

# Herkimer County Country Editor

Largest Circulation Publication in Herkimer County  
Delivered Weekly by the U.S. Postal Service

August 9,  
2019

Volume 9  
Number 9

I CALL ON THE LORD IN MY DISTRESS, AND HE ANSWERS ME. PSALM 120:1

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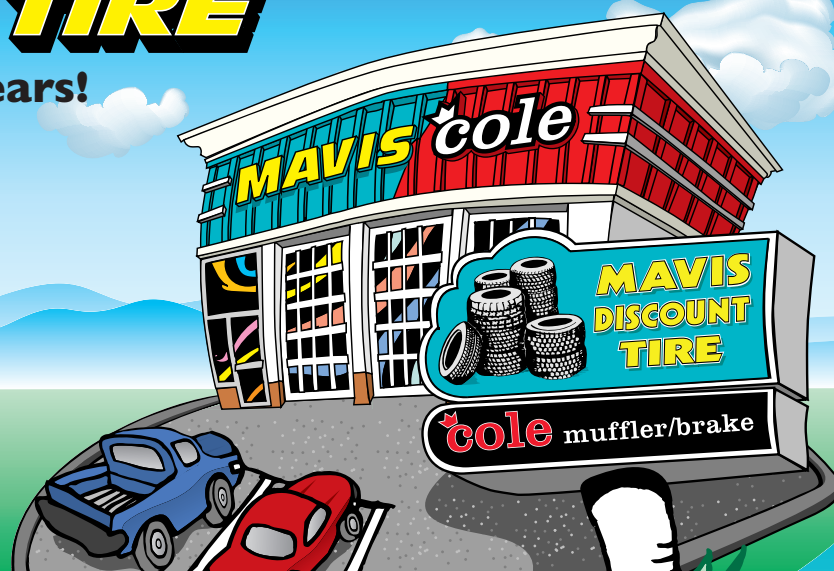
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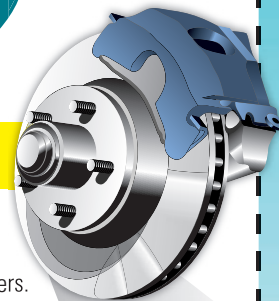
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## Heatstroke and kids in cars

Children should never be left alone in vehicles which can heat up to deadly temperatures in minutes and quickly kill a child. Last year, 30 children in the U.S. died from heatstroke in hot cars – including a baby in New York State. These deaths are even more tragic because they are preventable.

Diane Ward, CHN of Herkimer County Public Health, said, “Kids and hot cars are a deadly combination. In just 10 minutes, a car’s temperature can rise by 10 degrees, and continues to climb and stay hot. That means on a 90° day, the temperature inside a car can quickly surpass 107° – which is the internal body temperature at which children die from heatstroke.”

“Adding to this dangerous situation is that children get overheated up to five times more quickly than adults,” she said. “More than half of the heatstroke deaths in cars are children less than two years old. In fact, not counting crashes, heatstroke is the leading cause of motor vehicle deaths for children 14 and younger.”

Ward urges everyone to follow simple preventive tips to reduce the number of children who die in hot cars because they are accidentally forgotten by parents and caregivers (53%); who get into cars to play and then become trapped inside (29%); and who are left in the car by an adult who was running errands, visiting or attending to other business and could not or did not want to take the child with them (18%).

• **Use reminders.** Keep a toy or large, stuffed animal in your child’s car seat. When you buckle in your child, move the animal/toy to the front seat. It will remind you that a child is in the car seat. Put your briefcase, cell phone or diaper bag in the backseat so you need to open the back door to get it and see that your child is waiting for you. Ask your childcare provider to call you if your child doesn’t show up as expected, especially if there is a change of routine. Set the alarm on your phone as a reminder for drop-off and pick-up times. This is important if your routine changes, or you are tired or overwhelmed. Put a sticky note where you will see it

– on your dash or another spot. Remind yourself where your children are and when to pick up or drop them off.

• **Look before you lock.** Always check the backseat and trunk or cargo area. Keep your keys and remote-access devices out of a child’s reach. Don’t let kids play with them. Teach kids to never play in or around cars. They can become trapped inside and die from heatstroke.

• **Never leave a child alone in a car.** There is no safe amount of time or any reason to leave a child behind. Cars heat up fast and stay hot. Even on a cooler or cloudy day, a child is at risk for heatstroke. Rolling down windows or parking in the shade will not safely cool down the car. A car can still reach deadly temperatures when it’s only in the 60s. Always take kids with you. Use a drive-thru so you don’t need to leave the car. And pay for gas at the pump.

If you see a child in a hot car, call 911 right away and follow instructions. Emergency personnel are trained to respond.

To learn more on hyperthermia and children in cars, visit the National Highway Traffic Administration website at [www.safercar.gov/parents/InandAroundtheCar/heatstroke.htm](http://www.safercar.gov/parents/InandAroundtheCar/heatstroke.htm).

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### Did you know?

Many stores employ “loss leaders” during the back-to-school shopping rush. Essentially, loss leaders are products sold at a loss to attract customers into the store. Retailers hope shoppers will be tempted by a “penny deal” or another steep discount and then stick around, ultimately purchasing full-price items.

Shoppers can use loss leaders to their advantage. Those looking to save on school supplies should watch the circulars and commercials for these barely break-even deals and stock up on loss leaders, according to the savvy shoppers at The Krazy Coupon Lady. This may require shopping for supplies over the course of a few days, as stores may feature different loss leaders during the week. By doing so, at the end of the week, shoppers may end up with much of their school supplies at quite the discount.

## Herkimer County Country Editor

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.....

With the drastic decrease in the readership of daily newspapers in the market along with their expensive cost, many people forego putting in obituaries for their loved ones, or go with very limited information.

The Herkimer County Editor is mailed to every home in Southern Herkimer County. That is over 22,000 homes! The local daily only reaches 3,000!

As far as rates go, an obituary the size of this notice is \$117.00. We have other sizes available also, for example an announcement that is 3.25” w x 5” h is \$60.00.

All obituaries will also appear on our website at  
[www.countryeditor.com](http://www.countryeditor.com)

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# 5th Annual Herkimer Diamond Gem Show & Festival

by Rachael Takacs

For the past five years, a diamond-studded affair has taken place in Herkimer. With each year, the event has grown, drawing visitors from all over. From young children learning about geodes to more seasoned gem aficionados, the Herkimer Diamond Gem Show and Festival is a well-loved summer activity for the whole family. This year's show was no exception. Various cuisines were available for snacking, and visitors were given the options to participate in raffles, face painting, geode cracking and even gold panning. However, it was the gems, as well as the many handmade items avail-



Visitor Kali Gates admires some beautiful pieces of fire agate.

Photo by Rachael Takacs

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able to examine and purchase, that took center stage.

The many vendors at the gem show and festival were pleased with the attendance. Many have been taking part in the event since its conception and see their fellow merchants as family. One such vendor was Toni Craft, owner of Astral Journeys Center in Albany. Craft has been a regular vendor for the past five years. "It's been wonderful," she exclaimed. "I love this show, and I've done it since the very beginning. I see a lot of people come from Albany and a lot of locals. I love the array. I'm always going around and shopping myself

and seeing all the other crystal people."

Also in attendance was Chris Woodbeck, entrepreneur and owner of Mangia Macrina's Wood Fired Pizza. Woodbeck is also a gem show and festival veteran, having attended all five years. Woodbeck stated, "The vibe of the festival is great. Everyone gets along and has a sense of family."

The Herkimer Diamond Gem Show and Festival would not be possible without the dedication of its owners, Billie Jo and Joel Davis. In addition to managing the Herkimer Diamond Mines as well as a campground in St. Johnsville, the Davises are pleased to be able to offer such outlets to eager participants. "The Gem Show and Festival has taken place for five years, but this is our third year at the fairgrounds [the Herkimer County Fairgrounds], where we now call 'home' for our show," explained Billie Jo. "There isn't a committee that puts it on. My husband and I own the show, and our friends Ryan and Erin are our festival coordinators, and that's the only hands in our event. It is just four of us doing the show, but there are another 20 very supportive volunteers/friends/family who worked hard over the two-day weekend."

When asked what inspired the couple to start the show, Billie Jo described their vision. "We've had a few goals for the show. We wanted to expose the Herkimer diamond to the area in a way that wasn't commercialized, so the locals knew the true value of these quartz crystals and the true value of our local miners. The show does that. We also want to give small businesses

a way to have a low-cost show and get their name out there to thousands of attendees. We are very passionate about the Herkimer diamond and the small business."

