56 Theda of silent films  
57 Describe by drawing  
58 Potentially offensive, for short  
63 Disloyal sorts  
64 Capital of South Dakota  
66 Throw easily  
67 Lhasa's land  
70 Narrow inlets  
71 African vipers  
72 Singer Redbone  
73 Strewn, as seeds  
74 Military group  
75 "Yes" signals  
79 Boeing plane  
80 Hawaiian guitar, for short  
81 Lamb nurse  
83 In — (prior to birth)  
84 Start for eminent  
85 — one's time  
89 Chocolate snack cake  
90 Lone Star State coll.  
92 Mr. Capote, informally  
93 Contest competitor  
96 Film's Hitchcock  
97 Ugandan despot Amin  
98 Girls in family trees  
100 Listening accessory for an iPod  
101 Text written for commercials  
102 Oahu shindig  
104 Tiny pieces  
105 Overly, emphatically  
106 Writer Camus  
107 Middy snooze  
108 Really mark down  
109 Singer Lena  
110 "The — Incident" (Henry Fonda film)  
111 Singer with the #1 hit "Royals"  
112 Bottom point  
118 Humorist Bombeck  
120 Metal source  
122 "That — lie!"  
123 Divs. of days  
124 "For" vote



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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.

DIFFICULTY THIS WEEK: ◆◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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Weekly SUDOKU

by Linda Thistle

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

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!



# Home Country

by Slim Randles

It's coming up on St. Valentine's Day, so I thought I should share the love story of Coalie and Wilma, and every word is true.

Coalie was one of Sequoia-Kings Pack Trains' mules. Coal black, of course, and if he should get a good shot, you could be kicked. Pack mule, not riding mule. Wilma was a little brown mule belonging to

Rock Creek Pack Station out of Bishop, some 40 miles north of us.

Well, my boss, Gene Burkhart, and Rock Creek's boss, Herb London, pastured their pack stock together each winter just outside Independence. Come June, we'd go catch our stock out of this 110,000-acre mostly desert ranch, and string them together and lead them straight up

about 10 miles to a little meadow called Onion Valley, where our headquarters were. It took days to get them all up there.

Herb's packers would truck his stock more than 40 miles north, through three towns and lots of rough country, to their pack station.

It was about three days after I'd led a string of mules overnight to the pack station, including Coalie, and got ready for our season. I went out in the morning and found a little brown

mare mule giving muzzle snuggles to Coalie. From the brand on her, we knew she was one of Herb's, so Gene called him and Herb drove all the way to get her.

Four days later, she was back in the mule corral making mulie smooches with her boyfriend. She had tracked Coalie from the winter pasture down 40 miles of highway 395, across five miles of desert and up nine miles of mountains. Twice.

Mules have gender but are sterile hybrids and don't

"mate" physically. They are a combination of a horse mother and a donkey dad.

Gene and Herb decided love was stronger than anything else we had around there, so Gene gave Herb a mule, and Wilma became ours. Well, Coalie's.

After that, for as long as they lived, if you took one, you had to take the other.

A few of the old packers said they'd heard about mules occasionally getting "married" but this was the first time seeing it, and it was the first for me, too.



So Happy Valentine's Day, Coalie and Wilma, wherever you roam these days. Thanks for setting a good example for the rest of us. The world loves lovers.

Brought to you by Hug-a-Horse Thrift Store in Edgewood, NM. Good folks work there. Check them out at [thriftstores.net/store/7383/hug-a-horse-thrift-store](http://thriftstores.net/store/7383/hug-a-horse-thrift-store).

# Kovels Antiques and Collecting: Motion clocks

by Terry and Kim Kovel

Most clocks have hands that move to tell the time, but a group of clocks that also had moving eyes were popular about 1850. Most of these figural iron clocks were made by Bradley and Hubbard of Meriden, CT. A few others were made by Chauncey Jerome. The clocks are popular with collectors because they are so entertaining yet, because they are iron, hard to damage.

This owl motion clock with green glass eyes that move back and forth in a silver-plated case sold in 2021 for \$1,900 in a Morford's auction. Twentieth-century clocks with moving eyes have been made of wood or plastic and some modern versions

feature cats, dogs or cartoon characters. But the clock with moving eyes that is most remembered because it was used in many nurseries for the past 79 years is the black plastic cat called the Kit-Cat Klock. It was first made in 1932, and new versions are still made.

Q: My son got Capcom's "Resident Evil" PlayStation game for Christmas in 1996. It fell behind an entertainment system and was found about four years ago. We've taken it to many places to find out the value, but have been told no one has ever seen a sealed copy of this game, and they couldn't even begin to give us a price. Do you know anything about the value of this game or

whom to take it to?

A: The survivor horror game "Resident Evil" was introduced by Capcom in March 1996. Old video games sell in video game stores, online and at auctions. Rarity, desirability and condition determine the price. They sell better if they have been graded by an authorized company. Games that are the first in a series or are sealed in the original package usually sell for more than a used copy of the same game. Contact an auction house that sells video games to see if they can give you an idea of the value. An unopened copy of Nintendo's 1985 "Super Mario Bros." game, graded 9.4 -- the first in the series and part of a short early production

run -- sold for \$114,000 at Heritage Auctions.

