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John 13:34*

IN THIS ISSUE:

- AUTOMOTIVE
- DINING & ENTERTAINMENT
- HEALTH & BEAUTY
- HOME IMPROVEMENT
- TAX TIME

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KRUTZ PROPERTIES

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Krutz Properties is #1 per Capital District MLS for property SOLD in Montgomery County!



202226454: LOCATION LOCATION LOCATION!!! Busy 3 bay garage on a corner lot. Comes with 1 hydraulic lift. Lots of space. Has an office and inside and outside access to restrooms. Amsterdam, NY. **\$229,000**



202311652: great income opportunity to 5 br apartments 2nd floor was newly updated. Also being sold is 94 guy park ave and 82 union st in Amsterdam could be sold as a package. 1st floor 1200 monthly rent. 2nd floor 1250 monthly rent. Amsterdam, NY. **\$225,000**



202311656: Investment opportunity well maintained 2 3br units newly updated. Also being sold is 321 E. Main St. and 82 Union St. in Amsterdam could be sold as a package. Rent 1st - owner occupied- \$1250 a month. Rent 2nd- \$1250 a month. Amsterdam, NY. **\$225,000**



202229809: Are you looking for the perfect home for entertaining? Well here it is! This home features an open concept first floor, complete with a full bathroom. Spacious master bedroom complete with an en suite. Updates include mahogany countertops, convenient second floor laundry and custom coffered ceilings. Walking distance to Knox Field. All you have to do is add your finishing touches and this home will feel like yours! Call for your private showing today! Pre-approved buyers please. Agent is related to seller. Johnstown, NY. **\$235,000**



202227170: Single family 3 bedroom 1.5 bath newly renovated home. Downstairs large living room, dining room area. Upstairs 2 bedrooms half bath, 2nd floor laundry. Close to the schools and shopping. House has a tenant who is willing to relocate if necessary. Amsterdam, NY. **\$119,000**



202311919: 75.3 acres in a beautiful country setting. Property is currently fenced for pasture. Approximately 24 acres are wooded. Great location to build your dream home and start your own farm. Charleston, NY. **\$169,000**



Licensed Real Estate Broker
Laurie Weingart
518-673-2820



PENDING

202311639: The details of this home show off the quality workmanship exhibited during the Craftsman Era. When entering this home you immediately feel the coziness & warmth of the fireplace, the inviting atmosphere, and the hardwood floors, all of which makes this house a home. Storage abounds so any family can have room to grow. The enclosed front porch and an open side porch provide extra space for three season relaxation and entertaining. Very Good Condition. List of all the updates is attached in the documents. Canajoharie, NY. **\$165,900**



202220891: **Back on market due to buyer not being able to obtain financing.** Move in ready 3 bedroom/ one bath home located in the heart of Gloversville. Convenient first floor laundry as well as utility room/ office space. This home features a roof that is less than 5 years old, as well as a new tankless water heater and a new hot air furnace! Easy access to the bike trail and just minutes to Gloversville High School as well as Nathan Littauer Hospital. 101 W 8th Ave is included in the sale, (13414-14-3). Call today for your private showing! Gloversville, NY. **\$94,900**



202310685: Horse enthusiasts will find themselves at home with this 63.6 acre idyllic farm. The location makes it a prime spot for a business or just your own country retreat. This property features a newly built 38' x 90' bank barn with 10 straight stalls and 8 box stalls with a 10'x10' tack room. There is also a newly built 24'x36' insulated 2 story garage with a concrete floor. Additional 24'x40' 2 story barn with loft. The shop is 2400sqft with 16' walls and insulated with spray foam w/ an 18' lean-to. The home has 5 bedrooms and 1 bath. Electricity & plumbing runs to the home but has not been used. Property currently being subdivided from larger parcel. SBL number and taxes TBD. Woodstoves, coal stove, main kitchen cabinetry & ice house are excluded. Fultonville, NY. **\$425,000**



202311531: This spring enjoy your morning coffee with the view of a babbling brook. 8.75 acres with a barn. This home is very bright and open. Country kitchen, wood floors throughout, enclosed porch and a back deck. Property would be ideal for homesteading. Located in the hamlet of Sammonsville. Johnstown, NY. **\$148,900**



202319194: Recently surveyed lot in a nice country setting. Property has a drilled well. Taxes TBD due to recent lot line adjustment. Charleston, NY. **\$25,000**



202311869: Store front available in Fort Plain, Great visibility with busy NBT bank right across the street. WHAT IS YOUR DREAM !!! The sky is the limit. Must see Available ASAP. Fort Plain, NY. **\$595**



202227929: his is a great "turn key" opportunity! The Pleasant Brook Hotel - famous for its pizza and wings - has the ambience of a cozy, small town bar - and is very popular with hunters and snowmobilers. The hotel has 6 bedrooms and two bathrooms upstairs that are currently rented by the night. Pleasant Brook area is ideal for deer/bear/turkey hunting - attracting hunters from all over the state. Surrounding areas (just a short drive away) include Cooperstown, Cherry Valley, and Cobleskill. Cherry Valley, NY. **\$325,000**



Rent \$1250 1st fl. Amsterdam, NY. **\$225,000**



202230475: This fixer upper is in a great country location with room to spread out. Fort Plain. **\$64,900**



202310641: Enjoy country living in this cozy secluded home that has a new horse barn and a large workshop. The workshop is 40'x60' and an 18ft lean-to and a 12ft lean-to for storage. The barn has 3 tie stalls, 5 box stalls and 1 larger box stall that can be made into two. It also features a 10'x12' tack room. The second floor has a large haymow. Most of property is fenced for pasture. Woodstove in the shop is excluded. Woodstove in home is negotiable. Home has no electricity or modern plumbing however power is ran from the road to the house. Glen, NY. **\$229,000**



202310788: Fantastic opportunity to have a business with great visibility, a home with tons of privacy and 36 acres for the horses! Workshop along the road currently operates as a sawmill. 5 bedroom home was built in 2014. The barn is 36' x 92' and has 5 box stall and 8 tie stalls with plenty of hay storage above. The new garage is 32' x 48' and is well insulated. About 15 acres of the land is fenced for pasture and approximately 15 acres are wooded and filled with hard maple and red oak. There is a small pond and a small stream that runs through the property. There is a drilled well that is approximately 70ft deep. There is no electricity, modern plumbing or septic on this property. Wood stoves, sawmill equipment, ice house and smaller kitchen cabinet and sink are excluded. Glen, NY. **\$325,000**



202310576: This country retreat features two homes nestled into the hillside of the Mohawk Valley. Rewind the time clock and make yourself at home here while numerous outbuildings allow for many different business opportunities. A large shop sits along the road offering great visibility. Horse paddocks and stalls for Equestrian Enthusiasts. The large barn is 38'x64' with drive out hay storage off the back of the second level. The 44'x82' pole barn has a 24'x44' section that is insulated with a concrete floor. Approximately half of the 92 acres are wooded and is filled with hard maple and hickory which makes for fabulous Whitetail hunting. 30 acres are fenced for pasture. There are two dug wells and two concrete septic tanks. This property is sold AS IS and does not have electricity to either home. Glen, NY. **\$450,000**

Eagle Scout seeking donations to accomplish his project



Shane Polyak is doing his Eagle Scout Project for Emmanuel Episcopal Church in Little Falls. His plan is to replace the current wooden sign and A-frame sign for an upgraded LED electronic sign. This LED sign will help advertise church events, fundraisers, Mass hours, meetings, etc.

The funds he raises will help pay for the LED sign, framework, electrical installation, landscaping, etc.

Polyak has been involved with Scouts since the first grade. The past few years he's seen other scouts quit because they lose interest. Becoming an Eagle Scout is an accomplishment and not many stay in long enough to see it through. Having his Eagle Scout badge will complete Polyak's scouting journey and will be beneficial to his future.

Polyak's project goal is to raise \$12,000. Donations can be made to GoFundMe at gofund.me/0678fa5f. Also, an Eagle patchwork quilt is being raffled off. Raffle tickets can be purchased through Emmanuel Church. There will be a lasagna dinner on March 16 at 4 p.m. to raise money toward his project. The dinner will take place at Emmanuel Episcopal Church.

Call 315.823.1323 with any questions. Consider making a donation so Polyak can complete his Eagle Scout Project.

In order to raise money for Shane Polyak's Eagle Scout Project of building a new sign for Emmanuel Episcopal Church, this Eagle patchwork quilt is being raffled off. Raffle tickets can be purchased through Emmanuel Church. There will be a lasagna dinner on March 16 at 4 p.m.

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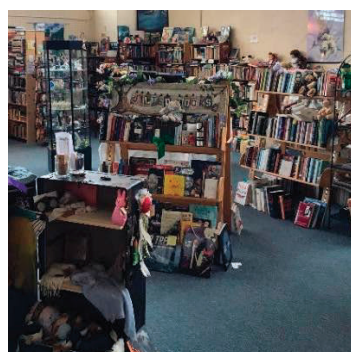
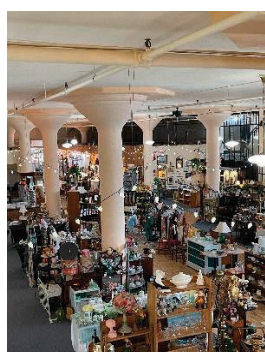
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- ♦ The NYS Vaccines for Children (VFC) Program is federally funded and provides vaccines at no cost to eligible children 18 and under.
- ♦ The NYS Vaccines for Adults (VFA) Program provides vaccines at no cost to eligible adults 19 and older.
- ♦ Students of any age enrolled in or entering post-secondary institution can receive the MMR vaccine through the VFA program regardless of insurance.

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VFA Eligibility:

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- ♦ Underinsured* adults aged 19 years and older

*Underinsured-health insurance does not cover vaccines

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- ♦ HPV
- ♦ Influenza (Flu)
- ♦ Meningococcal
- ♦ MMR
- ♦ Pneumonia
- ♦ Polio (IPV)
- ♦ Varicella

For more information:

Contact your health care provider or Local Health Department.

Or visit: www.health.ny.gov/prevention/immunization

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

Utica Zoo celebrates the birth of a baby gibbon

The Utica Zoo is excited to announce their female white-handed gibbon, Snowflake, gave birth to a healthy baby on Jan. 30. This is an extraordinary circumstance because Snowflake is 35 years old and her male companion Yoda is 38.

Members of the animal care and veterinary teams have been monitoring the new mother and baby and have determined that both are in great health. The baby, which is still not named, as well as Snowflake and Yoda will remain off public exhibit to give the family time to bond and continue to care for the baby. The winter weather will also be a factor to determine when the gibbon will be seen out in their habitat. The two-week-old offspring is still without any fur for protection against the elements.

The zoo is authorized from the Gibbon, Lar (White-Handed) Species Survival Program for the two gibbons to breed but due to their age it was not anticipated that they would be successful. This is the third time Snowflake and Yoda became parents while at the Utica Zoo. Their last birth was 23 years ago to female Malay, who now resides at Zoo Knoxville.

"It's our understanding that it is very rare for gibbons under human care and with their advanced age to successfully breed," Andria Heath, Utica Zoo executive director, said. "We strongly believe this was a result of the excellent care the gibbons



Snowflake and her new bundle of joy.
Photo courtesy of Utica Zoo

receive on a daily basis from our animal care and veterinary team, as well as a testament to the significant improvements that were made on their habitat in 2018 as part of the 'We Don't Like It Either' Campaign."

White-handed gibbons are classified as endangered by the International Union for Conservation of Nature and Natural Resources. This is due in part to the flourishing illegal pet trade in Thailand where they are hunted, captured, traded and exploited. The

deforestation of their forest habitat is also a threat and is becoming more of a problem. Protected conservation areas provide the greatest survival rates for populations of this species, although the ongoing agricultural development through these areas increases both fragmentation and access for hunters.

The Utica Zoo creates unique experiences and promotes public appreciation of wildlife through education, conservation and recreation and is home to over 200 exotic and domestic animals, welcoming over 100,000 visitors annually. For more information on this, and all things Utica Zoo, visit UticaZoo.org or follow the zoo on Facebook and Instagram.

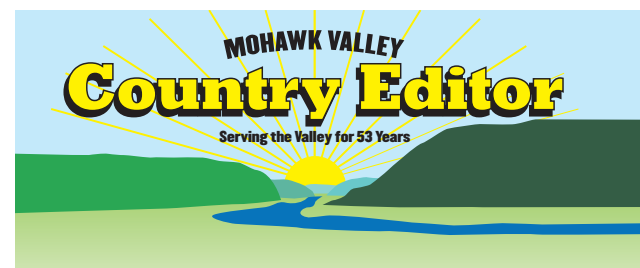
Additional Facts About White-Handed Gibbons

- What is the social structure of a white-handed gibbon? White-handed gibbons live in social family groups of two to six members, typically consisting of a mated pair and their offspring. The species is mostly monogamous, with an adult breeding couple usually forming lifelong bonds.

- These pairs usually give birth to one infant gibbon every two to 2.5 years. Typically, the baby gibbon clings to its mother's belly for most of its first year. However, since the father

stays around as part of the family unit, the dad may carry the gibbon as the baby gets older. The babies will then start to spend time away from their family unit when they turn about six.

- They reach maturity between six and 10 years old. During this time, younger siblings may be born. At any one time, as many as four offspring may live within a gibbon's family unit.



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Publisher, President **Frederick W. Lee**
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Classified Ad Manager.....Peggy Patrei
Controller.....Lyndsay Pickel
Managing Editor.....Joan Kark-Wren
Production Coordinator.....Jessica Mackay
Digital Media Specialist.....Christa Errigo
Shop Foreman.....Harry DeLong

Becky Mauk, Sales Manager
518-673-0166, bmauk@leepub.com

Liz Friers, Sales Associate
518-673-0113, efriers@leepub.com

Fred Mang, Sales Associate
518-673-0161, fmang@leepub.com

Jim Parente, Sales Associate
518-673-0140, jparente@leepub.com

Brian Johnson, Sales Associate
518-223-3157, brian.countryeditor@gmail.com

Reader ads 518-673-0111 or 800-218-5586
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Send all correspondence to:
PO Box 121, Palatine Bridge, NY 13428
Advertising email: bmauk@leepub.com
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Website: <https://countryeditor.net>

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Annual burn ban in effect March 16 - May 14

Open burning is the single greatest cause of wildfires in New York State. Since the spring burn ban was implemented in 2009, the number of wildfires has decreased by more than 40%.

