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In Little Falls Octotber 11, 2025

MOHAWK VALLEY EXPRESS

VOLUME 5: NUMBER 9 SEPTEMBER 2025

Mohawk Valley Garlic & Herb Festival Set to Sizzle in Little Falls on September 13

By Dave Warner

Little Falls, NY – The aroma of fresh garlic and herbs is already wafting through the air in anticipation as the Mohawk Valley Garlic & Herb Festival gears up for its 22nd annual celebration. Mark your calendars for Saturday, September 13, 2025, when Historic Canal Place in Little Falls transforms into a vibrant hub of culinary delights, live entertainment, and community spirit from 10 a.m. to 5 p.m.

This non-profit agricultural extravaganza, dedicated to showcasing the region's premier garlic growers and herb producers, promises to be bigger, bolder, and more flavorful than ever – and organizers are buzzing with excitement to welcome record-breaking crowds.

With the Mohawk Valley's ideal climate and fertile soils nurturing some of the finest garlic and herbs in New York State, the festival isn't just an event; it's a celebration of local agriculture, innovation, and good old-fashioned fun. Attendees can expect a sensory overload of sights, sounds, and smells, from sizzling garlic-infused dishes to hands-on demonstrations that inspire home gardeners and aspiring farmers alike.

"This year's festival is all about connecting people with the land and each other," said Julie Webster, event organizer and one of the festival's founders. "We've seen our attendance grow year after year, and 2025 feels like the perfect storm of community energy and fresh ideas. Whether you're a garlic aficionado or love a great day out, we're inviting everyone to come eat, stink, and be merry – it's going to be unforgettable!"



Photo by Dave Warner - The Mohawk Valley Garlic & Herb Festival will be held in Canal Place, Little Falls on September 13, 2025 from 10 am - 5 pm.

Last year's event shattered records with nearly 6,000 visitors flocking to Canal Place, drawn by perfect weather and an unbeatable lineup of activities. The 2024 festival, the 21st annual, featured long lines of eager foodies from 10 a.m. well past 3 p.m., with horse and carriage rides by CNY Carriage Company booked solid all day, ferrying "stinkin' happy people" along the scenic Erie Canal.

Musicians kept the energy high, and volunteers earned rave reviews for their friendliness and efficiency. A third of the admission donations supported local non-profits like the Mohawk Valley Center for the Arts, Pause 4 All Paws Animal Rescue, Inc., and Little Falls Rotary,

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Photo by Dave Warner - Eila Media, founded by tech entrepreneur Carl Ulinski, has launched operations in Newport.

Eila Media Launches in Newport, Bringing Innovative Digital Advertising to Local Businesses

By Dave Warner

NEWPORT, NY – In the heart of the Mohawk Valley, a new venture is redefining how local businesses connect with their communities. Eila Media, founded by tech entrepreneur Carl Ulinski, has launched in Newport, NY, offering a fresh approach to digital advertising through strategically placed screens in local establishments. With a focus on fostering community engagement and driving business growth, Eila Media is poised to make a significant impact in Herkimer County and beyond.

Ulinski, a lifelong resident of the region, brings a wealth of experience to his new enterprise. Growing up in the Mohawk Valley, he attended multiple schools, including those in Canajoharie, West Canada, Richfield Springs, and Mohawk, where he graduated. "I moved around a lot as a child," Ulinski shared in a recent interview, reflecting on his deep roots in the area.

His early years were marked by diverse interests, from playing football, baseball, and soccer in high school to working overnights at McDonald's during his senior year. However, it was his passion for technology that shaped his career path.

After high school, Ulinski pursued computer information systems courses at BOCES in Herkimer, laying the foundation for his career. "I worked in IT for many years," he said, detailing his journey through roles in tech support for cell phone companies like AT&T and Cox Cable, as well as customer support for MetLife insurance.

He also ran his own computer repair business. "A lot of them had either broken screens or viruses," he noted, recalling the common issues he addressed for small businesses and consumers.

However, inconsistent business volume led him to close that venture when he learned he was expecting a son. "Some weeks I would have a good number of clients, and some I would have nothing," he explained. "When I found out I had a son on the way, I shut the business down and started working full time."

Ulinski's career evolved

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underscoring the festival's commitment to giving back.

Building on that momentum, 2025 promises even more thrills. Free horse and carriage rides will return, offering a nostalgic jaunt along the historic Erie Canal – a nod to the region's rich heritage. Shuttle services from designated parking areas throughout the city will make getting there a breeze, ensuring no one misses out on the action.

Admission remains a suggested donation of just $5 per person or $15 for families, with children under 12 admitted free – all proceeds fueling community initiatives.

At the heart of the festival are the vendors – over 80 carefully curated stalls featuring everything from heirloom garlic varieties to herb-infused artisanal products, gourmet foods, and handmade crafts. Past years have seen vendors sell out completely, with many reporting their best sales ever.

This year, expect an expanded lineup of local farmers showcasing innovative crops, alongside food trucks and stalls dishing up garlic-laden treats that will have your taste buds dancing. From garlic fries and herb-roasted meats to exotic dips and freshly baked goods, the food court alone is worth the trip.

"Our vendors are the stars of the show," Webster enthused. "They're passionate about what they do, and it shows in every bite. We've got new herb blends and garlic hybrids that are game-changers for home cooks. Plus, with demos and lectures on sustainable farming, you'll leave inspired to start your own garden."

Entertainment will keep the vibes lively all day long, with live music echoing through Canal Place. Bands will take the stage, encouraging dancing and mingling amid the festive atmosphere – much like in 2018, when two bands turned the event into a full-blown party.

Children's activities ensure the whole family can join in, from interactive herb-planting workshops to fun games that educate and entertain. And don't forget the lectures and demonstrations, where experts share tips on growing these flavorful crops in the Mohawk Valley's unique environment.

Mayor Deborah Kaufman of Little Falls is equally thrilled about the festival's return, highlighting its role in boosting the local economy and putting the city on the map. "The Garlic & Herb Festival is more than just an event – it's a showcase of what makes Little Falls special," Kaufman said. "Our historic Canal Place comes alive with the energy of thousands of visitors, supporting our farmers, artisans, and non-profits."

"Last year's record crowd brought people from as far as Connecticut and Massachusetts, and we're expecting even more in 2025. It's a day where community pride shines, and I can't wait to see families, friends, and food lovers coming together to celebrate our agricultural heritage," she stated.

The festival's growth tells a story of resilience and passion. Back in 2018, attendance hovered around 3,500, with perfect weather and a reconfigured food court creating a party-like buzz. By 2022, post-pandemic enthusiasm pushed numbers over 5,000, with 75 vendors selling out and attendees raving about the music and overall vibe.

In 2024, the event expanded to include Rock Valley Brewing Company for extra space, accommodating the surge in visitors and allowing more non-profits to participate. Organizers like Webster credit the success to the community's unwavering support. "Every year, we ask ourselves how to top the last one, and every year, the people of Mohawk Valley deliver," she said. "From volunteers directing traffic to the Little Falls City Police and Fire Departments ensuring safety, it's a team effort that makes this festival magical."

For those planning to attend, preparation is key. With parking shuttles available, arriving early is advised to snag the best spots and beat the crowds. The festival's website, https://mvghf.com, offers vendor applications (opening in January 2026) and more details. And if you're a would-be volunteer, now's the time to get involved – contact the team via the site to help make 2025 the best yet.

As the date approaches, the excitement is palpable. "We've got something for everyone – foodies, families, farmers, and fun-seekers," Webster added. "Come hungry, leave happy, and maybe a little garlicky. It's the event that reminds us why we love living in the Mohawk Valley."

Mayor Kaufman echoed that sentiment: "Little Falls is a hidden gem, and festivals like this put us in the spotlight. Join us on September 13 for a day of flavor, fun, and fellowship – you won't want to miss it!"

Whether you're a longtime fan or a first-timer, the Mohawk Valley Garlic & Herb Festival is poised to deliver an experience that's as aromatic as it is inspiring. With history on its side and innovation driving it forward, this year's event is set to break new ground – or at least plant some new garlic bulbs.

