

FEBRUARY 14. 2023





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The Lord reigns let the earth be glad; let the distant shores rejoice. Psalm 97:1

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IN THIS ISSUE:

- AUTOMOTIVE
- DINING & ENTERTAINMENT
 - Home Improvement
 - PFTS • TAX TIME
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Funding for RRP classes is provided by Montgomery County Public Health Department CLPPP+ Program



Effective April 22, 2010, workers performing renovation, repair and painting projects that disturb lead-based paint in homes, child care facilities, and schools built before 1978 must follow specific work practices to

prevent lead contamination and must be certified.

This federal EPA Renovation, Repair, and Painting (RRP) rule applies to contractors, painters, plumbers, carpenters, electricians, window replacers, roofers, and landlords.

Trainings to become EPA certified are offered by Cornell Cooperative Extension Albany County, an EPA accredited training provider. This course is approved for purposes of certification under Section 402 of Toxic Substances Control Act (TSCA) for the respective discipline.

Upon successful completion of the RRP Initial course including passing an exam at the end of the class, participants are

EPA certified renovators. *This certification* is good for 5 years. Certified renovators must take a RRP Refresher course before their certification expires.

Failure to comply with EPA's RRP program requirements could result in penalties of up to \$37,500 per day per violation.



Daniel Enea 3rd Generation Funeral Director

315-508-5131

Registration begins at 7:45 AM Training is from 8 AM - 4:30 PM

> EPA RRP-R Refresher Courses

Registration begins at 7:45AM Training is from 8 AM - 12 PM

Each participant will receive a FREE starter renovator kit over \$500.00.

Class size limited to 24 participants

FOR TRAINING DATES & LOCATION

PLEASE CONTACT: Montgomery County Public Health 518-853-3531

Questions can be answered by: Nancy at (518) 765-3521/NKL1@cornell.edu **PARTICIPANTS MUST PRE-REGISTER**

Please register online: https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201

ALL RRP INITIAL TRAININGS INCLUDE:

Continental Breakfast * Lunch * Refreshments * Course Manuals & Materials Cornell Cooperative Extension | Albany County

New York State code officials successfully completing Cornell Cooperative Extension Albany County's 8 hour EPA RRP Initial training course will receive 8 hours of Professional Development Electives toward their 24 hours of annual In-service credit. (Individuals must sign in, complete all paperwork, have their picture taken, pass the exam, and sign out. All students must follow these procedures to receive in-service training credit for this class.)



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Mark Your Calendars!

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@

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 or visit redcrossblood.org. Sign-up can be found at 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

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

Roast Pork Dinner 4-7 p.m. at Emmanuel Episcopal Church, The Parish Hall, 594 Albany St., Little Falls. \$13. Eat in, take out or walk ins welcome. Free deliveries - call 315.741.4672.

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

Canaioharie 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.

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

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

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 4

Northland Toy Club Collectable Toy Show 9 a.m. – 2 p.m. at Polish Community Center, 225 Washington Ave. Ext. Albany. Cost \$3. Children under 12 free. Contact 518.966.2539 or northlandtoyclub@gmail.com

 $\textbf{Full Moon Meander} \ 7 \ \text{p.m. along the old Erie Canal. Contact David Brooks at}$ Schoharie Crossing State Historic Site at 518.829.7516 or SchoharieCrossing@

MARCH 8

Lunchbox Lesson on Canal Women with Nellie Ludemann at noon virtual via WebEx. Visit tinyurl.com/2h5n4cd7 No registration required. Link goes live

Monthly Fort Klock meeting 6 p.m. Community House, St. Johnsville. $518.568.7779 \ or \ fortklock@gmail.com. \ New \ members \ welcome!$

MARCH 9

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

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 joandraus@gmail.com

MARCH 13

Museum Monday 11 a.m. - 1 p.m. at Visitor Center, Schoharie Street, Fort Hunter. Topic: Molly Brant and the role of women in the Haudenosaunee. Contact David Brooks at Schoharie Crossing State Historic Site at 518.829.7516 or SchoharieCrossing@parks.ny.gov

Equine Collaborative International Winter Webinar 7 p.m. Grand Valley Horse Rescue Youth Members. Register via PayPal at paypal.me/ECI2021

Palatine Germans in the Mohawk Valley 7 p.m. virtual via WebEx at tinyurl.

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 19

Molly Brant with Lois Huey 1 p.m. Enders House, Schoharie Street, Fort Contact David Brooks at Schoharie Crossing State Historic Site at 518.829.7516 or SchoharieCrossing@parks.ny.gov.

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 10

Museum Monday 11 a.m. – 1 p.m. Visitor Center, Schoharie Street, Fort Hunter.Contact David Brooks at Schoharie Crossing State Historic Site at 518.829.7516 or SchoharieCrossing@parks.ny.gov.

Monthly Fort Klock meeting 6 p.m. 7203 State Highway 5, Saint Johnsville 518.568.7779 or fortklock@gmail.com New members welcome!

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

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.

Fulton County Myths and Legends 7 p.m. virtual via WebEx at tinyurl.com/ mr2d4pyu or contact David Brooks at Schoharie Crossing State Historic Site at $518.829.7516\ or\ Schoharie Crossing@parks.ny.gov\ .$

APRIL 22

Herkimer BPA 2023 Spring Arts and Craft Fair 9 a.m. - 3 p.m. at Herkimer High School, 801 W. German St., Herkimer (cafeteria entrance). Admission is \$2. Under 16 free. Contact Herkimer BPA at 315.866.4330 or Herkimerpba@

MAY 10

Monthly Fort Klock meeting 6 p.m. 7203 State Highway 5, Saint Johnsville 518.568.7779 or fortklock@gmail.com New members welcome!

Opening Day at Fort Klock 10 a.m. - 4 p.m.7203 State Highway 5, Saint Johnsville 518.568.7779 or fortklock@gmail.com

JUNE 14

Monthly Fort Klock meeting 6 p.m. 7203 State Highway 5, Saint Johnsville 518.568.7779 or fortklock@gmail.com New members welcome!

Independence Day Celebration/Reading of the Declaration of Independence 12-4 p.m. 7203 State Highway 5, Saint Johnsville 518.568.7779 or fortklock@gmail.com

JULY 12

Monthly Fort Klock meeting 6 p.m. 7203 State Highway 5, Saint Johnsville 518.568.7779 or fortklock@gmail.com New members welcome!

Moses Quinby Day 7203 State Highway 5, Saint Johnsville 518.568.7779 or

JULY 28

Concert 7 p.m. 7203 State Highway 5, Saint Johnsville 518.568.7779 or fortklock@gmail.com

AUGUST 1

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

AUGUST 9

Monthly Fort Klock meeting 6 p.m. 7203 State Highway 5, Saint Johnsville 518.568.7779 or fortklock@gmail.com New members welcome!

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.

SEPTEMBER 9-10

Fort Klock's 50th Annual Craft Fair 7203 State Highway 5, Saint Johnsville. For information on being a vendor contact the Fort at 518.568.7779, fortklock@ gmail.com or Joan Kark-Wren at 518.649.2531.

SEPTEMBER 13

Monthly Fort Klock meeting 6 p.m. New members welcome! 7203 State Highway 5, Saint Johnsville 518.568.7779 or fortklock@gmail.com

OCTOBER 11

Monthly Fort Klock meeting 6 p.m. 7203 State Highway 5, Saint Johnsville 518.568.7779 or fortklock@gmail.com New members welcome!

NOVEMBER 8

Monthly Fort Klock meeting 6 p.m.7203 State Highway 5, Saint Johnsville 518.568.7779 or fortklock@gmail.com New members welcome!

DECEMBER 4

St. Nicholas visits Fort Klock 12-3 p.m. 7203 State Highway 5, Saint Johnsville, NY 518.568.7779

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 \$13.00 apple pie, and bottled water)
- 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 Reuben Peachey: 518-603-6833

Jr Glick: 518-339-4723



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:

AMC Fundraising / NBT Bank 41 Canal Street Fort Plain, NY 13339

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

YWCA Mohawk Valley granted \$30,000 from UpMobility Foundation

YWCA Mohawk Valley (YWCA MV) was awarded \$30,000 from UpMobility Foundation Inc. to sponsor AMEND Together, a violence prevention and youth education program.

"AMEND is all about working together to change the world for our young people," said YWCA MV CEO Dianne Stancato. "UpMobility's support for this program means they are joining and championing our efforts to be change-makers for our community and our future."

AMEND Together is a primary prevention initiative dedicated to ending violence against women and girls by engaging men and boys to be a part of the solution. Since implementation, YWCA MV Educator DuWayne Engram has facilitated the full 26-week curriculum for 60 young men.

"UpMobility Foundation thanks YWCA MV for inviting us to be a partner in the AMEND Together program," said UpMobility Foundation Board Member Peggy O'Shea. "We are honored to support this caring and proven effort that will have a positive impact on the community."

Designed and developed by YWCA Nashville and Middle Tennessee, the program was implemented locally by YWCA MV in 2020, making the agency an early adopter. AMEND Together seeks to challenge culture that supports violence, cultivate healthy masculinity in men and boys and change the future for women and girls.

"AMEND is a program to be proud of," said YWCA MV Board Treasurer and program supporter Carol Steele. "I am thrilled to be a part of this positive change for so many young men."

YWCA MV currently works with four local partners to provide the AMEND Together curriculum: Midtown Utica Community Center, Young Scholars Liberty Partnerships Program, Gregory P. Jarvis Middle School and Lyndon H. Strough Middle School.

Schools and organizations that are interested in learning more about hosting AMEND Together can visit ywcamv.org/ AMEND or contact YWCA MV's Education Department at info@ywcamv.org. This progressive curriculum is provided free of charge.

YWCA MV is on a mission to eliminate racism, empower women and promote peace, justice, freedom and dignity for all. The agency offers numerous education programs to support this mission, with programs specially designed for K-12, college and university students, community organizations and businesses.



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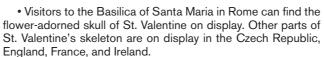
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Four facts about St. Valentine

Saint Valentine is the patron saint of lovers and engaged and married couples. He also is the name behind the holiday that inspires images of red hearts and rose petals in the middle of February.

Not much is actually known about St. Valentine because records are sparse. However, these facts have emerged.

- St. Valentine could be one of at least three individuals who were martyred. In fact, some believe there were about a dozen St. Valentines
- · Of course St. Valentine is known for presiding over lovers. However, he's also the patron saint of epilepsy, watching over those who experience seizures associated with the disease.