To report a wildfire, call 1.833.NYS.RANGERS (1.833.697.7264) or contact a forest ranger in your area.

Watch a Public Service Announcement on open burning at tinyurl.com/5a9ssrmf and check out other clips on DEC's YouTube Channel at tinyurl.com/5apcy379.

When you plan a fire, always check for fire danger in your area on DEC's online map (updated every week). Also, local governments may have stricter rules than NYS; your fire department will have information about local burning laws.

Prohibitions

Open burning is prohibited in NYS, with several exceptions:

- Campfires or any other outdoor fires less than three feet in height and four feet in length, width or diameter are allowed.
- Small cooking fires are allowed.
- Ceremonial or celebratory bonfires are allowed. Disposal of flags or religious items in a small-sized fire is allowed, if it is not otherwise prohibited by law or regulation.
- Only charcoal or dry, clean, untreated or unpainted wood can be burned.
- Fires cannot be left unattended and must be fully extinguished.

In towns with a total population less than 20,000, you may burn tree limbs with attached leaves. The limbs must be less than six inches in diameter and eight feet in length (also referred to as brush). However, this is not allowed from March 16 - May 14 due to the increased risk of wildfires. Burning loose leaves or leaf piles is illegal. Visit tinyurl.com/4cp95bfw to learn what to do with autumn leaves.

The practice of burning large piles of brush collected from local residents at town or county transfer sites is prohibited. Individual landowners in small towns may burn their brush on-site, as discussed above. Downed limbs and branches generated at a transfer site are also allowed to be burned on-site with the same restrictions.

Note: While most firewood must be untreated, some firewood is heat treated (kiln dried) to control invasive insect species if it is to be transported over 50 miles. Heat treated firewood is not intended to be prohibited. However, the burning of

chemically treated wood, such as pressure-treated lumber and plywood, is prohibited.

Controlling Invasive Species

Open burning to control invasive plant or insect species is allowed. Case-by-case DEC approval is required.

Agricultural Uses

- Organic agricultural wastes may be burned on-site where they are grown or generated, including brush and wood produced by clearing fields and other activities.
- Fires must be located on contiguous agricultural land larger than five acres and the materials capable of being fully burned within 24 hours.
- The burning of pesticides, plastics or other non-organic material is prohibited.
- The use of liquid petroleum fueled smudge pots to prevent frost damage to crops is allowed.
- Burning tires and other wastes for smudge is prohibited.
- Individual open fires to control plant and animal disease outbreaks are allowed as approved on a case-by-case basis by DEC, upon the request by the Commissioner of Ag & Markets.
- Prescribed burns – the burning of forest land to achieve a vegetative or wildlife management goal – can be performed, but only in accordance with DEC regulations. Check with your regional DEC office. Regional offices are listed at dec.ny.gov/about/558.html.

Municipal Uses

With some restrictions, fire training burning activities are allowed in accordance with guidance from NYS Division of Homeland Security and Emergency Services' Office of Fire Prevention and Control. The Fire Services Bureau may be reached at 518.474.6746. Towns, villages, cities and counties can pass ordinances that are stricter than the open fires regulations. You should check with local authorities to find out if local law requires a permit or prohibits open fires.

Explosives, or other dangerous contraband, may be burned on an emergency basis only by police or other public safety organizations.

Adirondack Locations

While a permit is not required under this regulation, the Environmental Conservation Law (ECL) requires that a burning permit be obtained from DEC if you plan to burn brush under the exception, and you live in a town which is totally or partially

located within the boundaries of the Adirondack Park which is designated as a "Fire Town" under the ECL (see list below). In addition, any local requirements or restrictions would apply.

- Fulton County: Towns of Bleeker, Caroga, Mayfield, Northampton and Stratford
- Hamilton County: All towns
- Herkimer County: Towns of Ohio, Russia, Salisbury and Webb
- Oneida County: Towns of Forestport and Remsen

Burning Trash is Against the Law

Burning trash is illegal statewide in all cases. Part 219 Incinerators prohibits burning trash in wood stoves, fireplaces and outdoor wood boilers. It is unhealthy, un-neighborly and unnecessary. It causes serious health concerns and diseases, contaminated soil and discomfort for others enjoying the outdoors or their own property.

Read more about the negative health effects of burning trash on NYSDOH's website at tinyurl.com/2sf3jec2. Download the burning tip strip at tinyurl.com/mry2shyw and poster at tinyurl.com/4fy8b38t.

The Problem with Burn Barrels

Burn barrels are a very dirty way to dispose of trash. They produce polluted air because fires in barrels are rarely hotter than 500° F. That's not hot enough for complete combustion, and incomplete combustion leads to harmful smoke and soot. DEC has lots of information (dec.ny.gov/chemical/292) about reducing, reusing and recycling scrap materials, trash and other waste you generate at home. Learn how to:

- manage fallen leaves without burning
- properly dispose of household hazardous waste (dec.ny.gov/chemical/8485)
- compost your organic kitchen and garden waste (dec.ny.gov/chemical/8799)
- produce less trash (dec.ny.gov/public/43706)

You can report polluters by calling the DEC hotline at 1.844.DEC.ECOs (1.844.332.3267).

Camp Fire Safety

Campfires with family and friends are great fun. To make your next campfire safer and healthier remember to:

- Check the fire danger map first (dec.ny.gov/lands/68329)

Annual 6



SMALL BUSINESSES are the HEART of OUR COMMUNITY...

*We know that a vital attractive, shopper-friendly downtown can be a welcoming environment for visitors, a focus for community events, a source of pride in our community and most importantly, a catalyst for economic development. More diverse businesses benefit us all. Let's address the infrastructure needs of downtown by resetting the **DUMMY LIGHT**. By recognizing the 2014 designation of Canajoharie National Register Historic District, let's start making decisions about zoning, appropriate signage and traffic patterns with that in mind. Let's finally listen to the concerns and needs of small businesses and nurture them any way we can. Let's patronize and say "thank-you" for investing and believing in Canajoharie.*

Vote for the MAINSTREET PARTY on MARCH 21, 2023

Village Office - Erie Boulevard 12-9 PM



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BUSINESS FOCUS

Upstate RC and Hobbies



Upstate RC has everything you need to get into or expand an RC hobby – including an off-site dirt track open half the year for racing.

According to the Washington Post, remote control (or radio control) racing, better known to its fans as RC, isn't new, but it has been enjoying a booming resurgence, thanks in large part to the past few years of pandemic. People sought out hobbies to entertain themselves and get outside, and RC checked both of those boxes. Many people who built and played with RC cars as kids rediscovered the thrill of driving and the satisfaction of spending hours souping up cars that can reach upwards of 150 mph.

Helping to provide Mohawk Valley and Capital Region enthusiasts is Upstate RC and Hobbies, founded by Ryan Holland two years ago.

Upstate RC caters to customers of all ages, and to those new to the pastime or long-time veterans. They offer both the sale and repair of RC vehicles and parts.

"I fell in love with the hobby and starting racing RC five years ago," Holland said. "I went into this particular business because there was a need for something local."

Before establishing Upstate RC, Holland

worked as a traveling commercial technician, and the business shows no signs of slowing down. Since starting, it has grown from its original location into a different shop, in which Holland has doubled his inventory and added multiple brands for customers to choose from.

The best part is Upstate RC doesn't just offer the cars themselves – they also have a dirt track at an off-site location that runs May - October on Sunday mornings. Fans of RC can race their creations and see how they stack up against others.

"The vision is to get a building big enough for an indoor RC park," Holland said.

Upstate RC and Hobbies is located at 297 N. Comrie Ave. in Johnstown. They can be reached at 518.705.4511. You can also find them online at UpstateRC.com and facebook.com/UpstateRC.

Annual from 5

to make sure it's safe to have a fire where you are.

- Avoid burning on windy days.

- Keep your campfire less than three feet high and less than four feet wide.

- Keep flammable objects and debris at least three feet away from the fire.

- Never burn trash, including paper products, plastic, glass and metal (like tin and aluminum cans).

- Burn only local firewood (dec.ny.gov/animals/28722).

- Burn only dry, plain wood – no pressure-treated lumber or plywood and no painted or stained wood.

- Untreated wood, split tree logs and branches are recommended for camp fires.

- Using heat-treated/kiln-dried wood can prevent the spread of invasive species.

- Never use fire accelerants such as kerosene, gasoline or lighter fluid.

- Stay out of the smoke. The fire and its warmth can be pleasant for everyone, but inhaling smoke is unhealthy for you and for your pets.

- Keep water or a fire extinguisher nearby. Never leave your fire unattended.

- When you're finished with your fire, fully extinguish it. Stirring water or dirt into the remains of the fire can help.

We want you to fully enjoy your campfire. Following these guidelines will help ensure a safer gathering.

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FOR FREE ESTIMATES

518-673-5622

Recognize signs of heart attack in women

Many people are familiar with the image of a heart attack sufferer clutching his or her chest or feeling surprising, tingling sensations in his or her left arm. While those symptoms are common, heart attacks can produce a wide array of symptoms, and some of them may actually be much less apparent than chest pain or tingling in the left arm. That's

especially so for women.

The organization Go Red for Women, which highlights women's heart health during the month of February, advises that many symptoms women can experience when suffering from heart disease may be overlooked or misunderstood as signs of less threatening conditions. However, jaw pain, nausea, pres-

sure, and sweating all may be indicative of a heart attack. A failure to recognize that and act quickly could prove fatal.

The American Heart Association says that heart disease is the foremost killer of women in the United States. The Heart and Stroke Foundation says heart disease and stroke kill 31,000 women in Canada annually. Despite

those figures, many women are unaware of the threat of heart disease and its symptoms.

Heart attack occurs when blood flow to the heart is blocked by a buildup of a substance called plaque in the coronary arteries. Heart attack can strike any woman, though women who deal with high stress, are overweight or

are heavy smokers are at the greatest risk.

Symptoms of heart attack

Symptoms of heart attack in women generally are more subtle than in men. These can include but are not limited to:

- shortness of breath as though you just ran a marathon
- a feeling of a squeezing rope tied around the upper back

- dizziness
- lightheadedness or actual fainting
- unusual fatigue
- neck, jaw, shoulder, upper back, or abdominal discomfort

- indigestion
- perspiration

How heart attacks are different for women

Women tend to have blockages not only in their main arteries, but in the smaller ones that supply blood to the heart. This is a condition called coronary microvascular disease, says the Mayo Clinic, and it may be why symptoms are more vague and not as apparent in women as they are in men.

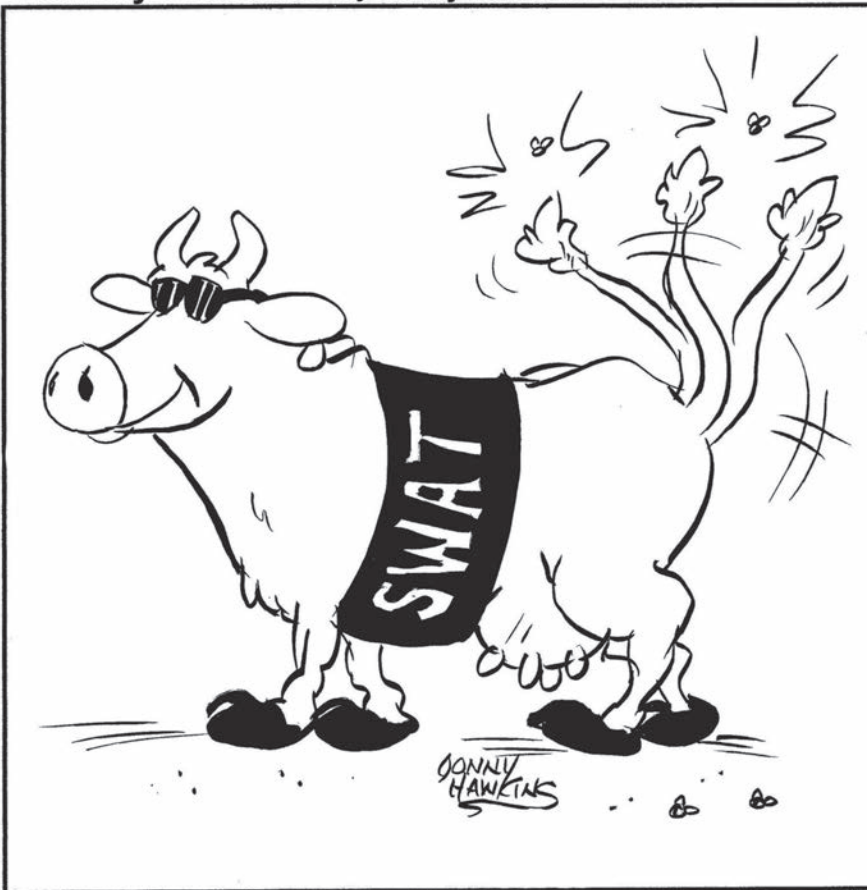
Women also can have symptoms while resting or even when asleep, and emotional stress can trigger heart attack symptoms in women.

A woman's risk for heart disease increases if she has diabetes, has experienced mental stress or depression, smokes, has gone through menopause, has had complications during a pregnancy, has an inflammatory disease, and/or is physically inactive.

Women of all ages should take heart disease seriously and schedule a check-up with a doctor to discuss risk and heart health. Women who suspect or notice any symptoms of heart attack should not hesitate to call for help. If you suspect you are having a heart attack, call 9-1-1 immediately; do not drive yourself.

Women can learn more about heart disease at www.heart.org.

Country Chuckles by Jonny Hawkins



PLUG AUCTION

Wed., March 8th at 10AM

Mohawk Valley Produce Auction

840 Fordsbush Rd., Fort Plain, NY 13339

Geranium - Petunia - Calli
SunPatien - Gerber Daisy
Begonia - Grasses - Succulents
Vegetable Plants - Plus More

Pots & Planters

Questions Call 518-568-3579

or 717-413-3816

HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY

Weekly Sales Every Monday – Misc. items, Poultry & produce etc. will start approx. 12:00.

1:00 we will start Dairy followed by all other livestock.

Let's keep the cattle in the market place to help the competition – sending direct gives you no competition.