For more information on the Herkimer Diamond Gem Show and Festival, visit [www.facebook.com/herkgemshow](http://www.facebook.com/herkgemshow) or [www.herkgemshow.com](http://www.herkgemshow.com).

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# How students can prepare for a coming sports season

Participation in sports can be an important component of a student's overall school experience. It should come as no surprise that the number of participants in high school sports increased for the 29th consecutive year in 2017-18, according to the annual High School Athletics Participation Survey conducted by the National Federation of State High School Associations.

Students may have various reasons for joining school-sanctioned sports teams, including engaging in physical exercise, boosting their résumés with extracurricular activities and finding shared interests with fellow students. School sports provide this and more.

Of course, participation in scholastic sports first involves signing up for the activity. To ensure they're eligible to participate in scholastic sports, students typically have to follow some key steps.

• **Physical examination:** A doctor will have to provide medical clearance, confirming a student is healthy enough to play. Check with the school athletic director or school nurse regarding the "expiration date" of a physical. Students are often required to get a physical each year, though some might need to get one before each season. Pediatricians and wellness

clinics often get inundated with requests to fill out physical forms prior to sports seasons. Contact physicians well in advance of the start of the season to ensure that the physical can be completed and the forms handed in on time.

• **Health waivers:** Doctors alone are not responsible for giving the okay to participate in sports. Before a child can be deemed eligible, parents often have to fill out a detailed health history for their children, listing any possible allergies or conditions that may affect participation. They also may have to provide a list of current immunizations and eye exam results.

• **Enrollment:** Schools may have different sign-up routes for the various sports seasons. Schools generally offer fall, winter and spring sports. Students may need to sign up on an official list with the athletic director or coach. Other schools may utilize a digital system for enrollments. Schools typically publicize how students can get involved with sports and provide the steps for signing up.

• **Contact with coach:** Once enrolled, students may have to connect with the coach in a predetermined way. Various apps and tools can be used. Email is al-



ways a popular method for contacting the team, but apps like TeamSnap or Remind are other ways coaches may send out blast announcements about practices, meets, games and more.

Sports can be a great way for students to develop mentally, physically and socially. To participate in sports, student-athletes must follow the right steps for enrollment.

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Weekly Sales Every Monday approx. 11:30 with Misc. & Small animals followed by Dairy & Livestock

**Mon. July 29th** - Sold 312 head, Cull ave. \$.48 top cow \$.67, Beef Breed Cull Ave. \$.54 top cow \$.72, Organic cull dairy ave. \$.90 top cow \$.96, Grassfed Organic Cull Ave. \$1.03 top Cow \$1.08, Bulls/Steers \$.90, Organic Bulls/Steers None, Bull calves top \$.65 top beef calves \$1.85, heifer calves top \$.30, Scotch View Reg. Jerseys top Milking age cow \$1725, bred heifer \$1300.

**Mon. Aug. 12th** - Normal Monday Sale & Monthly Heifer Sale. Short Notice 40 registered & grade Holsteins, 5 reg. Dutchbelt milking herd dispersal. Steven Lewis - Medusa, NY

**Mon. Aug. 19th** - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale

**Mon. Aug. 26th** - Normal Monday Sale & Monthly Organic Day.

**Sat. Aug. 17th - 11:30AM** Sale held at our facility, New Berlin, NY. Summer Production Sale - Special Sale for you great managers who are overstocked. We will be accepting 100 head of QUALITY Registered & Grade Dairy Cattle all Breeds for this sale. Spent an afternoon in Connecticut with Clarke Woodmansee & Family getting a grand tour of his farm and maybe the best group of cattle I've had the privilege of walking through! We picked out a group of 25 head from his milking herd which are freestall parlor milked and bred heifers all I can say is Wow you'll be impressed!! Sires include Mogul, Awesome, Sid, Saloon, Gold Chain, Crush, Airlift, Doorman plus more. Maternal Lines - Hazel, Hezbolla, Ashlyn, Elegance, Linjet Ginny, Skybuck Lucy, Kite Linda-Red, Roy Jackie!! FOUNDATION CATTLE - COMMERCIAL PRICES. Ethier Acres sending their small herd of 34 Head Registered Ayrshires & Holsteins. 18 Ayrshires 7 milking age, 11 heifers - From VG 88 2yr. olds to EX92 on the cows and all the heifers are from EX90- EX 93 Dams back 5 Generations. 18 Holsteins 10 Milking age, 8 heifers. Hadlock Dairy - Getting to hand pick 20-25 AI sired Grades of their best cows. They will be young, fancy and milking like crazy. RHA 24,479 4.2 1002F SCC 107,000. Fantasy Found - We are selling some of our best fresh cows - watch for the Airlift Sr. 3yr. old with the Hill-Over prefix. Check out the Halo Family at NYS Picnic we have two family members sell- Franchise fresh second time milking 120# with a near perfect udder. An Awesome Gr.Dtr. from EX96 Ashlyns Angel just fresh! Watch for more consignments from Weissman Dairy, Boardwalk Holsteins, Hosking Farm, Osborne Family Farm. We will be accepting additional consignments - call early to get into the advertising.

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**Sat. Oct. 19th** - Allegany Steuben Holstein Club Sale

**Sat. Oct. 26th** - Fall Premier All Breed Sale - 100 head of Registered All Breed Cattle Sell

\*\*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.

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## 8th Annual Dolgeville Consignment Auction Saturday, August 10, 2019 Starting at 9:00am

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Poly Lawn Furniture

Crafts

Rustic Signs

Small Tractor

Miscellaneous Equipment

### Plants

Shrubs, Trees, Flowers

### Construction

Lumber

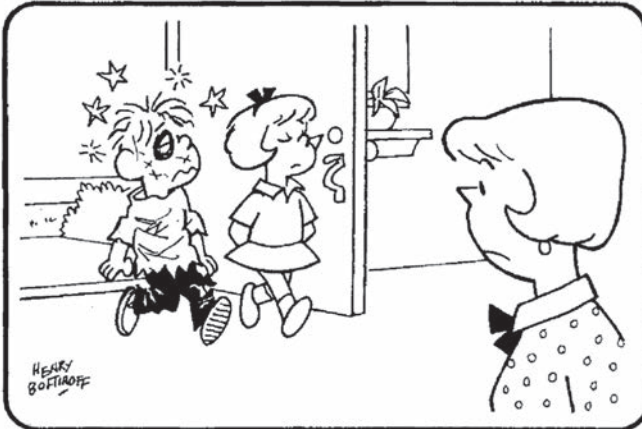
Building Packages

Metal Roofing

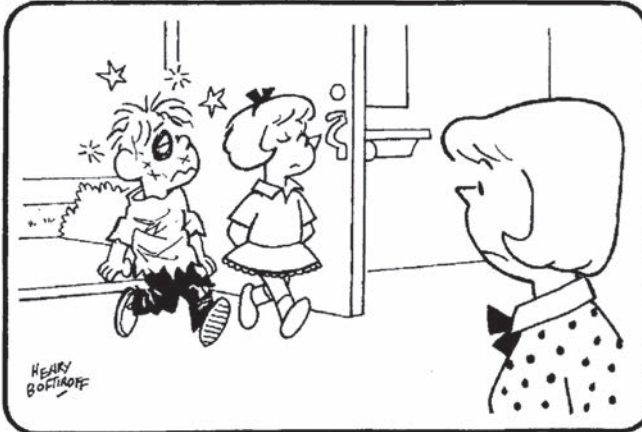
Finished Pine Wood Tongue-&-  
Groove



## HOCUS-FOCUS

BY  
HENRY BOLTINOFF

Find at least six differences in details between panels.



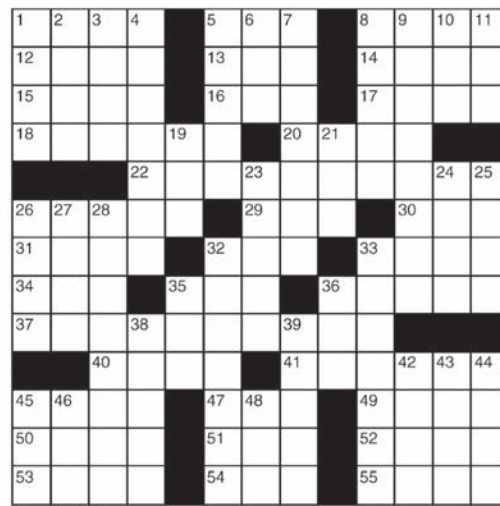
Differences: 1. Mom's hair is longer. 2. Girl's dress has ruffles. 3. Indoor plant is missing. 4. Door handle is higher. 5. Dress polka dots are black. 6. Fewer stars around boy's head.