See you at Canal Place!



Photo by Dave Warner - Mark your calendars for Saturday, September 13, 2025, when Historic Canal Place in Little Falls transforms into a vibrant hub of culinary delights, live entertainment, and community spirit from 10 a.m. to 5 p.m.



Garlic Festival September 13, 2025

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MEDIA From Page 1

into contracting, where he took on varied roles, from upgrading point-of-sale systems to providing desktop support at Bassett Healthcare in Cooperstown.

His most recent role before launching Eila Media was with Aspen Dental, where he spent five years supporting the transition to digital denture production. “They used to make them by hand,” he said, describing the shift from analog to digital processes involving 3D scanning and printing. “You can print a set of dentures and prepare them in four or five hours. The scanning process is ten to fifteen minutes.” Ulinski played a key role in setting up technologies from companies like 3Shape and SprintRay, ensuring seamless integration for dental assistants and designers.

The turning point came earlier this year when Ulinski, on newborn leave following the birth of his son in January, learned his contract with Aspen Dental would not be extended. Rather than returning to another tech role, he seized the opportunity to pursue a long-held ambition. “I changed course and did something that I wanted to do for a long time,” he said, launching Eila Media to bring digital advertising to local businesses and events.

Eila Media’s business model is both innovative and community-focused. The company partners with establishments like bars, gyms, salons, and laundromats to install television screens, dubbed “ProBoards,” which display vibrant, targeted ads.

These screens are currently operational in two communities, with plans to expand across Herkimer County and further. “Right now, we only have screens up in Herkimer and Newport, but I’m working to get more all over the place as fast as possible,” Ulinski said.

The company designs ads in-house or uses client-provided materials, ensuring flexibility and customization. “We design them ourselves, or if the business or event has its own material, we will put that up as well,” he added.

The advertising model alternates between branding campaigns—to build recognition and share contact details—and limited-time offers to highlight specific products or events. Campaigns run for 3, 6, or 12 months, priced at $600 per month, with monthly creative refreshes included to keep content fresh.

“We recommend at least one refresh for the ad creative every month,” Ulinski explained. “Switching between branding and offers gives people a good opportunity to reach out for those services and helps prevent the audience from getting sick of seeing the same thing over and over again.”

Eila Media’s website, www.eilamedia.com, emphasizes the reach of its ProBoards, promising thousands of daily views from shoppers, commuters, and visitors. Additional services include free ad design (valued at $150), social media-ready assets ($200), newsletter features, and community updates.

For host locations, the deal is mutually beneficial: they receive free or discounted advertising in exchange for housing the screens. “We don’t charge them anything,” Ulinski said of the partner businesses. “In fact, we provide a bit of advertising for them.”

As the network grows, he plans to introduce discounted rates for hosts, recognizing the need for a larger foundation to sustain higher pricing. “As we’re starting out, we try to deliver as much value as we possibly can,” he emphasized.

Beyond advertising, Eila Media offers hiring services, charging $150 per week to promote job openings across multiple screens, helping businesses attract local talent. Savings opportunities include upfront payment discounts, $100 referral credits, and monthly draws for a free ad month (valued at $600). The company’s “Purpose, Proof, Promise” ethos underscores its commitment to trust and growth, even covering hiring costs if a client’s business expands significantly.

While traditional advertising platforms like Google, Facebook, radio, and newspapers dominate the market, Ulinski sees Eila Media’s localized approach as a differentiator. “The different approach that we’re using, I don’t see a whole lot around,” he said, noting limited competition from single-location setups like a local brewery or gas pump screens. “Partnering with local establishments and focusing on local businesses and events for local people—I don’t see that approach anywhere else.”

Ulinski’s personal touch sets Eila Media apart. “I like to make a connection with the people in the community that I’m serving,” he said, preferring in-person outreach over cold calls.

His vision is to build a network that not only drives business but also strengthens community ties. “We don’t want to get in a situation where our clients don’t find value in that,” he said, emphasizing a commitment to quality and engagement.

For businesses and event organizers interested in Eila Media’s services, Ulinski is accessible via email at business.services@eilamedia.com, by phone at 315-345-0654, or through the website www.eilamedia.com.

As Eila Media takes root in Newport, Ulinski’s blend of tech expertise and community focus promises to reshape local advertising, one screen at a time.



Photo by Dave Warner - Mike George working on the next batch of your favorite brew.

Rock Valley Brewing Company Celebrates 5th Anniversary

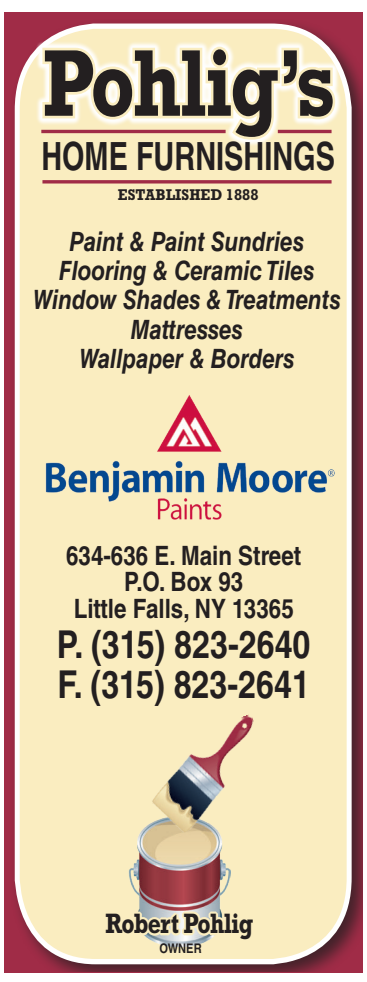
By Dave Warner

LITTLE FALLS, NY – Rock Valley Brewing Company, a cornerstone of the Canal Place community, is gearing up to celebrate its 5th anniversary on September 20, 2025, marking a milestone filled with resilience, community support, and a passion for craft beer.

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CALENDAR OF EVENTS - SEPTEMBER 2025

City of Little Falls

September 2, 2025
Public Hearing—6:15 pm – Amending Local Law #8 of 2024, for Calendar to Fiscal Year with a Local Law Per State Guidance

September 2, 2025
Public Hearing—6:30 pm – Amending Local Law #5 of June 3, 2025, Establish a uniform schedule of fees for Codes Department Permit Fees for Inspection.

September 2, 2025
Common Council Meeting—Bills 6:30 pm and Regular Session 7:00 pm in the Council Chambers in City Hall.

September 9, 2025
Police and Fire Commission Meeting—Bills 8:30 a.m. and Regular Session 9:00 a.m. in the Mayor's Conference Room in City Hall.

September 12, 2025
Golf Commission Meeting—Regular Meeting: 8:00 a.m. at the Little Falls Municipal Golf Course.

September 13, 2025
Mohawk Valley Garlic & Herb Festival, 10 am - 5 pm, Canal Place.

September 15, 2025
Board of Public Works Meeting—Bills 5:30 pm and Regular Session 6:00 pm in the Mayor's Conference Room in City Hall.

September 16, 2025
Recreation/Harbor Commission Meeting—Regular Session 6:00 p.m. in the Mayor's Conference Room in City Hall.

September 18, 2025
Planning Board Meeting—At 10 am in the Conference Room in City Hall. Work on the City's Comprehensive Plan.

September 20, 2025
Bite Prevention & Awareness. Come learn about aggression, prevention and understanding your dogs needs. 10 am - 4 pm at the Little Falls Senior Community Center. Email traineramanda@trainfromtheheart.com to register. $45.

September 24, 2025
Urban Renewal Board Meeting—Regular Session, 8:15 a.m., in the Mayor's Conference Room in City Hall.

Dolgeville

September 2025
Every Saturday from 9 am until 1 pm, the Dolgeville Farmers Market is at Plowe Park on South Main Street.