Some people think Geoffrey Chaucer may have invented Valentine's Day. In his "Parlement of Foules," he speaks of a

tradition of courtly love with the celebration of St. Valentine's Day. This association became more established after Chaucer's poem received widespread









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Technology classroom upgrades paying dividends for FFCS students

At a district board meeting on Aug. 29, 2022, Fonda-Fultonville Lions Club representative and past-president Michael Sweet presented a check donation in the amount of \$8,954 to district administrators. The specific purpose of the contribution was to assist the FFCS technology department in providing hands-on learning opportunities for high school students while upgrading some of their hardware and tools.

The Fonda-Fultonville Lions Club recently visited the technology department to see how their recent contribution is impacting today's Fonda-Fultonville High School students. Fonda-Fultonville Lions Club representatives, joined by FFCS Technology teachers Mr. Garren and Mr. Headwell, received a detailed tour of the technology facilities and witnessed the direction in which their financial support has improved the program.

Utilizing the donation funds, the district was able to add a variety of carpentry saws and belt sanders, along with additional carpentry items to keep the program up-to-date and engaging for students.

"We had received feedback from members of the business



Fonda-Fultonville Lions Club members visited the technology department to see how their recent contribution is impacting today's Fonda-Fultonville High School students. Photos courtesy of FFCS/Lions Club

community on how to encourage the next generation of students to become interested in the skilled trades," said Fonda-Fultonville Lions Club President Neil Thomas. "The motivation for this project was to be able to offer students a hands-on experience of basic skills and allow them to consider a career in the trades."

At FFCS, nearly a quarter of the student population in the high school is enrolled in technology classes, with almost 100 students per day being introduced to the new technology features in the district's technology department.

"It was nice to see that the equipment purchased with the funds donated by the Lions Club is already making a difference in the lives of so many Fonda-Fultonville students. This is exactly what we were hoping our donation would accomplish," said Sweet

"As a district, we are fortunate to have community partners that support the students and programs at FFCS," said Superintendent of Schools Thomas Ciaccio. "We thank the Fonda-Fultonville Lions Club for their generous donation and for seeing the value in the skilled trades."



A Fonda-Fultonville High School student utilizing the technology funded by the Fonda-Fultonville Lions Club.

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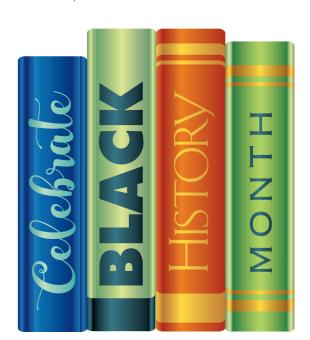
Trees and shrubs for sale at Herkimer Co. SWCD

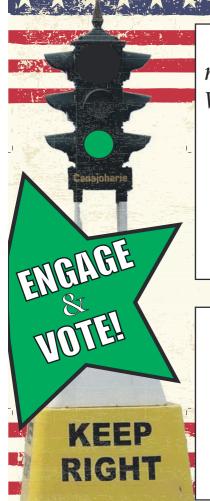
The Herkimer County Soil & Water Conservation District is taking orders for trees and shrubs now through March 24. Available for planting this spring are low-cost bare root evergreen seedlings and transplants, deciduous trees, a variety of bushes and shrubs, semi-dwarf apple trees and wildflower seeds.

Also available are bluebird nest boxes and barley straw. Among the many planting accessories being offered are tree mats and tree shelters, hardwood stakes, fertilizer tablets and animal repellent.

For a complete list of the many items available, including descriptions, prices and order information, visit herkimercounty-swcd.com or their Facebook page or call 315.866.2520 ext. 5.

Orders are accepted through March 24. Pick-up dates are April 28 and 29. Quantities are limited and orders will be filled on a first come, first served basis.





WE ALL DESERVE LOWER TAXES... We will make village government more responsive to our residents and cost effective with municipalities working together. We will partner with our elected officials to make good things happen. The greater long term result will be in creating a community that people want to visit, encouraging entrepreneurs, a downtown where people want to shop and dine and a quality-of-life that will encourage families to move here and grow our community.

By growing a healthier and more prosperous Canajoharie, the value of each of our properties will go up and our tax burden will go down.

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

This Heart Health Month, keep your family's heart health top of mind with these recipes

(BPT) - When cooking for your family, do you consider the beneficial value of the ingredients you use? This February, as part of National Heart Health Month, prioritize your heart by making simple changes!

According to the American Heart Association, more than half of Hispanic men and almost 43% of Hispanic women have some form of cardiovascular disease. While there are

many factors for developing heart disease, one of the areas you can control to reduce the risk is your diet. Chef, TV personality and entrepreneur Ana Quincoces shares her views on the importance of maintaining a healthy lifestyle.

"After my mother's heart attacks, heart health has been a top priority in my family," says Quincoces. "Prioritizing heart health is easier than you think! One of the many reasons

I prefer to use corn oil, like Mazola® Corn Oil, is because it helps me maintain stable choles terol levels for myself and my loved ones! In fact, even a 1% reduction in bad (LDL) cholesterol has been found to reduce the risk of heart disease by 2 to 3%*. The Journal of Clinical Lipidology has published a study that found that corn oil, like heart-healthy** Mazola, can help lower cholesterol two times more than extra-virgin olive oil***!'

Hispanic foods sometimes get a bad reputation for being unhealthy, but it's ultimately dependent on how you go about creating these dishes. With just some simple ingredient substitutions, you can transform traditional family recipes into delicious meals that could help you keep your family's heart healthy.

In honor of Heart Health Month, Mazola® Corn Oil and Celebrity Chef Ana Quincoces are sharing some recipe variations on delicious Hispanic dishes your family can eat this month and beyond.

Check out this delicious and easy Stuffed Peppers recipe that uses leaner meats, plenty of vegetables and Mazola® Corn Oil, a cholesterol-free**** choice for your family.

Stuffed Peppers with Ground Turkey, **Brown Rice, Raisins and Almonds**

Prep time: 25 min Cook time: 25-30 min Servings: 4-6 Ingredients:

1 pound lean ground turkey

1/4 pound lean ground deli ham

3 tablespoons of Mazola® Corn Oil, divided 1 cup of white or brown rice, cooked

6 large bell peppers (any color)

3/4 cup of onion, diced

3 teaspoons of garlic, minced

1 cup of cooked white rice

1 teaspoon of salt

14 ounces canned diced tomatoes

4 ounces of tomato sauce, divided

1/4 cup of golden raisins

1/4 cup of toasted slivered almonds

1 teaspoon of salt to taste

1/2 teaspoon of freshly ground black pep-

1/2 teaspoon of smoked paprika 1/2 teaspoon of dried leaf oregano Chopped cilantro for garnish Instructions:

* Preheat oven to 350-∞F

* Bring a large pot of water to a boil

* Cut the tops off your peppers and set aside. Carefully pull out the seeds and membranes, creating a cavity inside

Dip the peppers into the boiling water, letting them cook for just 1 1/2 to 2 minutes, and

drain on a paper towel

* Meanwhile, sauté the onion and garlic in 2 tablespoons of Mazola® Corn Oil in a skillet for 5 to 7 minutes until translucent

* Toss in the cooked rice, half of the tomato sauce, diced tomatoes, raisins, toasted almonds, seasonings, salt and pepper

* Stir to combine and cook until just heated through

Lubricate a casserole dish by using a paper towel and the remaining tablespoon of Mazola® Corn Oil to prevent sticking

* Place the peppers in the casserole dish

and spoon the meat and vegetable mixture into each of the prepared peppers

* Top each pepper with about a tablespoon of the tomato sauce

Heart 7



Chef Ana Quincoces with the Stuffed Peppers with Ground Turkey, Brown Rice, Raisins and Almonds meal finished

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St. Johnsville Military Banner Program

The Military Banner Program salutes our brave men and women who are currently serving and those who have honorably served in the military by creating and displaying a 24"x44" military banner between Memorial Day and Veterans Day each year. The banner will continue to be displayed as long as it remains in good condition.

The one time cost to join the program is \$205.00. The program includes: (1) 24"x44" Double-sided military banner to be displayed in the village or town (1) Metal bracket & mounting hardware.

To have your family member or friend honored, please fill out the application form below and submit it along with the following:

- Picture of honoree: Clear photo of honoree in uniform is preferred, no others in photo (we may be able to help locate a photo if needed). Emailed photos need to be scanned as a jpg at 200 dpi resolution or higher.
- Check for \$205.00 payable to: Morris J. Edwards American Legion Post #168.

Please mail to: Julie Rider-Erno, 7788 St Hwy 5, St. Johnsville, NY 13452. (You can also email your application and photo to the mail address below. We will process the application when we receive your payment).

Program contact info:

Julie Rider-Erno - 518-225-3872 - ernojulie@gmail.com **Please direct ALL questions and inquiries on this program to Julie** ***Honoree should have called St. Johnsville home at some point in their life**

Please clearly print the name of the service person as it should appear

on the banner.				
First Name				MI
Last:				
Years of Service (if known):	to		War:	
Branch of Service: (Circle) Arm	y Navy	Air Force	Marines	Coast Guard
Please circle if any apply: POV	W KIA	MIA	WIA	
SPONSOR INFORMATION:				
Name:				
Relationship to honoree:				
Full Address:				
Phone:		Email:		





The Neighborhood Center's Mobile Crisis Assessment Team receives National SAMHSA Award

The Neighborhood Center Inc.'s Mobile Crisis Assessment Team (MCAT) in Utica has been awarded one of 12 national Cooperative Agreements for Innovative Community Crisis Response Partnerships grants by the Substance Abuse and Mental Health Services Administration (SAMHSA).

The highly competitive grant will fund an expansion to the existing MCAT which provides 24/7 mobile crisis response services in Oneida and Herkimer counties. Peer advocacy services will be doubled with the addition of three more advocates to support clients in the recovery of mental health and substance use. The remaining funds will expand MCAT's Crisis Response Team (CRT).

The CRT project was initially piloted with grant funds from the Oneida-Herkimer Community Foundation, and in partnership with the Utica Police Department, Oneida County Department of Mental Health and the Neighborhood Center.

The pilot began in April 2021. The innovative co-response

program partners a licensed mental health professional with a law enforcement officer as an embedded team located at the law enforcement agency. The team responds to real-time community behavioral health crises to divert from unnecessary hospitalizations or arrests by linking individuals to ongoing services. In addition the team conducts ongoing outreach with persons experiencing barriers to engaging in treatment.

MCAT's Law Enforcement Partnership Crisis Program Coordinator Michael Pracht stated, "Our goal is to improve overall safety in the community, connect people with mental health services, reduce instances of incarceration and assist law enforcement with managing mental health crises. I believe this will greatly enhance law enforcement's ability to safely and effectively handle calls involving people struggling with their mental health which ultimately builds greater trust in our law enforcement, mental health systems and improves the overall quality of life of our communities."

