

Monthly Newsletter



As we celebrate Independence Day, our communities come alive with parades, concerts, fireworks, picnics, craft fairs, and gatherings that remind us what makes small-town life so special. Whether you're spending the weekend with family, catching up with neighbors, or exploring one of the many local events, we hope you'll take time to enjoy everything our area has to offer. With summer temperatures climbing, remember to stay hydrated, seek out some shade when you can, and take breaks to keep yourself and those around you safe.

As you're enjoying the festivities, take a moment to notice the countless volunteers working behind the scenes. From planning events months in advance to setting up tables, directing traffic, serving food, cleaning up afterward, and making sure everything runs smoothly, these dedicated community members help create the celebrations we often take for granted. A simple smile, thank you, or word of appreciation goes a long way. Their generosity of time and effort is one of the many reasons our communities continue to be wonderful places to live.

Anne Huntress
ALIVE President

Current ALIVE Board Members

Anne Huntress-
President
(anne.huntress
@yahoo.com)

Patricia Corey-
VP

Tammie Still-
Secretary

Donna Dolhof-
Treasurer

Bernadette Law-
Corresponding
Secretary

Tina Stanford
Member at
Large

Katie Liendecker
Assistant
Treasurer

Happening at the Library! Bucket Gardening Success

Iggy is back.....
and this time brought a friend!



Lego Club

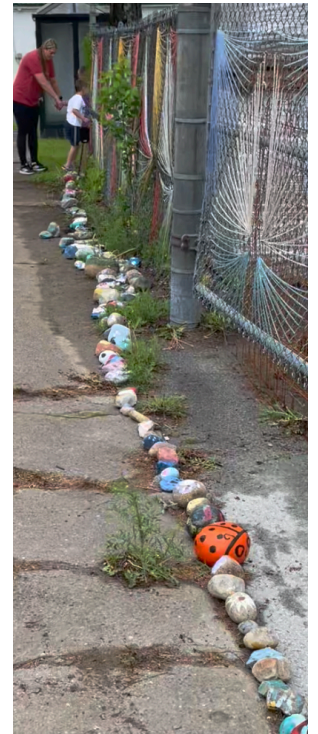
Wednesday, June 15, 5-7PM, open to
all kids and their caregivers.

Design your own tote

Friday July 17 at 3pm
& Saturday July 18th at 10:30am

Open Mic Jam will be held
on Tuesday, July 28, 5-7PM, open to
all!

—



THANKS TO THE FERGUSONS AND HUNTRESS
KIDS, IGGY (AND NEW FRIEND ZIGGY) HAVE
RETURNED FROM HIBERNATION AND ARE
EAGER TO GROW! BRING YOUR MOST
BEAUTIFULLY PAINTED ROCKS TO THE BANK
AND DOLHOFF'S TO HELP THEM GROW EVEN
LONGER THIS SUMMER!!





The Lyons Falls Farmers Market officially opened for the season on June 9th at Riverside Park. We invite residents and visitors alike to stop by and support local farmers, producers, artisans, and small businesses while enjoying one of the community's favorite summer traditions. The market provides an opportunity to shop locally, connect with neighbors, and enjoy the beautiful setting of our village park. We look forward to another successful season and hope to see you there!



COUNTY UPDATE: PARKS ARE SMOKE-FREE

Lewis County Parks Are Going Smoke-Free & Vape-Free! Pivot's UP! Youth Project, in partnership with the UP! Coalition and Lewis County Public Health, is excited to continue expanding our Smoke-Free & Vape-Free Parks Initiative throughout Lewis County!

What started in 2025 with signage at the Lewis County Fairgrounds has now grown into a countywide effort to help create cleaner, healthier, and more family-friendly recreational spaces for everyone to enjoy. Signs have already been installed in: Turin, Castorland, Croghan, Lyons Falls. Additional installations coming in Lowville, Constableville. And more locations are currently being coordinated! By reducing exposure to secondhand smoke and vapor products in parks and playgrounds, we're helping create healthier environments for children, families, and community members across Lewis County. A huge thank you to our municipal partners, Lewis County Public Health, and everyone helping make this initiative possible! Keep an eye on our page! More photos from previous sign installations, as well as upcoming installations, will be shared soon.

SUPPORT OUR VOLUNTEER FIRE
DEPARTMENT AND AMBULANCE SQUAD!!



MAKING LYONS FALLS EVEN BETTER

Lyons Falls ALIVE will hold its next meeting on August 12 and everyone is welcome to attend. We are always looking for new ideas, fresh perspectives, and volunteers who are willing to help strengthen our community, improve our village, and create opportunities for neighbors to connect with one another. Whether you have a suggestion for an event, a beautification project, or simply want to lend a hand, we would love to hear from you. We would also like to extend a sincere thank you to all of the volunteers who have adopted and cared for the planters throughout the village. Your efforts help beautify our sidewalks, village signs, and public spaces, making Lyons Falls a more welcoming place for residents and visitors alike.

COUPONS FOR SENIORS!!

THE 60+ FARMERS MARKET COUPONS FOR 2026 WILL BE DISTRIBUTED ON JULY 14 AT THE OFFICE FOR THE AGING, OUTER STOWE ST., LOWVILLE, NY 13367. STARTING AT 9 AM UNTIL GONE. IT WILL BE A DRIVE-THRU PICKUP.