September 10, 2025
Our first meeting for the 2026 Dolgeville Violet Festival will be Wednesday, September 10th a 7pm at Dolgeville Village Hall. This meeting will be to determine if we have enough volunteers before moving forward with planning for the 2026 Dolgeville Violet Festival.

Herkimer

September 8, 2025
5:30 pm - Watercolor Painting Class – No experience? No problem! Join instructor Vicki as she guides participants through creating a beautiful watercolor scene. All supplies are included, and no prior painting experience is needed. Seating is very limited, and last month's class filled quickly—reserve your spot soon!

September 16, 2025
6 pm - The Garden of the Mills – Amanda Hazelton of the Richfield Springs Historical Society will take us on a journey back in time to explore the Gardens of the Mills—once an artist colony, event venue, and home to multiple formal gardens. Learn how the ruins of a mill became part of the gardens, and how a tannery was transformed into a popular gathering space.

September 18, 2025
12:30 pm - Historic Corners Tour – Meet in front of the Reformed Church and step into Herkimer's past! This guided walking tour will share stories of Chester Gillette and Grace Brown, Roxalana Druse, the Palatine Germans, and Dr. A. Walter Suiter. A fascinating afternoon of local history awaits.

September 24, 2025
6:30 pm - An Evening with Local Author Kelly Maida – Celebrate the work of Frankfort native and award-winning author Kelly Maida. Writing has been her lifelong passion, transforming emotion and personal experiences into artful poetry. Her work has been featured in Winter 19, a #1 Best Seller from Train River Publishing. Don't miss this evening of conversation and readings from her work.

Sharon Springs Harvest Festival Returns for 2025 — A Celebration of Local Artisans, Farmers, Music, Food, and Community

Sharon Springs, NY — The Sharon Springs Chamber of Commerce is delighted to announce the return of the beloved Sharon Springs Harvest Festival, taking place Saturday, September 20, from 10:00 AM to 5:00 PM, and Sunday, September 21, from 10:00 AM to 4:00 PM. This annual tradition transforms the picturesque village of Sharon Springs into a vibrant celebration of small-town charm, local creativity, and the bounty of the season.

Now in its 15th year, the Harvest Festival draws visitors from across the region for a weekend packed with sights, sounds, and flavors. Guests can stroll the historic streets while browsing goods from talented artisans, makers, and farmers; enjoy the beer garden featuring local brews; savor delicious bites from a variety of food trucks; and delight in live music performances throughout the weekend at Chalybeate Park. Kids' activities ensure that families have plenty to enjoy together, making this a truly all-ages event.

Live Music at Chalybeate Park Saturday,

September 20
• 11:00 AM – 12:30 PM – Doc Benson
• 1:00 – 3:00 PM – Melody Makers
• 3:00 – 4:30 PM – Cosby Gibson & Tom Staudle

Sunday, September 21
• 11:00 AM – 12:30 PM – Laura Boggs Gagnon
• 1:00 – 3:00 PM – Becca Frame and Brian Shafer
• 3:15 – 4:00 PM – Jeff Grippin

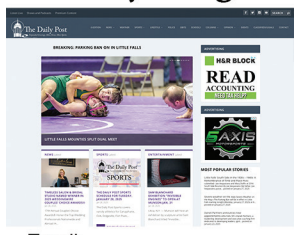
Festival-goers can take advantage of free parking at the Sharon Springs Central School, with shuttle buses running regularly to bring visitors directly to the heart of Main Street.

"The Harvest Festival is a celebration of everything that makes Sharon Springs special," said Maggie Bouck, Harvest Festival Co-Chair. "It's a time when neighbors, visitors, and friends come together to enjoy great food, music, and craftsmanship in our beautiful village."

With its mix of unique shopping, regional flavors, live entertainment, and warm hospitality, the Sharon Springs Harvest Festival offers something for everyone. Whether you're a returning visitor or experiencing the festival for the first time, this is a weekend you won't want to miss.

More information can be found at sharonspringschamber.org/harvest-festival or by following us on Facebook and Instagram.

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MOHAWK VALLEY EXPRESS

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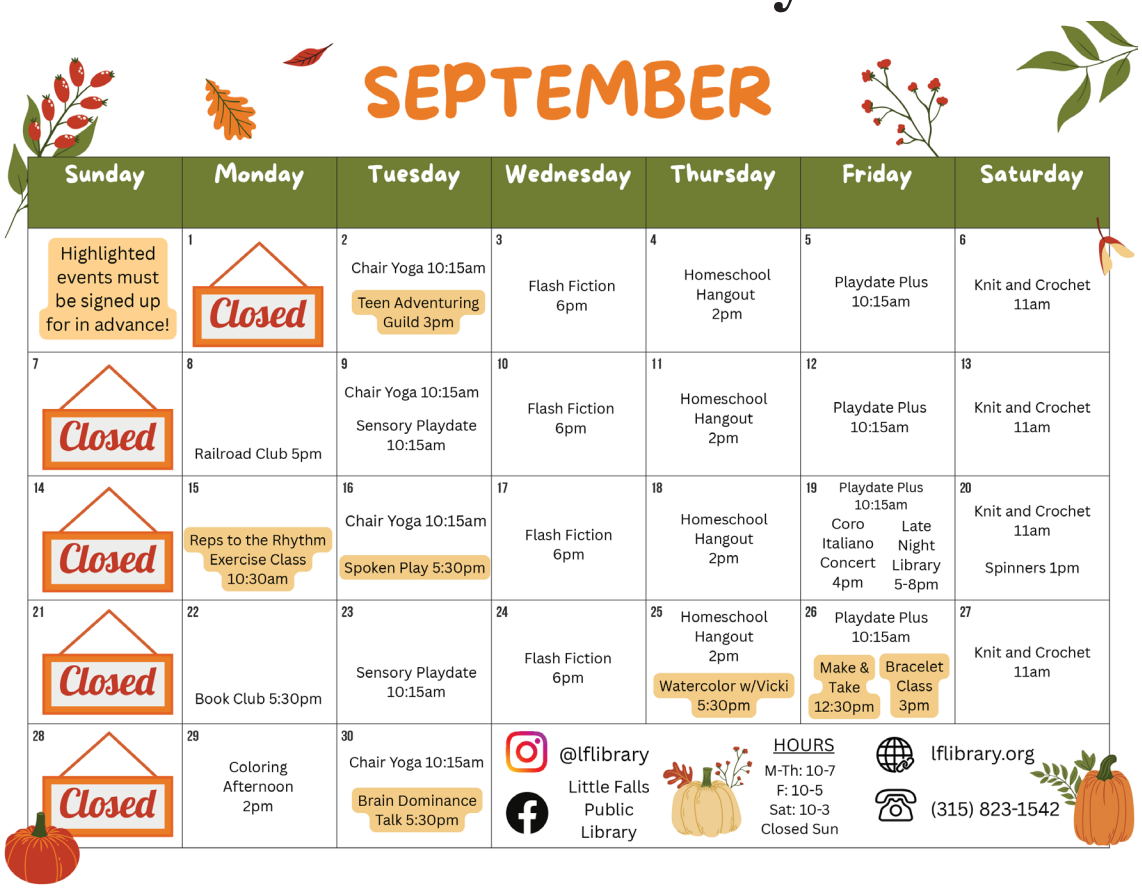
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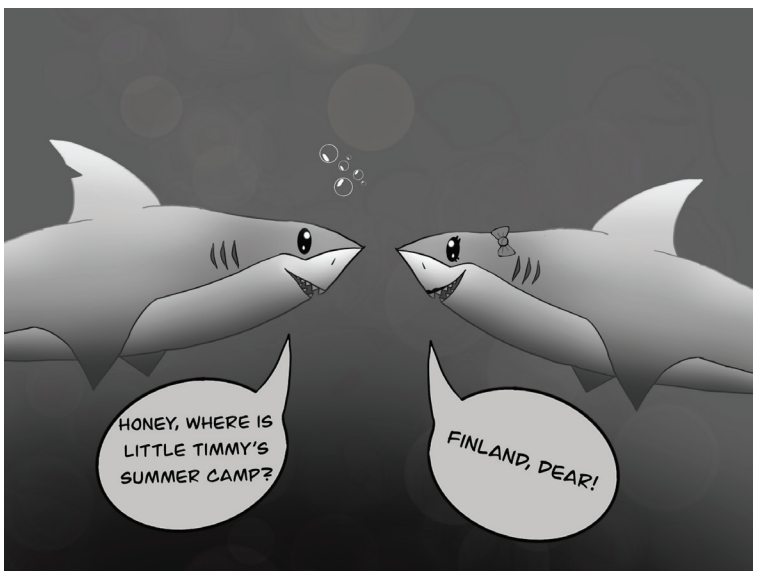
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Little Falls Public Library Calendar



Emma's Corner



Emma Canastar is a Sophomore at Little Falls High School, where she is a member of the National Junior Honor Society and the Little Falls Drama Club.