The new grant funds will support the addition of an evening shift Crisis Counselor to Utica Police Department and two new positions will be embedded in the precincts of Herkimer Police Department and Oneida County Sheriff. MCAT is canvassing for the vacancies and looking for qualified mental health or registered nurse candidates with extensive experience in providing trauma-informed and person-centered behavioral health services. Applicants may submit their resumes through the Neighborhood Center's website.

The MCAT provides 24/7 mobile and/or telephonic crisis response in Oneida, Herkimer, Otsego, Chenango, Delaware and Schoharie counties. Crisis counselors are able to offer behavioral health support, crisis intervention and de-escalation services via telephone, virtual and in-person response. Services may be accessed via the 24/7 local crisis line phone number: 315.732.MCAT (6228) or 988.

In December 2022, the team began a live call center endeavor with 988/National Suicide Prevention Lifeline on a 24/7 basis that mirrors their local crisis line. For more information about services, visit neighborhoodctr.org.

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Heart from 6 -

- * Sprinkle with a little oregano and chopped cilantro, and cover the dish with foil
- * Bake for 10 minutes, remove foil and continue baking for an additional 10 minutes
- * Carefully remove from oven, let cool and enjoy!

Heart health is often a problem within the Hispanic community, but you can make more conscious decisions about your family's health one recipe and meal at a time. To view this recipe (and others), find more inspiration, and learn more about how you can incorporate heart-healthy* Mazola—Æ Corn Oil into recipes this Heart Health Month and beyond, visit Mazola.com.

*Studies show that, when consumed as part of a diet low in saturated fat and cholesterol, plant sterols can help reduce the absorption of cholesterol in the gut, which can lower LDL blood cholesterol. USDA and USDHHS 2010; FDA 2000, 2010; Wu et al. 2009; Demonty et al. 2008, Ellegard et al. 2008; Mensink et al. 2010. To achieve cholesterol reduction, one serving of corn oil must be part of a healthy diet and replace a similar amount of butter or other higher saturated fat oils. For more information, see Mazola.com.

**Very limited and preliminary scientific evidence suggests that eating about 1 tablespoon (16 grams) of Corn Oil daily may reduce the risk of heart disease due to the unsaturated fat content in Corn Oil. FDA concludes that there is little scientific evidence supporting this claim. To achieve this possible benefit, Corn Oil is to replace a similar amount of saturated fat and not increase the total number of calories you eat in a day. One serving of this product contains 14 grams of Corn Oil.

***Maki K, Lawless A, Kel-

ley K, Kaden V, Geiger C, Dicklin M. Corn oil improves the plasma lipoprotein lipid profile compared with extra-virgin olive oil consumption in men and women with elevated cholesterol; results from a randomized feeding trial. J Clin Lipidol. Article in press. Accessed December 10, 2014. Study sponsored in part by ACH Food Companies, Inc.

*****Corn oil is a cholester-

****Corn oil is a cholesterol-free food that contains 14g of total fat per serving. See nutrition information on product label or at Mazola.com for fat and saturated fat content.



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AMES AMES - SPROUT BROOK UMC

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

CORNERSTONE BAPTIST CHURCH

Pastor Todd Lozier Sunday AM Service 10 AM Sunday School/Adult Small Groups 11:15 AM Sunday Evening 6 PM Wednesday PM Service 7 PM Via Zoom email us for the link Youth Group Sunday Evenings during the school year.
Family Night - First Sunday Evening of the month from Oct - May 7274 St. Hwy. 10, Ames, NY 13317 www.cornerstoneames.com info@cornerstoneames.com 518-673-3405

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BARNEVELD SAINT DAVID'S EPISCOPAL CHURCH

140 Mappa Ave., Barneveld NY 13304 315-836-6707 Pastor Namoi Sorrwar-Randall Sunday Worship 10 AM Sunday School 10 AM

CANAJOHARIE CHURCH OF THE GOOD SHEPHERD

26 Mover St., Canaioharie 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

UNITED METHODIST CHURCH OF CANAJOHARIE

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

ST. JOHN'S & St. Mark's Lutheran Church

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

FAITH, HOPE AND LOVE CHURCH

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

NEW BEGINNINGS BIBLE CHURCH

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

REFORMED CHURCH OF CANAJOHARIE

15-19 Front St., Canajoharie 518-673-2816 Rev. Matt Draffen, Senior Pastor Rev. James Peck, Jr., Associate Pastor Saturday Evening Worship 4:30 PM Sunday: Adult Bible Study 9 AM Worship 10 AM,

Coffee Hour following Sunday service Tuesday: Knit & Stitch 9 AM Bread Giveaway 10 AM - 12 PM Weekly Prayer Meeting 12 PM Wednesday: Rug Hooker's Group 9 AM Women's Bible Study 4 PN Thursday: ALPHA 6:30 PM www.canioreformed.org

CHERRY VALLEY CHERRY VALLEY ASSEMBLY OF GOD

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

ST. THOMAS THE APOSTLE CATHOLIC COMMUNITY

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

GRACE EPISCOPAL CHURCH

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

COLD BROOK UNITED METHODIST CHURCH

467 Main St Sunday Worship 10:30 AM

NEW LIFE CHAPEL OF THE AEA

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

DOLGEVILLE NEW HOPE CHRISTIAN FELLOWSHIP

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

GRACE BAPTIST CHURCH OF DOLGEVILLE

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

DOLGEVILLE UNITED METHODIST CHURCH

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

UNITED LUTHERAN PRESBYTERIAN PARISH

26 E. Faville Ave Worship 11 AM

DOLGEVILLE CHRISTIAN FELLOWSHIP

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

ST. JOSEPH'S ROMAN **CATHOLIC CHURCH**

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

EAST SCHUYLER CHRISTIAN ASSEMBLY OF SCHUYLER

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

EPHRATAH EPHRATAH REFORMED CHURCH

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

ESPERANCE ESPERANCE PRESBYTERIAN CHURCH

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

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Sunday Worship 9 AM

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Fonda, NY 12068-0627 518-853-3646 Weekly Masses: Sat. 4:30 PM Sun. 10:30 AM friars@katerishrine.com www.katerishrine.com

FORT PLAIN AMAZING GRACE BAPTIST CHURCH

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

GRANDVIEW BAPTIST CHURCH

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

ST. PAUL'S LUTHERAN CHURCH

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

ST. JOHN'S LUTHERAN CHURCH 774 St. Hwy. 163, Fort Plain, NY

518-705-7552 Rev. David A. Johnson, Ph.D. Sunday Worship 9 AM, Sunday School 10 AM Ladies Aid W.E.L.C.A. Handicapped Accessible

REFORMED CHURCH OF FORT PLAIN 165 Canal St., Fort Plain, NY 13339

518-993-4302 fortplainrca@yahoo.com Rev. Nancy E. Ryan Worship 11 AM, AA meetings Mon. & Tues. 7 PM, Emergency Food Pantry 518-993-4302

VICTORIOUS LIFE CHURCH RMI FELLOWSHIP

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

FORT PLAIN UNITED METHODIST CHURCH

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

OUR LADY OF HOPE R.C. CHURCH

115 Reid St., Fort Plain, NY 13339 Parish Office 518-993-3822 ourladyofhope@frontier.com Mass Schedule: Saturday, 4 PM; Sunday, 9:30 AM;

Confessions: Sat. 3 & by appointment Please call parish office for Holy Day schedule

FREYSBUSH UNITED METHODIST CHURCH

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

FRANKFORT OUR LADY QUEEN OF APOSTLES

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

<u>Fultonville</u> Fonda fultonville FONDA-FULTONVILLE UNITED METHODIST CHURCH

Pastor Kathy Reese

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

FULTONVILLE REFORMED CHURCH

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

GLEN GLEN REFORMED CHURCH

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

HERKIMER SS PETER and PAUL ORTHODOX CHURCH

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

TEMPLE BETH JOSEPH

327 N. Prospect St. Phone 866-4270 Friday 7 PM

ST. FRANCIS de SALES CHURCH

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

CHURCH OF SAINTS ANTHONY and JOSEPH

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

REDEEMER CHURCH

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

OAK RIDGE FREE METHODIST CHURCH

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

UKRAINIAN ORTHODOX CHURCH OF ST. MARY'S PROTECTRESS

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

NEW LIFE CHURCH

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

THE SALVATION ARMY

Lieutenants Derrick & Heather Purvis 431 N. Prospect St. Phone 866-1240 Facebook.com/ The Salvation Army HerkimerSunday School 10 AM Morning Worship 11 AM

FIRST UNITED METHODIST CHURCH OF HERKIMER AND LITTLE FALLS

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

HERKIMER REFORMED CHURCH 102 Church St

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

TRINITY EVANGELICAL **LUTHERAN CHURCH**

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

THE CHURCH OF JESUS CHRIST **OF LATTER-DAY SAINTS**

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

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

SAINT AUGUSTINE'S **EPISCOPAL CHURCH**

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

FIRST PRESBYTERIAN CHURCH

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

FIRST BAPTIST CHURCH

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

JESUS NEVER FAILS COMMUNITY CHURCH

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

MORNING STAR UNITED METHODIST CHURCH

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

ANNUNCIATION CHURCH

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

JOHNSTOWN CHURCH OF THE NAZARENE 3316 St. Rt. 29 W,

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

JOHNSTOWN FIRST PRESBYTERIAN CHURCH 37 South Market St.

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

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CHURCH SERVICE DIRECTORY

LASSELLSVILLE LASSELLSVILLE UNITED METHODIST CHURCH

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

LITTLE FALLS FIRST BAPTIST CHURCH

555 Albany St.
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Morning Worship 9:45 AM
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Lead Pastor
Rev. William Whalen,
Associate Pastor
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Meet and Greet Sunday at 8:00 AM
Sunday School Classes 8:30 AM
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from 11-12 with a 1 week delay.
**LIVE on Facebook: "gingerleecase"
account- 9:45 am on Sundays

ST. PAUL'S UNITARIAN UNIVERSALIST CHURCH

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

FIRST ASSEMBLY OF GOD

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

HOLY FAMILY PARISH OF THE ROMAN CATHOLIC COMMUNITY OF LITTLE FALLS

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

HOLY TRINITY LUTHERAN CHURCH

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

EMMANUEL EPISCOPAL CHURCH 588-594 Albany St.