Mon. Feb 13th – Sold 291 head – Cull Dairy ave. \$.70 top cow \$.91, Organic cull Dairy \$.63 – \$.77, Grassfed Organic cull \$.58, Bulls/Steers 1200#+ \$1.07-\$1.16, Finished beef 1260#+ \$.78-\$1.28, Feeder Bulls \$1.07-\$1.14, Feeder Steers \$0.98-\$1.68, Feeder Heifers \$0.74-\$1.32, Feeder Dairy \$0.17-\$0.98, Dairy Bull \$450, Dairy Started Calf Avg. \$225, Dairy Open Heifers \$360-\$775, Dairy Bred Heifers \$450-\$1600, Milking Age \$750-\$2050 Organic Dairy \$750-\$1375, Bull calves top \$1.85, Heifer calves \$0.93 – Top beef calf \$2.50, Goat \$187.50, Hogs avg. \$0.63, Piglets avg \$48.33.

Mon. Feb. 27th – Normal Monday Sale & Monthly Organic Day.

Special: 6 Grassfed Organic Bred Heifers due mid March-mid May

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

Mon. Mar. 13th – Normal Monday Sale & Monthly Heifer Sale.

Sat. Mar. 25th – 11:30 AM – Spring Premier All Breeds Sale – Selling 125 Head of Registered All Breed Dairy Cattle – this is the place to find those early showage heifers and cows! Note: This year we will be again Hosting in conjunction with this sale The Otsego County 4-H Calf Sale they will be selling 20 head if you need info on that sale call Dan Menendez 315-985-0613. **TAKING CONSIGNMENTS FOR THE ALL BREED SALE NOW IF YOU NEED SOMEONE TO STOP BY GIVE US A CALL.**

Sat. April 22nd – Our Annual Spring Machinery & Equipment Auction.

Taking consignments for this sale. Starting this sale at 9 AM. No used tires please – or household supplies. Give us a call to get into the advertising. Already Consigned: An exceptional full line of hay equipment including a New Holland Tractor TL50A, 5209 New Idea Discbine, New Holland Baler 570, 8 Wheel Hay Rake, 4 Hay Wagons, and more! See website for full list.

****OUR CAFÉ IS ALWAYS OPEN EVERY SALE DAY – COME IN AND ENJOY A GREAT MEAL WITH MISTY!****

WATCH FUTURE ADS ON UPCOMING SALES WE HAVE IN THE WORKS IF YOU HAVE SOMETHING TO SELL IF ITS ONE OR A WHOLE HERD LET US HELP YOU THROUGH THE PROCESS.

****Trucking Assistance** – Call the Sale Barn or check out our trucker list on our Web-Site. Call to advertise in any of these sales it makes a difference. Watch website for any last minute updates.

Directions: Hosking Sales LLC 6096 NYS Rt. 8, 30 miles South of Utica & 6 miles North of New Berlin, NY.

www.hoskingsales.com Like us on Facebook



Tom 607-972-1770 • Brenda 607-972-1771,
Dan Hosking 607-972-8773 – Office 607-847-8800.

Mohawk Valley Auction

17th Annual

Horse, Tack & Machinery Auction

Sat., April 8, 2023



LOCATION: Fonda Fairgrounds
21 South Bridge St., Fonda NY 12068

(Selling in Enclosed Arena)

• All Breeds Welcome • Registered & Grade • All ages • Negative Coggins Necessary

Catalog Deadline: Sat., March 4, 2023

\$20 Consignment Fee up until catalog deadline, \$40 fee after deadline

WE WILL TAKE CONSIGNMENTS UP TO THE SALE DATE!

Tack & Machinery 8:30 AM • Horses 10:30 AM

-Lunch available through Country Meadows School-

For vendor space or catalog ad call Daniel Byler 315-822-6178

David Yoder

1176 Co. Rt. 24

Richfield Springs, NY 13439

315-858-9971

Robert Detweiler, Jr.

515 Hayner Rd

Richfield Springs, NY 13439

315-858-0023

CHURCH SERVICE DIRECTORY

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

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

AMSTERDAM
THE TIME FOR TRUTH MINISTRIES
PO Box 351, Amsterdam, NY 12010
Phone 518-843-2121
Cell 518-774-8558

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

CANAJOHARIE
CHURCH OF THE GOOD SHEPHERD
26 Moyer St., Canajoharie
518-708-5880
The Rev. Virginia L. Ogden, Rector
Sunday Worship 9:30 AM
with Communion
Church Email:
churchgoodshep26@gmail.com
Website:
www.churchgoodshepherd.com

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

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

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

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

REFORMED CHURCH OF CANAJOHARIE
15-19 Front St., Canajoharie
518-673-2816
Rev. Matt Draffen, Senior Pastor
Rev. James Peck, Jr., Associate Pastor
Saturday Evening Worship 4:30 PM
Sunday: Adult Bible Study 9 AM
Worship 10 AM,
Coffee Hour following Sunday service.
Tuesday: Knit & Stitch 9 AM
Bread Giveaway 10 AM - 12 PM
Weekly Prayer Meeting 12 PM
Wednesday: Rug Hooker's Group 9 AM
Women's Bible Study 4 PM
Thursday: ALPHA 6:30 PM
www.canjoreformed.org

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

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

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

COLD BROOK
COLD BROOK UNITED METHODIST CHURCH
467 Main St.
Sunday Worship 10:30 AM

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

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

GRACE BAPTIST CHURCH OF DOLGEVILLE
Pastor Len Byerly
12 Van Buren St.
Morning Worship 11-12:30 PM
Lunch 12:30-2 PM
Afternoon Worship 2-3 PM

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

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

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

ST. JOSEPH'S ROMAN CATHOLIC CHURCH
31 N. Helmer Ave., Dolgeville, NY
Phone 315-823-3410
Sunday Mass 9AM

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

EPHRATAH
EPHRATAH REFORMED CHURCH
140 Co. Hwy. 140, Ephratah, NY
To live and share Jesus Christ both locally and globally.
Everyday. Everywhere. Everyone.
Pastor Jeff 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

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

NATIONAL KATERI TEKAKWITHA SHRINE AND INDIAN MUSEUM
3636 St. Hwy. 5, PO Box 627
Fonda, NY 12068-0627
518-853-3646
Weekly Masses: Sat. 4:30 PM, Sun. 10:30 AM
friars@katerishrine.com
www.katerishrine.com

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

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

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

ST. JOHN'S LUTHERAN CHURCH
774 St. Hwy. 163, Fort Plain, NY
518-705-7552
Rev. David A. Johnson, Ph.D.
Sunday Worship 9 AM,
Sunday School 10 AM,
Ladies Aid W.E.L.C.A.
Handicapped Accessible

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

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

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

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

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

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

FULTONVILLE
FONDA FULTONVILLE FONDA-FULTONVILLE UNITED METHODIST CHURCH
Pastor Kathy Reese
Sunday 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/
TheSalvationArmyHerkimer
Sunday School 10 AM
Morning Worship 11 AM

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

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

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

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

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

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

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

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

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

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

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

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

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

CHURCH SERVICE DIRECTORY

<p>LASSELLVILLE LASSELLVILLE UNITED METHODIST CHURCH State Hwy. 29 Pastor Robert A. Lindsay Worship: Sunday 9:30 AM Sunday School to start soon</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>ST. PAUL'S LUTHERAN CHURCH 32 W. Main St., St. Johnsville, NY (next to NBT Bank) 518-568-3007 Church 518-568-2405 Parsonage Rev. David Johnson Sunday Worship 10:30 AM, Tues. Bible Bungee-Jumping 7 PM, "Bible Study" that actually makes sense! A Vibrant, Welcoming Community of Faith & Vision</p>
<p>LITTLE FALLS FIRST BAPTIST CHURCH 555 Albany St. 315-823-3392 Morning Worship 9:45 AM Rev. Chris J. Wintermute, Lead Pastor Rev. William Whalen, Associate Pastor Nursery (infants through age 4) Meet and Greet Sunday at 8:00 AM Sunday School Classes 8:30 AM (nursery through adult) **Our Service is aired on 100.3 FM, 91.1 FM & 88.7 FM on Sundays from 11-12 with a 1 week delay. **LIVE on Facebook: "gingerleecase" account- 9:45 am on Sundays</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>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"</p>	<p>SEEKER'S FELLOWSHIP 14 Park Place, St. Johnsville, NY 13452 518-568-7700 • Pastor Mike Yezierski Sunday Worship 6 PM, Tues. Prayer 7 PM, Bible Study 7 PM (Wed., Thurs. & Fri.) We teach the fullness of God's Word, a life of holiness for the believer, and salvation for all who trust in Christ's sacrifice.</p>
<p>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</p>	<p>MARSHVILLE MARSHVILLE EVANGELICAL CHURCH Route 10 South Pastor Mark Fowler Worship Sunday 9 AM</p>	<p>NELLISTON VALLEY ALLIANCE CHURCH 85 E. Main St., Nelliston 518-993-3458 Pastor Ken Gies Sunday School (all ages) 9:15 AM, Sunday Worship 10:30 AM, Wed. Praise & Prayer 7 PM, Fri. Youth Group 7 PM (7-12th grade)</p>	<p>RANDALL RANDALL CHRISTIAN COMMUNITY CHURCH NY Rte. 5S Sunday Service 10:30 AM Worship Leader Darlene Spaulding</p>	<p>REFORMED CHURCH OF SPRAKERS 112 Sprakers Hill Rd. Rev. Nancy Ryan Worship ~ 9 AM All Welcome!!!</p>	<p>ST. JOHN'SVILLE METHODIST CHURCH 7 East Main St., St. Johnsville, NY 13452 Pastor Corey Jones 518-568-7983 • 315-866-8626 Worship Sunday 3 PM</p>
<p>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</p>	<p>MIDDLEVILLE MIDDLEVILLE UNITED METHODIST CHURCH 24 Fairfield St. Sunday Worship 9:30 AM</p>	<p>NEWPORT FIRST BAPTIST CHURCH OF NEWPORT 7497 Main Street Pastor's Phone 315-790-1877 Sunday Worship at 9:45 AM</p>	<p>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</p>	<p>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</p>	<p>EVERLASTING JOY BELIEVERS FELLOWSHIP 14 Park Place (in with Seekers Fellowship) St. Johnsville, NY 13452 315-858-2112 • Pastor Carolee Coye Sunday Service 10 AM</p>
<p>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</p>	<p>MOHAWK DENNISON CORNERS COMMUNITY CHURCH Pastor Donald King 219 Robinson Rd. • Phone 866-5215 Sunday: Sunday School 9:45 AM Morning Worship 11 AM Evening Worship 6 PM Wednesday Prayer 7 PM</p>	<p>UNITED METHODIST Pastor Robbin Harris • Ph 845-8730 Morning Service 11:15 AM</p>	<p>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</p>	<p>RIVER OF JUBILEE CHURCH 5057 St. Hwy. 5 S, Sprakers, NY 12166 Pastor: Gail Adamoschek Pastor: Steve Adamoschek 518-322-1427 / 518-224-4455 Sunday Service 10 AM Children's Church Available Other Learning Opportunities Avail- able Visit us on Facebook</p>	<p>ST. JOHN'S REFORMED CHURCH 68 W. Main St., St. Johnsville 518-568-7396 Faithfully Following Jesus Christ Sunday Worship 10:30 AM</p>
<p>HOLY TRINITY LUTHERAN CHURCH 512 E. Gansevoort St. Sunday School 9:15 AM Sunday Worship 9:30 AM Wednesday Worship 11 AM & 6 PM</p>	<p>MOHAWK REFORMED CHURCH Rev. Brian Engel, Pastor 20 S. Otsego St. Phone 866-4292 Email mohawkpastor@verizon.net Follow us on Facebook Morning Worship: 10:30 AM Sept. - June 9:30 AM July-Aug. Youth Sunday School (Pre-K - Sr. High) 9 AM Adult Sunday School (Men, Women & Couples) 9:30 AM September - June</p>	<p>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</p>	<p>SALISBURY CENTER FULL GOSPEL ASSEMBLY OF GOD Pastor Robert Brent 106 Plant Road Sunday Worship 11 AM with Children's Church offered during the service</p>	<p>SPRINGFIELD CENTER ST. MARY'S EPISCOPAL CHURCH 7690 Rt. 80, Springfield Center 315-858-4016 Fr. Kyle Grennen, Priest-in-Charge Sunday Eucharist, 9:30 AM Coffee - Fellowship follows service Holy Days - as announced</p>	<p>GRACE CHRISTIAN CHURCH Pastor Michael Torres 20 Center St., St. Johnsville, NY 13452 518-775-0366 Email gccpastor2021@gmail.com</p>
<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>FIRST BAPTIST CHURCH Springfield Center, NY Rev. Terence Brant 607-264-3035 Sunday School 10 AM Morning Worship 11 AM Wed. night Bible Study 7 PM</p>	<p>LIGHTHOUSE BAPTIST CHURCH 1524 St. Rt. 29A, PO Box 114 Stratford, NY 13470-0114 315-429-8854 • Pastor Martin Smith Sunday Morning Worship 10:30 AM; Wed. Eve. Prayer Meeting 6 PM; 2nd & 4th Sunday Dinner following Morning Service with Afternoon Service following dinner "Old-Fashioned Bible Preaching"</p>
<p>FIRST PRESBYTERIAN CHURCH Pastor Tamara Razzano 16 Jackson St. Phone: 315-823-3004 Email lffirstpres@gmail.com www.presbylff.org Sunday Worship 10 AM Sunday School 10 AM</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>ST. JOHN'SVILLE BETHESDA FELLOWSHIP 34 S. Division St., St. Johnsville, NY 13452 518-568-2678 Summer Schedule Sunday Worship 10 AM Wed. Worship and Prayer 6 PM</p>	<p>TRIBES HILL SACRED HEART CATHOLIC CHURCH 111 3rd Ave., Tribes Hill 518-829-7301 Mass Saturday 4 PM</p>



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FEBRUARY 22

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

FEBRUARY 23

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

FEBRUARY 24

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

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 25

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

MARCH 2

Equine Collaborative International Winter Webinar 7 p.m. Britta Hella - 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.

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

MARCH 7

Full Moon Meander 7 p.m. along the old Erie Canal. Contact David Brooks at Schoharie Crossing State Historic Site at 518.829.7516 or SchoharieCrossing@parks.ny.gov.

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 at 11:50 a.m.

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

National Irish American Heritage Month Program - Debunking Irish Myths 7 p.m. Irish Cultural Center of the Mohawk Valley, 623 Columbia St., Utica. For more information, visit www.iccmv.org or call 315.733.4228 ext 6.

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.

National Irish American Heritage Month Program - Randal Bays Multi-Instrumental Workshop and Concert 2 p.m. and 7 p.m. Multi-instrumental class in the afternoon. Concert in the evening. For more information, visit www.iccmv.org or call 315.733.4228 ext 6.