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## King Crossword

## ACROSS

- 1 Healthful retreats  
5 Meadow  
8 "So be it"  
12 Hay storage area  
13 Plant bristle  
14 Trademarked symbol  
15 Emanation  
16 Corral  
17 Stench  
18 Third-place medal  
20 Honolulu's island  
22 Waste time  
26 Unexpected victory  
29 Started  
30 Nay opposer  
31 Recording  
32 Crazy  
33 Pack away  
34 Rd.  
35 One of the Brady Bunch  
36 Starts  
37 Jerry Herman musical  
40 Comic Jay  
41 Brother of Andrew and Charles  
45 Reed instrument  
47 Pal of Wynken and Blynken  
49 Wings

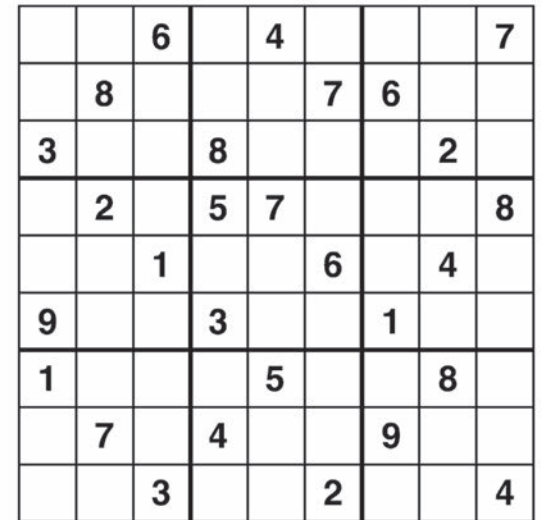


- 50 Gloomy  
51 Run-down horse  
52 Frost  
53 Connect the —  
54 Exist  
55 "Sports-Center" airt  
8 20-Across greeting  
9 Vary, as a tone  
10 Freudian concept  
11 "Neither snow — ..."  
19 Pimple  
21 Toss in  
23 Grassy plain  
24 French city  
25 Some conifers  
26 Hexagonal state  
27 Macadamize  
28 Make absolutely plain  
32 "Material Girl" singer  
33 Computer security threat  
35 Garfield's owner  
36 Antiquated looks  
38 Lecherous looks  
39 Sill  
42 Muhammad and Laila  
43 Freeway access  
44 TV chef Paula  
45 Peculiar  
46 Scary cry  
48 Rowing tool

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## Weekly SUDOKU

by Linda Thistle

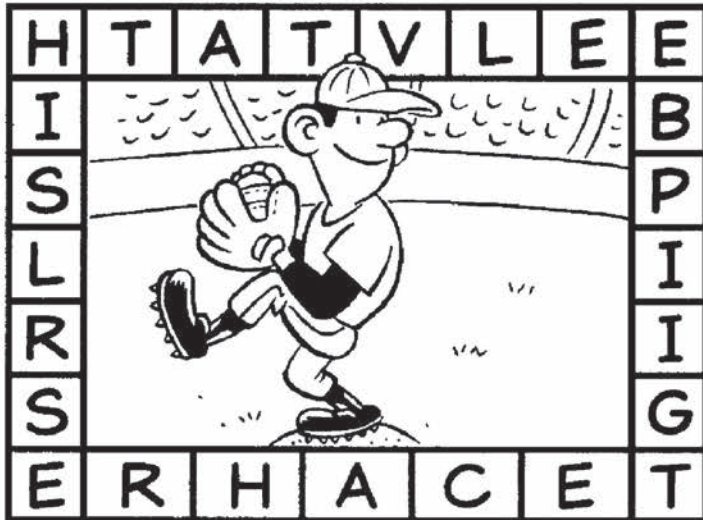


Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

## DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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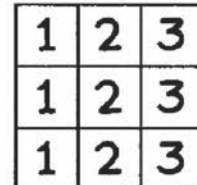
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**BATTER UP!** Hidden in the above frame is a famous proverb. You can find it by reading every other letter as you go around it clockwise. The trick is finding the right first letter.

Answer: Starting with the "L" in the left rail: "Little pitchers have big ears."

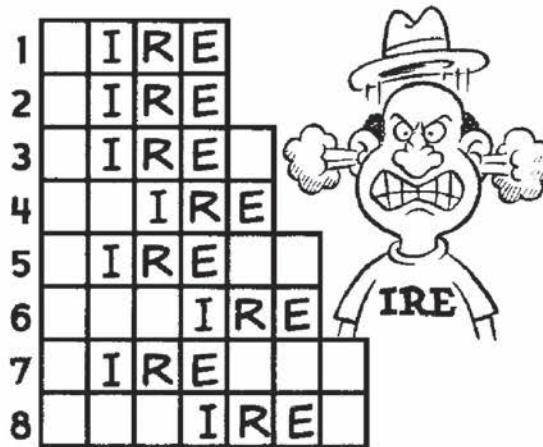
**SIX OF ONE, HALF A DOZEN OF ANOTHER!** You have 66 seconds to rearrange the numbers in the square so that the sum of any row, column or the two diagonals shall total 6.

Answer: Top row: 2, 3, 1. Middle row: 1, 2, 3. Bottom row: 3, 1, 2.



# Junior Whirl

by Charles Barry Townsend



## TIME FOR ANGER MANAGEMENT!

Try to keep from blowing your top while identifying these "anger" words. Each one contains the word IRE. Using the following hints, see if you can cool things down in less than five minutes.

1. Having dreadful consequences.
2. To be stuck in the mud.
3. When you're connected to the Internet.
4. Part of many churches.
5. Loud noisemakers.
6. To strive toward an end.
7. Seen on summer evenings.
8. To have refereed.

**LINK-UPS!** Here's a list of 12 short words, divided into two columns. Turn them into six longer words by linking them together. To do this, draw a line from one word in the left column to one word in the right.



Answers: Antelope, fathers, edition, caprice, dateable, bumpkin.

Answers: 1. Dire. 2. Mire. 3. Wired. 4. Spire. 5. Sirens. 6. Aspire. 7. Firefly. 8. Umpired.



# VP-TECH students see adventurous summer start

HERKIMER – Flying drones and going zip-lining are two ways new Valley Pathways in Technology Early College High School (VP-TECH) students from various Herkimer-Fulton-Hamilton-Otsego BOCES component school districts were able to bond with each other this summer.

VP-TECH student Ariana Ellis, of Central Valley, said the summer bridge program helps students prepare to start their school year together in the autumn. “It’s been fun because we’ve done things that we don’t get to do every day, and we get to know each other and become friends with each other just through

everything we’ve done together this week,” she said. The summer bridge program is a chance for incoming ninth graders to learn about their school, teachers and peers for a few days. The program took place from July 8 - 11 this year. VP-TECH focuses on technology, project-based learning and real-world work situations. Students can spend four to six years in the program to earn a Regents diploma, an associate degree in quality assurance from Herkimer College for free, a certification in advanced manufacturing and connections with local businesses. This year’s summer bridge program included a special community-based activity each day:



VP-TECH students fly drones outside Herkimer-Fulton-Hamilton-Otsego BOCES on July 10 as part of the VP-TECH summer bridge program.

Photo courtesy of Herkimer BOCES

VP-TECH 9



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## Whatchamacallits

Our Whatchamacallit this week sent me on quite a wild goose chase online. You may be thinking, “What’s so hard to find out about a flour sifter?” I was trying to research R.Z. Smith & Son in Fort Plain, as they are the company advertised on the side of the sifter, which was apparently sold at their feed and implement store. I did find them listed in the 1939 Fulton and Montgomery Counties farm directory’s list of advertisers. R.Z. Smith & Son offered McCormick-Deering farm machines and implements, feed and silos, International farm machinery and trucks, sales and service. I also found R.Z. Smith mentioned in a 1913 article in the American Produce Review. That article reported on the expansion of the Fort Plain Milk Company by the purchase of seven factories from the Otsquago Valley Creamery. Smith was president of the Fort Plain Milk Co. at the time. As an interesting side note, the Otsquago Creek enters the Mohawk River at Fort Plain and is a Mohawk Indian word meaning “under the bridge” or “healing waters,” depending on which spelling is used – Otsquago or Otsquage. Its headwaters are located near Van Hornesville. The creek includes two falls, one of which is named Creamery Falls.



Do you have your own Whatchamacallit?  
Send a photo and short description to csuo@leepub.com or call Colleen at 518-673-0145



# Valley Residential Services to host open house

HERKIMER – Are you looking for a lifestyle experience? Are you looking to downsize your home, have more time for leisure activities, amenities and a restaurant-style dining atmosphere? If that is your goal, then Valley Residential Services (VRS) is the place for you.