BREW From Page 3

Owner Mike George and manager Carolyn Alford reflected on the brewery's challenging yet rewarding journey in recent interviews, sharing their excitement for the upcoming celebration.

"It was almost four years of construction just to get the place up and operating," said Mike George, recalling the hurdles faced before the brewery's opening in September 2020. "Then we got hit with Covid as soon as we opened. Then there was a flood, a potential lawsuit, and we had to change our name."

Despite these challenges, George emphasized the unwavering support from the community and staff, noting, "The community has always stood behind us, our crew has stood behind us, and we're excited to be celebrating our fifth."

Carolyn Alford echoed this sentiment, highlighting the significance of reaching this milestone in a small town like Little Falls.

"Just thinking we made it five years, especially in a town like Little Falls—you're saying we made it five years? That's totally unfair. The whole area made it five years," she said. "That's the whole reason why we're here in the first place."

The anniversary celebration promises to be a vibrant event, showcasing the brewery's commitment to the local community. "We're organizing some of the newer businesses and expanding businesses in Canal Place down here," George explained. "We want to showcase some of them because we've worked with them, they've helped us as well."

The day will feature brewery tours from noon to 3:00 p.m., live music from the band Whiskey Creek, and the release of new beers. The event will run from noon to 11:00 p.m., offering a full day of festivities.

Rock Valley Brewing's anniversary is just the start of a busy fall season. The brewery will

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SENIOR MEALS FOR SEPTEMBER

To reserve a meal, call the Herkimer County Office for the Aging at least one business day in advance, between 8 a.m. and 5 p.m., Monday through Friday, at 315-867-1204 or 315-867-1634. If you will not be home for meals, call 315-867-1204 at least a day in advance. All sites are handicapped accessible.

Sep 01 - Closed for Labor Day.
Sep 02 - Turkey cold plate, potato salad, carrot raisin salad, peanut butter cookie.
Sep 03 - Chicken and biscuits, mashed potatoes, lima beans, vanilla ice cream.
Sep 04 - Macaroni and cheese, stewed tomatoes and zucchini, green beans, fresh watermelon.
Sep 05 - Lasagna, tossed salad, garlic bread, banana.
Sep 08 - Chicken broccoli alfredo, spinach, peaches.
Sep 09 - Pineapple pepper pork, seasoned rice, Japanese blend vegetables, frosted birthday cake.
Sep 10 - Tuna salad cold plate, pasta salad, marinated beet salad, berries.
Sep 11 - Meatloaf, mashed potatoes, tomato cucumber salad, warm cinnamon applesauce.
Sep 12 - Ham and scalloped potatoes, peas and carrots, carnival cookie.
Sep 15 - Beef stew, biscuit, coleslaw, apple.
Sep 16 - Breaded fish on a bun, O'Brien potatoes, spinach, no bake cookie.
Sep 17 - Spanish rice, wax beans, tossed salad, ice cream.
Sep 18 - Roast turkey with gravy, stuffing, country blend vegetables, brownie.
Sep 19 - Baked chicken, au gratin potatoes, corn, fruit crisp.
Sep 22 - Cream of broccoli soup, chicken salad, pineapple.
Sep 23 - Salisbury steak, rice pilaf, mixed vegetables, sherbet.
Sep 24 - Omelet, sausage patty, muffin, hash browns, fruit cup.
Sep 25 - Chicken and wild rice casserole, beets, green beans, Jell-O.
Sep 26 - Chili, cornbread, cauliflower, tropical fruit.
Sep 29 - Chicken marsla, rotini in sauce, Italian blend vegetables, Mandarin oranges.
Sep 30 - Pork chops, sweet potatoes, Brussel sprouts, oatmeal raisin cookie.

All meals are served with 8 ounces of milk, a slice of bread, and margarine. Desserts have no concentrated sweets. The suggested donation is $3. Mail donations to Herkimer County OFA, 109 Mary St., Suite 2501, Herkimer, NY 13350. Envelopes are available from drivers.

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The Evening Times, Little Falls, NY April 2, 1887

The Free Delivery

Postmaster Chapple is leaving nothing undone to procure for Little Falls the free delivery system. There are 180 villages and cities entitled because of population or postal revenue to this great convenience and but 140 of them can be supplied with it at this time.

The village clerk will presently serve notices upon property owners of their respective numbers under the provisions of the recent ordinance, and these must be affixed within thirty days thereafter, instead of sixty, as first contemplated. The reason for this is obvious. Should we be slow in numbering as required Little Falls may be included in the list of the unlucky 40 which will be left in distribution of the places to be benefitted. Vigilance and prompt action will avert a failure, and we doubt if there be any who will allow their negligence to jeopardize such a desirable consummation. So, put up your numbers just as soon as you learn them, and so assure the successful issue of the effort making by our postmaster.

Little Falls Historical Society
Where Community History Lives



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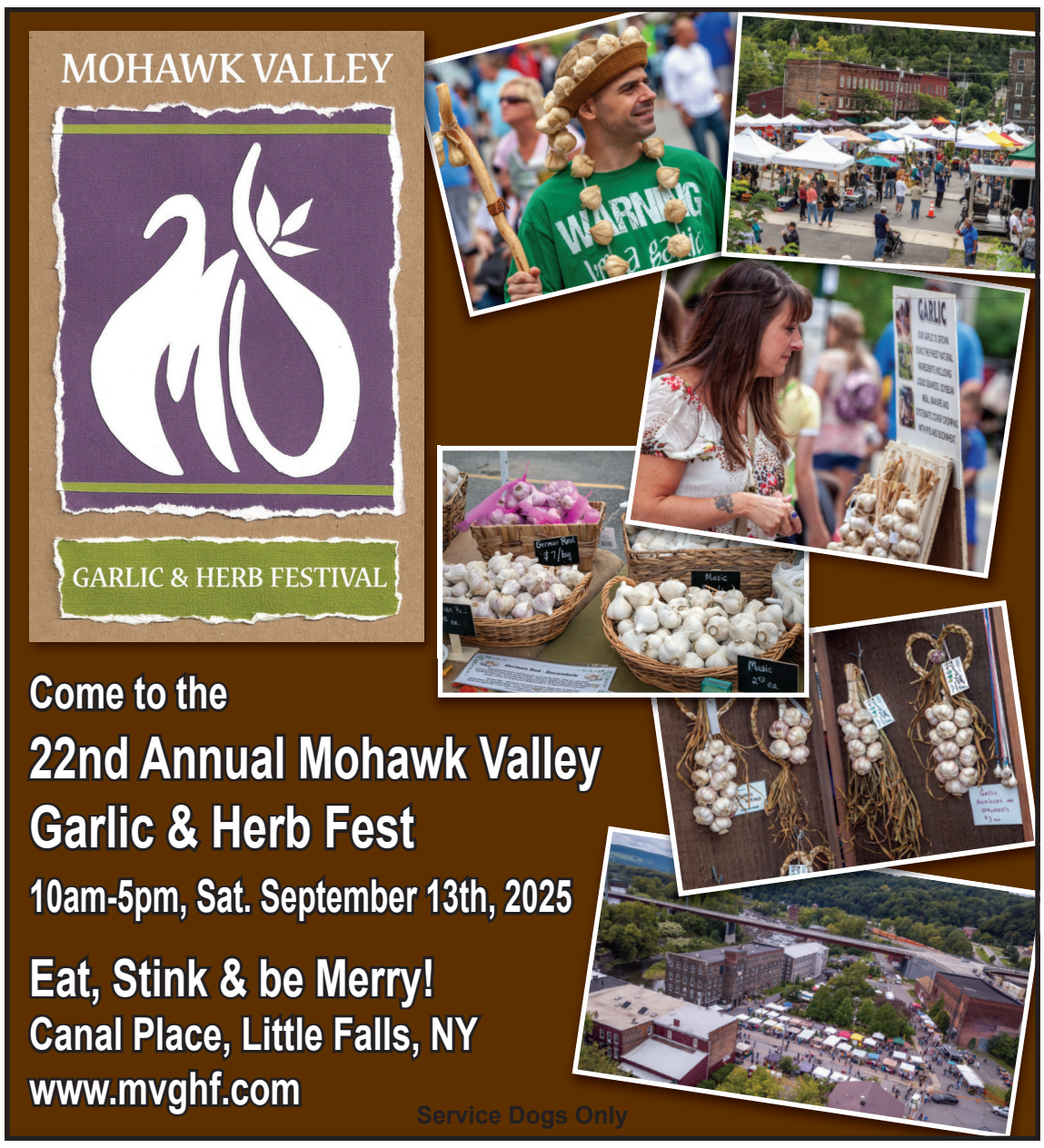