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

Utica St. Patrick's Day Parade at 10 a.m. For the 14th year, there will be a food drive during the parade. The food items and any money collected go to the Mother Marianne West Side Kitchen in west Utica. Any questions may be directed to Chris Hoke at hoke84@gmail.com or 315.827.4291.

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.

MARCH 16

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.com/5n8nde8x

Lasagna Dinner 4-7 p.m. or sold out at The Parish Hall at Emmanuel Episcopal Church, 594 Albany St., Little Falls. \$15. Also offering meatballs and sausage, A la Carte. Eat in. Take outs. Free local delivery. Call 315.741.4672 to reserve your order.

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 Hunter. Contact David Brooks at Schoharie Crossing State Historic Site at 518.829.7516 or SchoharieCrossing@parks.ny.gov.

MARCH 21

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

MARCH 24

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

MARCH 31

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

APRIL 5

Venison for Veterans and Seniors of Fulton and Montgomery Counties event 12 - 1:30 p.m. at the Checkers Out Speedway, 2299 NY-30A, Johnstown. Any veteran or senior who would like to receive a donation may call the Fulton County Office for the Aging at 518.735.5650 or the Montgomery County Office for Aging, Inc, at 518.843.2300.

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.

APRIL 12

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

APRIL 13

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

APRIL 15

H.A.L.O. Indoor Flea Market 10 a.m. - 4 p.m. (setup 8 a.m.) at Ilion/Frankfort VFW. Food, baked goods, giveaways and more. All proceeds benefit H.A.L.O. Contact Natalie for more information and set-up applications 315.520.3112.

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 SchoharieCrossing@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@gmail.com.

MAY 10

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

MAY 20

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

JUNE 14

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

JULY 4

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

JULY 12

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

JULY 22

Moses Quinby Day 7203 State Highway 5, Saint Johnsville 518.568.7779 or 518.992.2450

JULY 28

Concert 7 p.m. 7203 State Highway 5, Saint Johnsville 518.568.7779 or fortlock@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 fortlock@gmail.com New members welcome!

AUGUST 17

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, fortlock@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 fortlock@gmail.com

OCTOBER 11

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

NOVEMBER 8

Monthly Fort Klock meeting 6 p.m. 7203 State Highway 5, Saint Johnsville 518.568.7779 or fortlock@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.

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



Ride the Independence Trail in 2023

Located close to the Assembly Area at the Otter Creek Horse Trails, the Independence Trail is a scenic 2.2-mile ride. The trail goes from the Assembly Area down an old road and then along the Independence River. Occasionally, you will see whitewater kayakers paddling past the boulders. The trail then climbs back via switchbacks towards the Assembly Area.

Recently, the trail has seen a lot of upgrades. Water flowing down the trail, holes in culverts and deep trail erosion were all remediated.

Volunteers from Friends of Otter Creek Horse Trails walk the trails year-round to identify issues of concern for all users of the trail system.

Enjoy a pleasant ride through the woods this summer on the refurbished Independence Trail. Learn more about the trails at dec.ny.gov/outdoor/8088.html.

Independence Trail in mid-February 2023. Enjoy a pleasant ride through the woods this summer on the re-furbished Independence Trail.

Canajoharie resident earns academic honors from Florida Tech

Kayla Mastin of Canajoharie has been named to the Fall 2022 Dean's List at Florida Institute of Technology. To be included on the Dean's List, a student must complete 12 or more graded credits in a semester with a semester GPA of at least 3.4.

Smullen invites the public to volunteer for Venison for Vets and Seniors

Assemblyman Robert Smullen (R, C - Mohawk Valley and the Adirondacks) has invited residents to volunteer and distribute donations for this year's Venison for Veterans and Seniors of Fulton and Montgomery Counties. This year's event will take place April 5 from noon - 1:30 p.m. at the Checkers Out Speedway, 2299 NY-30A, Johnstown.

"This truly is one of my favorite events to take part in, and I invite the public to join us at this great occasion. Our veterans and seniors have made countless contributions to our community, so to be able to give back to them is the least we can do. I look forward to seeing everybody there," said Smullen.

"I would also like to thank our partners at both the Fulton and Montgomery Counties' Offices for the Aging, as well as Tom Georgia, Don Wicksell of Kingsboro Lumber, Montgomery County Sheriff Smith, Fulton County Sheriff Giardino, all law enforcement, EMS and fire crews that help deliver the venison," added Smullen.

Smullen is also asking for civic groups to nominate veterans and seniors to receive a donation, as well as asking any veteran or senior who would like to receive a donation to call the Fulton County Office for the Aging at 518.735.5650 or the Montgomery County Office for Aging at 518.843.2300.





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HOME IMPROVEMENT

Tips for negotiating with contractors

Spring is the season for fixing up a home. Homeowners who aren't interested in doing the work themselves turn to contractors to ensure the job is done not only to code, but on time and efficiently.

After receiving an initial estimate from a contractor, homeowners may wonder if there is any additional wiggle room in contractors' costs.

Certain contractors are willing to negotiate while others are firm in their prices. However, learning the basics of negotiation can put homeowners in position to save money on dream renovations.

Do your homework

Getting the best price typically require shopping around and not settling on the first bid. Experts recommend getting at least



Certain contractors are willing to negotiate while others are firm in their prices. Learning the basics of negotiation can put homeowners in position to save money on dream renovations.

three estimates on the same job – and be sure to let each contractor know that you are soliciting multiple bids. This alone may entice a specific contractor to give you his or her best offer up front. Avoid simply choosing the lowest bid. Look at quality of work, reputation and reviews. If you like a costly contractor more than another, see if that contractor is willing to match a lower bid to win the job.

Pick the right season

As with other industries, home renovation work heats up during certain seasons or times of year. General contractors may be more willing to negotiate for a lower price depending on when their busy season may be. Jobs may slow down in winter, for example.

Talk about supplies

Even after getting a good bid, you may be able to speak with your contractor about lowering costs even more by choosing less costly supplies. Find out if contractors can source materials from a low-cost supplier. In addition, discuss if you can purchase your own supplies.



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Ask to do a portion

Be honest with the contractor about your budget and figure out if there is any way for you to do some of the work to lower costs. The contractor can give you jobs that are within your abilities, which can shave dollars off the final price.

Know your rights and laws

Understand the laws governing contract language in your state. Contracts should also spell out the change order process so that expectations of changes and costs will be known in advance.

These are just some of the tactics homeowners can use when negotiating the price of home remodels or improvements.

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HOME IMPROVEMENT

Six signs you may need a new HVAC system

There's no place like home, especially when that home is a comfortable and safe haven. One of the ways residents find comfort in their homes is by maintaining the right indoor temperatures, which fluctuate along with the seasons. While there is much to be said about opening windows and doors to let Mother

Nature do her thing, indoor comfort is often maintained with an HVAC system.

HVAC stands for heating, ventilation and air conditioning. It can include heat pumps, furnaces and air conditioning units. It is an automated system that works by adjusting a thermostat to regulate air temperature, and sometimes

humidity, in the home. According to Enviguard, a commercial contracting provider, HVAC systems also may be used to improve indoor air quality through filtration and oxygen replacement.

As with any mechanical device, an HVAC system has a life span that must be considered. Should any of the following conditions be present, it is likely time to consult with an HVAC technician to see if repairs or replacement of the entire system is warranted.

1. Age

If the HVAC system is more than 10 years old, it could be time to begin budgeting for a new unit. Many modern, efficient systems may last 12 to 14 years with routine maintenance. But it's good to keep an HVAC system's age in mind so you can readily recognize when it might start to

fail.

2. Longer or constant running times

An efficient, properly working system will quickly heat or cool the home and then turn off. A system that is turning on repeatedly or having to run for awhile before the set temperature is reached could be nearing the end of its utility.

3. Strange noises

Groaning, banging or loud humming noises should be addressed. While these noises may indicate that certain components need maintenance or replacement, they also could be symptoms of age and a system nearing failure.

4. Frequent repair visits

Knowing the HVAC company's repair person by name is a sign that the system has required too much work in recent months. Repeated issues and repairs are probably

signs that it's time to consider a system replacement.

5. Higher bills

Sticker shock when receiving electricity or gas bills likely mean the HVAC system isn't working efficiently and might need to be replaced.

6. Poor indoor air quality

If the home is dusty or

humid or even if allergies seem to have cropped up out of nowhere, this could indicate a poorly functioning HVAC system.

HVAC systems are vital to keeping indoor environments comfortable and safe. Such systems may exhibit certain signs that indicate they need to be replaced.



Repeated issues and repairs to your HVAC system may be signs that it's time to consider replacement of the system.

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M&T Bank/Partners Trust Bank Fund marks 15 years with 2022 grant announcements

M&T Bank/Partners Trust Bank Charitable Fund (MTPT) at the Community Foundation of Herkimer and Oneida Counties awarded nearly \$585,000 to area nonprofits in 2022 – a special year for the fund as it celebrated its 15th anniversary supporting the Mohawk Valley.

The fund was established in 2007 and has since awarded more than \$5 million in support of a broad range of organizations, programs and services in the two counties, including education, human services, health, animal welfare and arts and culture.

"At M&T, we are deeply committed to our communities and to making a positive difference in people's lives, so I'm particularly proud of the tangible impact that our partnership with the Community Foundation has generated during these past 15 years," said David Manzelmann, M&T Utica market president. "We are proud of our community, and we look forward to continued collaboration as we work to further strengthen our neighborhoods and empower our neighbors."

MTPT was established by Partners Trust Bank Charitable Foundation during the merger of Partners Trust and M&T Bank with the resulting donor-advised fund at the Community Foundation ensuring that grantmaking would be jointly advised to provide continued support for the Mohawk Valley. Initially focused on supporting literacy programs, MTPT expanded its community investments to address additional areas of need and to focus on partnering with organizations that provide educational enrichment, to build and strengthen the community for the future.

In 2022, MTPT awarded \$571,100 to area nonprofits and funds at the Community Foundation. The recipients are as follows: Abraham House; Anita's Stevens Swan Humane Society; Herkimer County Humane Society; House of the Good Shepherd; ICAN; Johnson Park Center; Legal Aid Society of Mid-New York; Little Falls Youth & Family Center; Masonic Medical Research Institute; Mohawk Valley Community Action Agency; Mohawk Valley Community College Foundation; Notre Dame Jr./Sr. High School; On Point For College; Rescue Mission of Utica; The Center; UNHS Home Ownership Center; Utica Monday Nite Corporation; Utica Public Library; View; and YWCA of the Mohawk Valley.

An additional \$13,700 was awarded to 137 organizations during the Community Foundation's first-ever giving day, Mohawk Valley Gives, on Sept. 20, 2022.

"We feel incredibly grateful that the Community Foundation has been able to support MTPT's charitable commitments for the past 15 years, and we are excited to see where this collaboration goes from here," said Alicia Fernandez Dicks, president/CEO of the Community Foundation. "MTPT represents an important legacy that has carried generations of financial

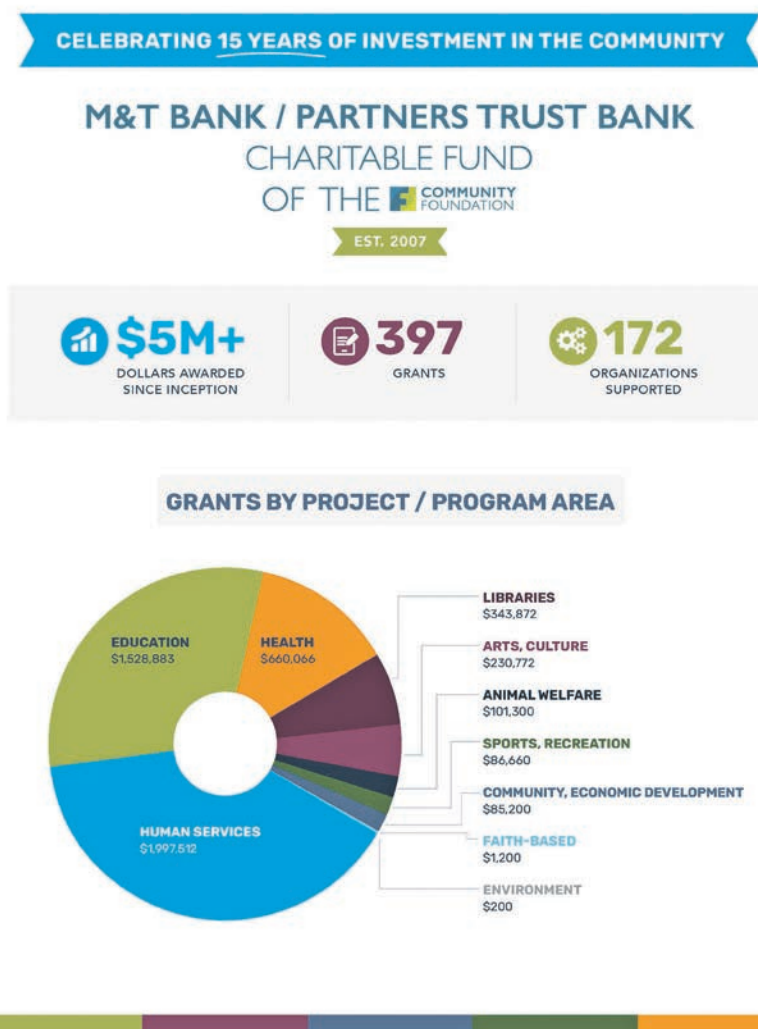
dedication forward into the 21st century, and the community has benefited greatly."

The MTPT Fund has supported a number of signature projects throughout the last 15 years, including ICAN's new Family Resource Center, children's room renovations at the Utica Public Library, repeated support for Young Scholars' annual Summer STEAM Program, Masonic Medical Research Institute's Summer Fellowship Program and support for numerous education and literacy focused programs.

"The M&T Bank/Partners Trust Bank Charitable Fund is a vital community anchor and the catalyst for many programs that directly impact the day-to-day quality of life for marginalized communities in the Mohawk Valley," said Danielle Smith, CEO of the UNHS Home Ownership Center. "We thank M&T for being such a great member of the Home Ownership Center's housing partnership for 15 years and helping to make a real impact in our ability to deliver quality, affordable housing and homeownership opportunities for Mohawk Valley families. Support like M&T ensures that no matter what an individual's goal is, our team can coach, guide and support customers through some of their most important decisions."