VRS, the first Enriched Housing and Assisted Living facility in Herkimer County, is welcoming new residents to the enriched housing facility located at 323 Pine Grove Rd., Herkimer. Our new expansion project has added 14 one-bedroom apartments, all large enough for couples, and a fully-staffed wellness and fitness center.

There will be an opportunity for the public to tour the independent living apartments and meet with staff during an open house event on Monday, Aug. 26 from 4 - 6 p.m. at the Pine Grove Road location.

Lisa M. Betruss, president, Valley Health Services and VRS, said the vision for VRS remains to champion quality of life for all seniors ensuring a comfortable life-enriching experience and assistance with daily needs while promoting dignity, privacy and independence.

For more information or to RSVP to August's open house date, contact Christine Shepardson, director of community life, at 315.219.5700 ext. 3239.

## VP-TECH from 8

- Monday, July 8: Jim McCoy, Indium Corporation talent acquisition supervisor, spoke with students about the connections they will make between their experiences in the classroom and workplace opportunities.
- Tuesday, July 9: Students went zip-lining and did a ropes course at Root Farm Adventures in Sauquoit.
- Wednesday, July 10: Jon Ashdown, from Adept Advancements Inc., taught students about drones, practiced with a drone simulator and then tried flying professional drones.
- Thursday, July 11: Students visited A&P Master

Images in Utica, where they made shirts and discussed the quality assurance aspects of the work.

VP-TECH Coordinator Danielle Monahan said the summer bridge program is helpful for the new students.

"It's a nice opportunity for them to meet their new classmates, as they all come obviously from different school districts," she said. "It's like a meet and greet type of thing to get everybody comfortable with each other. We work on a lot of team-building activities, hands-on activities and field trips."

The summer bridge program also included touring the Herkimer BOCES William E. Busacker Complex and the VP-TECH classrooms, learning about the VP-TECH program and Herkimer College quality assurance program, filling out paperwork for College Now courses through Herkimer College and participating in icebreakers to find out more about each other and their teachers.

"They'll be spending the next four to six years with these guys," Monahan said. "It's nice to see the relationships form."

Three older VP-TECH students also attended the summer bridge program to support the efforts and share their personal experiences. They participated in a panel discussion, and the new students were able to ask them questions about what they wanted to know

such as the teachers, the courses and the workload.

"It means more to hear from their peers," Monahan said.

The older students were Marietta Altieri of Herkimer, Leilani Tyson of West Canada Valley and Jaeden Coffey of Frankfort-Schuyler.

Midway through the day students were learning about and trying out drones, Monahan said it seemed to be a positive experience for students. "I think they're getting the hang of it," she said.

Ellis said she enjoyed flying the drones. "They're really cool, and they're really high tech," she said. "It's really cool that we can fly a drone that's a professional drone and not just a plastic one you can buy at Walmart or something."

New VP-TECH student Dominick Hutchins, of Herkimer, said some of his favorite parts of the week were going zip-lining and flying the drones.

Hutchins thought the summer bridge program was helpful for learning how everything works around the school, discovering what activities the students will be doing and becoming more familiar with the other students.

Participating in the summer bridge program will make the transition much smoother for the first day of school in September, he said.

"It's going to be really easy to get into it," he said.



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## Golden Brook Farm – Bob Tracy Estate

### Farm Equipment Auction

# Wednesday, August 14, 2019

## at 11 AM


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Due to Mr. Tracy's recent passing, his family has asked us to sell all their farm equipment. Most has been shed kept and is ready to work. Bob was a good friend, customer, and a well-respected, local businessman.

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**Be on time - NO small items!**



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### King Crossword

Answers

Solution time: 25 mins.

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

### Weekly SUDOKU


Answer

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

### Just Like Cats & Dogs

by Dave T. Phipps

SO TO MAKE THIS DESSERT FROM YOUR FANCY COOKBOOK IT WILL REQUIRE MORE READING THAN I DID IN COLLEGE?



### August Holidays

- Aug. 10 – National S'mores Day
- Aug. 12 – Middle Child's Day
- Aug. 13 – Left Handers' Day
- Aug. 15 – Relaxation Day
- Aug. 16 – National Tell A Joke Day



## Little Falls celebrates 5th Annual Cheese Festival

by Rachael Takacs

On Saturday, July 13, Little Falls celebrated its 5th annual Cheese Festival. People flocked to Little Fall's Main Street to sample cheese, enjoy live music, and taste the mouth-watering culinary delights supplied by the numerous food trucks available. Since its inception in 2015, the Little Falls Cheese Festival's goal has been to commemorate the rich history of local cheese trade, as well as the renaissance of artisan and farmstead cheesemaking in Upstate New York. A wide variety of cheeses are available for sale at each festival, including hard cheeses, fresh cheeses,

bloomy rind/soft-ripened cheeses, and semi-soft cheeses.

The itinerary for the Little Falls Cheese Festival was booming with activities for the young and old alike to enjoy. Such events included vendors, a farmers market, a guided walking tour, a play performed by the Little Falls Theater (LiFT) as well as many talented musicians. A host of performers graced guests and vendors alike with their toe trapping tunes of many different genres including bluegrass, alternative rock, blues, pop, folk-rock, jazz, and experimental Americana.

Manning the Entry and

Info booth were volunteers Judy McDowell and Mike Potter. They were working hard to provide information and brochures to the thousands of guests filtering in that day. Both were thrilled with the turnout and the beautiful weather accompanying the day. "Since 10 o'clock this morning, we've counted over 2,800 people!" Potter stated ecstatically.

Many vendors were

also in attendance that day, and all were very pleased with the crowd of eager shoppers. One such vendor was Heartsease Hill with owners, Sue and Joe Kappler, who produce honey products in addition to their renowned wide variety of meads. Each product they create uses local honey as well as locally grown fruit and other items. Sue went into detail regarding how

successful their day had been. "We had a great day exceeding last year sales and introduced many new people to our product," she explained. "The organizers marketing efforts really paid off and we appreciate the hard work they put into this event."

Also in attendance were volunteers Clark Davis and Chris Cadle who were selling t-shirts to the enthusiastic guests

crowding the streets. Each shirt's design celebrated the Cheese Festival in every sense of the word, displaying a generous hunk of Swiss cheese on each shirt front. "We have had an absolutely wonderful day!" Cadle said excitedly. "The weather has been beautiful and we're doing a really good job selling all these T-shirts!"

CHEESE FESTIVAL 11



Volunteers Judy McDowell and Mike Potter manning the Entry and Info booth.

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CHEESE FESTIVAL from 10

The Little Falls Cheese Festival would not be possible without the amazingly dedicated volunteers and the members of “Team Cheese,” the 2019 Little Falls Cheese Festival Committee.

For more information on the Little

Falls Cheese Festival and the other events Little Falls has to offer, please visit their website at [www.littlefallscheesefestival.com/](http://www.littlefallscheesefestival.com/) , or find them on Facebook at [www.facebook.com/LittleFallsCheeseFestival](http://www.facebook.com/LittleFallsCheeseFestival) .



(L-R) Nick Piccininni and Jason Barady from the band Floodwood perform on the very busy Main Street. They graced audiences with bluegrass, fiddle tunes, country, classic rock, and much more.

Photos by Rachael Takacs



(L-R) Volunteers Chris Cadle and Clark Davis proudly display the creative shirts offered for sale.



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**For more information and to arrange for your free visit day, please contact:**

Kristen Lenaghen  
Adult Day Health Care Services  
(315) 866-3330 ext. 2262  
or by email at [klenaghen@valleyhealthservices.org](mailto:klenaghen@valleyhealthservices.org)



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## Former NBA player attends Dolgeville basketball clinic

by Daniel Baldwin

Former Syracuse University Orange and New York Knicks basketball player John Wallace was in attendance at the

fifth annual Dolgeville Basketball Clinic, which took place at Dolgeville High School July 22 - 26.