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

FIRST PRESBYTERIAN CHURCH

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

INGHAMS MILLS BAPTIST CHURCH

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

THE HOLY SPIRIT POLISH NATIONAL CATHOLIC CHURCH

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

MARSHVILLE Marshville Evangelical Church

Route 10 South Pastor Mark Fowler Worship Sunday 9 AM

MIDDLEVILLE MIDDLEVILLE UNITED METHODIST CHURCH

24 Fairfield St. Sunday Worship 9:30 AM

MOHAWK DENNISON CORNERS COMMUNITY CHURCH

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

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

EMMANUEL BIBLE CHURCH

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

CHURCH OF THE BLESSED SACRAMENT

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

CHRISTIAN BIBLE CHURCH

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

THE WORD CHRISTIAN CENTER

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

<u>NELLISTON</u> Valley Alliance Church

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

<u>NEWPORT</u> FIRST BAPTIST CHURCH OF NEWPORT

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

UNITED METHODISTPastor Robbin Harris • Ph 845-8730

Morning Service 11:15 AM

KUYAHOORA COMMUNITY CHURCH

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

ST. JOHN THE BAPTIST CATHOLIC CHURCH

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

OPPENHEIM Oppenheim United Methodist Church

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

PAINES HOLLOW PAINES HOLLOW UNITED METHODIST

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

PALATINE BRIDGE TRINITY EVANGELICAL LUTHERAN CHURCH OF STONE ARABIA

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

THE HOUSE OF ZION, INC.

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

RANDALL RANDALL CHRISTIAN COMMUNITY CHURCH

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

RICHFIELD SPRINGS CHURCH OF CHRIST UNITING PO Box 896,

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

RICHFIELD SPRINGS BIBLE CHURCH 19 Church St.,

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

<u>Salisbury Center</u> Full Gospel Assembly of God

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

SALISBURY CENTER UNITED METHODIST CHURCH

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

SLOANSVILLE SCHOHARIE VALLEY GOSPEL CHURCH

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

SPRAKERS CHRISTIAN CHURCH OF CHARLESTON FOUR CORNERS

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

THE CHRISTIAN CHURCH OF RURAL GROVE

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

REFORMED CHURCH OF SPRAKERS

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

CURRYTOWN REFORMED CHURCH

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

RIVER OF JUBILEE CHURCH

5057 St. Hwy. 5 S, Sprakers, NY 12166
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Pastor: Steve Adamoschek
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GREAT WORK!

We salute your achievement!

Harry Hoag students achieve Q2 Honor Roll or Principal's List in Fort Plain

Harry Hoag School is proud to announce the 2022-23 second quarter Honor Roll, to which 31 students were named, and Principal's List, to which 62 students were named. The Honor Roll and Principal's List recognize outstanding achievement and effort.

Congratulations to the following students:

Honor Roll

Grade 6 – Alexzandriah Clapper, Aiden Cruger, Jessie Fink, Dillan Harris Jr., Conner Hearn, Khloe Hisert, Hattie Hogan, Joshua LaQuee, Hailee Moore, Isaac Passero, Carl Reese III, Karson Rhodes, Dylan Salerno, Rylee Stone and Issac Tompkins

Grade 5 – Henry Baker, Jaxon Best, Aubree Childs, Dohnivan Dodson, McKenzie Jones, Olivia Jones, Isabella Palmeri, Julian President, Amaya Rivera, Kayden Rouse, Elijah Shostek, Rosabella Smith, Joseph Sweet II, Kendrik Thackrah, Maicee Thomas and Adalay Webb

Principal's List

Grade 6 – Laura Atkins, Asher Barber, Halleli Brackett, Alyvia Castellano, Summer Crandall, Lexis Downes, Alexandra Hinkle, Justin Hisert, McKenna Hisert, Madden Lathers, Jazmain Leonard, Connor Lochner, Lainie McDuffee, Isabella McGuire, Jack Parkinson, Zoe Paul, Gabriella Peters, Anthony Polidori, Mary Pomatto, Braddock Putnam, Trent Richards, Sequoia

Robarge, Molly Shults, Jaymes Smith, Anna-Belle Snyder, Gavin Souza, Lilly St. Pierre, Giavanna Suiter, Makenna Sweet, Kinley Trumbull, Kiana Tyler and Jordan Williams II

Grade 5 – Angela Abe-Callan, Fiona Brown, Brantlee Brownell, Alana Candido, Owen Charboneau, Milo Clark, Christopher Compton Jr., Christopher Cook, Sienna Dean, Bently Dodson, Sterling Edick, Arianna Eells, Laura Flynn, Jake Fountain, Raelynn Fournier, Laylah Hardnett, Isabella Hearn, Amarha Herring, Timothy Keane, Piper Kretser, Jacob LaQuee, Brian Madden, Claudia Maring, Carl Morrell, Aishwarya Murray, Mara Poultney, Ethan Shostek, Gavin Smith, Noah Smith and Booker Tarica

Students named to Q2 Honor Roll or Principal's List in Fort Plain

Fort Plain Jr./Sr. High School is proud to announce that 76 students were named to the Honor Roll and 96 students were named to the Principal's List for the second quarter of the 2022-23 school year.

To achieve Principal's List, a student must earn an average of 89.445 or higher. To achieve Honor Roll, a student must earn an average between 84.445 and 89.444.

Congratulations to all of the students listed below.

Honor Roll

12th Grade – Jakub Battisti, Mayreni Quiroz-Romero, Raul Rivera III and Aleigha Van Alstine

11th Grade – Sofia-Lily Bates, Karissa Battisti, Mason Cook, David Doxtader, Courtney Euler, Jasmine Fonda, Aidan Guile, Jordan Hillsgrove, Vandwane Hisert, Alexis Maaser, Sadie Mollel, Devan Sanders, Zachary Sanders, Joseph Sherman, Alex Smith and Andrew Spicci

10th Grade – Tucker Bailey, Zachary Briggs, Jordan Brown, Alexander Ellis, Kaylie Field, Cris-John Fuhs, Christian (Charlotte) Krulczyk, Jasmine Lapi, Katie LeRoy, Damien Massie, Morgan McArthur, Asaiah Muha, Cameron Mussey, Xavier Rivera and Brandon Schuyler

9th Grade – Madison Clayburn, Marcus Dunbar-Eller, Noah Fonda, John Fountain, Natashia Hammond, Alexander Lamphere, Grace McFee, Bradley Rumrill, Morgan Stock and Summer Trumbull

8th Grade - Teegan Compton, Bryellah D'Arcangelis, Lyllie Handy, Jay Kwasny, Faith Narzymski, Brodie Poultney, Aidyn Rooney, Jaydin Roosevelt, Kendra Sackett, Larry Sanders III, Josh Schmidt, Peyton Spicci, Xzavier Staples and Jordan Thackrah

7th Grade – Blake Battisti, Alexis Bowley, Alexa Conley, Emma Dillenbeck, Mason Dunbar-Eller, Violet Handy, Brianna Hisert, Lincoln Kretser, Blake Lapi, AshLyn Lewis, Paige Lochner, Savannah Maddox, Elijah Muha, Cristopher Quiroz-Romero, Sawyer Raymond, Gabreilla Steinhauer and Zachary Walsh

Principal's List

12th Grade – Americus Cotton, Cameron David, Madison Delgado, Andra Fuhs, Iyanna Gilot, Stephen Gray, Alexandra Handy, Ryleigh Hart, Zachary Hayner, Madeline Heroth, Rylee Herron, Ethan Kilmartin, Brianna Krutz, Vivian Nunez, Anthony Paradiso, Kaitlyn Parker, Kristin Sanders, Joseph Stinebrickner III, Natalie Thibodeau and Phoebe Wagner-Gollinger

11th Grade - Kelsey Buley, Kaeden David, Kierstan Horender, Ethan Hubbard, Brady Keane, Payton Kretser, Monika Kulczynski, Michael Palmeri, Matthew Paul, Breanna Steinhauer and Delana Tracki

10th Grade – Nathan Benson, Dakota Cooper, Yunus Demir, James Douglas, Ashlynn Hart, Vienna Jackson, Payton Landry, Nevaeh Rivers, Adriyanna Rouse and Chase Tyler

9th Grade - Ian Burns, Josephia

Carcasole, Owen Castellano, Emma Cook, Daniel Euler, Isis Hammond, Koby Herron, Rachel Kamp, McKenna Karker, Dylan Keane, Macey LeRoy, Kyera Murray, Constance Narzymski, Taylor Potter, Bailie Richardson and Dawson Tracki

8th Grade - Trinity Belliveau, Jordyn Best, Gamliel Brackett, Kala Clapper, Tyler Cotton, Isabella Fountain, Jeremy Gebhardt, Mason Gray, Jansheen Haider, Hailey Hayes, Levi Hext, Nathalieann Hisert, Brooke Jones, Lilly Lapi, Madison Lewis, Shawn Madden, Gavin Massie, Elle Nare, Ariana Nemeth, Alexis Palmeri, Jonathan Palmeri, Zionna Robarge, Silas Smith, Brady Spaulding, Olivia Sweet, Landon VanGorder and Cheyanne Wall

7th Grade – Joseph Barr, Caleigh Bartholomew, Eliyahna Brackett, Dio Callan, Logan Carey, Jordan Gallt, Brianne Gallt, George Mang, Charlotte Sherwood, Daija Suits, Dorian Tracki and Evan Weaver

Canajoharie Central School 2022-23 Q2 Honor Roll

Honor Roll

Grade 6 – Grayson Ackerknecht, Parker Andrews, Cameron Bernardo, Frederick Chase III, Lucas Cole, Gavin Fehring, October Skye Herting, Summer Rayne Herting, Gabriel May, Scarlett Monk, Hayden Richtmyer, Makalah Simmons, Liam Snyder, Madisyn Williams and Mason Yacobucci

Grade 7 – Logen Davis, Rileigh Dean, Emma Dygert, Alec France, Tayanah Horning, Logan Hytko, Lia King, Riley Liebing, Ayden Lilley, Clementina Manzi, Elijah Smith, Brianna Wallett and Savanniah Wilcox

Grade 8 – Bryce Andrews, Emily Battisti, Paul Daley, Elliot Erhardt, Maya Evans, Kaiden Gifford, Elizabeth Hannah, Teresa Harrison, Sophie Kadle, Nathan Kalinowski, Lilly Nemeth, Mario Scalia, Cayden Snyder and Case Yacobucci

Grade 9 - Emily Baker, Bailey Culshaw, Kayla Dean, Andrew Gooch, Madelyn Hayes, Janelle Hayner, Amelia Hoag, Jacob Ketzer, Kyra Nichols, Emma Payack, Autumn Scalia, Serenity Sheldon, Natalie Toher, Klieber Vasquez Perez and Remi Veit-Scott

Grade 10 – Willow Craver, Austin Horender, Maya Moschetti, Sawyer Scofield, Ryleigh Smith and Andrew Thomas

Grade 11 – Christian Burke, Gavin Colburn, Noah Colburn, April Gooch, Morgan Haviland, Elena Leduc, Vanessa Nichols, Madison Paro, Samuel Robinson and Dawson Sweet