Potential grant opportunities are reviewed quarterly by a local advisory committee led by Manzelmann. Other members of the committee include Larry Gilroy, Elizabeth Dugan, Stephen Gorczynski and Alissa Viti.

To learn more about the M&T Bank/Partners Trust Bank Charitable Fund, visit foundationhoc.org/mtpt.



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Jenna Nasse of Palatine Bridge won the Freddy Bear contest with the answer "heart" to the riddle "I can be stolen or given away and you'll live, but you can't live without me."



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In recognition of Black History Month, African Americans living in the Town of Minden in the 19th & 20th centuries

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

Originally part of Canajoharie, the Town of Minden was formed on March 2, 1798. At the time of the 1800 census there were about 60 slaves on the farms of 30 families in the Town of Minden.

The Gradual Emancipation Law was passed in 1799 in New York State, freeing slave children born after July 4, 1799. This law marked the beginning of the end for slavery in New York. In 1817, a new emancipation law was passed July 4, freeing slaves born before 1799, making New York State the first state to pass a law for the total abolition of slavery.

Although slavery was abolished in New York State, the institution of slavery continued to exist in the other states. The continuation of slavery in other parts of the country resulted in several area ministers meeting at the Fordsbush Evangelical Lutheran Church chapel in 1837, where they formed the anti-slavery Franckean Synod. Its pastor, the Reverend Nicholas Van Alstine, was a fervent spokesman for the abolishment of slavery.

The Fordsbush Lutheran Church was not the only area religious group taking part in the abolitionist movement. Stories passed down through the years tell of the Freysbush Methodist Church participating in the Underground Railroad. It has been claimed that a barn that once stood on church property was used as a hiding place for escaped slaves seeking freedom as they made their way north to Canada.

Prior to the completion of the Erie Canal and before the state's emancipation of slaves, a small community in Minden developed in the Sand Hill area below the Revolutionary War-era fort from which it took its name, Fort Plain. The community consisted of a few homes, a store and a tavern. According to Nelson Greene in his "History of the Mohawk Valley," the area also became known as Totoville due to the fact that the slaves who lived in the area would visit the tavern and perform a dance called the Toto Dance that their ancestors had brought with them from their native Africa.

By 1850, there were about 70

free African Americans living in Minden. They worked as boatmen on the Erie Canal, as hired help on area farms, as laborers for local businesses or as domestic servants in village homes. One such domestic servant was Susan House Wilson, born into slavery in 1810. She was first a slave for the Lipe family, whose farm was located on Upper Canal Street in the village of Fort Plain. The home she served in as a domestic servant still stands today and is home to the Fort Plain Museum and Revolutionary War Park.

As a free woman, she married Thomas Wilson and together with their five children they lived in a small home on Pickle Hill in the Town of Minden. Obituaries in several surrounding newspapers described Susan Wilson as "an intelligent conversationalist and well known throughout this entire section."

Francis Jackson and his wife Phoebe Lansing Jackson were born into slavery in Montgomery County before New York's emancipation laws went into effect. By 1840 they were living in the Town of Minden and eventually purchased a home on Center Street in the village of Fort Plain.

Francis was a boatman on the Erie Canal. The couple raised four children, all hardworking members of society. In 1861, while work-

ing on the canal in western New York, Francis died after falling from a canal boat. Their son Wilbur served as a private in the 26th Colored Infantry Company D during the Civil War. Phoebe eventually sold her home to her son, Charles Brown, a barber in the village.

Thomas James was a slave on the farm of Asa Kimball in the Town of Canajoharie. In 1821 James was sold to George Hess of Hessville in the Town of Minden. According to James's autobiography, Hess threatened to whip James, resulting in James's escape. He followed the proposed path of the Erie Canal to Lockport, where he boarded a ferry to Canada and gained his freedom. He eventually returned to Rochester, where he was schooled in reading and writing. He became an ordained minister in the African Methodist Episcopal Zion Church and helped others escape slavery by means of the Underground Railroad.

Joshua Hoke was born a free man. He and his father, Moses, worked as day laborers for John Dievendorf, a prominent businessman/merchant in the Village of Fort Plain. In 1863 during the Civil War, he enlisted in the 11th U.S. Colored Heavy Artillery Unit. Joshua was popular and well-respected among the residents of the village.

Lorenzo Lansing, also born a free man, worked for Adam Lipe who owned the Lipe House on Canal Street in Fort Plain. Lorenzo

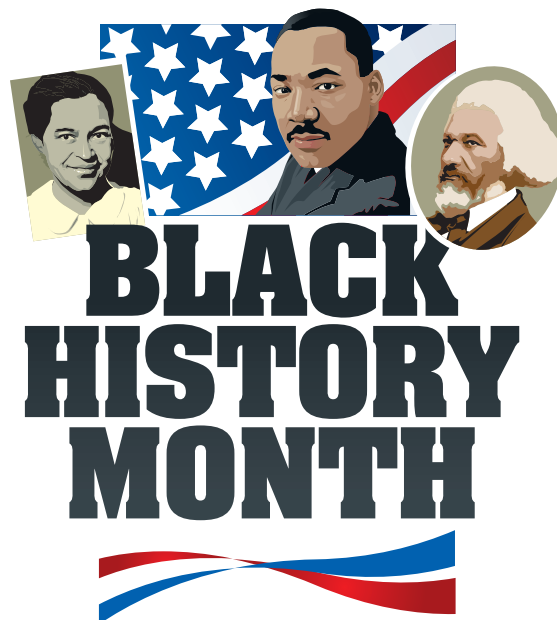
took care of the horses and carriages of the hotel guests. He too was a respected resident of the village.

Probably the most well-known African American in the township during the 20th century was Frank "Ditto" Wilson. Wilson is remembered for his exceptional athletic abilities and his restaurant located on Division Street in Fort Plain. He was the organizer of Fort Plain's first basketball team where he was both player and manager. Many believe that he was the first Black professional basketball player. Not only was he popular as an athlete but his restaurant was very popular among the residents of the area during the 1930s and '40s. Wilson passed away unexpectedly in 1956. Local papers reported that people lined the sidewalks of the funeral home on Center Street to pay their respects.

Between 1850 and 1900, many African Americans left the town for larger cities where there were more opportunities. Today only a small percentage of the town's total population are African Americans.

Information for this article came from "Uncovering the Underground Railroad, Abolitionism and

African American Life in Montgomery County, New York, 1820-1890" by Kelly Farquhar and Judith Wellman, the 1800 Census and Fultonhistory.com.



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TAX TIME

March 1 deadline to upgrade to the Enhanced STAR Property Tax Exemption

The New York State Department of Taxation and Finance recently reminded seniors that, for most localities, the deadline to apply for greater property tax savings through the Enhanced STAR property tax exemption is March 1.

To be eligible to upgrade to the 2023 Enhanced STAR property tax exemption, seniors must:

- Currently receive the Basic STAR property tax exemption
- Have one owner of the property who will be at least 65 years of age by Dec. 31, 2023
- Have had 2021 income equal to or below \$93,200

"The Enhanced STAR exemption provides significant property tax relief to more than a half million seniors," said Acting Commissioner Amanda Hiller. "It is important for seniors who become eligible this year to apply by the deadline to receive additional savings."

Eligible seniors should apply to their assessor's office by the application due date, which is March 1 in most towns and some cities, but there are exceptions. Seniors should verify their exact due date with their local assessor.

To apply, seniors must provide the following to the assessor:

- Form RP-425-E, Application for Enhanced STAR Exemption at [tinyurl.com/5a8csf97](https://www.tinyurl.com/5a8csf97)
- Form RP-425-IVP, Supplement to Form RP-425-E at [tinyurl.com/m9da4ud9](https://www.tinyurl.com/m9da4ud9)
- Proof of income: 2021 NYS or federal income tax forms

(If the senior wasn't required to file an income tax return, the assessor can guide them on how to provide proof of income.)

In 2022, 568,000 seniors received a total of nearly \$800 million in savings from the Enhanced STAR property tax exemption.

Seniors who receive the STAR credit instead of the STAR exemption don't need to apply or take any other action. The Tax Department will automatically upgrade them to Enhanced STAR if they qualify.

For more information visit the STAR Resource Center at tax.ny.gov/star. Seniors with questions about the STAR exemption can contact the Tax Department's STAR Hotline from 8:30 a.m. - 4:30 p.m. on weekdays at 518.457.2036.

Early warning signs for heart disease

Cardiovascular disease claims more lives across the globe every year than any other disease or condition, and many of those fatalities are credited to heart disease. Though the terms “cardiovascular disease” and “heart disease” are often used interchangeably, the National Heart, Blood and Lung Institute notes that, while all heart diseases are cardiovascular diseases, not all cardiovascular diseases are heart diseases. This is an important distinction, especially as adults discuss heart and cardiovascular health with their physicians.

The NHLBI reports that more than one in 10 American adults have been diagnosed with heart disease, which underscores the serious threat posed by the various conditions that fall under the umbrella of the condition. Though NHLBI data indicates around 630,000 Americans die from heart diseases each year, many of those deaths are preventable. The same goes for Canada, where data from the Canadian Chronic Disease Surveillance System indicates that every hour roughly 14 Canadian adults age 20 and over with diagnosed heart disease lose their lives.

Education is one of the ways in which deaths due to heart disease can be prevented. That's

especially true when individuals learn to recognize warning signs of the disease and take prompt action once such indicators appear.

- Chest pain: Discomfort between the neck and upper abdomen is characterized as chest pain, which does not necessarily indicate the presence of heart disease. However, the experts at Mount Sinai indicate that chest pain is the most common symptom of poor blood flow to the heart or a heart attack. Chest pain may occur because the heart isn't getting enough oxygen or blood. It's important that individuals recognize that the intensity of pain in the chest does not indicate the severity of the problem. That means that even mild discomfort in the chest should be brought to the attention of a physician immediately.

- **Shortness of breath:** Shortness of breath can occur because the heart isn't pumping blood as well as it should, thus causing blood to back up in the veins that go from the lungs to the heart. Mount

Even mild discomfort in the chest should be brought to the attention of a physician immediately.



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Sinai notes that this results in fluid leaking into the lungs, thus producing shortness of breath. Shortness of breath can occur at any time, including when individuals are active or at rest.

- **Coughing or wheezing:** Another indicator of fluid build-up in the lungs related to the heart is persistent coughing or wheezing. When coughing, individuals may spit up a pink or bloody mucus.
- **Swelling in the lower legs:** Mount Sinai notes that swelling in the legs, ankles or feet is another indicator of heart troubles. One of the byproducts of a poorly functioning heart is slower blood flow, and that reduction in flow can cause a backup in the veins of the legs. That backup can cause fluid to build up in the tissues, which leads to swelling.

Heart disease is a significant threat to public health. Learning to recognize signs of the disease can save an untold number of lives.

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Great Work!

We salute your achievement!

Herkimer Jr./Sr. High School announces Q2 Honor Roll

Herkimer Jr./Sr. High School has announced the students who were named to the Honor Roll for the second quarter of the 2022-23 school year.

Grade 6

High Honor Roll: Jakob Bacon, Emily Baylor, Chase Benedict, Nicolas Chabot, Victoria Donets, Bryce Gargas, Winter Gray, Timothy Hal-loran, Nicholas Hutchins, Adam Kimery, Lorenzo Knight, Aria Luck, Gwendalyn McCutcheon, Mitchell Meszler, Scott Parmon, Kaylee Perri, Ro-sealina Sanders, Isabella Scalise, Andrew Scial-do, Cora Smith, Jagger Sninchak

Honor Roll: Elijah Boyd, Ava Brandt, Braedon Crichton, Autumn Davis, Kayliana Doolen, War-ren Dziadik, Priyavani Farrington, Lilly Gauthier, Caden Gayhart, Carson Gross, Gunner Hartman, Paige Hobart, Lucas Hurteau, Anthony Johnson, Jace Kehoe, Jacob Kichakov, Justin Lamphere, Connor Larsen, JennaVicia Lewis, Aubrey Martin, Ty Miller, Neala Mullin, Jacob Nutt, Lidia Palmer, Jacob Pullman, Abby Renodin, Gunnar Richard, Brett Saunders, Mara Short, Liam Sommer, Juli-anna Stone, Anthony Tubia, Hunter Tutty

Grade 7

High Honor Roll: Leah Bray, Lucas Brewer, Ayla Cassella, Brayden Hein, Ryder Korniat, Inara Moyer, Logan Perri, StellaBlue Ruffule, Andrew Verenich, Leah Yudchits

Honor Roll: Gage Bassett, Brent Blais, Brayden Cook, Mark Curran, Sarah DiBrango, Deakon Elthorpe, Leah Furgison, Amelia Hansen, Alaina Hutchinson, Jasmin Labbay, William Lar-zelere, Claudia Luce, Kayden McCoverly, Sophia Medeiros, Jordan O'Bryan, Lia Peruzzi, Jacob Petucci, Alivia Prosser, Douglas Roe, Tristan Van-derberg, Maxim Verenich, Danielle Williams

Grade 8

High Honor Roll: Nicholas Allen, Ethan

Berg, Katelyn Carney, LeAndra Castle, Lillian Ho-bart, Lily Kaszycki, Christiana Leal-Fowler, Logan Marusic, Connor McCutcheon, Salvatore Miglio-re, Cross Nicastro, Carl Pace Jr., Jillian Polus, Braysen Richard, Nathan Rowley, Maya Saugh, Ava Smith, Geno Scalise, Camryn Spisak, Jocer-lynn Vincent, Caiden Vogt, Madysen Ward, Madi-son Wymes

Honor Roll: Ace Boyd, Aubry Brant, Caleb Buckley, Alyssa Canter, Luca Ceneviva, Isabel Clements, Madelyn Collis, Bella Fratangelo, Ad-die Golicki, Adam Kast, Cambrin Kozma, Matthew Lyga, Jaylen McCrimmon, Liam McLean, Philip Palmer, Melinda Poplawski, Kaedan Shorter

Grade 9

8 Honors: Roselyn Nietes, Ariana Verenich
7 Honors: Avrey Allen, Morgan Berberick, Arriana Boyd, Marguerite Bray, Silvio Ceneviva, Anna Marquissee, Shane Maxon, Russell Stapf, Colton Wheat

6 Honors: Sarah Huyck, Cooper Jordan, Is-abella Maass

5 Honors: Amelia Brown, Arthur Dadello, Vadim Donets, Braden Flint, Shawna King, Logan Palmer, Alexander Yudchits

4 Honors: Hazel Belinfante, Isabella Filip-czuk, Peyton Gillen-Rodriguez, Trinity Heaton, La-von Linen, Landon Ploss, Ross Richard III, Hanna Uebele