HAPPENING IN OUR AREA ON JULY 4TH



RELAX & READ

@ Lyons Falls Library

THURSDAY, JULY 9

Kids and tweens welcome!
Join us for some relaxed
quiet reading time in the
community room followed by
a short book chat at 4pm!

3PM READING

4PM BOOK CHAT

Call the library with any questions!
(315) 348-6180



SUMMER READING
NORTH COUNTRY LIBRARIES

The Village of Turin will once again have their annual 4th of July parade starting at 11:00 AM on July 4th;

The event will take place starting on West Main street and continue across the Rt. 26 intersection to East main street heading towards the South Lewis School, anyone who is interested in participating can contact the village mayor at 315-391-5405.

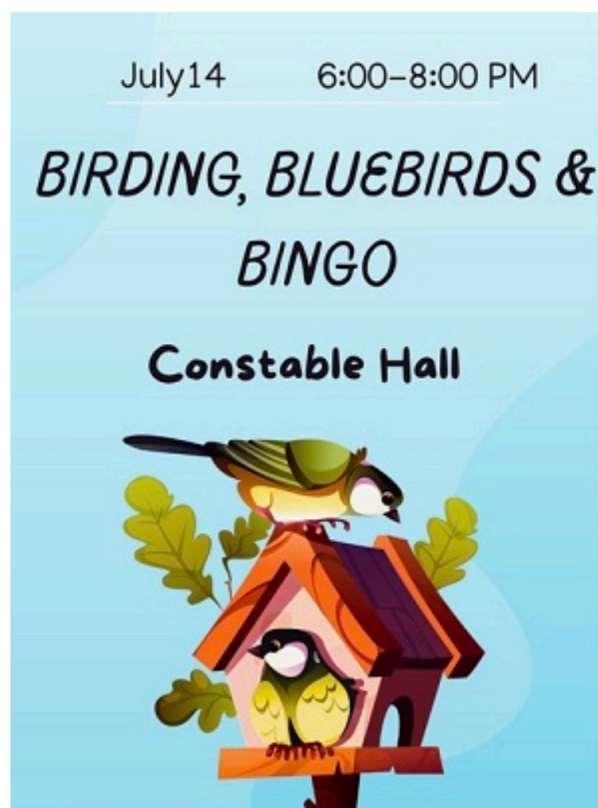
There is hope.



988 SUICIDE & CRISIS
LIFELINE

PEP22-06-03-012
33377A







Lewis County Office for the Aging Nutrition Program

Suggested Contribution: \$4.00/over 60 - Guest Fee: \$11.00/under 60

contributions can be made via our website, cash, check or SNAP benefits

Dining Sites located in Copenhagen, Croghan, Harrisville, Lowville & Lyons Falls

To reserve a meal, or make changes to your Home Delivered Meals,

please call our Meal Line at 315-377-2041



NY CONNECTS
Senior and Support



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY (Home Delivered Meals Only)
1% Milk Offered Daily		1 Sweet & Sour Pork with Pineapple Seasoned Brown Rice Oriental Blend Vegetables Fresh Melon	2 Hot Dog on a Bun Baked Beans Broccoli Bacon Salad Berry Cheesecake Parfait	3 Meal Sites & Offices Closed
6 Macaroni & Cheese Stewed Tomatoes Broccoli Applesauce	7 Egg & Cheese Strata Spinach Warm Bran Muffin Low Sodium V8 Juice Fresh Orange	8 Roast Turkey with Gravy Stuffing Green Beans & Red Peppers Mixed Fruit Cup	9 Chicken Salad Cold Plate Carrot Raisin Salad Tomato Cucumber Salad Fresh Grapes Chocolate Milk	10 Breaded Fish Sandwich Coleslaw Capri Blend Vegetables Cinnamon Pears Chef's Choice Cookie
13 Lemon Parmesan Chicken Seasoned Wild Rice Italian Vegetables Fruited Yogurt Parfait	14 Breaded Pork Sweet potatoes Mixed Vegetables Pineapple	15 Salisbury Steak over Mashed Potatoes Brussel Sprouts Warm Peaches	16 BLT Sandwich Three Bean Salad Veggie Pasta Salad Fresh Watermelon	17 Chicken Cordon Bleu Casserole Broccoli & Red Peppers Harvard Beets Mixed Fruit Cup
20 Hot Meatball Sub Roasted Potatoes Carrots Fresh Apple Chocolate Milk	21 Creamy Tomato Soup Egg Salad Spinach Warm Garlic Bread Crackers Fresh Grapes	22 Chicken Sausage With Peppers, Onions & Mushrooms Baked Beans Capri Blend Vegetables Pears	23 Chef Salad with Turkey Potato Salad Fresh Melon Rye Bread Birthday Cake	24 Pulled BBQ Chicken Sandwich Sweet Potatoes Broccoli Apricots
27 Chicken & Biscuits Diced Beets Brussels Sprouts Strawberries with Ice Cream	28 Baked Ham & Gravy Mashed Potatoes Green Beans Pineapple	29 Tuna Macaroni Salad Tomato Cucumber Salad Fruit Salad Cottage Cheese	30 Ziti Broccoli Tossed Salad Warm Applesauce	31 Cook's Choice!