Grade 12 - Tanner Ackerknecht, Autumn Arduini, Bowen Foley, Aiden Hoag, Martin Kretser, Miles Lapi, Acadian Oare-Dellinger, Elizabeth Prime and Kiara Rose

Principal's List

Grade 6 – Cameron Ackert, Dane Andrews, Willowbrooke Burke, Valerie Cerruto, RozLynn Crews, Kierra Davis, Nathan Dillenbeck, Lucy Dudley, Brayden Fox, Faraj Gallab, Brian Harrington, Abbigail Hazzard, Lillian Hillicoss, Teagan Kelly, Cole Merchant, Olivia Ostrander, Nevaeh Peace, Hailey Peck, Colton Perue, Parker Shults, Colin Sutton, Cody Van Wie, Allie Walker, Ashton Walker and Autumn Wilkinson

Grade 7 – Falon Baker, Jacob Barlow, Danika Battisti, Layna Bissram, Gage Bock, Allison Booth, Jayde Bowerman, Gavin Buck, Lila Clarke, Bella Crowe, Brayden Culshaw, Mallory Del Ra, Joseph John Gyurik IV, Mila Jaque, Thomas Kee, Samantha LaMont, Jenna Lawyer, Abigail Lozier, Connor Mueller, Taryn Stever, Abigail Trimm, Landen Voght and Myah Yager

Grade 8 – Bryson Becker, Meadow Burke, Henry Catarin, Patience Dunn, Giavanna Fatta, Landen Fernandez, Avery Fichthorn, Isibeal Fitzpatrick, Christopher Frederick, Ireland Hanchett, Haile Hillicoss, Haleigh Kirby, Emily Kwiatkowski, Mary Kwiatkowski, Trent Lozier, Lilyen Marsh, Brandon Memrick, Laila Patsos, Cody Wilkinson and Ivan Zhang

Grade 9 – Ezra Brown, Aidan Dillenbeck, Julio Fairley, Xavier Fruehstorfer, Chloe Haig, Lavy Hodge, John Hopkins, Hannah Ketzer, Roman LaPier, Olivia Meka, Dionna Moshier, Katelyn Prentice, Gavin Sincavage, Mackenzie Starr, Hailey Williams, Alexis Yacobucci and Hayden Yerdon

Grade 10 - Rebecka Angus, Nicholas Barlow, Riley Battisti, Alexis Bernardo, Aiden Bowerman, Noah Ehle, Parker Forrest, Cameron Fox, Amitai Goldstein, Alexandria Gyurik, Jacob Hannah, Samson Hannah, Sofia Heiser, Abagail Hillicoss, Cody Hyney, Colleen LaPier, Tyler Lozier, Ryan Mastin, Adrian O'Connor, Charis Perozzi, Mckenzie Ray, Odessa Schaffer, Ian Schmid, Avalon Schoff, Haley Smith, Sullevan Stinson, Emma Traub and Elaina Wells

Grade 11 - Michelle Battisti, Megan Blakeslee, Tori Blakeslee, Richard Catarino, Geraldina Daley, Lisa de Ruiter,

Will Douglass, Monaysia Garret, Jordan Hayes, Mariah Hazzard, Zachary Herget, McKenna Higgins, Aliza Hopkins, Jayden Johnson, Hugo Kraak, Grayson Lapi, Roman Mancini, Gianna Memrick, Avery Merchant, Wyatt Mitchell, Robert Moore IV, Zachary Moshier, Grace Nowalk, Eric Payack, Kiana Peet, Mykenzie Prevost, Gianna Ranaldo, Eden Robinson, Aiden Schulte, Madeleine Sincavage, Samuel Sunderland, Adrianna Vertucci and Alexis Wadsworth

Grade 12 – Conner Ambridge, Samantha Barlow, Abigail Becker, Jayden Bentz, Christopher Bravo, Dayton Christman, Piper Consalvo, Katherine Davidson, Alexis Deon, Maura Di-Mezza, Natalia Downs, Skyler Ferrara, Alistar Fruehstorfer, Eytan Goldstein, Kylie Hickey, Julia Hojohn, Kirsten Hyney, Thomas Jenks Jr., Ashlynn Johnson, Mathea Leonard, Tyler Montanye, Chiarra Morris, Gabrielle Murphy, Giana Murphy, Jaxon O'Neil, Albert Perozzi, Olivia Schaffer, Lola Schnettler, Riley Scofield, Krystina Starr, Henry Yerdon and Andy Zhang.



DINING & ENTERTAINMENT

Consumer Alert: NYS Division of Consumer Protection reminds parents to pay attention to product recalls

The New York State Division of Consumer Protection urges parents and caregivers to pay attention to product recalls. In January, the U.S. Consumer Product Safety Commission, which issues product recalls across all categories of consumer goods, re-issued earlier recalls for two inclined sleep products

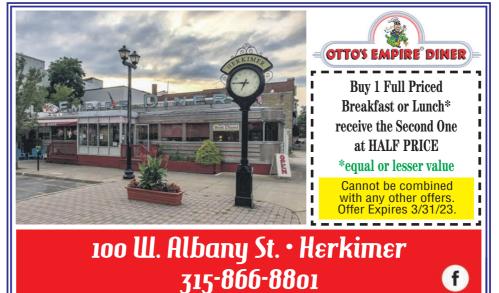
after additional infant deaths were reported. Inclined sleepers are dangerous for babies and increase the risk of suffocation.

"Infants spend most of their time sleeping so it's important to provide a safe sleep environment for babies," said Secretary of State Robert Rodriguez. "I urge all New Yorkers to stop using these products and pay attention to product recalls. Sales and distribution of these recalled items are prohibited and illegal. Using these recalled sleeper puts children's lives at risk."

In January 2023, both Fisher-Price and Kids2 re-issued alerts after their products remained in circulation almost four years after these products were originally recalled.

In April 2019, Fisher-Price alerted consumers to over 30 infant fatalities linked to its Fisher-Price Rock n' Play Sleeper. Since the initial recall, 70 more infant deaths have been reported bringing the total number to a devastating 100 infant













recalled all rocking sleepers due to reports of deaths. Since the initial recall, four more infant deaths have been reported bringing the total count to 15 infant fatalities.

In April 2019, Kids2 also

Other recent inclined sleeper CPSC recalls, warnings, and actions are available in the September DCP consumer alert.

In response to this disturbing trend, the CPSC issued a New Federal Infant Sleep Products Safety Standard. This new mandatory standard eliminates potentially hazardous sleep products in the marketplace that currently do not meet CPSC standards for infant sleep, this includes inclined sleepers, travel and compact bassinets and inbed sleepers.

sleepers can Inclined cause young children to accidentally suffocate, and the American Academy of Pediatrics recommends that caregivers put babies to sleep on a firm, flat surface.

Parents Reminded of Safe Sleep Guidance for Babies

Babies spend most of their time sleeping, so making sure that baby's sleep spaces are safe is critical. Safe sleep is as easy as A, B, C: Alone, Back and Crib.

A - Alone. Baby should always sleep alone. Always keep the baby's sleep space bare (fitted sheet only) to prevent suffocation. Do not use pillows, padded crib bumpers, quilts or comforters.

B – Back. Put baby on their back. Always place the baby to sleep on the baby's back to reduce the risk of sudden unexpected infant death syndrome (SUID/SIDS) and suf-

C - Crib. Put baby in a safe crib. Provide infants with a firm sleep surface and keep the crib empty. Avoid using sleep positioning devices.

How to Choose Safe Products for Your Baby

Complete product registration cards. Product registration cards are required for all durable infant and toddler products. When a company has your name and contact information, they are required to contact you to notify you if the product is recalled.

Stay updated on the latest

Consumer 12

Country Chuckles by Jonny Hawkins



"I think you're about due for a vacation, Clem."

Consumer from 11

product recalls. Check for recalls online at CPSC (cpsc. gov) and FDA (fda.gov) or follow DCP on social media. If you have a recalled product, the first thing you should do is stop using it.

Check for recalls before you buy or use new or used baby items. Stores are not always up to date on the latest the recall information, so don't assume a product is safe just because it's for sale at a local retailer. Remember to also check for recalls if you purchase used items online, through social media (Facebook Marketplace, Craigslist, etc.) or at a "mom swap" or garage sale.

Don't sell or donate recalled items. Do not sell or give away recalled items; instead follow the recall guidance. In the instance of inclined infant sleepers be sure to destroy the sleeper so that it can't be used by anyone else.

Regularly schedule a safety check-up on products in your home and check for recalls. Make it a habit to continuously track recalls since hundreds of items are regularly added that have been recalled for safety concerns.

The NYS Division of Consumer Protection provides resources and education materials to consumers on product safety, as well as voluntary mediation services between consumers and businesses. The Consumer Assistance Helpline at 1.800.697.1220



is available Monday - Friday from 8:30 a.m. - 4:30 p.m., excluding state holidays, and consumer complaints can be filed at any time at dos.ny.gov/consumer-protection.

For more consumer protection tips, follow the Division on social media on Twitter @NYSConsumer and Facebook at facebook.com/nysconsumer.





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tell them what is important to you.

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* at Village Hall on Erie Boulevard.

You can pick up a Voter Absentee Application form at Lee's Shops
* at Wagner Square and return it by March 1, 2023 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, 2023 to Lee's Shops

Mohawk Valley Center for the Arts 'Youth Art Month'

The Mohawk Valley Center for the Arts is presenting the 2023 "Youth Art Month" running from Feb. 15 - March 14. Up to 75 pieces of art will be on display from students and teachers in Herkimer County.

Gallery hours are Thursday - Saturday from noon - 4 p.m. at 403 Canal Place in Little Falls. The exhibit is free and open to the public.





"Youth Art Month" is featuring art from students and teachers in Herkimer County now through March 14.



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AUTOMOTIVE

Mileage-based vehicle maintenance intervals

Maintenance is an essential component of responsible vehicle ownership. Routine maintenance can help discover problems before they escalate into potentially costly issues. Maintenance also keeps vehicles running smoothly, making them more enjoyable to drive and extending their life expectancy.

Various factors can help to determine how often drivers should change their vehicles' fluids and take them in for tune-ups. Such variables include how frequently a vehicle is driven, the type of driving (city or rural) drivers do and how many miles are on the car. However, drivers can still rely on this basic car maintenance schedule, courtesy of Advance Auto Parts, to serve as a guide.

3,000 Miles/3 Months

Advance Auto Parts notes that monthly fluid checks typically are unnecessary with newer vehicles, though older vehicles should be inspected for leaks once a month. Among the fluids to check after every 3,000 miles or three months, whichever comes first, are:

- Engine oil level
- Windshield washer fluid
- Coolant
- Brake fluid level
- Transmission fluid
- Power steering fluid

Drivers also can use 3,000 miles or three months as a benchmark to check tire pressure, hoses and belts. Many vehicles now display tire pressure for each tire on the dashboard, and drivers should pay attention to those numbers and put air in their tires when necessary. When inspecting hoses, touch them to make sure they're not leaking and bulging. Hoses should be a little flexible, especially when

5,000 Miles/6 Months

they are warm.