3 Honors: Trissa Maine, Carmen Mankouski
2 Honors: Cole Bolen, Oliver Boncella, Ale-ah Chabrier, Brayden Fogg, Ethan Foster, Evan Gross, Rylee Hisert, Jacob Mergenthaler, Alana Schlappi, Daniel Stoffolano, Meghan Whaley

1 Honor: Leila Bates, Jayden Davis, John Filipczuk III, Harmony Fratangelo, Preston Har-vey, Shawna King, Liam Miller, Jack Nevills, Landon Pickett, Hannah Rando, Ashton Scanlon, Lea Smith, Victor Walter, Collin Weissner

Grade 10

9 Honors: Logan Pullman
8 Honors: McKenna Gargas, Chase Petten-gill

7 Honors: Sydney Bell, Christopher Farrell, Brian Flint, Audrey McDonnell, Zachary Petucci, Anjali Saugh

6 Honors: Danny Bleaking, Patrick Rowley, Anna Verenich, Vanessa Verenich

5 Honors: Bianca Barreto, Alyse Cannon, Ka-leb Davis, Madison Marusic, Steven Naegele II, MadiLynn Retamar, Avery Richard, Nataya Sand-ers, Brady Saunders, Ayla Simpson

4 Honors: Jillian Hutchinson
3 Honors: Blaze Anthony, Caitlin Berg, So-phie Blais, Rory Clanton, Claire Keady-Dooley, Morgan Knight, Santino Luce, Lilia McLean, Aze-liah Saunders

2 Honors: Dakota Everson, Tyler Hansen, Jack Kozma, Nathan LaVeck, Brandon Maine, Savannah Manno, Michael Miller, Byanca Rowe, Landon Walawender, Cadence Weaver, Saman-tha Williams

1 Honor: Chase Allen, Rylie Biamonte, Josh-ua DiPierro, Dakota Grimshaw, Antoni Jones, Hai-lee Lemche, Aryania-Jo Miles, Isabella Miller, Nathan Page, Xavier Palmieri, Azeliah Saunders, Ethan Seiple, Liam Vivlamore, Olivia Whittaker

Grade 11

8 Honors: Zoey Caldwell, Alyx McArthur, Vic-toria Stapf, Cameron Voce, Don Zhao

7 Honors: Arrissa Bunker, Kyle Carney, Jayden Crandall, Danielle Gilbert, Emmanuel Johnson, Aubrey Lewis

6 Honors: Christian Allen, Nicholas Lamanna, Cassandra Larzelere, Kaithlyn Merette, Abigail O'Hara, Riley Pine, Julian Ruffule, Naeleah San-tiago Vazquez

5 Honors: Alex Collis, Nicholas Ferreras,

Roma Verenich
4 Honors: Icesis Betancourt, Charlotte Fah-renkrog, Dirk Salamon

3 Honors: Althea Brown, Marie Cugliandro, Benjamin Davis, Michael Goodson Jr., Evan Mar-tyniuk, Peter Mosny, Emily Whaley

2 Honors: Justin Bates, Nathan Cannon, Lindsey Carpenter, Emily Cerio, Lukas Krenichyn, Destiny Luck, Colin Murphy, Haley Rando, Corin Smith, Baker Webster, Madison Zahniser

1 Honor: Colin Hart, Dante Mollel, Layla Par-ham, Amelia Sheldrick, Adam Walts Jr., Ethan Weissner

Grade 12

8 Honors: Kendall Biamonte, Bailey Bray, Trent Bunker, Bella Denapole, Lilliana Langdon, Joshua Leskovar, Izabella Vredenburg, Lyla Williams

7 Honors: Hannah Allison, Penelope Boncel-la, Anthony DeMars, Noah Lewis, Gianni Luce, Jenna Riesel

6 Honors: Melia Couchman, Julia Dorantes, Aaron Haywood, Emily Herringshaw, Jacob La-manna, Caden Marusic, Abigail Polus, Robert Stone III

5 Honors: David Bass, Gavin Hobart, Patrick Keady-Dooley, Torri Nalaskowski, Nicholas Petuc-ci, Oksana Yudchits

4 Honors: Kiarra Cisco, Alaina Salamon, Abigail Streeter, Logan Williams, Ann Zhao

3 Honors: Madison Gargas, Dominick Hutchins, Lucas Malinowski, Emily Marquissee, Hannah Minguella, Taylor Parmon, Savannah Rice, Laci Rios, Natalie Scanlon

2 Honors: Nicholas Caruso, IneshaJune Deubel, Alana Maher

1 Honor: Matthew Audycki, Kendell Collins, Charity Dygert, Ti'yanna Fowler, Joseph Gillard, Blake Heaton, Jessi Pfaff, Ryan Pierce, James Scalise

Herkimer BOCES announces second marking period CTE Honor Roll

Herkimer-Fulton-Hamil-ton-Otsego BOCES recently announced the Career and Technical Education Honor Roll and High Honor Roll for the second marking period of the 2022-23 school year.

The following are the com-plete High Honor Roll and Honor Roll lists. The lists are sepa-rated by juniors and seniors and the CTE programs the students are in. Students also are listed with their home school districts.

High Honor Roll

Seniors:

Criminal Justice: Kloeie Bolton, West Canada Val-ley; Trinity Darling, Owen D. Young; Vanessa Miles, Frank-ort-Schuyler

Culinary Hospitality: Yari-el Espinet Pena, Little Falls; Kaily Jackson, West Canada Valley; Samantha Skottke, Cen-tral Valley; Keyona Turner, Cen-tral Valley

Heavy Equipment Opera-tion: Jayden Kamp, Dolgeville; Nathan Shaver, Central Valley; Noah Trago, Mount Markham

Visual Communications Media Arts: Madison Battisti, Little Falls

Juniors:

Advanced Manufactur-ing: Mikhail Karyagin, West

Canada Valley

Automotive Technology: John Burditt, Richfield Springs; Jordan Gibson, Central Valley

Criminal Justice: Emma Archer, Central Valley; Aubrey Lewis, Herkimer; Destiny VanS-lyke, Little Falls

Culinary Hospitality: Christian Lopez, West Canada Valley; Brandon Magana, Frank-ort-Schuyler; Jenetta Mer-danovic, Frankfort-Schuyler; Keegan Moss, Central Valley; Elizabeth Muller, Poland

Health Science Careers: Zoey Caldwell, Herkimer; Tegan Price, Central Valley

Welding & Metal Fabrica-tion Technology: Joshua Con-over, West Canada Valley

Honor Roll

Seniors:

Automotive Technolo-gy: Clay Bobnick, Richfield Springs; Hailey Looman, Cen-tral Valley; Clark Young, Rich-field Springs

Building Construction: Thaddeus Luke, Central Valley; Lonzo Passage, West Canada Valley; Nicholas Petucci, Her-kimer; Michael Tubia Jr., West Canada Valley

Child & Family Ser-vices: Aliza Burdick, Richfield Springs; Sara Entwistle, Mount

Markham; Hannah Ferguson, Mount Markham; Edith Garn-sey, Richfield Springs

Conservation: Peyton Hoffman, Central Valley; Mor-gan Perry, Central Valley; Na-than Sperl, Central Valley

Criminal Justice: Alyssa Baerman, Central Valley; James Llewellyn, Central Valley; Lacey May, Central Valley

Culinary Hospitality: Ken Escamilla, Mount Markham; Aaron Haywood, Herkimer; Hailee Hilts, Mount Markham; Owen McDonald, Central Valley; Shayla Spina, Frank-ort-Schuyler; Abigail Streeter, Herkimer; Samantha VanDen-burgh, Dolgeville

Health Science Careers: Caitlyn Fuller, Central Valley; Reagan Stock, Little Falls

Heavy Equipment Op-eration: Taylor Grant, Little Falls; Bryson Lowell, Central Valley; Shaun McNeil, Frank-ort-Schuyler; Ian Mosher, Little Falls; Aliza Ostrander, Mount Markham

Visual Communications Media Arts: Anthony De-Mars, Herkimer; Gianni Luce, Herkimer; Jolene Manipole, Poland; Lyubov Shikula, Frank-ort-Schuyler; Lyla Williams, Herkimer; Corey Wohler, Frank-

fort-Schuyler

Welding & Metal Fab-rication Technology: Kiley Ball, Central Valley; Trent Bun-ker, Herkimer; Aidan Monahan, West Canada; Nathen Randall, Dolgeville; Isaiah Rathbun, Dolgeville; John Smith, Po-land; John Soposki, Richfield Springs; Robert Teel, Owen D. Young; Chloe Willett, Little Falls

Juniors:

Advanced Manufactur-ing: Owen Cooley, Mount Markham; Thomas Doremus, Mount Markham; Ethan Regils-ki, Central Valley

Building Construction: Derek Barnes, Little Falls; Arris-sa Bunker, Herkimer; Nathaniel Stone, Central Valley; Cameron Voce, Herkimer

Child & Family Services: Marionna Stephens, Little Falls
Conservation: Kyle Grimal-di, Poland

Cosmetology: Miran-da Roy, Little Falls; Courtney White, Central Valley

Criminal Justice: Hailey Decker, Central Valley; Emon-nie Perez, West Canada Valley

Culinary Hospitality: Hay-lie Lowe, Poland; Shane Polyak, Little Falls; Hayley Stephens, Poland; Margaret Tompkins, Central Valley; Samantha Ward,

Frankfort-Schuyler

Health Science Careers: Taylor Dicob, Central Valley; Gia Reyes, Little Falls; Madison Russell, Central Valley; Reagan Stock, Little Falls; Brianna Wil-liams, Central Valley
Heavy Equipment Oper-ation: Olivia Bevins, Mount Markham; Sean Murray, Owen D. Young

ITA - Network Admin-istration: Paige Berberick, Mount Markham; Shane John-son, Richfield Springs; Coleson Payne, Frankfort-Schuyler; Bri-an Seigle, Richfield Springs

Outdoor Power Equip-ment: Elijah Assisi, Mount Markham; William Dingman,

West Canada Valley; Xavier Dunn, Little Falls; Joseph Tin-ker, Little Falls

Visual Communications Media Arts: Paige Austin, Central Valley ; Keira Lee, Cen-tral Valley

Welding & Metal Fabri-cation Technology: Jarrett Brelinsky, West Canada Valley; Max Bucenec, Little Falls; Zach-ary Congden, Mount Markham; Lillian Frable, Richfield Springs; Logan Fullem, Poland; Emman-uel Johnson, Herkimer; Kevin Kretser, Central Valley; Riley Pine, Herkimer; Angelina Ran-dazzo, Frankfort-Schuyler; Car-son Seamon, Richfield Springs; Cole Vail, Poland



DINING & ENTERTAINMENT

Mainstreet Party meet and greet fills Berean Bean

A large group was on hand for the Mainstreet Party Meet and Greet at Berean Bean on Feb. 15 to meet Canajoharie village candidates Ron Dievendorf, Tracey MacFarland-Stetin and Peter Lyden. Thank you to those who baked and to Merrill Rockwell and Teresa Draffen for being hostesses for this event. Your work helped make this event a success.

Dievendorf, mayoral candidate, is well known for his years of service as a local pharmacist, community volunteer and former mayor. He introduced MacFarland-Stetin, who has lived in Canajoharie for 52 years and serves as the School Counseling Secretary. She would like to work toward making sure the village is a great place to not only raise a family but to live out their "golden years." New to the community is Lyden, a licensed property and casualty insurance broker who is interested in helping to revitalize a community where he now lives and already feels committed to it. The three together bring experience along with new ideas and enthusiasm for what is here and what can be improved.

As those present enjoyed refreshments, many spoke individually to express their concerns regarding a variety of issues. In answer to many questions and comments by Janet Stanley, Palatine Bridge and Canajoharie Chamber of Commerce president, the candidates

explained their determination to bring back the dummy light both as a safety measure and as an iconic historic symbol of Canajoharie. Because the intersection is controlled by the village, re-installing the light would not be illegal, according to a NYS Department of Transportation Traffic Engineer in an email of July 22, 2022, but would be out of compliance with DOT guidelines.

Many in attendance expressed frustration with the lack of information provided by the current board. If elected, the candidates will change board meeting time to 7 p.m., extend office hours, keep the website current and make it possible to reach board members outside of office hours.

Many other issues were discussed as well. Of note was Julie Slaper, who expressed an interest in renaming the small village park in honor of both current military service members and veterans. If elected, these candidates will look for opportunities to say "yes" instead of reasons to say "no."

All attendees left with a better understanding of the Mainstreet Party and what they stand for and hope to accomplish.

Vote March 21 from noon - 9 p.m. at the Village Office, 75 Erie Blvd., Canajoharie.



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Smullen calls for increase in Medicaid reimbursement

Assemblyman Robert Smullen (R, C - Mohawk Valley and the Adirondacks) is calling for increased Medicaid reimbursement rates across rural areas in response to the closure of ACCESS Transportation in Fort Plain. ACCESS Transportation is a service in the Capital Region that transports Medicaid clients around the area. They have provided an incredible service to the community since their inception in 1998.

"The loss of medical transportation is a great loss to our community, and it threatens to further endanger public health," Smullen said. "I am asking my colleagues in Albany to join me in calling for an immediate increase in Medicaid reimbursement rates for rural areas so medical transportation companies across our state can continue to operate and save lives."

Real estate financing options

The decision to buy a home is significant. Real estate is the biggest investment the average person will make in his or her lifetime, which underscores just how significant the home buying decision can be.

The real estate experts at Zillow recently reported that the national median price of a home in the U.S. is \$272,446. However, since the National Association of Realtors reported a record low housing inventory late in 2020, the average house price has been rising rapidly nationwide. The Federal Reserve Bank of St. Louis estimates the median home sales price at \$374,900, and certain states have much higher prices. WOWA, a real estate and finance technology company, says the average sale price of a home in Canada was \$679,051 in July 2021.

Most people do not have \$300,000 to \$600,000 in savings on hand to purchase a home in cash. That means they'll need to rely on financing to pay for their dream homes.

Conventional Lending

Conventional lending refers to when a bank or another financial institution loans a home buyer money to buy a home. This is one of the most common ways to fund a home purchase. Personal credit score as well as credit history help determine eligibility and interest rates for conventional loans. Availability of assets as well as income level are



Real estate is the biggest investment the average person will make in his or her lifetime.

some additional determining factors. Conventional loans are traditionally 10-, 15- or 30-year notes and will require a certain percentage as the down payment to secure the loan. The bank will determine the down payment requirement, which is typically somewhere between 3% and 20%.