Throughout the week, Wallace taught

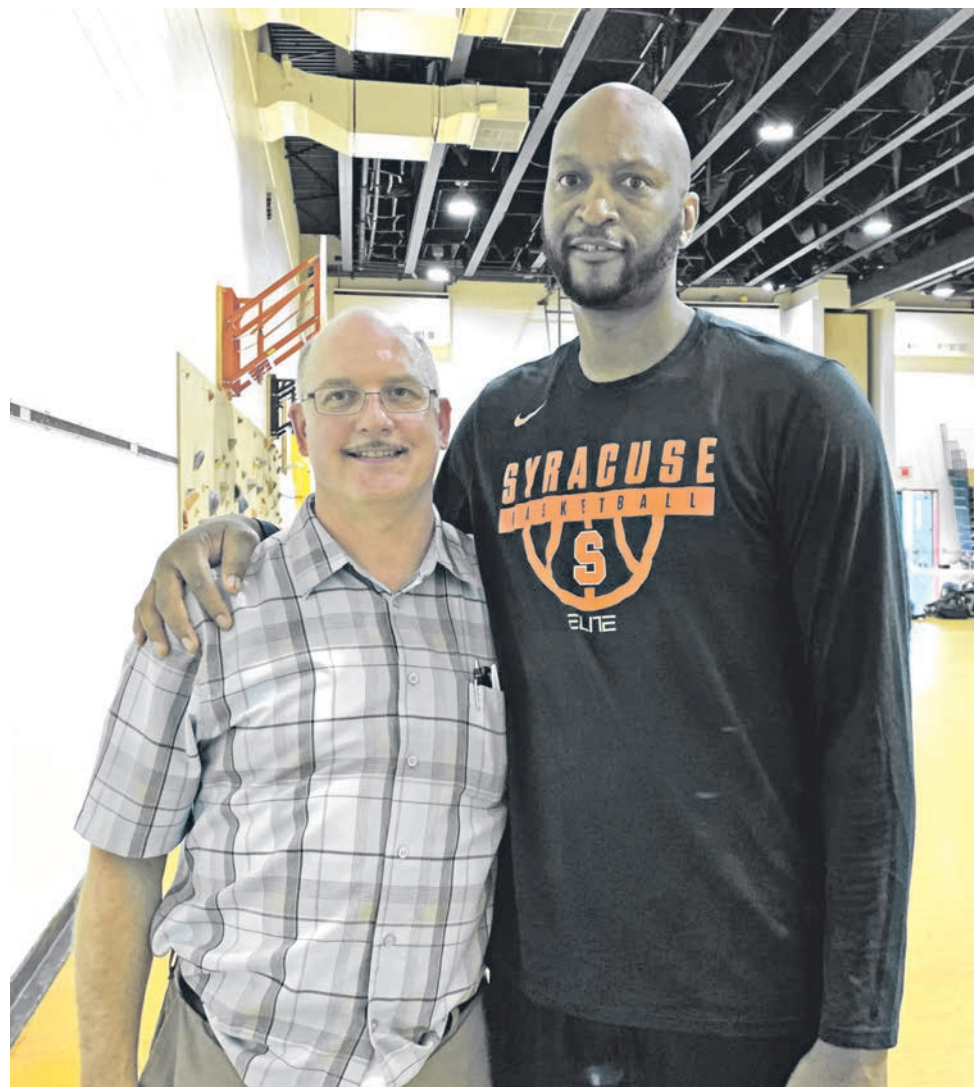
student-athletes how to become better shooters and defenders on the basketball court. But this week-long basketball class was not all about shooting hoops, as Wallace also explained the kids needed to work hard and give 100% effort when it comes to becoming successful basketball players or achieving other dreams.

"The most important thing is work ethic," Wallace said. "The most successful basketball players, business guys, or whatever field you go in are the guys that work the hardest, have the work ethic and don't quit. It's not 'cause you're talented or really good or tall or fast – if you don't want to work, then you can't be successful."

It is not the first year that Wallace attended this clinic, as he has been at this basketball class since it started in 2014.

Gary Farquhar is the vice president of the Gehring Tricot Corp., but he was also the person who started this clinic. Gehring Tricot makes woven and knit fabrics. The company even makes the fabric that Nike uses for their NFL uniforms. Gehring Tricot has been in business for over 70 years, and they have a knitting factory in St. Johnsville and a finishing factory in Dolgeville. But while Farquhar spends most of his time at the two factories, he also takes time to help Dolgeville students find a career path and succeed in the future.

DOLGEVILLE 13



Former NBA player John Wallace (right) and Gehring Tricot Vice President Gary Farquhar helped put the basketball clinic together.

Photos by Daniel Baldwin

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**DOLGEVILLE** from 12

"A key part of being a company in a small town is that we need employees," Farquhar said. "We work with the schools and do some career fairs at the schools. These kids are our future. These kids are

going to stay in town, and we need them, so we want them to know that we're here for them now and we need them to be here for us in the future."

This basketball clinic is one way Farquhar helps

the students.

"Behind the clinic, we have an opportunity for these kids to learn work ethic from a professional athlete," Farquhar said, "and we want them to experience that. We use this to get the basketball program back going strong again."

Farquhar also put together this clinic as a way to thank the Dolgeville and St. Johnsville communities, which have given so much to him and his company, from employees to income.

"Dolgeville and St. Johnsville are very near and dear to Gary's heart," Wallace said. "A city and a town have given so much to us – it's only right that we come back and give back to them in terms of basketball, clinics and all kinds of free stuff that we try to do for him [Gary]. Just trying to put money back into the community that has given us so much."

Wallace happens to be good friends with Farquhar, and not only has he helped him at this basketball clinic but at his fabric company as well. Following his NBA career, he began working at the company last year.



Dolgeville students had the chance to test and improve their skills on the court and learn from a professional basketball athlete about shooting, defending and work ethic.

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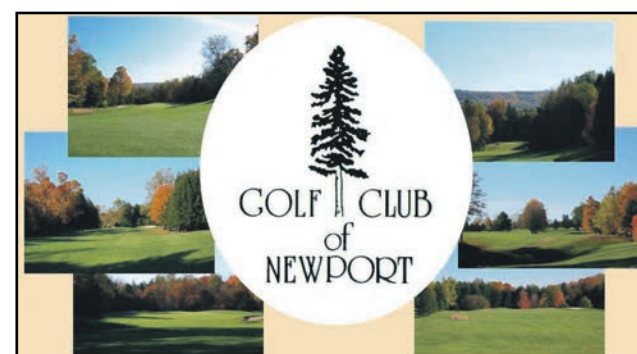
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## Make the transition to high school easier

Over the course of an academic career, the average student switches schools three to four times. Elementary school gives way to middle school or junior high. From there, students will transition to high school. If a student chooses to keep their academic journey going after high school, college or trade school awaits.

Adolescence is a transitional period when many students may be learning how to make decisions and taking their first significant steps toward becoming independent adults. That can make the transition from middle school to high school more complicated than previous transitional periods young people experienced.

Several changes take place in high school that can impact students' anxiety levels.

- Students go from being the oldest in middle school to the youngest in high school.
- The student body population typically increases dramatically.
- Curriculum becomes more de-

manding than it was in middle school.

- School hours change, often requiring students to wake up earlier.
- A new school may mean students are funneling in from different feeder schools. Long-time friends may be separated depending on where they ultimately choose to go to high school.

A 2016 survey from the Pew Research Center found that 70 percent of teens say anxiety and depression are a "major problem" among their peers.

To help make high school a positive experience and less likely to induce anxiety, students and their parents can employ these tips.

- Establish a consistent routine. The education resource CollegeVine advises students to build good study habits, create a calm and organized homework environment and focus on studies while keeping distractions at bay.

- Encourage extracurricular activities. Activities outside of the classroom are a great way for stu-

dents to make friends and involve themselves socially with their peers. Such extracurriculars can lead to strong friendships that flourish throughout high school and beyond.

- Buddy up. Just as they might have done upon entering kindergarten, students on the cusp of starting high school can find someone who will be attending the same school and go over schedules and potential meet-up times. They can make plans to sit together at lunch as they both get acclimated to their new environments.

- Attend open houses. Families can tour the campus to get a feel for the layout of their children's school. Ask for a map of the school grounds so students can get an idea of where their schedules will require them to be throughout the course of the day.

The transition to high school is a significant one in the life of a teenager. Families can employ various strategies to make that transition go smoothly.



The transition to high school is a significant one in the life of a teenager.

## Comfort Foods Made Fast and Healthy

by Healthy Exchanges

### Special Peach Pie

Love fresh peaches? You'll enjoy this recipe.

1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix

2/3 cup nonfat dry milk powder

1 cup unsweetened orange juice

1/2 cup water

2 cups fresh peeled and sliced peaches

1 (6-ounce) purchased graham-cracker pie crust

1 (8-ounce) package fat-free cream cheese

Sugar substitute to equal 2 tablespoons sugar

1 teaspoon vanilla extract

1 cup fat-free whipped topping

1/2 teaspoon ground nutmeg

1. In a large saucepan, combine dry pudding mix, dry milk powder, orange juice and water. Cook over medium heat until mixture thickens and starts to boil, stirring occasionally.