Tip: Put your antique clock on the wall, a wall shelf or on a level floor and move it as little as possible.

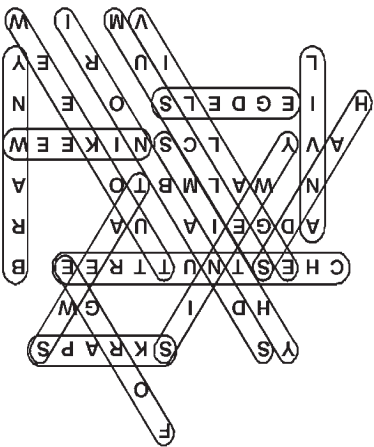
## Current Prices

- Staffordshire plate, historical flow blue, Robert Burns, portrait center, six scenes from his life and writing around border, 10 inches, \$30.
  - Toy, waltzing couple, Les Valseurs, man and woman dance a waltz, metal, cloth, wind-up mechanism under woman's skirt, wheeled base, Fernand Martin, c. 1910, 7 1/2 inches, \$800.
  - Advertising tin, biscuits, Normandie, luxury ocean liner shape, detailed graphics, flag, red, white and blue, removable lid with three smokestacks on top, 22 inches, \$1,475.
- For more collecting news, tips and resources, visit [www.Kovels.com](http://www.Kovels.com)  
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8	3	4	1	2	7	6	5	9	8
3	7	8	1	4	5	6	9	2	7
1	9	6	2	8	7	3	5	4	6
5	2	4	6	3	9	8	1	7	3

Answer

Weekly SUDOKU

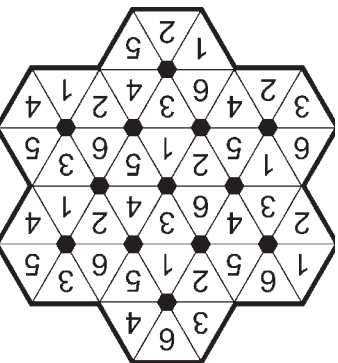


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R	A	I	S	E	S	U	P	E	M	I	L	A	N					

Answers

Super Crossword



solution

SNOWFLAKES



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# Anabaptist Medical Center

## BENEFIT CHICKEN BBQ DINNER TAKEOUTS

Take a break from cooking and let us do it for you!  
Come pick up some delicious chicken for your evening meal!



### WHEN

Friday, February 24th  
4:00 - 7:00 PM

### WHERE

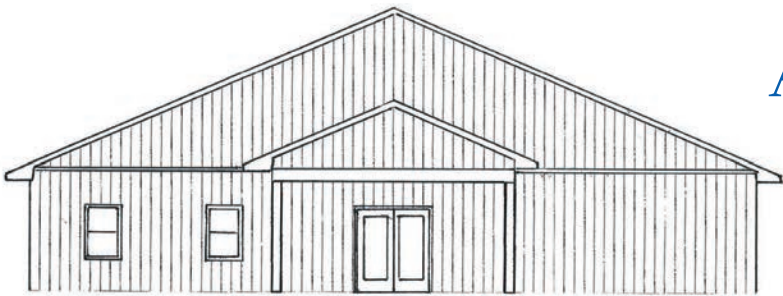
E&A Fence  
771 State Highway 163  
Fort Plain, NY 13339

### WHY

To help raise the needed funds for building and operating the upcoming Anabaptist Medical Center.

### Menu

- **Chicken Dinner** (*includes chicken quarter, baked beans, potato salad, dinner rolls, slice of apple pie, and bottled water*)  
**\$13.00**
- **Chicken Quarter only**  
**\$7.00**
- Drive thru and takeouts only - no eating on site
- Ordering in advance optional - to order in advance call one of the following:
  - Willie Swarey: 518-344-8076
  - Jr Glick: 518-339-4723
  - Reuben Peachey: 518-603-6833



### ABOUT THE MEDICAL CENTER:

Anabaptist Medical Center is a non-profit organization being built to serve the surrounding communities. They will be offering medical service to self-paying patients only. (No insurance will be accepted.) Services include minor surgeries, medical counseling, prescription medication, blood tests, ultrasounds, x-rays, castings, etc.

#### FOR ANONYMOUS DONATIONS SEND TO:

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#### Mission Statement:

To provide compassionate medical care to our communities in the name of Christ.

#### FUNDRAISING COMMITTEE:

Willie Byler: 607-264-8158  
Jr Glick: 518-339-4723  
Henry Zook: 518-225-9367



# HOME IMPROVEMENT

## The average timelines for popular renovation projects

Home renovation projects are significant undertakings. Working with skilled and experienced contractors can ensure projects go smoothly and are completed promptly. Timing is a big consideration for homeowners as they begin renovating their homes, and the home improvement experts at HomeAdvisor note that the following are some general timelines for popular renovation projects.