Photo by Dave Warner - The Little Falls Co-Op has been in operation for 50 years.

Little Falls Community Co-op Celebrates 50 Years of Nourishing the Community

By Dave Warner

LITTLE FALLS, N.Y. — In a City where history and community ties run deep, the Little Falls Community Co-op is marking a milestone: its 50th anniversary. What began as a grassroots effort in the early 1970s to access natural, unprocessed foods has evolved into a staple storefront offering healthful choices, supplements, and local goods.

Open to the public without membership requirements, the co-op at 589 Albany St. continues to embody its mission of food accessibility and supporting local growers, even as it navigates modern challenges like competition from big-box stores and the rise of online shopping.

The co-op's origins trace back to a time when organic and minimally processed foods were scarce in mainstream supermarkets. Tony DeLuca, one of the founders and executive director of the local YMCA, now named the Youth and Family Center, recalls the era's growing awareness of nutritional benefits.

"It was coming out of the 60s and into the early 70s where people realized that if you eat natural food or organic food that's minimally processed or raw or unadulterated with additives and preservatives and all that stuff, it was better for your health," DeLuca said. "The availability of those products was minimal. You couldn't find them in the regular supermarket. So in essence, we were in a sort of food desert kind of thing."

A group of friends, including DeLuca, convened at the YMCA to brainstorm solutions. They connected with a supplier willing to deliver bulk orders to Little Falls for a minimum amount, around $500. Meetings were held upstairs at the Y, where they presented product lists and coordinated group purchases. "We'd have to buy 25 pounds of cashews or 50 pounds of peanuts or a 50-pound sack of whole wheat flour," DeLuca explained. "We'd have to buy the whole bag, and we would have to dispense it when we got it. Everybody in the room had to take their allotment, because we didn't have any storage."

The operation started modestly, using the basement kitchen of the Presbyterian church across the street for unloading and dividing shipments. Volunteers were committed to helping unload trucks and portion out items, with a small markup to cover bags, twist ties, and markers. "We added a few cents a pound to cover that," DeLuca said. This monthly routine lasted a couple of years, but as demand grew, the group eyed a more permanent solution.

By the mid-1970s, they secured a second-floor storefront above a pub called The Dugout on Main Street, renting it cheaply. DeLuca, who became the Y's executive director in August 1975, leveraged government-funded programs like CETA (Comprehensive Employment and Training Act) to hire workers for renovations and operations. "We had these people working here, and they were not only fixing up the Y... but also this new storefront," he recalled. The space had a ground-level alley entry for deliveries, easing logistics, though customers had to climb stairs.

The co-op's big leap came when the Holy Family Parish offered to sell the shuttered St. Joseph's Church on Albany Street for $35,000, spread over 10 years—a "sweetheart deal" focused on community benefit rather than profit.

Contractors like Jimmy Siller and architect Tony Carlisto helped transform the building into its current form. "We undertook that project and got some friendly contractors involved," DeLuca said. Equipment like scales, refrigeration, and point-of-sale systems were added, marking a shift from volunteer-driven bulk dividing to a full-fledged store.

The guiding principle remained "food for people, not for profit," with markups of just 10-15% to cover costs. "If we could break even or get a little bit more... so that we could reinvest in some equipment, give our employees a raise, pay all our expenses, we were happy," DeLuca noted.

Today, under the management of Robin Safford, who took over three years ago, the co-op maintains that ethos while adapting to contemporary realities. Open Tuesday through Saturday with varying hours—10 a.m. to 5 p.m. on Tuesdays and Wednesdays, extended to 6:30 p.m. on Thursdays, 5:30 p.m. on Fridays, and 1 p.m. on Saturdays—the store sees 85 to 100 customers daily. Sales range from small $5 purchases to larger $300 orders, focusing on supplements, bulk dried fruits, nuts, oats, flours, and spices.

Safford highlights the co-op's strengths in staples like bulk spices, where customers can buy a teaspoon of arrowroot for 60 cents instead of an $8 jar elsewhere. Local products shine, including brands like Sleepy Bear LLC honey, Heidelberg Bread, and Saratoga Peanut Butter Company. "The right side of the store... from the cashier back is our main sales area: supplements and

Please See CO-OP Page 9









Local Teen Artist Shines at Herkimer County Fair

By Dave Warner

Little Falls – Emma Canastar, a talented high school student, has claimed both 1st place and Best of Show at this year's Herkimer County Fair for her remarkable painting.

The young artist, who has been honing her craft since childhood, impressed judges and fairgoers alike with her dedication and creative vision.

"I've always been drawing, making paintings, not the best paintings, until now," Canastar said, reflecting on her lifelong passion for art.

Inspired by family members who are also artists, she recalls being motivated as a young child by watching her grandmother and aunt create. "I see that growing up, and I'm like, hey, I want to paint like Grammy or Aunt Debbie," she shared.

Canastar's journey to the fair's top honors was sparked years ago at her sister Olivia's birthday party, where a group painting activity opened her eyes to her potential. "I was very young at the time, but I slowly began to realize that I could really make something of the talent that I have," she said.

That moment fueled her drive to take her art more seriously, leading her to enroll in advanced art classes in high school, including studio art and college-level drawing and painting courses.

This year's winning piece, which took a month to complete, was a labor of love that Canastar finished just days before the fair. "I decided I would spend more time on one painting, rather than multiple," she explained, noting that she even brought the canvas camping to meet the deadline.

Her effort paid off when she learned she had won both 1st place and Best of Show. "Walking up and seeing it, it really made me realize people really enjoy my art," she said, describing the emotional moment.

Canastar's ambitions don't stop at the county fair. Inspired by a scene from her favorite movie Avatar, she is now working on a series of paintings featuring four characters. "I'm working on the second one right now, and it's like a quarter of the way done," she said.

She plans to showcase the series at her school's art show during voting season, with hopes of gaining approval from her art teachers to display all four pieces.

With her sights set on the future, Canastar is considering a path that blends her artistic talent with her education. Initially interested in the medical field, she now sees art as a potential career. "Now that I've noticed that people have taken an interest in my art, I'm thinking maybe I can put more art classes into my life to maybe go to an arts college once I graduate," she said.