FHA Loan

A Federal Housing Administration loan is issued by an FHA-approved lender. These loans are designed for low-to moderate-income borrowers, according to the financial guide Investopedia. FHA loans require lower minimum down payments and lower credit scores than many con-

ventional loans. FHA loans also require mortgage insurance up front, plus annually for 11 years or the life of the loan depending on the length of the loan.

HELOC

A Home Equity Line of Credit (HELOC) loan borrows against the available equity in your home to create a line of credit, much like a credit card. These funds can be used for large expenses or to consoli-

date higher-interest rate debt on other loans, according to Bank of America. It may be possible to use a HELOC

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to secure funding to make improvements to a home for those who want to flip it as an investment property.

Private Money Lenders

Individuals investing in real estate who do not intend to use a property as a primary residence may turn to private money lenders. These investors can tap into capital from personal connections and lend at specified interest rates and payback periods, according to Fortune Builders, a real estate investing resource. Keep in mind the interest rate will likely be higher with a private lender than through a conventional lender. The repayment term also will be shorter.

VA-Backed Loan

The U.S. Department of Veterans Affairs has a program for acquiring loans through conventional lenders that will be partially guaranteed against loss through the VA. This enables a lender to give better loan terms, such as the option to pay no down payment. Interested parties need to qualify for a Certificate of Eligibility and then work with qualified lenders.

People have several options to finance the purchase of a home. These loans can help make the dream of home ownership a reality. Potential buyers are urged to speak with mortgage professionals or financial planners to consider their options.

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HEALTH & BEAUTY

Facts about women's heart health

If asked to name the No. 1 killer of women, many people might be excused for providing an incorrect answer. Various issues affect women's health, and some issues garner more attention than others. But nothing kills more women each year

than cardiovascular disease, which the American Heart Association notes causes one in three deaths of women each year.

That cardiovascular disease is the No. 1 killer of women each year is not the only surprising fact in regard to women and heart health. The following are some additional interesting facts, courtesy of the American Heart Association and other sources.

- The 2019 Global Burden of Disease study from the Institute for Health Metrics and Evaluation estimated there are 275 million women around the world with cardiovascular disease.

- Awareness among women regarding the threat posed by heart disease has decreased dramatically in recent years. In 2020, a special report from the AHA indicated that, in 2009, 65 percent of women were aware that heart disease is their leading cause of death. By 2019, that figure had dropped to 44 percent.

- Heart disease is the No. 1 killer of new moms. The AHA notes that could be linked to a host of variables, including obesity. Data from a study by

the Centers for Disease Control and Prevention that examined pregnancies in 48 states and the District of Columbia found that pre-pregnancy obesity increased by 8 percent between 2011 and 2015. During that same period, severe pre-pregnancy obesity increased by 14 percent. Obesity is considered a significant risk factor for heart disease.

- The Heart and Stroke Foundation of Canada reports that the No. 1 cause of premature death in women in Canada is heart disease and stroke.

- More than half of all high blood pressure deaths are in women. The AHA reports that nearly 52 percent of deaths caused by hypertension (high blood pressure) occur in women.

- Nearly 58 percent of Black women have hypertension. That's the highest percentage among women of any race or ethnicity.

- Despite the significant percentage of global heart disease deaths affecting women, a 2021 study published in the journal *The Lancet* found that cardiovascular disease in women is understudied, under-recognized, underdiagnosed and under-treated.

- The Canadian Women's Heart Health Centre reports that menopause before the age of 45 is linked to a 50 percent higher risk of heart disease.

- The World Health Organization reports that one-third of all ischaemic heart disease diagnoses across the globe are attributable to high cholesterol. According to the CWHHC, one in two women have elevated cholesterol.

- A 2017 study of more than 19,000 people who had cardiac events found that only 39 percent of women received CPR from bystanders in public compared to 45 percent of men. Researchers linked that disparity to fears of being accused of inappropriate touching, potential lawsuits and concerns that administering CPR to women could cause physical injury.



Cardiovascular disease is the No. 1 killer of women each year, according to the American Heart Association.

How to improve muscle tone

Estimates suggest there are more than 650 skeletal muscles in the human body. Muscles perform a variety of functions that are essential to life. Skeletal muscles are attached to bones via tendons and are vital to movement.

People who are interested in getting stronger and improving the appearance of their bodies target skeletal muscles in their workouts. While certain individuals are interested in developing large muscles or bulking up, many others want to appear fit by toning their muscles.

Adding a bit more defined muscle to the body helps people look leaner. Toned muscles also help with balance, proper posture and flexibility. Achieving better muscle tone comes down to embracing a few tips.

- Embrace resistance training. Resistance training refers to exercises that rely on resistance to contract muscles. This also may be called strength training. Lifting weights or doing body weight exercises, such as pushups and pullups are some ways to strengthen and develop muscles.

- Get in the pool. Swimming is a great way to improve muscle tone. Water provides resistance and can make the body

work harder through simple movements, all the while protecting against strain on joints.

- Increase sets. Each strength training exercise should consist of around 10 to 12 repetitions of two or more sets. Increase sets once a strength base is established. Select a weight that makes it difficult to complete the final three repetitions in each set.

- Lower body fat with cardio. Cardiovascular exercises help maintain good health by strengthening the body's most important muscle: the heart. The Physical Activity Guidelines for Americans recommends 150 to 300 minutes a week of cardio activity. Cardio can help burn body fat, which will help reveal the muscles underneath, producing a leaner look.

- Increase protein intake. The Academy of Nutrition and Dietetics recommends that protein make up 10 to 35 percent of calorie intake if a person is working to gain muscle. Select lean protein sources like chicken, fish and low-fat dairy. Watch the calorie content in protein shakes, as they can add too many calories and are unnecessary in most instances unless one is interested in developing significant muscle mass.

- Be patient. Depending on the consistency and intensity of a workout, it can take between four and eight weeks for muscles to begin to get toned.

Anyone who has questions about muscle tone and effective workouts to sculpt muscle should consult with a personal trainer.



People who are interested in getting stronger and improving the appearance of their bodies target skeletal muscles in their workouts.

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D C A Y X W B V T P R O F I T
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Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: WORLD — CENTER

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City
Civic

Conference
Data
Day care
Entertainment

Lincoln
Medical
Nerve
Profit

Research
Storm
Urban

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging

♦♦♦ HOO BOY!

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SNOWFLAKES

by Japheth Light

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

DIFFICULTY THIS WEEK: ♦♦♦

♦ Easy ♦♦ Medium ♦♦♦ Difficult

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"For _____ or WHAT?"

SCRAMBLERS

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

Blade

PRARIE

Player

CATOR

Fraud

TEACHER

Refine

TRIFLE

TODAY'S WORD

Super Crossword

ODD BIRDS

ACROSS

1 Soprano's last note, perhaps

6 Jordanians, e.g.

11 Oscar winner Rockwell

14 Mazda model

19 NBA Hall of Famer — Thomas

20 Tanzanian national park

22 "Burnt" or "raw" color

23 Bird from Richmond?

25 Trident, e.g.

26 Winter D.C. hrs.

27 Fermented honey drink

28 Fashion's Oscar de la —

29 Patron associated with a "fire"

30 A handful of

31 Bird partially composed of element #56?

33 In less peril

36 Seek the affection of

38 Archery asset

39 Solo of sci-fi

40 Bird that always keeps to itself?

43 Mob member

48 Adept

49 "Entertaining Mr. Sloane" playwright Joe

50 "Atlantic City" director Louis

52 Prefix with 33-Down

53 Fellow soldier

55 Bird that travels to and from work?

58 Notable time

59 Potentially offensive, in brief

62 El — (certain current)

63 Stand for art

64 Bird wearing a hard hat?

69 Far — eye

71 Ending for switch

72 Groove for a letter-shaped bolt

73 Cell material

76 Bird nesting in winter precipitation?

80 Causes to be ashamed

82 Finnish coin

83 Not worth — of beans

84 Not one's best effort, in sports lingo

87 Some small batteries

88 In — (while not present at the event)

90 Bird performing under the big top?

92 Abbr. of fair hiring

93 Store clerk on "The Simpsons"

95 Business agt.

96 Peels the skin off of

97 Bird that plays bebop?

103 Real admirer

104 German subs

105 Absorb a loss

106 "Sure, sign me up!"

108 The Gem State: Abbr.

111 Mournful song

112 Bird living in the Sistine Chapel?

115 Being tried, as a case

116 Movies' main stories

117 Rub down

118 Chairs, e.g.

119 Waco-to-Austin dir.

120 Cary of "Saw"

121 Alternative to Valium

DOWN

1 Bees' place

2 Horned Egyptian goddess

3 Surrounded with a belt

4 Witch

5 Mythological fire-breather

6 Korea's place

7 Peruse

8 Brow's shape

9 Catcher Yogi

10 Be disdainful of

11 Nose partition

12 Elite squad

13 1986-2001 Earth orbiter

14 Feral horse

15 Drive along

16 "That rings —"

17 "I love you," in Mexico

18 Symbol on a one-way sign

21 Wish-fulfilling spirits

24 Innovative

29 River in a Foster tune

30 Flu symptom

31 — chic (fashion style)

32 Will, biblically

33 Part of NASA

34 Shady shelter

35 Movie cast members

36 Failed to be

37 Mo. in fall

41 Commotions

42 Extremely old: Abbr.

43 Particles believed to bind quarks together

44 Kitchen wrap

45 Result of backcombing

46 Toledo's lake

47 Pack of coins

50 2,002, in Roman numerals

51 Comeback to "Are too!"

54 Two wives of Henry VIII

56 En pointe, in ballet

57 Ranch in Ferber's "Giant"

60 1990-2019 Toyota minivan

61 Moisturizer brand

65 Melodramatic cry of sorrow

66 Relative of a univ.

67 Refuse to talk

68 Kimonos, e.g.

69 Out of port

70 Rebuff rudely

74 Writer Zora — Hurston

75 Aides: Abbr.

77 Spiteful types

78 Buckeye State sch.

79 Slugging stat

81 The Evil One

85 Mutt's threat

86 Pitching star

89 Fishers with seines, say

90 Dead skin at the base of a fingernail

91 Lycra, e.g.

93 "Trainwreck" director Judd

94 Word before jury or larceny

97 Betrayer of Jesus

98 "Take — out of crime!"

99 "— the Greek"

100 Big name in restaurant guides

101 Repasts

102 Web vending

103 Pine's cousin

106 Frozen drink treat

107 Widespread

108 Privy to

109 Art's art

110 Author Haley

112 #2 execs

113 Dir. 135 degrees from

119 Across

114 Author Levin

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Home Country

by Slim Randles

Mrs. Forrest has always been a compulsive feeder. Before she retired, she was cooking for the Mule Barn truck stop's customers and is singularly responsible for about three flabby tons of avoirdupois on this nation's truck drivers, and may have been marginally responsible, third-hand, for a cardiac event or two.

But now she's retired, and a widow, and her kids all have kids and are scattered

like a covey of quail. Local bachelors of a certain age know if they should just happen to be chatting with Mrs. Forrest on her front lawn along about supper time, there's a dang-near dead certainty they'll get a meal out of it.

And, through the magic of telepathic communication and the synchronistic wave lengths of humanity, the message about Mrs. Forrest's unstoppable feeding compulsion had somehow reached the psyches of the homeless.

At any rate, two of the aforementioned drifters had knocked on Mrs. Forrest's door and asked if there were any chores she

needed done in exchange for some food. Well, you should've seen her eyes light up at that question. She said she had a bunch of firewood that needed to be split into kindling and if they didn't mind doing that, she'd fix them a chicken dinner with cream gravy. Mrs. Forrest puts cream gravy on everything.

So she busied herself in the kitchen, and then went out to see how these fellows were doing. And there, leaning on an axe handle, was one of them, and the other was doing gymnastics in and around the woodpile. It was amazing. He'd come out of a round-off flip flop and then gracefully go into a full

layout Sukuhara with a right-hand twist. She watched in awe for a few minutes before whispering to this gymnast's partner.

"I had no idea your friend was an acrobat," she whispered.

He looked at her and whispered back, "Neither did I 'til I cracked him on the shin with this axe."

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Kovels Antiques and Collecting Quilt Cabinet

by Terry and Kim Kovel

If the colorful panels on this cabinet remind you of a patchwork quilt, that's exactly what the artist wanted. Jim Rose makes furniture and art objects out of aged steel. His work is original and innovative, and his inspiration comes from centuries-old American styles like folk art and Shaker furniture.

This "Quilt" cabinet, which sold at Palm Beach Modern Auctions for \$1,400, was inspired by quilts made in Gee's Bend, AL. Gee's Bend is a largely isolated community on the Alabama River. Its African-American residents preserve the cultural traditions of their ancestors. Quilting originated in the bedcovers made in the early 19th century. Gee's Bend quilts feature colorful designs made from rectangular strips or triangular pieces of fabric.

Some follow traditional patterns; others have informal, abstract designs. Jim Rose created similar patterns in steel and wood for many of his works, including this cabinet.

Q: The other day, two of my snow globes broke. They each hold a special meaning, and I would like them fixed. One is a music box snow globe while the other is a simple snow globe. They both seem to need nothing more than their globes replaced. Do you know of a place that can fix a snow globe, or even someone I could speak with that might know something?

A: If the globes are glass, they can be replaced. You can find places that repair snow globes by searching online for snow globe repair or by searching the business directory on our website, Kovels.com. Replacement

globes and "snowflakes" are available online. A toy and hobby store, a doll hospital or a store that sells craft supplies might also be a source.

Tip: You can safely store an old quilt by putting it on an unused bed and covering it with a plain coverlet.

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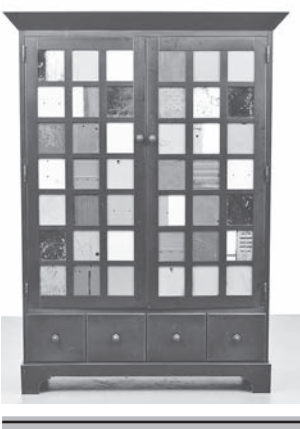
- Toy, airplane, metal, red wings with star decals, blue body, yellow underside, propeller on front, wings fold, Kiddie Toy, Hubley, c. 1960, \$25.
- Doll, Hasbro, Sweet Cookie, painted face, blue eyes, open mouth, top teeth, blond wig, blue checked dress, apron, recipe book, mixer, bowls, spoons, measuring cups, 1972, 17 1/2 inches, \$70.
- Jewelry, pin, red velvet petals, composite berry cluster, marked, Chanel, France, box, 3 3/4 x 3 1/2 inches, \$190.
- Lamp, electric, figural,

Cupid with arrow, gilt metal, round base, embroidered shade, fringe ends, glass finial, square marble plinth, mid-20th century, 30 x 15 inches, \$300.