- **Home addition:** Short of a full-scale demolition and rebuild, home additions are the most time-consuming projects homeowners can undertake. HomeAdvisor notes that its survey of customers who recently completed home addition projects reported that the average time from start to finish was between three and four months. Certain variables, including the scale of the project and the local permits process, can extend the time it takes to complete a home addition.
- **Kitchen remodel:** Scale is a big factor to consider when estimating the time it takes to complete various home improvement projects, and kitchen remodels are no exception. Some HomeAdvisor users reported projects taking as long as four months, though the average time reported was roughly six weeks. Projects that require major overhauls like rearranging the plumbing and moving walls will likely take longer than more cosmetic projects that are limited to replacing cabinets and countertops.
- **Bathroom remodel:** More than 1,000 homeowners surveyed by HomeAdvisor reported that bathroom remodels took about 4.5 weeks from start to finish. Small-scale remodels that focus on painting the walls a fresh color and replacing existing tiles can be completed in less than two weeks. But like with kitchen remodels, bathroom remodels that involve replacing plumbing fixtures and removing walls figure to take much longer than that.
- **Siding installation:** HomeAdvisor users report that new siding projects take roughly two weeks from start to finish. That estimate is the same regardless of which materials homeowners are replacing and installing.
- **Replacement windows:** Homeowners who want to replace all the windows in their home can expect such a project to take roughly three weeks. HomeAdvisor notes that such a timeline need not concern homeowners worried that they will be forced to brave the elements during the length of the project. Much of a contractors' time during a window replacement project will be spent on upfront measuring and then ensuring a tight fit once the windows have been installed.



Scale is a big factor to consider when estimating the time it takes to complete a home improvement project such as a kitchen remodel.

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# HOME IMPROVEMENT

## How to protect your home when you're away

Vacation often serves as a well-deserved break from the hustle and bustle of daily life. When relaxing and recharging away from home, the last thing vacationers want to think about is the safety of their homes and everything inside them. However, the National Council for Home Safety and Security and Statistics Canada estimate that more than two million burglaries occur in the United States and Canada every year. That underscores the importance of protecting your home at all times, including when you're not there.

- Create the impression that someone is home. Just because you're heading off for parts unknown doesn't mean you can't create the impression that life is carrying on as usual within the walls of your home. Smart home technology now enables homeowners to set timers on lights and even home electronics like televisions and radios. Homeowners also can ask neighbors to pick up their mail or halt delivery until they return from their trips. Nothing says "no one's home" as definitively as an overflowing mailbox.

- Keep quiet on social media. A Credit Sesame survey of former burglars in the United Kingdom found that 78 percent acknowledged monitoring social media platforms such as Facebook and Twitter as they try to find homes to burglarize. Individuals about to go on vacation should avoid sharing that on social media.

- Stay silent while you're away as well. Social media silence should be continued while you're on vacation as well. No matter how tempting it may be to share photos from an exotic location, such posts could catch the attention of all the wrong people. A recent report from MetLife indicated that 35 percent of Americans between the ages of 18 and

34 check in from their locations via social media. That can alert criminals that no one is manning the fort back home.

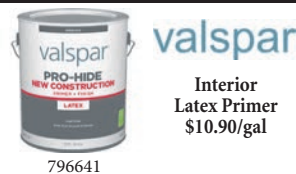
- Switch from a traditional lock and key to a lockbox. Individuals who travel frequently can take a page from the realtor notebook and switch from a traditional lock and key lock system to a lockbox. Lockboxes require that a code is entered before a box containing a key can be unlocked. Homeowners who want this added measure of protection don't even need to put a key inside the lockbox, which typically covers a lock, making it extremely difficult for potential thieves to pick the lock.

Before leaving for vacation, individuals can implement various strategies and safety measures to protect their homes and their belongings while they're away.

*Smart home technology now enables homeowners to set timers on lights and even home electronics like televisions and radios.*



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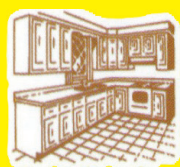


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# HOME IMPROVEMENT

## Ways to maximize vertical space

Who hasn't, at one point in their lives, lamented a lack of space and organization at home? A lifetime's worth of items have to be kept somewhere, and without the right organizational strategy, clutter can quickly take over.

The home improvement site Home Therapy says that, when square footage is limited, tapping vertical walls is the fastest way to maximize and multiply the space available. Hooks, rods, shelving, built-ins ... the sky is the limit when it comes to finding additional storage and adding a bit of personality to tight quarters. Even homes that may have adequate space can benefit from vertical solutions.

Here are some ideas to put vertical and other less-utilized areas to work for you.

1. Hang wire or plastic file organizers on the inside of kitchen cabinets to easily store cookie sheets, trays and cutting boards.

2. Save on counter or cabinet space with hanging spice racks. These can be hung directly on walls or on the inside of cabinet doors.

3. Stack all the stuff you can, including washers and dryers, beds (with storage drawers underneath) and even stacking nesting tables.

4. Choose furniture that is tall rather than wide. This can mean swapping out a dresser in a bedroom for an armoire or vertical chest of drawers.

5. Canvas bags hung on a towel bar on a wall can keep dirty clothes wrangled until it's time to wash them. This also eliminates clothes hampers on the floor.

6. Add a second rod or shelving to the inside of closets to create more space for clothing and other items.

7. Take kitchen cabinets all the way to the ceiling. Store lesser used items on the uppermost shelves and the items you use each on the most accessible shelves.

8. Install a shelf over the entryway to a room to utilize this seldom-used space. Shelves also can be custom cut and placed in oddly shaped areas, such as in attic rooms under the eaves or on slanted walls.