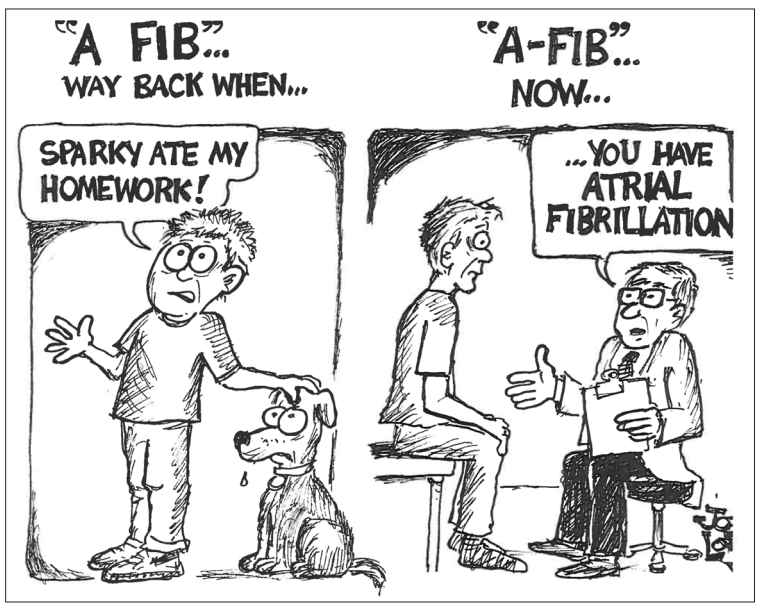
Canastar's grandmother, a regular participant in the fair, has been a significant influence and supporter of her work.

As Canastar continues to develop her skills and pursue her passion, her achievements at the Herkimer County Fair mark a promising milestone in her artistic journey.



Photo by Dave Warner - Emma Canastar holds up her ribbons and winning entry from this year's Herkimer County Fair. She is a Sophomore at Little Falls High School, where she is a member of the National Junior Honor Society and the Little Falls Drama Club. She is also an intern for The Creative Outpost and a monthly contributor to The Daily Post and Mohawk Valley Express.

Joe Long's Pencil Pathway



I started drawing as soon as I could hold a pencil or crayon in my hand… sometimes, as a little kid, I even drew on the walls of our house on Webster Street in Little Falls… actually, I only got away with that once!

I loved drawing my own comic books as a kid… and even drew a lot in my classrooms… when I really should have been concentrating more on what my wonderful teachers were saying.

Ironically, I became a teacher myself after a career of working in a newspaper and drawing hundreds of cartoons!

Education is so very important for kids and for grown-ups…and so is expressing ourselves in a creative way.

We never, ever stop learning… and we all have different talents.

It's fun for me to draw funny pictures!





Photo by Dave Warner - Evan Martyniuk works a camera during a recent Mohawk Valley Diamond Dawgs livestream.

The Creative Outpost, Inc., Empowers Youth Through Intern Program

Little Falls, NY – The Creative Outpost, Inc. is shining a spotlight on its innovative intern program as it prepares for the Mohawk Valley Gives Campaign. With the UpMobility Foundation's 3:1 match incentive (up to $50,000) for donations from September 15-19, 2025, gifts made at https://www.givemv.org/organizations/the-creative-outpost-inc will triple in impact, directly funding hands-on media training for Mohawk Valley youth.

Since 2022, the intern program has equipped high school and college students with skills in video editing, graphics, teleprompter operation, and live-streaming production. Interns have brought events like the Mohawk Valley Diamond Dawgs collegiate baseball team and Herkimer Originals ABA basketball team to live audiences, gaining professional experience while amplifying community stories.

Intern Evan Martyniuk shared, "This program has been life-changing. Over two years, I've grown from a novice to a confident media creator."

"Our interns are shaping the future of media in the Mohawk Valley," said David E. Warner, Executive Director of The Creative Outpost, Inc. "With Mohawk Valley Gives, we can empower more young people to tell our region's stories."

Donate today at https://www.givemv.org/organizations/the-creative-outpost-inc to support this vital program. Learn more at https://creativeoutpost.org. Mark your calendar to unlock the match and support a creative future for Little Falls.

About The Creative Outpost, Inc.

The Creative Outpost, Inc. is a 501(c)(3) nonprofit based in Little Falls, New York, dedicated to fostering creativity, education, and economic growth through media, film, and technology training. We teach filmmaking and media development, cultivate world-class creative problem-solvers and storytellers, attract commercial media production to the Mohawk Valley, and empower residents through innovative programs addressing local needs. For more information, visit https://creativeoutpost.org.



Photo by Dave Warner - Main Street in Little Falls, New York.

Creative Outpost Launches "We're All In!" Marketing Campaign

LITTLE FALLS, NY – The Creative Outpost is excited to announce the launch of its new marketing campaign for the City of Little Falls called "We're All In!," designed to showcase the vibrant community spirit and diverse businesses that define the area.

Starting this fall, the campaign will feature a series of short-form video reels highlighting both longstanding and newly established businesses, as well as local events and happenings.

The initiative not only aims to bring the community together but also to attract tourists, reflecting a 'phoenix rising' attitude to rebuild and grow the community by drawing in new residents. This effort underscores a commitment to revitalizing the area and fostering a welcoming environment for all.

The video reels, crafted by The Creative Outpost interns, will be shared across social media platforms, offering a dynamic look at what makes Little Falls a special place. From bustling events to the stories behind local shops, the campaign will provide a

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BREW From Page 5

participate in the Little Falls Garlic Festival on September 30, followed by the Cheese Fest on October 4, where they'll host a beer, wine, and cheese tent.

On October 11, they'll throw a Country Fest, featuring bands like Tame the Rooster, Trigger Finger, and Grit and Grace, along with food trucks and vendors. "We need more reasons to party here," George said with a laugh.

The 5th anniversary also coincides with Little Falls' bicentennial celebration of the Erie Canal, making it a perfect opportunity for visitors to enjoy both events.

As Rock Valley Brewing raises a glass to five years of perseverance, the community is invited to join in the celebration and toast to many more.

For more details, visit Rock Valley Brewing Co.'s Facebook page.

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CO-OP From Page 6

all the bulk," Safford said. "The spices are another huge sale item... You can buy 1-pound bags for barbecues or canning."

However, challenges persist. Grocery items face stiff competition from chains like Price Chopper and Walmart, which now stock organic and gluten-free options at lower prices. "Years ago... you really didn't have an option for gluten-free, vegan, and organic foods locally," Safford explained. "Today, they're everywhere... and unfortunately, it'll be cheaper because they're bigger."

The co-op lacks e-commerce, limiting it to an "on-demand store" for instant gratification. Safford is considering curbside pickup for regulars next spring but rules out full online sales due to the small staff size. "We're still way too small a staff to take that," she said. To boost traffic, she's eyeing reinvention: paring down stagnant sections and introducing a small coffee and tea area with fair-trade, organic options. "I want to just put it in a small area where you can get coffee or tea... almost like an old-school candy store type feel," Safford shared.

Advertising efforts, like ads at the local movie theater, have drawn new customers more effectively than traditional newspapers. Yet awareness remains an issue. "I've sold houses to people 10 years ago... and I say, 'Do you know about the co-op?' They have no idea," Safford lamented.

Nationally, small businesses face closures, but Safford is optimistic. "I'm happy we're still here... We're holding our own, we're paying our bills. We're putting a little bit away," she said. Volunteers still play a role, earning discounts, but paid staff handle most operations to ensure compliance and efficiency.

The co-op's website, littlefallscommunityco-op.com, showcases its commitment to community and lists brands like Burt's Bees, Dr. Bronner's Soap, and Mountain Rose Herbs. While no specific 50th anniversary events are planned, the milestone underscores decades of resilience. Recent Facebook posts highlight local herbs, bouquets, and products like Badger Balm, reinforcing community ties.

DeLuca reflects on the journey's challenges, now amplified by the widespread availability of once-niche items. "The products are more available... but we still have a unique niche," he said. Early managers like Mary, who shifted from art history to leading the co-op, embodied the passion driving its success.

As Little Falls evolves—with its arts scene, historic charm, and scenic beauty—the co-op remains a vital hub.