2. Remove from heat. Stir in peaches. Spoon hot mixture into pie crust. Refrigerate for at least 1 hour.

3. In a medium bowl, stir cream cheese with a spoon until soft. Add sugar substitute and vanilla extract. Mix well to combine. Fold in whipped topping. Spread mixture evenly over set peach filling. Lightly sprinkle nutmeg over top. Refrigerate for at least 15 minutes. Cut into 8 servings.

\* Each serving: 213 calories, 5g fat, 7g protein, 35g carb., 401mg sodium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch, 1/2 Fruit, 1/2 Meat, 1/2 Fat.

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## Students earn Seals of Biliteracy following project presentations

HERKIMER – Six students from Central Valley and West Canada Valley recently became the first students to participate in a world languages capstone project presentation at Herkimer-Fulton-



Hamilton-Otsego BOCES and earn their Seals of Biliteracy through the New York State Education Department.

“Along with exemplary marks in ELA and world languages through their

four-year, high school studies, students had to complete a capstone project completed in the world language of their studies,” Herkimer BOCES Coordinator of Instructional Support Services Jon Griffith said. “Herkimer BOCES supported the project, providing a regional network for staff in world languages throughout the year.”

The world languages capstone project presentations took place at the Herkimer BOCES William E. Busacker Complex in Herkimer. The students presented their projects to a panel of teachers

who are fluent in the language and judged the projects. This was the final step for the students to earn their Seals of Biliteracy.

The following students, who were seniors at the time of the event, received a Seal of Biliteracy:

### Central Valley:

Mikayla Comes and Sydney Thomas

### West Canada Valley:

Aleeshea Tyson, Nathaniel Marrero, Ryan Soron and Emi Hughes

The Seal of Biliteracy acts as standalone recognition along with an alternative pathway for students, Griffith said.

He also said a special thanks goes to the World Language Collaborative Roundtable for providing professional development and direction with the capstone projects.

For this year, all six students were studying Spanish as their second language. Other languages – such as Russian – are expected to be added as the program expands, Griffith said.

“This is the first year of this event,” Griffith said. “Several other districts will have students completing the projects next year, and it is anticipated to grow over the next few years.”

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# top ten

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5. Egg
6. Chicken
7. Lamb
8. Soy
9. Pork
10. Rabbit

Source: rover.com

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# Send your children back to school protected from serious diseases

August is National Immunization Awareness Month. It's a reminder that we all need vaccines throughout our lives. Back-to-school season is here. It's time for parents to gather school supplies and backpacks. It's also the perfect time to make sure your children are up to date on their vaccines.

To celebrate the importance of immunizations for people of all ages and make sure children are protected with all the vaccines they need as they go back to school, Herkimer County Public Health Department is joining with partners nationwide in recognizing August as National Immunization Awareness Month.

"Getting children all of the vaccines recommended by CDC's immunization schedule is one of the most important things parents can do to protect their children from serious diseases," said Herkimer County Public Health. "If you haven't done so already, now is the time to check with your child's doctor to find out what vaccines your child needs."

Vaccines protect against a number of serious and potentially life-threatening diseases. When children are not vaccinated, they are at increased risk for diseases and can also spread diseases to others in their classrooms and community including babies who are too young to be fully vaccinated and people with weakened immune systems due to cancer or other health conditions.

On June 13, Gov. Andrew Cuomo signed legislation removing nonmedical exemptions from school vaccination requirements for children to help protect the public from the worst measles outbreak in more than

25 years. The new law no longer allows a religious exemption to the requirement that children be vaccinated against measles and other diseases to attend public, private or parochial school (for students in pre-K through 12th grade) or daycare.

Talk to your child's doctor to find out which vaccines are recommended for them before going back to school.

Parents can find out more about the recommended vaccines at [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines) or [www.herkimer-county.org](http://www.herkimer-county.org) or call Herkimer County Public Health 315.867.1176.

## Calendar of events

**NOTE: Calendar items must be submitted by Tuesday prior to the publication date to be included in the Calendar of Events. Entries may be emailed to [cfeditor@leepub.com](mailto:cfeditor@leepub.com)**

### Aug 9

**Learn N' Play: A Wellness Fair for Kids.** 10 a.m. to 1 p.m., Arc Park, 420 E. German Street, Herkimer. Contact: Executive Director, Elyse Enea 315.867.1552 or [eenae@herkimercounty.org](mailto:eenae@herkimercounty.org).

### August dates

**Golumbki and Pierogi Sale.** Fridays: Aug 9, 16, 23 and 30 11 a.m. - 1 p.m. Saturdays: Aug. 10, 17, 24 and 31, 9:30 a.m. - 2 p.m. At St. Mary's Ukrainian Orthodox Church, 324 Moore Ave., Herkimer. Blueberry filled pierogi at \$7 a dozen. Golumbki sell for \$26 a dozen; \$13 a half-dozen or three-piece for \$6.50

### Aug 9 and 10

**Quality Clothing Sale.** 9 a.m. - 2 p.m. Grace Church, 9 East Main St., Mohawk.

**Canal Days.** 2-8 p.m. Emmanuel Episcopal Church, 594 Albany St., Little Falls. Food, music. Homemade bake sale. Rummage Sale. Raffles.

### Aug 9, 10, 11

**Salisbury Town Wide Garage Sales.** Salisbury Center, NY. 9-5 p.m. Maps located at Country Store, Carols, Covered Bridge Convenience.

### Aug. 10

**Garden Tractors Pullers Association event.** 10 a.m. East Herkimer Sno-Riders Clubhouse. For more information, contact 315.867.3541. Canal Days Celebration.

**Blueberry Festival at Fairfield Community Hall Fairfield.** Pancake breakfast starts at 8 a.m. until? Music by Bob Morse band 11 a.m. - 3 p.m. Vendors and raffles. Fra will be raffling a fire pit and chairs. Vendors contact Terri at 315.272.8203. For more info contact [r4lin@ntcnet.com](mailto:r4lin@ntcnet.com).

### Aug 11

Salisbury Historical Society

presents "**Agriculture Past to Present**" Exhibit at the Frisbie House, Rt. 29 and 29A, Salisbury Center, NY. Explore farm life in the 1800's. Open to the public every Sunday 1 to 3 p.m. Free Admission.

### Aug 13

**Salisbury Historical Society regular monthly meeting** 6:30 p.m. at the Frisbie House, Rt. 29 and 29A, Salisbury Center, NY.

### Aug. 12-16

**Speaker announced.** Pastor Mark Appell, Perth Bible Church, Perth, will be guest speaker at Christian Lake Bible Conference, 355 Perkins Mill, Rd., Stratford, 7:30 p.m. Monday-Friday. Contact 315.429.3515 or [christianlakebibconference.com](http://christianlakebibconference.com).

### Aug 14

**Hyde Hall Ghost Tours.** Wednesday nights. Tickets at [Hydehall.org](http://Hydehall.org).

### Aug 18

**Agriculture Exhibit at the Salisbury Historical Society** Frisbie House, Rt. 29 and Rt. 29A, Salisbury Center, NY. Open 1 to 3 p.m. Free Admission.

### Aug 23

**Polish Night.** Take-outs 4-5 p.m. Friends of German Flatts Town Park, 555 Route 5S, Mohawk, next to Fort Herkimer Church. Serving Polish food including pierogies, kielbasa, kapusta, golomki. Tony's polka band 5-9 p.m. in the pavilion. Free. Inside facility available if it rains. More info: Carol Vercz at 315.866.6791 or [pvercz@twcny.rr.com](mailto:pvercz@twcny.rr.com).

### Aug 25

**Salisbury Historical Society presents "Agriculture Past And Present" Exhibit** at the Frisbie House, Rt. 29 and Rt. 29A, Salisbury Center, NY. Open to the public 1 to 3 p.m. Free admission. Take a walk

down memory lane.

### Aug. 26

**Valley Residential Services Open House.** 4-6 p.m. At 323 Pine Grove Road, Herkimer. For more information or to RSVP, contact Christine Shepardson, Director of Community Life, at 315.219.5700 extension 3239.

### Aug 28

**2019 Rabies Vaccination Clinic** 5:30-7 p.m. Salisbury Fire Department, 2549 St. Rt. 29, Salisbury Center. Register for a clinic at 315.867.1176.

### Sept 1

**Last day to view "Agriculture Past and Present" Exhibit** Presented by Salisbury Historical Society at the Frisbie House, Rt. 29 and Rt. 29A, Salisbury Center, NY. Open 1 to 3 p.m. Free admission.