9. Dowels or curtain rods and some fabric can be used to fabricate slings to hold books or magazines.

10. Invest in some magnetic boards that can hold keys or notes by the front door or store knives on a kitchen wall.

11. Install two towel bars parallel to one another on the wall of a bathroom. These can hold extra toilet tissue or rolled hand towels.

12. Use rope plant hangers to store potatoes or onions near prep areas. The same plant hangers can wrangle stuffed animals and small toys in kids' rooms.

## Did you know?

Outdoor living is wildly popular, as more and more homeowners are bringing elements once reserved for home interiors into their backyards. When designing outdoor living spaces, homeowners may learn about biophilic design, an architectural concept that aims to incorporate natural elements into outdoor living spaces. Proponents of biophilic design say it satisfies an innate human need to affiliate with nature, thereby helping to reduce stress that people may experience after being stuck indoors for much of their days. Biophilic design is often part of a home interior design, but many homeowners also embrace it when designing their outdoor living spaces. For example, surrounding outdoor living areas with noninvasive plants, flowers and trees and using natural materials like wood and stone when building such spaces are great ways to embrace biophilic design and create a tension-free ambiance in outdoor living spaces.



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# HOME IMPROVEMENT

## Low-cost ways to revamp living areas



A can or two of paint can do wonders for updating a space without a large financial commitment

Home improvement projects require substantial financial investment. But just because a homeowner wants to bring a fresh look indoors doesn't mean he or she has to break the bank along the way.

Living rooms are some of the most frequently used spaces in a home, and they can use an update from time to time to stay on trend or to make the area more functional for a changing family dynamic. Here are some budget-friendly ideas for breathing new life into living room designs.

- Establish the budget. Homeowners should figure out how many dollars they can designate to a living room makeover before purchasing supplies or hiring out the work. Figure out the scope of the remodel, visit stores or suppliers to price out materials, get estimates from contractors, and then plan for some unforeseen circumstances along the way to determine if this type of renovation is affordable. If not, scale things back until the project more closely

aligns with your budget.

- Change the paint color. Lighter and brighter colors are on trend. A can or two of paint can do wonders for updating a space without a large financial commitment. Pair that new paint color with new window coverings and complementary throw pillows to pull the theme together with minimal expense.

- Update the flooring. Tired, outdated carpeting or other flooring can use an overhaul. While solid hardwood flooring may be preferable, there are many types of laminate flooring that mimic the looks of popular wood colors and styles for a fraction of the cost. Plus, many are sold at home improvement retailers and even at warehouse clubs or online for reasonable prices. Laminate flooring also may be a potential DIY job for a skilled homeowner, saving even more money.

- Introduce a fireplace. Fireplaces were once hot commodities, but that popularity waned in the 1970s and 1980s. Homeowners

with chimneys may discover a fireplace was boarded over and the bare bones still exist that can be renovated to bring back character. There also are ventless freestanding units that are quite affordable that can mimic the look of a built-in fireplace.

- Reupholster instead of replace furniture. There's no need to throw away quality furniture if the fabric is the only thing impeding design. New upholstery or even a slipcover can update designs.

- Conquer clutter. Rather than adding something to the living room, remove clutter

to give the room a more airy feel. This can instantly change the look of the room. Use cord covers to tame plugs for electronics and remove unnecessary furniture from the room.

- Improve lighting. Another easy and often inexpensive fix is to change lighting fixtures, including using brighter, more energy efficient LED bulbs, and to assess lighting needs to eliminate dark corners of rooms that can make the space seem drab.

Living room spaces in need of an update often can benefit from improvements that go easy on the wallet.

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# REAL ESTATE

## Simple tips to improve your status with mortgage lenders

Owning a home is a dream shared by millions of people. Investing in property that can be owned within 15 to 30 years of closing on the home makes more financial sense to many than continuing to rent and having little to show for it over time.

The first step to take when planning to enter the real estate market is to ensure that your finances are in order. Various factors will influence individuals' ability to secure a mortgage and these are some ways to make yourself more attractive to prospective lenders.

- **Check your credit report.** Lenders will check your credit report before deciding if you are a risk or a safe bet for a mortgage. So it makes sense to check your credit report prior to speaking with a lender. The Federal Trade Commission says everyone can get one free credit report a year from each of the three credit reporting bureaus. If you split it up, you can get a credit report every four months so you are aware of anything that may adversely affect your ability to get a mortgage loan. A credit (FICO) score that's too low may disqualify you from a mortgage. Each lender sets its own thresholds when they price and approve loans, but the higher your credit score, the better.

- **Improve credit standing.** One way to improve your status in the eyes

of lenders is to pay down credit card balances to reduce your credit utilization ratio. A high utilization occurs when there is a high balance in relation to the credit limit, says Business Insider. Also, it may be wise to avoid any credit inquiries through new credit card applications for several months before applying for a loan, as these inquiries can affect your score.

- **Be realistic about what you can afford.** Do your homework and determine your target interest rate and monthly payment as well as what down payment you can afford. It will help you research potential lenders and provide an idea of what may be offered to you.

- **Pay bills on time.** Paying bills promptly not only helps you avoid late fees, but also positively affects your credit. The financial resource the Mortgage Reports urges diligence when paying rent, as late rent payments can bar you from getting a mortgage. Lenders look at rent history as the biggest indicator of whether you'll make mortgage payments on time.