Oil and oil filters should be changed at this interval. In addition, this is a good time to rotate tires and inspect lights



Routine maintenance can keep vehicles running strong for years on end.



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210 Erie Blvd., Canajoharie, NY • 518-673-3214 • to make sure they're still operating at peak capacity. Drivers also can check their cabin and engine air filters and replace them if need be. Changing these filters is a simple DIY project, and drivers can find an assortment of YouTube tu-

torials to help them complete these projects. Wiper blades also can be inspected around this time or whenever drivers suspect the blades aren't operating at peak capacity. Replacing wiper blades is another simple DIY project that

PUBLIC AUCTIONFebruary 28th at 10AM

The auction will consist of one vehicle, a 2015 Nissan Altima (VIN 1N4AL3AP-4FC413190). The vehicle was wrecked and towed to facility on 5/7/2022 and the owner (Hajj-Malik H. Lovick) has failed to return contact with us to settle the debt.

"It is amazing how quickly the kids learn to drive a car, yet are unable to understand the lawn mower, snowblower and vacuum cleaner."

- Ben Berger -



drivers can complete in a few minutes.

10,000 Miles/12 Months

Advance Auto Parts notes that synthetic oil is typically used in cars made since 2010. Each manufacturer is different, and drivers should check their manuals for recommendations. Synthetic oil and filters in vehicles that use synthetic oil is typically changed every 10,000 miles or 12 months, whichever comes first. Once a year, drivers should ask their mechanics to check the alignment on their vehicles and the condition of their brakes.







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



2014 Jeep Compass Sport 30,658 Miles, Stock # AM672273K



2019 Jeep Cherokee Limited

33.183 Miles, Stock # AM282201K

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



2023 Cherokee Altitude LUX Stock # AM109385



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



2018 Jeep Grand Cherokee Laredo 2017 Dodge Grand Caravan SE 78,841 Miles, Stock # CN397013P



46,489 Miles, Stock # CN636672T



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



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



2022 Jeep Compass Altitude Stock # AM226253



2015 Dodge Durango SXT SUV 84.541 miles. Stock # AM101760T



2022 Jeep Compass Altitude Stock # AM226251



58.560 Miles. Stock # CN150708R



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 Jeep Cherokee Latitude SUV 29,774 Miles, Stock # AM643766T



2023 Cherokee Trailhawk Stock # AM106454



91.244 Miles. Stock # AM298548T







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



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

HOME IMPROVEMENT

Restore rusty tools

Many people may be tempted to discard rusty tools that have gone unused and sat in a garage or shed for a significant period of time. But tools encrusted with rust do not need to be relegated to the trash bin, nor do gardeners have to toil for hours scraping and sanding off the rust. There's a much easier way to restore rusty tools that relies on a common household ingredient: vinegar.

Pour vinegar into a deep enough vessel to submerge the metal part of the tool. Soak the tool overnight. The next day, use a scouring pad to rub off the rust. If the tool

is too big to fit into a can or bucket, simply wrap it with a vinegar-soaked rag and cover the whole tool with a tightly secured plastic bag. Follow the same procedure the next day. After all the rust is gone, rinse the tool in cool water and dry thoroughly. Then return it to regular usage.





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not a strawberry I have different types but I'm not an apple I can be pumped but I'm not a bicycle tire I can be donated but I'm not money I contain cells but I'm not a jail I'm in your body but I'm not your heart What am I?

I'm red but I'm



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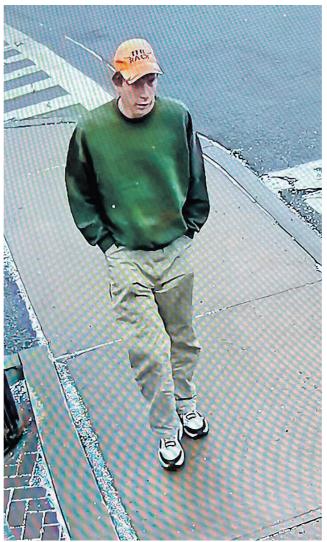
HOME IMPROVEMENT

State Police seeking public's assistance in locating missing Canajoharie man

The New York State Police are seeking the public's assistance in locating Kevin White of Canajoharie. White, age 41, was last seen on Jan. 12, 2023. He is 6'2" and weighs approximately 185 pounds, with red/brown hair and a beard. The State Police are assisting the Canajoharie Police Department and the Montgomery County Sheriff's Office with the investigation.

Anyone with information is asked to contact Canajoharie Police Department at 518.673.3111, the Montgomery County Sheriff's Office at 518.853.5500 or the New York State Police at 518.783.3211.





This is surveillance footage of Kevin White of Canajoharie, who was reported missing on Jan. 12. Photos courtesy of New York State Police



White has been missing for more than month. He is 6'2" and weighs approximately 185 pounds, with red/brown hair and now has beard. If you see him, call the Canajoharie Police Department at 518.673.3111, the Montgomery County Sheriff's Office at 518.853.5500 or New York State Police at 518.783.3211.











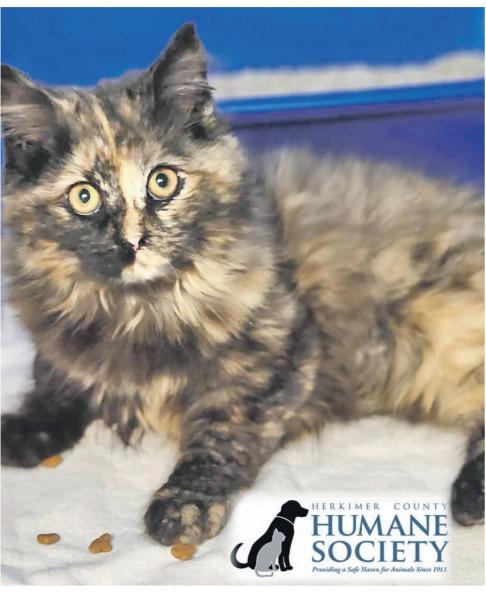
20 • February 14, 2023

PETS

Dog and cat looking for furrever homes Contact Herkimer County Humane Society



This beautiful girl is Emmie and she's looking for a home. Emmie was found as a stray and nobody claimed her. Emmie is around two years old, housebroken, walks well on a leash and is good with other calmer dogs and cats. Emmie would need someone that could take her to a groomer regularly as she has such a thick coat. Please adopt this beautiful girl. For more information, contact the Herkimer County Humane Society at 315.866.3255 or visit herkimerhumanesociety.org.



This cute little girl is Adrianna. Adrianna came in as a stray caught in a trap because she was living underneath a dumpster. A nice samaritan caught her and brought her to Herkimer County Humane Society. She's only four months old, spayed and up to date on vaccinations. She is very shy, but you can pick her up, hug her and give kisses. Adrianna is super playful with her toys and she would benefit in having another feline friend. She has a lot of potential of becoming an extremely friendly kitty. Please adopt this beautiful long-haired girl. For more information, contact the Herkimer County Humane Society at 315.866.3255 or visit herkimerhumanesociety.org.

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Selecting an easier-to-train dog breed

Training is one of the most effective ways to keep companion animals safe and secure. When prospective pet owners begin looking for a new dog, one of the first thoughts that may come to mind is trainability and whether certain breeds are more readily trainable than others.

The pet food manufacturers at Honest Kitchen

indicate that many factors can make a difference in how easily a dog will train, and breed is just one of them. Certain traits can suggest trainability, but how the animal was bred. raised and socialized can affect how well a dog takes to training as well.

The American Kennel Club reports that certain dogs are more willing to comply with owner requests, while others are bred to work independently and may be less likely to immediately respond to commands from their own-

Certain traits can make some dogs a little easier to train than others. For example, dogs that are food-motivated and enjoy being around people may be more easily

trained than those without such traits. Though there's no guarantee any dog will take to training, the following are some breeds that are generally considered training-friendly.

• Border collies: Collies are bright and energetic dogs that like to herd with their agility and intelligence.

· Australian shepherd: Another herding dog, Aussies have a natural focus on their owners and are bred to work with those owners in challenging environments.

Doberman pinchers: Dobermans are smart and attentive to their owners. They have traditionally been employed as guard dogs and require careful training and socialization to be tolerant of strangers

German shepherds: These workhorses serve many different roles because of their affinity for learning tasks. Like Dobermans, look for a well-socialized German shepherd to avoid anxiety and wariness with people.

· Poodles: Poodles are

popular because they don't shed much, but also because they are an intelligent, obedient and versatile breed.

· Golden retrievers: Golden retrievers are not the number one family dog for nothing. Goldens are very intelligent and amiable. They often will do anything to please their owners. Labrador retrievers also take to training well and are very affectionate.

• Papillon: Smaller dogs are often dubbed "stubborn"

or "independent." But papillons are incredibly smart and trainable and are naturally focused.

The pet advisement site K9 of Mine warns that some of the smartest, most easily trained dogs may not necessarily be the easiest to live with. They can get bored easily and destroy things around the house if they can't keep their minds occupied. This is a factor to consider when selecting a breed as well.



German shepherds serve many different roles because of their affinity for learning tasks.

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- Route 30 Wine & Liquor
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- Café in the Village
- ADK Country Store

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Canajoharie

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- Berean Bean Betty Beavers
- Brotherhood Antiques
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- Cornerstone Baptist Church
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- Lee's Shops at Wagner Square
- M'Lady Salon NBT
- One Stop & Shop
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- Smoker's Choice Taco29
- The Tire Shop Village Diner

Cherry Valley

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

- Big M Chester's Sunoco
- Dolgeville Public Library
- George Lumber
- Southern Girl Diner Stewart's

East Springfield

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

Esperance

- Dollar General Hannaford
- Iroquois Museum
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- Frothingham Free Library
- Fulton-Montgomery CCE
- Kateri Shrine
- Stewart's Winner's Circle

Fort Plain

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- Dutchman Enterprises 5S Diner
- Esther's Budget Shop
- Fort Plain Public Library
- Pickle Hill Produce & Bulk
- 7M Supply Save A Lot
- Sheila's Hair Salon
- Sleepy Forest Bakery
- Sportsman's Den Stewart's (Both)
- The Rustic Crow
- True Value
- Mohawk Valley Produce Auction

Frankfort

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

Fultonville

- Fultonville Redemption Center
- McDonald's
- Michael's Diner
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- Randall Implements
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- Country Metals
- Glen Country Store
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- House of Pizza Naif's
- Price Chopper Stewart's (3)

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- Beer Belly Bob's
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- 4 Seasons Tire
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Palatine Bridge

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Common home accidents and how to avoid them

Some of the most common and dangerous emergency situations occur at home. Precautionary measures can make homes as safe as possible, but accidents can still happen.