### Sept 7 and 8.

**Fort Klock's 46th Annual Craft Fair** Saturday, 9 a.m. - 4 p.m., Sunday 10 a.m.-3 p.m. One of the biggest craft fairs in the area with over 100 crafters. Free admission and free parking. For more information visit [www.fortklockhistoric.org](http://www.fortklockhistoric.org), call 518.568.7779, email [fortklock@gmail.com](mailto:fortklock@gmail.com) or find us on Facebook.

### Sept 2

**Garden Tractors Pullers Association event.** 9 a.m. Fonda Fair, Fonda, NY. For more information, contact 315.867.3541.

### Sept 19

**2019 Rabies Vaccination Clinic** 5:30-7 p.m. Cedarville Fire Department, 960 St. Rt. 51, Cedarville. To pre-register for a clinic please call 315.867.1176.

### Oct 3

**2019 Rabies Vaccination Clinic** Little Falls Town Garage, 478 Flint Ave. Ext., Little Falls. To pre-register call 315.867.1176.

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## Keep kids safe when mowing the lawn

Warm weather beckons many people outdoors. Perhaps no group of people like being out in the warm sun more than children.

Children should be encouraged to spend time outdoors when the weather allows, as physical activity is one of the hallmarks of a healthy lifestyle. But parents must exercise caution when kids are playing in the yard, especially when the grass is being mowed.

According to the American Academy of Pediatrics, more than 9,000 children in the United States go to the emergency room for lawn mower-related injuries every year. Of the 800 children who are run

over by mowers each year, 600 ultimately require amputations.

Many mower-related injuries occur when children who are too young and/or too weak to operate a mower are asked to do so. The AAP recommends that only children age 12 and older operate push mowers, while riding mowers should only be used by kids 16 and older. No child should use a mower without first being taught how to operate it, and kids should always wear eye protection and close-toed shoes when mowing. In addition, parents should never allow children to ride as passengers while mowing the lawn.

Mower-related injuries are preventable if parents emphasize safety. The following are some tips, courtesy of the AAP, that parents can follow to ensure their kids do not become one of the thousands of children who suffer mower-related injuries in a given year.

- Only use a mower with a control that stops the mower blade from moving if the handle is let go.

- Keep children out of the yard while mowing. Mower blades can shoot rocks, sticks or other common yard debris out in all directions, and these trajectories put kids at risk of injuries to their eyes and other parts of their bodies.

- Scour the yard for toys before mowing. Toys left in the yard can become trajectories if not removed prior to mowing, and chipped toys with sharp edges can pose a threat to kids even after



When mowing their lawns, parents must make safety their utmost priority to ensure kids do not suffer mower-related injuries.

the grass has been cut.

- Exercise caution if going in reverse. The AAP advises against pulling a mower backward or shifting into reverse unless absolutely necessary. If

you must do so, look behind you to make sure no kids are trailing you or are nearby.

- Only mow when there is adequate daylight.

- Periodically inspect

your mower. Periodic inspections of your mower can help you make sure guards, shields, switches and other safety devices are in proper working order.

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The legal resource Find Law says that buying and selling a home can be one of the most significant purchases made in a person's life. Real estate law can be complicated, and all parties involved need to ensure they are protected as they complete transactions and negotiations. That is why it is essential to have a real

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## Announcements

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## How to add a bathroom in the basement or garage

(BPT) — It's home improvement season, which means you're probably dreaming of enhancements to make your space more livable and to enhance property value. Adding a bathroom is a great way to do both, but for many people, concrete poses a potential problem.

Want to add a bathroom to your garage? How about in the basement? A bathroom addition means you need proper plumbing, and often in these types of spaces none exists. You have a cold concrete slab and a bit of a dilemma: Do you give up on your bathroom dreams or cut through the concrete to put in the conventional below-floor drainage and piping necessary for a bathroom?

Cutting through concrete is not to be taken lightly. Before you hire a contractor or rent a jackhammer and concrete saw, remember these red flags.

Five reasons to avoid cutting concrete

1. Cutting concrete undermines structural integrity: When you cut a slab you compromise the foundational integrity of the building. You may be able to patch the hole so it's aesthetically appealing, but the floor will not be as solid as it was to begin with. Plus, if your home sits on ground that's less than solid, such as sand, it may settle differently after the cut.

2. Cutting concrete is never perfect: You may need to cut a circle,

square or rectangle into a floor for burying a sewage ejector and its waste-storage basin, but that perfect shape will inevitably crack on the edges and fray outward in unintended directions. Once a stress crack is created, it can extend into the footing or into the walls.

3. Cutting concrete is unpredictable: It is difficult to know the depth of the concrete and whether it sits on rocks or a ledge, as well as if it contains rebar or tension cables. You can cause major damage if you accidentally cut one of those cables, so many professional contractors use an X-ray machine to determine the positioning of the cables, which is an additional cost.

4. Cutting concrete creates leaks and seepage: Once a stress crack is generated, radon and ground-water penetration are major issues, with the latter bringing unwanted moisture and mold problems as well. You don't need a major flood to trigger these hazards. A higher-than-usual water table, because of extended wet weather, could be the culprit.

5. Large amounts of dust: Breaking through concrete generates a large amount of noise and dust. The noise stops when the jackhammers and saws shut down, but the dust doesn't fade as quickly. That's because it is not conventional household dust, but a

thick particulate that gets into the central air system, which means it can be around for a long time if not properly handled.

### Consider smart alternatives

Beyond these red flag reasons, cutting concrete can be time-consuming and expensive. The actual expense of cutting concrete depends on the size and complexity of the job, as well as local labor availability and rates. In some parts of the nation, the per-foot rate may be a few hundred dollars; in others, \$1,000 or more.

To add a bathroom but avoid cutting concrete and the associated cost, consider above-floor plumbing technology like Saniflo. Macerating (also called up-flush) plumbing systems can be installed right on top of the existing floor virtually anywhere in your home.

How do macerating sys-



A bathroom addition means you need proper plumbing, and often in basements and garages none exists.

tems work? Waste and water from a toilet, tub or sink are pumped through small-diameter piping, rather than flowing down like conventional plumbing. The up-flush system doesn't store waste like a sewage ejector system; waste and water move out of the house to the septic or sewer system with every flush.

Macerating toilet and plumbing technology can be installed on top of concrete slabs, which means no costly cuts or messy, time-consuming extra

steps. If space is a problem, these bathrooms can also be installed in a closet or the area beneath a stairway. Learn more at <http://go.saniflo.com>.

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**DOLGEVILLE  
NEW HOPE CHRISTIAN FELLOWSHIP**  
Pastor Pat Andreoli  
32 Spencer St.  
Sunday School 9:30 AM  
Sunday Worship 10:30 AM  
Tuesday Bible Study 7 PM

**GRACE BAPTIST CHURCH OF DOLGEVILLE**  
Paster Len Byarty  
12 Van Buren St.  
Sunday School (All Ages) 10-11 AM  
Morning Worship 11-12:30 PM  
Lunch 12:30-2 PM  
Afternoon Worship 2-3 PM

**DOLGEVILLE UNITED  
METHODIST CHURCH**  
Rev. Anthony Bradseth  
21 N. Helmer Ave.  
Church Phone 429-7381  
Sunday Church Service  
Oppenheim @ 9:30 AM  
Dolgeville @ 11 AM

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

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

**ST. JOSEPH'S ROMAN  
CATHOLIC CHURCH**  
Deacon Jim Bower, Administrator  
Rev. T. Healy, Sacramental Minister  
31 N. Helmer Ave.  
Phone 429-8338  
Mass 9 AM Sun, Mon & Wed

**EAST SCHUYLER  
CHRISTIAN ASSEMBLY OF SCHUYLER**  
Pastor Mark Sowersby  
3659 Route 5, East Schuyler  
Sunday Worship 10:30 am  
Wednesday Night 6:30 pm  
Phone 315-895-0926  
Christianassemblyofschuyler.com

**FRANKFORT  
OUR LADY QUEEN OF APOSTLES**  
414 Frankfort St., Frankfort, NY  
Pastor: Father Paul Catena  
Deacon: Micheal Carbone  
Mass Schedule: Saturday 5:30 pm;  
Sunday 9:00 am; Tuesday & Thursday 9:00 am

**HERKIMER  
SS PETER and PAUL ORTHODOX CHURCH**  
Rev. Thaddeus Franta  
305 Main Rd., East Herkimer  
Phone 866-3272  
Wednesday Vespers 5PM  
Saturday Evening Vespers 5 PM  
Sunday Divine Liturgy 9:30 AM  
Holy Day Liturgy 9:30 AM