These are some of the ways to make a prospective home buyer look better in the eyes of mortgage lenders. Individuals can speak with financial professionals about what else they can do to improve the possibility of securing mortgages at the best rates possible.



*Investing in property that can be owned within 15 to 30 years of closing on the home may make more financial sense to many than continuing to rent.*

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## The dangers of added sugars

Sugar is often seen as a guilty pleasure that's only to be enjoyed on rare occasions. But that reputation is not entirely accurate, as sugar is naturally occurring in many healthy foods, including fruit.

Naturally occurring sugars do not pose a threat to overall health. However, added sugars, which the American Heart Association notes can be found in soft drinks, candy, pies, and fruit drinks, can contribute to weight gain. Obesity is a risk for cardio-

vascular disease, which means that added sugars can adversely affect heart health.

One of the difficulties with added sugars is that they are often present in foods and beverages generally considered healthy. Fruit juice, for example, seems like a healthy addition to any diet. However, the AHA notes that many juices contain added sugars from fruit juice concentrates. Such juices may not be seen as such, but they can be as compromising to one's overall health as soft drinks

or other beverages generally considered to be unhealthy.

The AHA acknowledges that part of the difficulty with navigating one's way through added sugars is that these unhealthy additives go by many names. The Harvard Medical School notes that added sugars are not currently listed on Nutrition Facts labels, though they are listed among the ingredients on food packaging. Both the AHA and the HMS recommend scanning ingredients lists for words that end in "ose," such as fructose, dextrose, glucose and maltose. Those are some examples of added sugars, as are high fructose corn syrup, molasses, corn sweetener, syrup and honey.

The AHA recommends limiting consumption of added sugars and offers guidelines for both men and women. Men should limit their added sugar consumption to a maximum of nine teaspoons per day, while women should not consume more than six teaspoons per day.

Understanding the dangers of added sugar can help men and women protect their overall health and lower their risk for cardiovascular disease. More information is available [www.heart.org](http://www.heart.org).

## Leatherstocking Council, BSA, celebrates the Eagle Scout Class of 2022

Forty-five Scouts achieved Boy Scouts of America's highest rank during calendar year 2022. On average, each donated or led a team of volunteers to donate over 190.5 community service hours to 45 nonprofit organizations across our council.

Because many live two hours away, approximately half attended the recent annual Eagle Scout recognition dinner at the Utica Maennerchor Hall in Marcy.



(Front row, L - R) Kolgan Deforest, Chittenango; Stephen Copperwheat, New Hartford; Dylan Powers, Ilion; Jacob Eschenbach, New Hartford; Grady Grimm, Clark Mills; Paul Caruso, Utica; Logan Hosler, Clark Mills; Will Shamblen, Cazenovia. (Second row) Christian Valentine, Laurens; Cole Narolis, Taberg; Matthew Bongiovanni, Chittenango; Sean Bednarczyk, Whitesboro; Robert Clemons, Trenton; Joshua Wentworth, Mohawk; Jenna Deep, Waterville. (Back row) Jonathyn Langone, Rome; Jesse Jandreau, Waterville; John Musante, Clark Mills; Sydney Labayewski, Clinton; Frank Richer, Chittenango; Anthony Tisi, Clark Mills; Ashlie Willson, Clark Mills.

Photo courtesy of Jim Gemza

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# Pre-K and varsity basketball, together

At Herkimer Elementary School, the pre-kindergarten classes loves looking for ways to connect with the community and build our social emotional skills. A great idea we had was connecting with the varsity boys' basketball team.

They came down from the high school to do stations in the gym for 30 minutes on Jan. 25. The varsity boys team taught our students how to shoot a basketball and do a defensive slide. There was a competition in a relay race and we learned how to hustle during freeze tag.

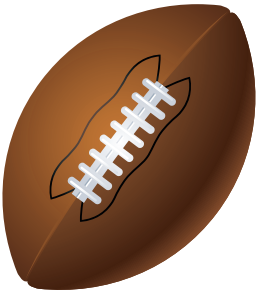
The Herkimer varsity basketball team dedicated their time to be role models and showcased the true meaning of student athletes. It was a great opportunity for our pre-K classes to see older student athletes and see what the Herkimer family experience truly is.



# Notable plays in recent Super Bowl history

As the annual championship game of the National Football League, the Super Bowl is one of the world's most watched events every year. And for good reason, as the game is never short on dramatic moments. The following are a handful of the many notable plays in the recent history of the Super Bowl.