The National Safety Council says that 25 million in-home injuries occurred in homes in 2018. Accidental death is the third-leading cause of death in the U.S., according to the CDC. In fact, the NSC says the home injury death rate increased by 150% between 1999 and 2018.

The top five most fatal household injuries in the U.S. are poisoning, falls, choking or suffocation, drowning and fires/burns. Recognizing the threat these accidents pose can compel people to make every effort possible to prevent them from happening.

• Poisoning: Poisoning can be attributed to exposure to household chemicals, but illicit drugs and alcohol use, as well as prescription drug overdoses, have become major contributors to accidental poisonings. Keeping medicine and liquor cabinets locked can prevent children and teens from accessing items that are off limits. Disposing of unused or expired prescription medication can help remove drugs from the home. Educating children about the dangers of drugs and alcohol also may help.

• Falls: Falls can happen at any age but they're most common among the very young or very old. Installing grab bars in bathrooms, improving indoor lighting and removing tripping hazards like area rugs or toys from high traffic areas can reduce the likelihood of falls. Young children should be carefully supervised and deterred from climbing.

Choking/suffocation: U.S. News & World Report says airway obstruction which includes choking, suffocation and strangulation - claims about 1,000 lives a year. Children often put objects in their mouths and swallow them, resulting in choking. Eating too quickly and failing to chew adequately at any age can cause food to become lodged in the throat. Older adults may lose the ability to chew or swallow adequately due to cognitive disorders or other conditions. Suffocation can occur when

children are put in unsafe sleeping environments. Too many blankets or toys can impede youngsters' ability to breathe. Keeping a home clean, monitoring children and seniors while eating and learning the Heimlich maneuver can help prevent injuries.

• Drowning: A young child can drown in just inches of water, but pools, bathtubs and other standing water can be of greatest concern. Install fencing with self-latching gates and supervise children at all times when they are around water.

· Burns/fires: Install plenty of working smoke alarms and hold fire drills to reduce the risk of fire-related deaths and injuries. Turning down the temperature of a home water heater to avoid scalding and exercising caution in the kitchen, where many fires originate, also is key. Never leave food unattended on the stove.

Home accidents can happen, but awareness of common incidents may compel people to place a greater emphasis on prevention.

POISON

Keep all household medications away from the reach of children.

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Mon. Mar. 6th - Normal Monday Sale & Monthly Feeder Sale.

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Did you know?

Lung cancer is the second most common cancer worldwide. According to the World Cancer Research Fund International, lung cancer is the most common cancer in men and the second most common cancer in women. But even families affected by lung cancer may be surprised to learn that children are not immune to the disease. Though lung cancer is very rarely found in children, kids can get it.

The CDC reports that cigarette smoking is the number one risk factor for lung cancer, which could be why the disease is so often associated with adults. However, the National Cancer Institute reports that incidences of lung cancer in children could be genetic. According to the NCI, a specific change in the DICER1 gene increases the risk for a childhood lung cancer known as pleuropulmonary blastoma, which forms in the tissues of the lung and pleura (the organs between the lungs). Families with a history of DICER1 syndrome, a rare, inherited disorder caused by a mutation in the DICER1 gene, are urged to speak to a physician about testing children for pleuropulmonary blastoma.

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325 Custom Butchering 330 Custom Services

360 Deer-Butchering & Hides

370 Dogs 410 Electrical

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525 Fruits & Berries

Furniture

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537 Gifts

575 Greenhouse Supplies 585 Guns 587 Hair Styling

589 Hardware

600 Health Care/Products

605 Heating 610 Help Wanted

653 Hotel / Motel

683 Jewelers

700 Lawn & Garden

711 Lessons 760 Lumber & Wood Products

790 Maple Syrup Supplies

805 Miscellaneous Mobile Homes

811 Monuments 812 Multi Media

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815 Motorcycles 817 Nails

820 Nurseries

910 Plants 950 Real Estate For Sale

955 Real Estate Wanted 960 RVs & Motor Homes

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980 Restaurant Supplies 1040 Services Offered

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\star \star \star \star **ADVERTISERS**

Get the best responses from your advertisements by including the age, condition, price and best calling hours. Also, we always recommend insertion for at least 2 issues for maximum benefits. DEADLINE for placing ads is FRIDAY at 2:00 PM- Week Prior to Each Friday Dated Paper Call Peg at 1-800-836-2888 or 518-673-0111

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Magnets

purpose.

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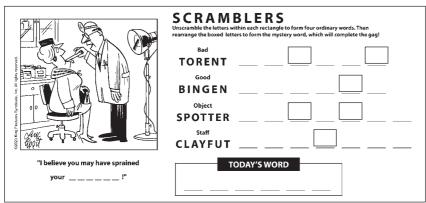
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MAGIC MAZE ● -



Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally Unlisted clue hint: In Tennis: Server 2 Opponent 0

Affectionate Brotherly Enduring Fall in

First Labor of Maternal Motherly

Parental Unrequited Romantic Selfless

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Puppy

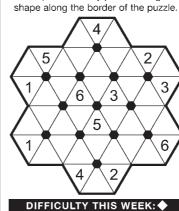
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by Japheth Light

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



Easy ◆◆ Medium ◆◆◆ Difficult

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55 Home of Taj

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Kansas

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apartment rental in

28-Across

Rome?

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87 Gamma

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94 Test, as ore

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"The — come
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ACROSS 1 "Sch." for

"school," e.g. 5 "My stars!"

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15 Baseballer Ty

19 "Don't stop!

20 Foray 21 State firmly

23 Put on some wrist jewelry? 26 Actress Foch

27 Connect for

22 Voiced

the army? 35 Valley, Francisco

36 Disney frame 37 FedEx rival

38 Layers 39 Healed a fictional

prince of Denmark? 44 Striped feline 47 "And others.

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produced in Antarctica? (race losers) 98 Oak nut DOWN 101 Letter before environment

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118 Pleasing answer when actress Kate asks her agent "Who wants me next?"

18 Explosions

123 Cyclops' odd feature 124 Actress Falco 32 "— culpa!" 33 Boy pharaoh 34 4x4, in brief

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41 Use a shovel 42 Vegas lead-in 43 Wallach of

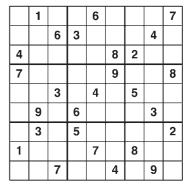
80 Paid promos 81 Tchr.'s org. 82 Comic

Philips 83 Phone no

... man

Weekly **SUDOKU**

by Linda Thistle



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

DIFFICULTY THIS WEEK: ◆◆◆

◆ Moderate ◆◆ Challenging ♦ ♦ ♦ HOO BOY!

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ALLOW TO BE ADDED

45 Suffix with 2 Validated, as organ 46 Mass of

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60 "Fame"

vocalist David

62 Ostrichlike

64 Horrific

68 Glide on

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71 "He-e-elp!" 72 Loosen, as

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78 Cannabis

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8 Like queens 9 New Zealand

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17 Big headline 24 "The Raven"

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125 Car roller, to Brits

36 Jacques of

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participants 95 NBC show since '75 96 Writer's tool

97 Trailer park campers, for

59 Astonishment 98 "Finally!" 99 Like pie crusts with pressed-in

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wine 102 Simple

106 Kagan of the court 107 Some DVR

systems 108 Sets up,

109 Herman's

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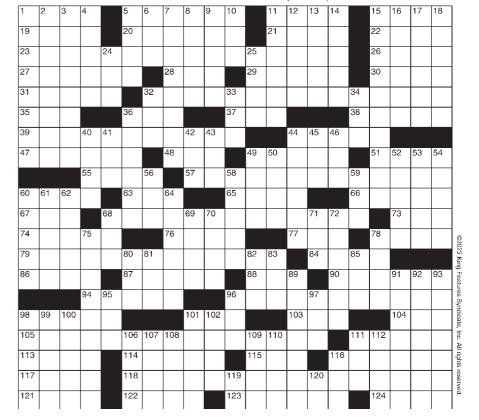
110 Senior 111 Wd. of similar meaning 112 Auto race

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120 Letter before



Home Country

by Slim Randles

ellsir ... ol' Dud did 'er again, he shore 'nuf did. This here's Alphonse Wilson, known around these parts as Windy Wilson, esquire, LTD and DDT at your service as always. Free to you and worth every blessed dime.

See ... t'other day I got into a little chat with Dud Campbell, and he says to me that I need to get me one a-them computers so I can be moderate like ever'body else. Had the nerve to just come out and say that!

Well, friend, that's when I made a big mistake. I asked him what I needed to get the ol' ball rolling and I should've shut 'er down right then. Yessir, your ol' pal Alphonse occasional makes mistakes.

Now you can dip my hat in sheep dip and paint Mary Lou's name on the barn with it if he didn't obsolete hisself right into a foreign language!

Didn't have nothin' to write with, so here's what he said, near as I recollect:

I need a cloud, he said. A cloud stores stuff. Well ... shore it does! It stores rain!

But he said no, a cloud isn't in the computer, but floats around somewhere and you get to it by buying an app.

Wellsir, I 'splained to Dud that apps are okay, but I've always pressurized my priorities 'long Quarter horse lines. Told him them spots don't make the horse go any faster. He started wavin' his arms then, and said I get these apps with a mouse.

And he 'spects me to believe that?!!!

Had a app oncet. Nice big ol' Appaloosa he was, too. But

These pages sponsored by ugly? I was tellin' Dud about him. Them apps today are pretty horses, but back when I was younger, they all looked like they needed to pull manure carts. It's a fact.

Why this old pony I had ...

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I hate to admit this ... but his ol' head was the size of a door, and you could stick his butt in a bottle!

So I think I'll mebbe just use the computer down at the library for a while. Nice girl down there helps me out with it. And you can tell 'em I said so!

Say thank you to the nice girl down at your library who helps old guys with the computer, will you?

Around the Kitchen Table: Can you hear me now?

by Tamra Bolton

he phrase "Can you hear me now?" became a cell phone era cliché that either makes you smile when you hear it or roll your eyes. However, the need to be heard is a basic plea that is as old as human history. We all want to be heard - and seen. Every human, no matter how confident, independent or accomplished, craves acknowledgement, even if it's only for being present. Some would rather shrink to the corners of the room. but even wallflowers need a nod of affirmation now and again

My mother tells a story of when I was about three vears old and everyone was busy in the house. She was making supper, my older sisters were doing chores and Dad wasn't home yet.

She heard someone talking and looked out the window to see me in the backyard, lying on my back in my red wagon, staring up into the sky. She could hear me saying over and over, "Look down here, God! Look down here!'