Please See CO-OP Page 11



Photo by Dave Warner - The Little Falls Co-Op

Dolgeville Violet Festival Fund Raiser

Flannel & Soup

Saturday
September 27th
Soup Tasting 2pm-4pm
Soup Tasting $7
Soup Entry $10
(soup entry includes one soup tasting ticket)



Both events at
Dolgeville
Rod & Gun Club
697 Peckville Rd



Soup Entry Cut-Off
September 15th

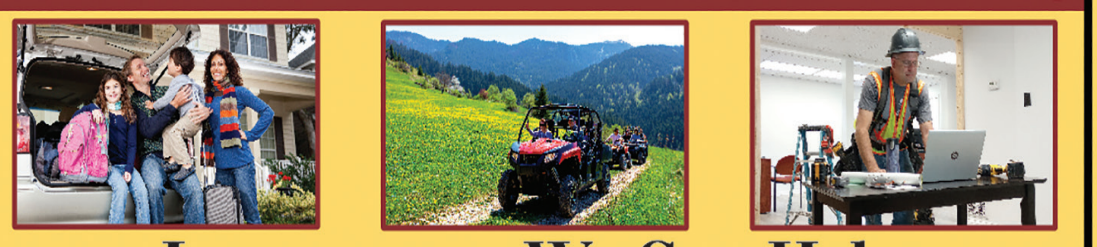
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Herkimer Home Schedules Ghost Tours in September

As the breezes get cooler and fall is around the corner, Herkimer Home invites you to this year's Ghost Tours!

We are happy to announce the return of our annual ghost tours on September 20th, 2025! Join us and our friends from the Central New York Ghost Hunters for a night full of paranormal investigation at Herkimer Home State Historic Site.

Guests will join in the hunt across multiple on-site locations as they search for evidence of ghostly activity throughout our historic grounds, which are chock-full of centuries of memories, historical events, and quite possibly those who have never left.

Guests will be greeted by members of the ghost-hunting team for an orientation and presentation of their evidence collection, right here on our grounds, before heading out on a series of ghost-hunting sessions. Following the orientation, costumed interpreters will lead the way with lantern light, escorting guests to each station as you join in and work with our ghost hunters in our root cellar, historic mansion, and cemetery.

Tour slots are available from 7:00 pm to 10:00 pm, with groups departing every half hour. A maximum of 15 guests per group; prior reservations are required. Each tour lasts approximately 2 hours, and portions of the tour may be outside, so we encourage you to dress for the weather.

Admission is $20 per person. To reserve your spot, call us at 315-823-0398. Call today, as we will sell out fast. And we will see you soon.

Visitors to Herkimer Home today will marvel at the grandeur of this Georgian-style mansion, which once stood on the colonial frontier. The unspoiled landscape, including the Herkimer family burial ground, is remarkably unchanged from that of the 18th century. The site is open daily from sunrise until sunset. The Visitor Center is open and house tours are available Wednesday through Sunday from 10:00 am to 4:00 pm, and on Monday holidays from 10:00 am to 4:00 pm.

Herkimer Home State Historic Site is located at 200 State Route 169, Little Falls, just off the NYS Thruway Exit 29a—call (315) 823-0398 for more information.

New York State Office of Parks, Recreation and Historic Preservation oversees 180 state parks and 35 historic sites, which are visited by 60 million people annually. For more information on any of these recreation areas, call 518-474-0456 or visit www.nysparks.com, connect on Facebook, or follow on Twitter.



Little Falls to Welcome Replica Erie Canal Boat Seneca Chief in Bicentennial Celebration

By Dave Warner

LITTLE FALLS, NY – As New York State marks the 200th anniversary of the Erie Canal's opening in 1825, the City of Little Falls is preparing to host a historic milestone with the arrival of the replica Erie Canal Boat Seneca Chief on October 11, 2025.

This full-scale reproduction, built by the Buffalo Maritime Center, will dock at Benton's Landing in Canal Place around 11:30 a.m., marking the start of a day-long festival that celebrates the canal's transformative role in American history.

The original Seneca Chief played a pivotal role in the Erie Canal's inauguration on October 26, 1825, when Governor DeWitt Clinton embarked from Buffalo on a journey to New York City. This voyage culminated in the "Wedding of the Waters," where Clinton poured water from Lake Erie into the Atlantic Ocean, symbolizing the connection between the Great Lakes and the sea.

The 363-mile canal revolutionized commerce, reducing shipping costs by 95% and driving nationwide economic growth.

Now, two centuries later, the Buffalo Maritime Center's replica—constructed over four years by hundreds of volunteers using traditional methods like white oak framing and hand-forged bolts—embarks on a 33-day Bicentennial Voyage starting September 24, 2025, stopping at 28 ports to engage communities in reflections on the canal's cultural, economic, and environmental legacy.

In Little Falls, the Erie Canal Boat Seneca Chief's arrival will be celebrated with dignitaries including Mayor Deborah Kaufman, Assemblyman Robert Smullen, and New York State Senator Mark Walczyk speaking from noon to 12:30 p.m. Attendees can witness the planting of a commemorative white pine tree, symbolizing sustainability and tribute to the Haudenosaunee, and the addition of local canal water to a collection barrel bound for New York City.

From 1 p.m. until 5 p.m., the crew will offer tours and presentations on the boat's construction and history.

The festival spans Canal Place, featuring live music from the BarRoom Neon Project in Sterzinar Park from noon to 2 p.m., along with vendors, food trucks, face painting, and a kids' coloring contest.

At the General Herkimer Home, events start at 4

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"We're All In!" From Page 8

fresh perspective on the city's ongoing growth and vitality.

For inspiration on upcoming events and community activities, residents and visitors are encouraged to visit thedailypost.digital.

Businesses and individuals interested in being featured in the video reels are invited to contact Dave Warner at dave.warner@creativeoutpost.org to schedule their spotlight.

This is a fantastic opportunity to showcase what Little Falls has to offer and join the "We're All In!" movement.

Stay tuned for more updates as the campaign rolls out!

In the meantime, would you like to help support the campaign? You can order cups by visiting creativeoutpost.org/shop. All proceeds will go to The Creative Outpost, Inc., a 501(c)(3) nonprofit organization.



If you would like to see your story in the Mohawk Valley Express - email it to news@thedailypost.digital

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Tom Burns: An 88-Year-Old Farmer's Enduring Love for Sweet Corn

By Dave Warner

Just outside the City limits of Little Falls, New York, Tom "Burnsy" Burns, now 88, continues to tend the 125-acre family farm that has been his home since his birth in 1937. Perched on a hill with sweeping views of the Mohawk Valley, the farmhouse, built in 1845, stands as a testament to a legacy spanning four generations.

In an interview on Sunday, Burns shared reflections on his lifelong passion for farming, the evolution of agriculture, and his renowned sweet corn, which remains a local treasure.

Born in the very house where he still resides, Burns was one of five children raised on the farm. "Well, I was born here in 1937, one of five children. And so it's been a pleasure ever since. This home was originally built in 1845. And that's a great old home for us," he recalls with warmth.

His connection to the land runs deep, rooted in decades of labor and an unwavering commitment to farming.

Burns' early memories of farming paint a picture of a bygone era. "Everything was horses until 1940, when my father bought the first farm tractor, all on steel. And then a couple of years later, he changed it over to rubber tires," he explains.

The transition from horse-drawn equipment to tractors marked a significant shift, but Burns has continued to embrace change while holding onto traditions that work.

"Ever since then, I've upgraded to more modern tractors and whatnot," he adds, though he remains loyal to his 1950 John Deere two-row corn planter. "It works very well and I'm used to doing it that way," he says, acknowledging the contrast with today's massive 12, 24, or even 54-row planters.

The evolution of farming technology has transformed not only the equipment but also the very nature of crops like hay and corn. Burns marvels at the advancements in hay farming: "Used to be a sickle bar, and now it's gone from that to disc mowers. These guys mow down 25 feet of hay in one pass, and they don't manhandle the bales."