**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 & 10:30 AM

**CHURCH OF SAINTS  
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Rev. Quy Vo, Pastor  
229 S. Main St.  
Phone 866-6373  
Saturday Vigil Mass 4 PM  
Sunday Mass 10 AM

**REDEEMER CHURCH**  
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Saturday 6 PM • Sunday 9 & 11 AM

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Worship 10 AM  
Wednesday Worship 6:30 PM

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Sunday Services 8 AM Spoken  
Sunday Worship Service  
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www.thesalvationarmy.org  
Sunday School 10 AM  
Morning Worship 11 AM

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Sunday School 10am during school year

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Sunday School 11:20 AM  
Sacrament Meeting 10 AM  
Family History Center hours by  
appointment; please leave a message at  
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**HERKIMER REFORMED CHURCH**  
102 Church St.  
Phone 866-1523  
Worship 9:30 AM  
Sunday School 11 AM  
Shepherd's Table:  
Tuesday 11-12:30 PM  
Thursday 11:30-12:30 PM  
Shepherd's Table Dinner:  
First & Third Tuesday 6 PM

**CHRIST EPISCOPAL CHURCH**  
Rev. Jill Stellman  
300 N. Main St.  
Church Office (315) 866-0551  
Email: christchurchherkimer@mail.com  
www.christchurchherkimer.org  
Sunday Services: 10:30 AM  
Bible Study: Fridays 7:00 PM (Parish Hall)  
Free Community Dinner: Next-to-last and Last  
Saturday of the month 5:00 PM (Parish Hall)  
Entrance to Parish Hall is on Mary Street

**ILION  
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Sunday School at 8:45 AM  
Adult Bible Study at 8:45 AM  
Holy Eucharist at 9:35 AM

**FIRST PRESBYTERIAN CHURCH**  
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Bible Study 9:30am  
Church Service 10:30am  
315-894-2070

**FIRST BAPTIST CHURCH**  
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Wednesday Mid Week Service 7 PM  
Sunday Morning 11 AM

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Sunday Service & Religious Education 10 AM

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CATHOLIC COMMUNITY OF LITTLE FALLS**  
Deacon Jim Bower, Administrator  
Rev. T. Healy, Sacramental Minister  
763 E. Main St.  
Phone 823-3410  
Saturday Vigil Mass 4 PM  
Sunday Mass 10:30 AM

**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

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

**HOLY TRINITY LUTHERAN CHURCH**  
512 E. Gansevoort St.  
Sunday Worship 9:30 AM  
Sunday School 9:15 AM  
Wednesday Services 12:10 PM & 7 PM

**FIRST PRESBYTERIAN CHURCH**  
Pastor Tamara Razzano  
16 Jackson St.  
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www.presbylf.org  
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Sunday School 10 AM

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Worship Service 9:30 AM

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Holy Eucharist 10 AM

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Morning Worship 11 AM  
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Youth Sunday School (Pre-K - Sr. High) 9 AM  
Adult Sunday School (Men, Women  
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September - June

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54 W. Main St. • Phone 717-3011  
Sunday School 9:45 AM  
Morning Worship 11 AM  
Fellowship Lunch 12:30 PM  
Afternoon Bible Study 1:30 PM  
Wednesday Prayer & Bible Study 6 PM

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Saturday Vigil Mass 5:30 PM  
Sunday Mass 9:30 AM

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Sunday School 9 AM  
Sunday Worship 10 AM  
Wednesday Bible Study  
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Sunday School 11 AM  
Morning Service 11 AM

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Weekly Service Sunday 10:08 AM

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Monday & Wednesday 9 AM  
Saturday Vigil Mass 6 PM  
Sunday Mass 8 AM

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## Poland Student Council earns national recognition

POLAND – The Poland Central School District Student Council recently received 2019 National Gold Council of Excellence Award from National Student Council.

Poland's Student Council was honored for its "exemplary record of leadership, service and activities that serve to improve the school and community," according to the National Student Council (NatStuCo).

"Receiving a National Gold Council of Excellence Award reflects the highest

dedication on the part of the school to providing a strong, well-rounded student council program," said Ann Postlewaite, National Association of Secondary School Principals student programs director. "NatStuCo applauds the work of the National Gold Councils of Excellence and challenges them to continue their leadership and service to their schools and communities."

To meet the requirements for the National Council of Excellence Award, a student council must meet a variety of

criteria. In addition to basic requirements such as a written constitution, holding meetings and an election process, the councils have demonstrated successful sponsorship and participation in activities such as leadership development and service to the school and community. Councils awarded the gold level of the award have successfully demonstrated the highest levels of leadership.

Poland was one of just seven schools in New York State to receive the honor

this year, said Poland science teacher Kevin Ford, who is co-advisor of the Poland Student Council with Guidance Director Janice Watrous.

NatStuCo provides and promotes professional development and leadership training to student council advisers who, in turn, teach leadership skills to student council members. NatStuCo is dedicated to preparing and empowering student leaders to better serve their schools and communities.



Members of the Poland Central School District Student Council at the New York State Council on Leadership and Student Activities State Leadership Conference in November. The Poland Student Council received a 2019 National Gold Council of Excellence Award from National Student Council.

Photo courtesy of Poland Central School District

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# Prepare for thunderstorms, lightning

Are you ready for the next severe thunderstorm? It's important to be prepared and to protect yourself from lightning, wind, hail and other weather issues.

Lightning is the leading cause of injury and death from weather-related hazards, according to Ready.gov, a national public service campaign designed to educate and empower Americans to prepare for emergencies.

Most lightning strike victims survive; however, people struck by lightning often report a vari-

ety of long-term, debilitating symptoms. Thunderstorms are dangerous storms that include lightning, can include powerful winds over 50 mph, create hail and cause flash flooding and even tornadoes.

Laurie Gannon, director of claims administration for Virginia Farm Bureau Mutual Insurance Co., said the company frequently receives claims resulting from summer thunderstorms. "The damage we see depends on the type of storm it is."

She said heavy lightning

storms typically result in claims related to livestock deaths, damage to pumps and electronics, and food spoilage due to electricity outages.

"If there is more wind than lightning, we typically receive claims for trees or branches damaging structures, fences or driveways," Gannon explained. "We also see blown-off roofing and siding materials and wind-driven rain damage."

She recommended always unplugging appliances during storms and securing anything

outdoors that could become a missile in the wind, such as trampolines, outdoor furniture and flags.

"Properly maintaining your home by trimming trees, caulking around windows and vents, and securing flashing around windows and dormers also is important," Gannon added.

In most places, storms can occur year-round and at any hour. Many communities have a warning system for which residents can sign up. The national Emergency Alert System

and National Oceanic and Atmospheric Administration Weather Radio also provide emergency alerts.

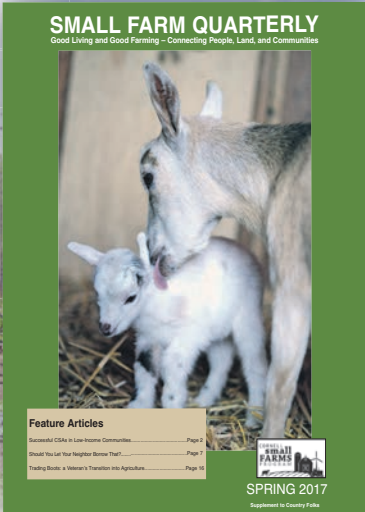
If a thunderstorm warning is issued for your area, seek safe shelter immediately. Move indoors when the thunder starts. A sturdy building is the safest place to be during a thunderstorm.

For more information on how to prepare for thunderstorms and lightning, visit [ready.gov/thunderstorms-lightning](http://ready.gov/thunderstorms-lightning).

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### Our goals are to:

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- Inspire and inform farm families and their supporters
- Help farmers share expertise and opinions with each other
- Increase awareness of the benefits that small farms contribute to society and the environment
- Share important research, extension, and other resources with our readers

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441 West Main Street, Little Falls  
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# SAVE THE DATE

Saturday, SEPTEMBER 14, 2019

## Canajoharie STREET FAIR

▪ **VENDORS ▪ PARADE ▪ FIREWORKS**  
 ▪ **HOT RODS ▪ CLASSIC CARS**  
 ▪ **ANTIQUE TRACTORS**  
 ▪ **WING WALK**

For more information Call Janet Stanley at 518-673-0292  
 or Bruce Button at 518-673-3237

email: [streetfaircanjo@gmail.com](mailto:streetfaircanjo@gmail.com)

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 Antique Tractors and for Parade Involvement

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