I was thinking about that story when two of my granddaughters, ages 3 and 6, spent the night with me last week. The first 30 minutes they spent vying for my attention by being right in my face or jockeying for position on my lap. I had forgotten how needy small people can be! They wanted me to see and hear them right then. So, taking each one in turn by the hand, I looked them in the eyes and told them how much I loved them, how happy I was to be their grandma

and how much I enjoyed having them over to spend the night. After that, they were as happy as larks and skipped off to the living room to play together.

Later, after I finished cleaning up from supper, we cuddled and read books, told stories we made up and laughed and sang until it was bedtime. Not every sleepover is as idyllic; some end with sticky craft glue accidents, glitter disasters, scraped knees, burnt pancakes and syrupy fingers. but every visit is a memory builder.

The next day, after their moms picked them up, I sat down with a cup of coffee to reflect on our time together. I marveled at how much they needed me to listen and connect with them, look them in the eyes and really see them. I guess we never outgrow that need.

Being heard and seen in our screen-based world is becoming a rare treasure. I thought about my interactions over the last week and realized that I was guilty of not paying attention to the people I was with; my attention was often divided by my phone or the television. The ability to listen to someone is a skill I need to practice more often.

This month, one usually associated with love, I am going to make an extra effort to recognize everyone I come in contact with by looking them in the eye and

really listening to them. Giving those around me the attention they deserve is really saying "I love you and you matter to me," which may be the best gift of all.

Mama's Soft Filled Sugar Hearts

These are beautiful enough for gift-giving. Cutting them into heart shapes makes them a perfectly delicious way to say "Happy Valentine's Day!

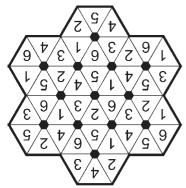
½ cup shortening

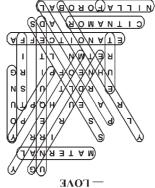
- 1 stick of butter, softened 3 eggs
- 1 ½ teaspoon vanilla
- 1 1/4 cup sugar 3 cups flour
- 1 teaspoon baking power

¼ teaspoon salt

Mix all ingredients together in the order given. Don't overwork. Roll out on a lightly floured surface till around 1/8-inch thickness. Cut out with any shape cookie cutter desired (I prefer hearts). Using a donut cutter on some of the cookies can make for a pretty display by allowing the jam to show through the hole in the top cookie.

Bake in a preheated oven at 350° about 10 to 12 minutes, just until done, not brown. Let cookies cool completely before assembling. Place your choice of jam on a cookie and place a cookie on top. Store in an airtight container.





TONGUE

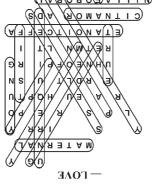
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SCRAMBLERS

solution SNOWFLAKES

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HUSWer Weekly SUDOKU





2nber Crossword



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TAX TIME

Common investment terms to know

The importance of investing is undeniable. That value was especially apparent throughout 2022, when inflation took center stage. As the cost of living rises, investors can more capably

to governments and even corporations that pay interest to the individuals who invest in them.

• Bull market: The opposite of a bear market, a bull market

lio is as diverse as possible. When diversifying, investors may invest in stocks, bonds, IRAs, a 401(k), and other vehicles.

- Dividend: A dividend is a payment made to a shareholder in a company.
- Individual retirement account (IRA): An IRA is a retirement account that individuals open on their own. There are various types of IRAs, and contributions to these accounts are post-tax.
- Market index: The Dow Jones Industrial Average (DJIA) is perhaps the most recognizable market index, though it's not the only one. A market index such as the DJIA tracks the financial market by analyzing data from various companies.
- Mutual funds: Mutual funds are a popular way to invest. According to the investment experts at J.P. Morgan Asset Management, with a mutual fund, money is raised by an investment company and is then invested in a portfolio that includes stocks, bonds, options, commodities or money market securities.
- Share: The online financial resource Mint notes that a share is a unit of ownership in a company or in an asset. Shareholders are eligible for benefits, including payouts, when a company makes money.
- Stock: Stocks are long-term investments that represent an ownership stake in a company. Most investors invest in common stocks, which are not subject to the same conditions as preferred stocks. Preferred stocks tend to be less volatile than common stocks, though that security also makes them less profitable when the stock performs well.

Knowledge of these basic investment terms can serve as a good foundation for novices who want to begin investing. As investors become more comfortable, they can expand their knowledge even further.



The importance of investing is undeniable.

handle that spike because they've been growing their money through various investment vehicles all along. With so much to gain from successful investing, novices may benefit from a rundown of common investment terms.

- 401 (k): A popular way to save for retirement, a 401 (k) is an employer-sponsored retirement plan. Individuals with a 401 (k) make pre-tax contributions during each pay period and some employers match these contributions up to a certain percentage. Money in a 401 (k) can be withdrawn at any time, but there is a penalty on withdrawals made prior to the account holder reaching 59.5 years of age.
- Bear market: A bear market is a market in which stock prices sharply decline over a prolonged period of time. Bear markets may be inspired by an array of factors, including rising unemployment.
- Bonds: Bonds are a low-risk investment that attract novices who are not yet certain of their risk tolerance. Bonds are loans

refers to a market in which stock prices are rising.

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• Diversification: Diversification is a savvy investment strategy in which investors spread out their investments, so their portfo-

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BUSINESS FOCUS

The English Carpenter

The story started when Mark Harrington graduated in England in 1979 at the ripe ol' age of 16. He started working in a custom wood shop making kitchens and bedroom furniture. After about 10 years, and more than 1,000 kitchens made, he started his own business making furniture and remodeling historic houses and apartments in the West End of London, where he was accepted into the Guild of Master Craftsmen.

This continued until Mark met a young lady from New York in 1999, and in 2001 he moved to New York and got married. The move happened right after 9/11 so it was an unusual and troublesome time to make such a change, but three days after arriving, Mark landed a job with a high-end cabinet shop on the South Shore of Long Island. He worked there for eight years, running the shop floor, building furniture and bars for restaurants run by some of the most influential and popular restaurant owners in New York, such as Tom Colicchio (of "Top Chef") and Danny Meyer, and also renovating



Mark Harrington started working in a custom wood shop making kitchen and bedroom furniture when he was very young and is still pursuing his trade, supplying local stores and shops with his handmade items.

the homes of celebrities such as David Bowie.

During this time, he built a reputation as a skilled craftsman and started his own business, the English Carpenter. Mark worked in Manhattan and Forest Hills, Queens, building custom furniture and refurbishments.

Then in 2017, Mark was approached by a furniture designer in Brooklyn. He wanted Mark to build his collection of furniture – some of which traveled to such exotic places as Japan, Dubai and Paris. All was going well, until COVID struck in 2020 and cabinet and furniture making was classified as "non-essential." This brought that venture to an abrupt halt.

A few months later, Mark and his family followed their dream of moving upstate for a more quiet and simple life. He presently lives in Canajoharie with his wife and young daughter, dog, chickens, rabbits and growing menagerie of family members.

Mark is still pursuing his trade, supplying local stores and shops with his handmade items, which includes replicas of the beloved Canajoharie dummy lights.

Mark also works with designers or contractors and homeowners to make their dreams come true. To get in contact with him, email mharrington104@yahoo.com or call 516.375.8286.



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of staying
young is to
live honestly,
eat slowly,
and lie
about
your age."
- Lucille Ball -

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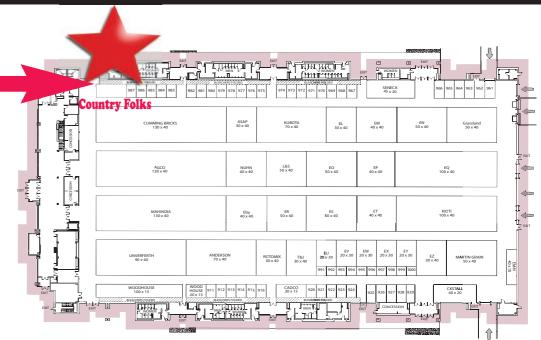
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Sarafin appointed to Herkimer BOCES Board of Education

Herkimer-Fulton-Hamilton-Otsego BOCES Board of Education members voted unanimously on Feb. 9 to appoint Kathy Sarafin to the board.

Sarafin was recommended for the seat by the Frankfort-Schuyler Board of Education and appointed by the BOCES board. She will

represent Frankfort-Schuyler Central School District on the BOCES board.

Her appointment lasts from Feb. 9 - April 19, when she will be eligible to run for re-election. If she wins re-election, she will serve out the remainder of the term for the seat she is filling – from April 20, 2023 - June 30, 2024.

Sarafin has lived and worked in the Frankfort community for 39 years, including 36 years as an English teacher and advisor for multiple extracurricular activities at Frankfort-Schuyler Central School District. She is also a former Frankfort village trustee, Frankfort Power and Light commissioner and Frankfort

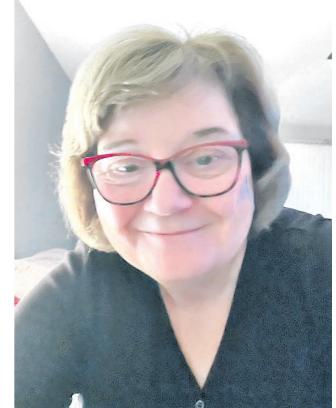
Schuyler Teachers' Association president.

Now retired from teaching, Sarafin is a member of the Frankfort Free Library Board of Trustees and is in her sixth year on the Frankfort-Schuyler Board of Education.

Sarafin is filling a seat that was left vacant after then Herkimer BOCES Board of Education President Michael Clements passed away unexpectedly in December.

At the Herkimer BOCES Board of Education's January 2023 meeting, then-Vice President Holly Pullis was elected as the new board president. Board member Ronald Loiacono was then elected as the new vice president

Kathy Sarafin was appointed to the Herkimer-Fulton-Hamilton-Otsego Board of Education on Feb. 9. Photo courtesy of Herkimer BOCES



















HPV

(Human papillomavirus)

HPV VIRUS





4 out of **5** will get HPV infection in their lifetime

is the leading cause of at least 6 types of cancer

HPV affects both men and women



Preventing cancer is better than treating cancer

HPV spreads through intimate physical contact

Cancer caused by HPV may not have warning symptoms or signs until they are advanced.

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HPV vaccine is 90% effective in preventing cancers caused by HPV virus.

Teens (girls and boys) should get vaccinated regardless of their sexual activity.

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Montgomery County Health Department 518-853-3531



Talk to your child's healthcare provider about HPV cancer prevention between ages 9 - 12.

Unvaccintated teens and young adults between 15 and 26 years of age should get vaccinated regardless of their sexual activity.