- Malcolm Butler's interception, Super Bowl XLIX, Feb. 1, 2015: An epic battle between the reigning Super Bowl champion Seattle Seahawks and the New England Patriots effectively ended when one of the most questionable play calls in NFL history resulted in a goal-line interception by Patriots cornerback Malcolm Butler. With just 26 seconds to go and trailing 28-24, Seattle decided to pass the ball from New England's 1-yard line. The more conventional play call would have been to hand the ball off to running back Marshawn Lynch, who had already scored a touchdown and run for more than 100 yards in the game. But Seattle chose to pass, and Russell Wilson's throw was intercepted, resulting in the Patriots winning their first Super Bowl in a decade.
- David Tyree's catch, Super Bowl XLII, Feb. 3, 2008: It's fitting that this Super Bowl is widely regarded as one of the greatest upsets in Super Bowl history, as it also featured one of the most unlikely heroes in the sport's history. With his team trailing the New England Patriots 14-10 late in the fourth quarter, New York Giant David Tyree, a little-used wide receiver and special teams stalwart, made a miraculous catch on third down, leaping into the air and pinning the ball to his helmet. That 32-yard reception kept the eventual game-winning drive alive. The loss would mark the Patriots' only defeat of the season.
- Mike Jones' tackle, Super Bowl XXXIV, Jan. 30, 2000: A thrilling affair that featured a 16-point comeback from the Tennessee Titans, Super Bowl XXXIV came down to the final play of the game. With just six seconds remaining, the Titans trailed the St. Louis Rams 23-16 but had the ball at the Rams' 10-yard line. Titans quarterback Steve McNair completed a pass to wide receiver Kevin Dyson, only to see Rams linebacker Mike Jones tackle Dyson at the 1-yard line as time expired, stopping another Titans comeback and earning the Rams their first Super Bowl victory.
- James White's touchdown run, Super Bowl LI, Feb. 5, 2017: While the moment itself may not be as amazing as other Super Bowl plays, it remains among the most memorable for what it represented. Trailing the Atlanta Falcons 28-3 midway through the third quarter, the New England Patriots were written off by viewers across the globe. But those eulogies proved premature, as the Patriots orchestrated the largest comeback in Super Bowl history, culminating with White's 2-yard overtime scamper into the end zone to seal the victory for New England.



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## Sweet cookies for your sweetheart

Valentine's Day presents an opportunity to shower loved ones with special gifts, including treats. Dessert is a significant component of Valentine's Day, as chocolates and cakes are given and consumed in abundance.



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French macarons are a great sweet for amateur bakers to add to their Valentine's Day repertoire. Making macarons often is a labor of love, so offering a sweetheart a plate of these chewy, meringue-based cookies really shows you care. Vary the filling of choice depending on your beloved's favorite flavors.

Enjoy this recipe for "French Macarons," which utilizes the Swiss meringue method, courtesy of Karli Bitner and her "Cooking with Karli" blog. Weighing the ingredients produces more reliable results.

### French Macarons

Make 20 macarons

- 100 grams powdered sugar
- 100 grams superfine almond flour
- 100 grams egg whites
- 100 grams granulated sugar
- Food coloring, if desired
- Vanilla buttercream filling
- 4 tablespoons butter, at room temperature

- 1 1/2 cups powdered sugar
- 1 teaspoon vanilla extract
- Up to 2 tablespoons heavy cream
- Food coloring, if desired
1. Measure out all ingredients.
2. Sift together the powdered sugar and almond flour. Set aside.
3. Add 1 cup of water to your saucepan or to the liner of your Instant Pot.
4. Heat the water over medium heat until steaming.
5. While the water is heating, add the egg and 3 tablespoons of the measured-out sugar to the bowl you'll be using for the double boiler.
6. Once the water is steaming, place the bowl over the steaming water and whisk until the egg whites are foamy and white. When they are foamy and white, remove the bowl from the pan or Instant Pot and set on a hot pad on the counter. Turn off the burner or Instant Pot.
7. Add the remaining sugar to the egg whites and mix using

an electric hand mixture until the egg whites are white, glossy and can form stiff peaks.

8. Add the food coloring now if you'd like to color your macarons. Mix until combined.

9. Add the powdered sugar and almond flour to the bowl and mix with your mixer for 8 seconds. After the 8 seconds is up, use a silicone spatula to stir and smear the batter from the outside of the bowl towards the center. Turn the bowl as you do this to make sure all of the batter gets stirred equally.

10. Do this until your batter thins and is able to drizzle a ribbon of batter for a few seconds without it breaking.

11. Transfer the batter to a piping bag equipped with a round piping tip.

12. Pipe equal circles onto a silicone or parchment-lined cookie sheet. Make sure that your piping bag is straight up and down. Apply equal pressure and release pulling straight back up. Repeat with the remaining batter.

13. Bang the pan gently but firmly onto the counter a few times to remove any air bubbles.

14. Preheat oven to 300 F.

15. Allow the macarons to dry out as the oven preheats, for about 20 to 30 minutes. Your macarons should be dry to the touch before going into the oven.

16. Bake for 11 to 13 minutes at 300 F. The macarons should not turn brown.

17. Allow the macarons to cool completely on the pan.

18. When the macarons are completely cool, make your filling.

19. Make your filling by combining all ingredients using either a stand mixer or your electric hand mixer. Slowly add in the heavy cream (you can substitute milk if you'd like) because you want a thick buttercream so it doesn't squirt out while eating the macaron.

20. Once the buttercream is mixed together and your desired consistency, gently pipe some frosting onto the bottom side of one cookie and then sandwich the frosting with the bottom side of a second cookie to create your macaron.

21. Repeat with remaining cookies.

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# FARM, HOME & GARDEN

## A guide to buying and setting up a bird bath

Warm weather means more opportunities to spend time outdoors while at home. Whether your favorite form of outdoor recreation includes sitting on the patio reading or digging in the garden, there's a good chance that you will be sharing the space with local wildlife. Optimizing opportunities to view and interact with backyard wildlife can make the great outdoors even more enjoyable.