Instead, modern methods rely on skid steers and bale wagons to handle 1,200-pound bales, a far cry from the labor-intensive days of his youth. "Young people aren't accustomed to farming anymore. Everybody had to go to mechanical everything," he observes, noting the shift away from manual labor.

Corn, however, remains Burns' pride and joy, particularly the super-sweet varieties that have redefined quality. "The quality of corn has gone from a little bit sweet to very sweet," he says. "When you come into the bite, all our corn's super sweet. Three bites and you're hooked on them."

Please See CORN Page 12



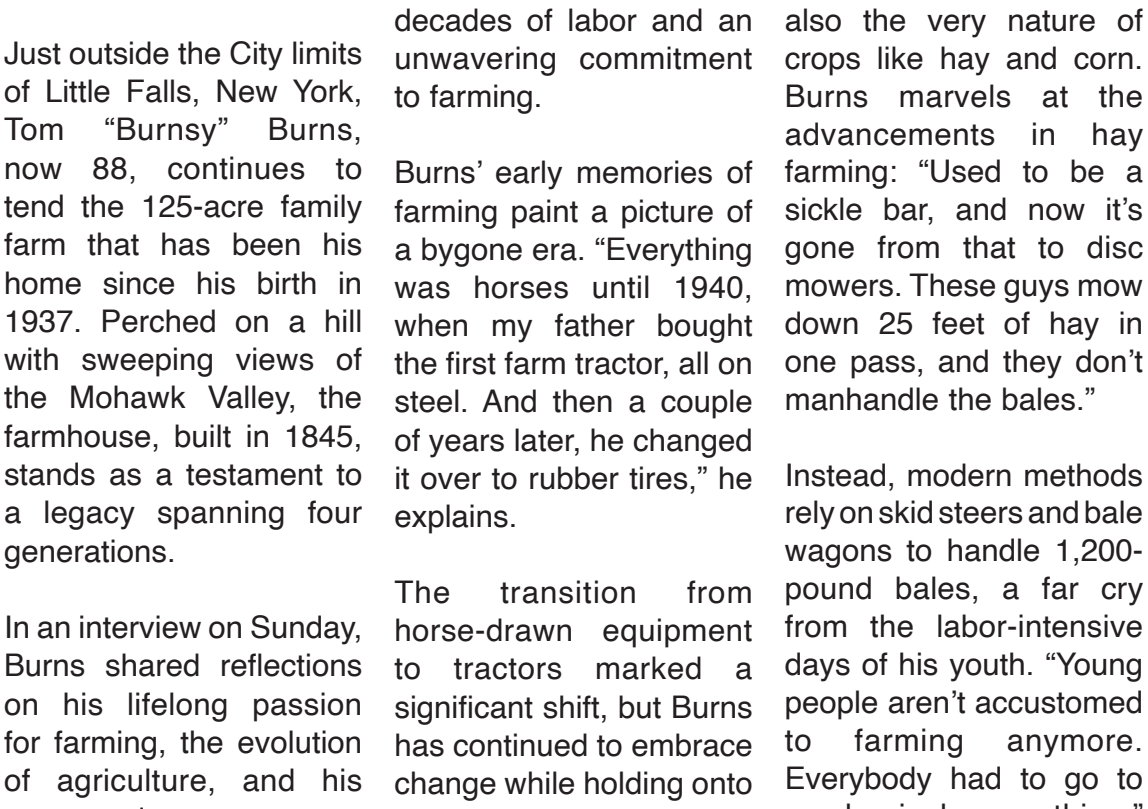


Photo by Dave Warner - Tom Burns reflects on a lifetime of farming.

CO-OP From Page 9

Safford aims to target untapped demographics by blending healthy choices with broader appeal. "We're in a small city and we have a population we're not hitting... Even if I can somehow steer it towards the healthier choices," she said.

In an era of economic uncertainty, the co-op's story is one of persistence. From bulk bags divided in a church basement to a thriving store supporting locals, it continues nourishing bodies and community spirit—50 years strong.

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CORN From Page 11

These modern varieties, with their sugar-heavy, shrunken kernels, require precise conditions—65-degree soil for germination—but the result is worth it. "They're harder to grow. They need 65-degree soil. But the end product is so much better," Burns emphasizes.

While some still opt for sugar-enhanced varieties, he believes the super sweet corn is unmatched, describing it as "a great ear of corn that everybody really likes."

Burns' approach to farming is both practical and intuitive. He still relies on his trusty 1950 corn planter, a relic compared to today's sprawling machines, but one that suits his needs. Yet, for Burns, the joy lies in the simplicity of his methods and the quality of the results. His corn, grown with care and harvested at peak ripeness, draws customers to the Little Falls Co-Op and his farm at 357 Cole Rd.

Reflecting on the changes in farming, Burns is candid about the challenges facing the next generation. The move to mechanization has made farming less labor-intensive but also less accessible to those without significant resources. "It's been a tough situation," he says, lamenting the decline of small family farms.

Yet, his own passion remains undimmed. At 88, Burns continues to oversee the planting and harvesting, relying on young helpers to pick the corn. His daughters describe his lifelong stewardship of the land as inspiring, hoping he can continue doing what he loves on the farm that has defined his life.

Burns' sweet corn is more than a crop—it's a tradition that binds the community. Available at the Little Falls Co-Op or directly from the farm, it carries the weight of history and the promise of quality.

"Everything has changed in the corn industry," Burns reflects, but his dedication to growing the best super sweet corn endures.

For those eager to taste the fruits of his labor or share stories with a farmer whose life is intertwined with the land, a visit to Burns' farm is a must.

For more information, visit www.facebook.com/burnscornlittlefalls.

SENECA From Page 10

p.m. with wine and beer tents, pumpkin bowling, music, and a focus on a historic bateau. A guided lantern-lit walk from Benton's Landing to the Herkimer Home begins at 4 p.m., with shuttle buses available.

Rock Valley Brewing Company hosts a Country Music Festival from 2 p.m. to 11 p.m. with multiple stages and bands.

Sponsors and volunteers are welcome; donations for the Seneca Chief can be made via the Buffalo Maritime Center, and vendor applications are available online. For more details, visit thedailypost.digital/seneca-chief/.

This event is funded in part by the NYS Canal Corporation and the Erie Canalway National Heritage Corridor.

For inquiries, contact Dave Warner at 315-867-9039 or dave.warner@creativeoutpost.org or Cathy Cristman at 315-868-3248.

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presents
The Garden of The Mills
Join us as Amanda Hazelton from the Richfield Springs Historical Society takes us back in time and a walk through a garden.
Tuesday, September 16th @ 6 p.m.
406 North Main St., Herkimer, NY
The garden of the Mills was an artist colony, an event venue, and had multiple formal gardens. The ruins of the mill were used in the gardens, while the tannery was converted into an event venue.
315-866-6413
herkimerhistory@yahoo.com

HISTORIC CORNERS TOUR
Join us for a Historic Corners Tour
The tour starts at 12:30 p.m, meet in front of the Reformed Church. Tour
Come hear the stories of Chester Gillette and Grace Brown, Roxalana Druse, the Palatine Germans, and Dr. A. Walter Suiter!!
Thursday, Sept 18th 2025
406 North Main St Herkimer, NY
Call us at 315-866-6413 or email us at herkimerhistory@yahoo.com to reserve your space.

Herkimer County Historical Society
presents
An Evening With Local Author
Kelly Maida
Wednesday, September 24th @ 6:30 p.m.
406 North Main St, Herkimer
Kelly Maida was born and raised in Frankfort, New York. Writing has been her passion since childhood, serving as both a creative outlet and a means of self-expression. Through her poetry, she transforms personal pain into art, weaving emotion into every line. An award-winning writer, Kelly's work has been featured in Winter 19, a #1 Best Seller published by Train River Publishing.
She loves writing children's books because they have happy endings.
Kelly will have poetry and children's books at this event.
Call 315-866-6413 to reserve a seat!

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