- Textile, lace, symmetrical, two seated figures, flowering vine, angels and birds, rabbits alternate with flowers around border, signed, dated, Bete Peters, 1781, frame, 21 x 29 1/2 inches, \$440.
- Glass goblet set, flutes, cranberry glass foot, four lobes, raised gilding, leafy scrolls and flowers, c. 1900, 6 1/4 inches, 12 pieces, \$445.
- Decoy, swan, head

turned, preening position, wood, painted, white, black beak, glass eyes, signed, JP, 7 1/2 x 16 inches, \$500.

- Sports card, basketball, LeBron James, rookie, Cleveland Cavaliers, Draft Pick, Topps, No. 221, 2003, \$555.
- Watch, Flore, hunting case, 14K gold, gold tone dial, Arabic numerals, seconds dial, Swiss hallmarks, 2 3/4 x 2 inches, \$770.
- Furniture, bookcase cabinet, Classical Gothic, cherry, burl, tiger maple, poplar, top with arched doors and side panels, molded cornice, lower case with butler's desk over two cabinet doors, inlaid bone escutcheons, 1820-40, 95 x 45 1/2 x 24 inches, \$1,280.

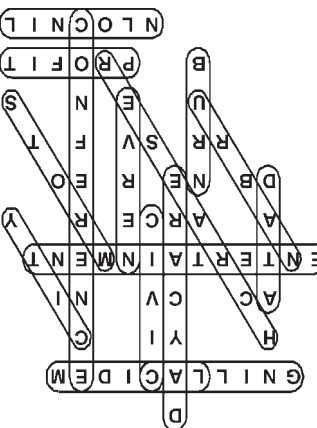


The influence of quilting is clear in the colorful blocks that make up the doors of this steel cabinet. It sold for \$1,400 at Palm Beach Modern Auctions' Modern + Contemporary Art & Design auction.

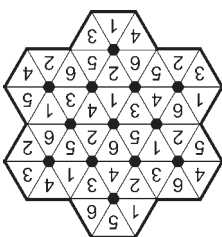
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Answer

Weekly SUDOKU



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Today's Word

3. Cheater; 4. Filter

1. Rapier; 2. Actor; solution

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1040 Services Offered
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1190 Vegetable
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Announcements

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How to take the hectic out of your wedding day

Weddings are among the most complex events many people will ever plan. Couples often try to go the extra mile in an effort to make the day memorable for themselves and their guests. That pressure can make a wedding day feel a little frenzied. Thankfully, there are various ways to ensure the vibe of the big day is happy and not hectic.

Hire a wedding planner/coordinator

Leaving the nitty gritty to a professional wedding planner takes a lot of pressure off of couples. The renowned wedding resource The Knot says wedding planners are clued into everything there is to know about a wedding and they can be tapped to take care of just about anything on couples' to-do list.

Consider a package deal

All-inclusive resorts are popular vacation spots because variables like entertainment, lodging, food, drinks, and more is all taken care of, leaving vacationers with little to do other than show up and relax. Couples can apply that same approach on

their wedding day. Host the ceremony and reception at the same site, which takes the potentially problematic issue of getting guests to and fro out of the equation. Some venues may even provide in-house vendors like photographers and florists. Such vendors' familiarity with the venue reduces the risk of surprises that can derail wedding day schedules.

Pick your priorities

Avoid getting bogged down on a million details by making a list of your priorities when planning. Couples can revisit this list a couple of days before their wedding, so they remember what's most important to them on the big day. This refresher can ensure couples don't get too concerned if minor issues arise during their big day, helping them remain calm and keeping a focus on all the fun to be had during the day.

It's easy for couples to feel a little overwhelmed on their wedding day. Some simple strategies can take the hectic out of couples' wedding day and ensure they keep their focus on one another and their loved ones.



COUNTRY EDITOR

Wap-dap, da-da-di-da-da

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- Stewart's

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

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- Country Metals
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- Ace Hardware
- Ann Street Restaurant & Deli
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- Dollar General • George Lumber
- Keep Making Suds Laundromat
- Kinney Drugs
- Little Falls Antique Center
- Little Falls Library
- Little Falls Lumber
- Mangia Macrinas
- Paca Gardens • Price Chopper
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- Sam's Deli • Showcase Antiques
- Charles Stahl
- Stewart's • Travelodge

Mayfield

- Food & Fuel • Hart's Motorsport

Middleville

- Stewart's

Mohawk

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

Nelliston

- Eisenadler Brauhaus
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- Newport Marketplace
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Palatine Bridge

- Price Chopper • Stewart's
- Tractor Supply

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- Poland Library • Stewart's
- Dollar General

Richfield Springs

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- Dollar General • Kinney Drugs
- McDonald's • Mirabito
- Price Chopper • Stewart's

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What to do before trading in your car

Trade-ins are a vital component of many automobile transactions. A recent report from the National Automobile Dealers Association revealed that 22 percent of all pre-owned vehicle sales included a trade-in.

Drivers want to get the most value they can for their trade-ins. Though some factors, like the age of the vehicle, are beyond drivers' control, there are many steps drivers can take before trading in a car to maximize its value.

- Do your homework. It's never been easier to determine the value of a car prior to trading it in. Resources like NADA, Black Book and Kelley Blue Book can give drivers a good idea of what they will get for a given vehicle when trading it in. According to Kelley Blue Book, roughly 54 percent of trade-in vehicles qualify as "good condition," so drivers should be realistic as they determine the value of their trade-in. A trade-in value that is designated for vehicles that qualify as "excellent" is likely unrealistic, though not impossible.

- Hone your negotiation skills. Dealers may initially offer less than drivers expect, as they, too, will try to make the transaction as beneficial as possible to their bottom lines. In such situations, drivers who want to get a better trade-in value should



Some dealerships may not budge on their initial trade-in values, but some might, and drivers prepared to negotiate a better value are in the best position to get a good deal.

be prepared to negotiate. Some dealerships may not budge on their initial trade-in values, but some might, and drivers prepared to negotiate a better value are in the best position to get a good deal.

- Shop around for a deal. Trade-in values may not fluctuate wildly between dealerships, but they likely won't be exactly the same, either. Patiently shopping around for the best deal for your trade-in can ensure you get the best deal possible. Request all trade-in offers be made in writing, and don't hesitate to take one offer to other dealers to see if they will match or exceed a competitor's offer. Don't discount working with less traditional sellers, such as online dealerships like CarMax.

- Give the vehicle a thorough inspection. No matter what resources like Kelley Blue Book or NADA suggest, no car is going to get top dollar at trade-in if it doesn't look good or run smoothly. Address any dings or dents, clean the interior and exterior of the vehicle and take the car to a mechanic to determine if there are any issues that should be addressed to improve trade-in value. Dealerships may want to examine the car prior to making a trade-in offer, so the car should be tended to prior to visiting a dealership. In addition, drivers who conduct their own inspections are in better position to negotiate should dealerships point to certain issues with the car.

Trade-ins are a big part of buying and selling cars. Drivers can look to various strategies to ensure they get a great deal on their trade-in.

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Herkimer BOCES student who immigrated to Utica 22 years ago receives Christmas scholarship



Herkimer BOCES Adult Practical Nursing Program student Rebecca Chol receives the Jodi Connor Memorial Scholarship from David Connor a few days before Christmas 2022. The annual memorial gift goes to a promising licensed practical nursing student selected by faculty.

Photo courtesy of Herkimer BOCES

Herkimer-Fulton-Hamilton-Otsego BOCES Adult Practical Nursing Program student Rebecca Chol moved to the U.S. as an immigrant in 2000 – a single mom with four kids – and made Utica her home.

Originally from the part of Sudan that is now South Sudan, Chol relocated as a refugee to Cairo, Egypt, before applying and being accepted as an immigrant to the U.S. English is her second language; Arabic is her first language.

She later had a fifth child, has worked as a nursing aide at Masonic Care Community for 17 years and took classes at Mohawk Valley Community College.

Now in her second of two school years in the part-time day class of the Herkimer BOCES Adult Practical Nursing Program that trains students to become licensed practical nurses, Chol was in class on Dec. 20, 2022, and hadn't done her Christmas shopping yet.

That's when she got called out of class by Herkimer BOCES Adult Practical Nursing Program Coordinator Sara Nicolette and told she

was receiving the annual Jodi Connor Memorial Christmas Scholarship, which is a financial gift provided to a promising LPN student selected by faculty.

"It's so amazing. I was very emotional. Normally, I don't cry, but I was crying," Chol said. "I sure did have a good Christmas – me and my kids."

David Connor created the Jodi Connor Memorial Scholarship in honor of his late daughter, a 2003 graduate of the Herkimer BOCES LPN program who enjoyed Christmas. David presented the scholarship to Chol the day after she found out about it from Nicolette.

"I was very grateful and honored just to be that student," Chol said, before referencing Jodi Connor. "She's watching over me. She's my angel now."

Chol said she now thinks of Jodi Connor regularly – including during a challenging question on a recent nursing test.

"I said, 'Come on, Jodi, you know you want me to pass,'" Chol said.

She passed and got an 80 on the test.

Nicolette said Chol is very

deserving of the scholarship. "She's a wonderful woman," Nicolette said. "I would have her take care of me or my family any day of the week. She is an example of the type of student that we like to assist in entering the nursing field."

When Chol was considering joining the Herkimer BOCES program to become an LPN, some of the people around her in Utica were questioning the idea.

"Don't listen to what people say," Chol said. "Go and see for yourself."

Chol said everybody at the Herkimer BOCES nursing program cares for her and supports her.

"They cheer for me, and they support me," Chol said. "It's more of a family and not just a school."

Chol said she would tell others considering whether or not to apply for the program to go for it.

"I would tell them, 'Do not doubt. Don't doubt for a minute,'" she said. "They work with you to help you get where you're going. They don't judge people. They work with everyone the same."

Herkimer 29

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Herkimer from 28

The Herkimer BOCES Adult Practical Nursing Program offers three different options: a 12-month full-time class, a 20-month part-time day class and a 20-month part-time evening class. The next full-time class starts in July, and the deadline to apply is June 1. The next part-time class starts in September, and the deadline to apply is July 1. For information, visit herkimer-boces.org and click on the "Adult LPN Program" button on the homepage. To apply, call 315.867.2206 to schedule an entrance exam.

Chol knew somewhere inside herself for a long time that she wanted to be a nurse. The Herkimer BOCES part-time day program allows her to still work at Masonic Care Community as a nursing aide while going to school. She switched to part-time for work while going through the LPN program.

After graduation in June, Chol plans to get a job as an LPN, gain more experience and potentially further advance her nursing education and nursing career toward becoming a registered nurse.

"I definitely want to work as an LPN and reach out and give back to the community that has given me so much more," she said.

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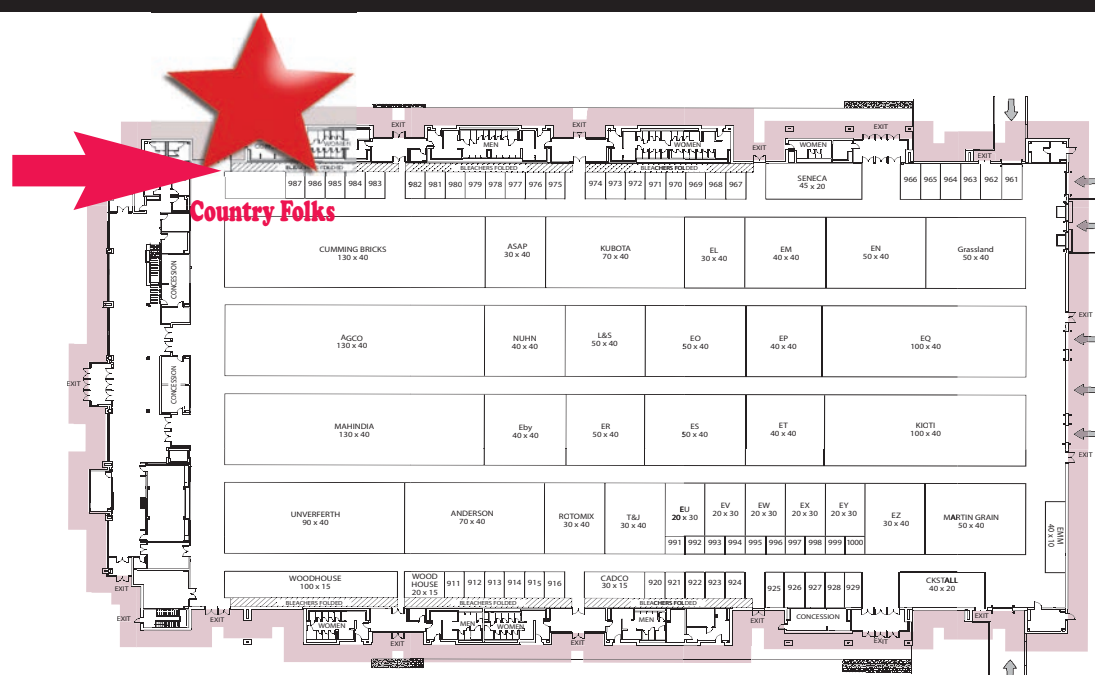
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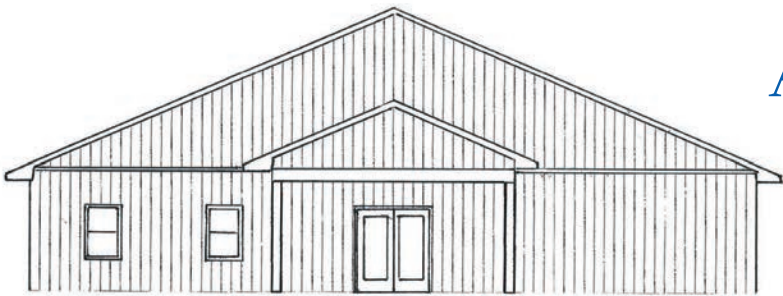
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