The Cornell Lab of Ornithology indicates that there are around 2,059 bird species on the continent of North America. Red-winged blackbirds, yellow-rumped warblers, American robins, and chipping sparrows are among the most commonly seen birds in North America.

Making a backyard hospitable to birds can increase the chances for sightings and hearing their sweet songs. Installing a bird bath can be a step in the right direction.

Bird baths can make yards more attractive to birds. Birds require a supply of fresh, clean water for drinking and bathing. By setting up a bath, homeowners can attract not only seed-loving birds, but those that don't eat seeds and wouldn't normally congregate around feeders, indicates All About Birds. Experts surmise that birds may bathe to maintain their feathers.

Not all bird baths are constructed the in the same fashion. Many bird baths sold in stores are better suited for decoration than for

serving as functional baths. There are four general types of bird bath: standing pedestal, hanging bath, deck-mounted, and ground-level. In general, the lower a bird bath is to the ground, the more likely birds are to use it. Most natural sources of water birds use are on or near the ground. Therefore, ground-level bird baths may be the best investments.

It is important to keep the water in a bird bath shallow (around two inches of water or less). This enables birds to splash around safely and wade in.

Birds do not want to slide around, so a material that is coated and slippery, like glazed ceramic or glass, may not be too popular. Rough stone or a bird bath modified with pea gravel or rocks can give birds steady footing.

Place the bird bath in the shade if possible to ensure the water is cool and fresh. Locate it by a tree so the birds can hop up to a branch and preen afterwards. All About Birds also says that a bird bath is more attractive if it has a dripping or moving water feature, as this is often irresistible to birds.

Another way to ensure the bath will be used is to keep it clean and maintained. Change the water every day or two. Rinse off the bath to remove droppings, bugs and other debris.

Once birds learn there is a comfortable bath nearby, they may be more apt to visit a yard and may even become frequent guests.



Although pedestal style bird baths are attractive, baths closer to the ground tend to attract more birds.

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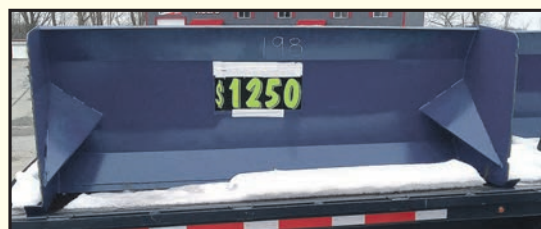
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## Try positive reinforcement when addressing pets' behavioral issues

What can pet owners do when their pets exhibit unwanted behaviors, such as damaging furniture or jumping up on people? The first instinct may be to yell or punish the pet by being cross with him or her. However, many animal behaviorists believe that positive reinforcement training is the most effective way to address pets' behavioral issues.

Positive reinforcement training, according to The Humane Society of the United States, utilizes rewards for desired behaviors. The reward, whether it is a treat, praise, toys, or anything the pet finds rewarding, will eventually get the pet to repeat the behavior that earned him or her that reward. Rather than punishing a bad behavior, pet owners who utilize positive reinforcement reward good behaviors.

Positive reinforcement also is known as operant conditioning. It is a similar concept studied by famed Russian physiologist Ivan Pavlov. When the dinner bell rang, Pavlov's dogs salivated. The American Kennel Club says that was classical conditioning because the dogs salivated involuntarily. However, operant training conditioning is when dogs learn to associate their behavior with certain results, all the while learning there are good and bad outcomes. The goal is to increase behaviors with pleasant consequences, such as receiving a reward. Experts say that by focusing on the positive, pet owners will see fewer side effects than negative punishment training, such as aggression, fear, anxiety, and avoidance.

Timing is the key to positive reinforcement training. The reward must occur immediately after the desired behavior or the pet may not associate it with the proper action. So if the dog sits,

then the reward has to come as soon as it gets on the floor. If the reward comes when he has stood back up, then the pooch may think the reward is for standing.

When practicing positive reinforcement, keep commands short and training sessions brief so that dogs can understand before they get restless. Dogs don't understand sentences, says HSUS, and they will lose interest if sessions are too long. Consistency also is essential. Each person interacting with the pet should use the same commands and cues to achieve the desired result, which is a well-behaved pet.

It may take time for a pet to acclimate to commands and training. But with patience, positive reinforcement can be effective.



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## No Super Bowl Sunday is complete without chicken wings

Few events generate as much enthusiasm among sports fans and non-sports fans as the Super Bowl. For sports fans who can't wait to see the National Football League crown a new champion, the game itself is a must-watch event. For those who aren't fans of the game, Super Bowl Sunday is still a chance to chow down and socialize with friends and family.

There's no right or wrong way to watch the Super Bowl, but some might consider a Super Bowl soiree without chicken wings a major faux pas. For those who want to avoid such a misstep, this recipe for "Virgil's Smoked Chicken Wings With Blue Cheese Dip" from Neal Corman's "Virgil's Barbecue Road Trip Cookbook" (St. Martin's Press) is sure to please.

### Virgil's Smoked Chicken Wings With Blue Cheese Dip

Serves 4

Blue Cheese Dip

2 cups blue cheese crumbles, divided

1 cup mayonnaise

1/2 cup buttermilk

2 teaspoons hot sauce

1 teaspoon Worcestershire sauce

1/2 teaspoon kosher salt

1/4 cup finely chopped scallions

1/4 cup finely chopped celery

Marinade

1/2 cup vegetable oil

1/2 cup hot sauce

4 tablespoons Virgil's Dry Rub (see below)

4 tablespoons granulated garlic

4 tablespoons granulated onion

Juice of 1/2 lemon

Wings

8 large chicken wings

1/2 cup Virgil's Dry Rub (see below)

Sauce

10 tablespoons unsalted butter

1 teaspoon cornstarch

4 tablespoons white vinegar

3/4 cup hot sauce

1/4 teaspoon cayenne pepper

1. To make the dip, combine 1 cup of the blue cheese, mayonnaise, buttermilk, hot sauce, Worcestershire sauce, and salt in the bowl of a food processor and blend on low until smooth.

2. Remove to a medium mixing bowl and fold in the rest of the blue cheese, scallions and celery, being sure to break up the larger blue cheese crumbles. Place in a covered container and refrigerate overnight.

3. Mix all the marinade ingredients in a large mixing bowl. Place the wings in a large container with a lid and pour the mixture over the wings. Toss until the wings are thoroughly coated. Cover and refrigerate for 2 days.

4. Preheat the grill or smoker to 245 F.

5. Spread out the wings on a sheet pan and wipe away any excess marinade. Sprinkle liberally with the dry rub, coating the wings all over.

6. Position the wings on the grill away from the direct heat of the coals or burners and add hickory to the smoker or hickory chips on the coals or gas burners.

7. Cook the wings for about 3 hours, flipping every 30 minutes (their internal temperature should be about 165 F when cooked).

8. While the wings are cooking, cut the butter for the sauce into 1-inch cubes and refrigerate. Whisk the cornstarch into the white vinegar, in a small bowl.

9. In a medium sauté pan over medium heat, bring the hot sauce to a simmer and whisk in the thickened vinegar. Return to a simmer, cook for 1 minute, and remove from the heat.

10. Add the cayenne and slowly whisk in the cold butter. Keep warm until serving.

11. Remove the wings from the smoker or grill and put half of them into a bowl, cover with the sauce, and toss. Repeat with the remaining wings and serve on a platter, with the blue cheese dip on the side.

### Virgil's Dry Rub

Makes 5 to 5 1/2 cups

2 1/2 cups sweet paprika

1 cup granulated sugar

1/2 cup Texas-style chili powder

1/2 cup minced onion

1/2 cup granulated garlic

1/4 cup dried parsley flakes

6 tablespoons kosher salt

Combine all of the ingredients in a medium bowl and whisk together until completely incorporated. Transfer to a covered bowl with a tight-fitting lid. Store in a cool, dry place.



There's no right or wrong way to watch the Super Bowl, but some might consider a Super Bowl soiree without chicken wings a major faux pas.

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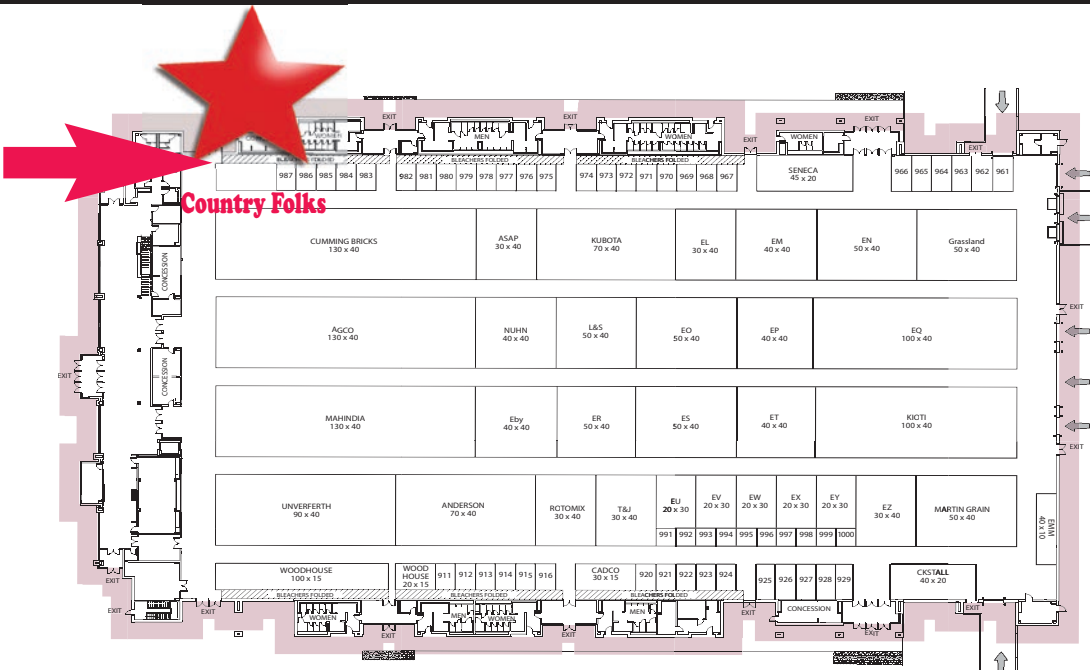
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