

Country Editor

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2015

HAPPY NEW YEAR

From the Staff of the Country Editor

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2114 State Route 29, Salisbury



Well established gas station and convenience store situated on 1.3 acres. Commercial space is 5200 sq. ft. with a 2 bedroom apartment. Financing options available.

67 Flint Avenue, Little Falls



Crabby's Restaurant is a local favorite and offers incredible growth potential with its many tourist attractions year round. This commercial building has been recently remodeled and offers 3 levels of income potential.

5 River Street, Nelliston



Commercial building located near busy traffic area on Route 5. Property has a 4+ income unit potential w/3800 sq. ft. & has just been reduced in price to **\$110,000**

6239 State Highway 29, Oppenheim




Look at the price for this prime commercial space located on busy highway. All equipment & coolers from previous restaurant and deli included in sale. Central air & many updates. **\$59,000**

51-55 West Main St., St. Johnsville



Lease or Sale: Corner lot, first floor commercial space with over 2000 sq. ft. available for lease. Additional basement storage available with lease. **\$950 a month**. Call Heidi Mouyos.

127 State Route 29A, Salisbury Center



Store, café, fully equipped, needs a little freshening up and you can be up and running. Store has been at this location for over 60 years. Closed 5/31/2013. Great location for its current set up, all the locals miss it. If you're ambitious this store has great potential, can do \$500K+. Great spot to open alternative heating store, sport shop, insurance office or whatever ideas you might have. Has 2 rental units second floor. This is almost a giveaway at this price. Bring me an offer or lets talk rental. **\$59,900**

5854 State Hwy 29A, Stratford



Custom built country home located on 2.5 acres. Spacious knotty pine with cathedral ceilings throughout. Open concept large kitchen, dining area and living room. Cozy 3 bedrooms and first floor bathroom and laundry. Large yard and above ground pool with wooded background and creek has private setting. **\$190,000**

6 East Timmerman, Dolgeville



This immaculate cozy ranch 2 bedroom home has all the bells & whistles with its open floor plan for the living room & kitchen. The hand carved beams on the ceiling, new intricate designed hardwood floors throughout & the ambience fireplace will surely make you feel at home. Efficient heating. Walk out surrounding deck with private setting backyard. **\$109,900**

240 Flanders Rd., St. Johnsville



Charming colonial w/detailed restoration of modern updates while respecting the period of design. 100 acres privately set on dead end road. Land features 1 outbuilding, fencing for large animals, snowmobile & riding trails, & wooded land for hunting & harvesting of maple & cherry. The captivating layout of this east & west wing 4BR home features original staircase & plank flooring, beautiful large restored kitchen w/brick fireplace, sunroom w/pellet stove & window garden, large living room w/bonus sitting room, & much more. Property is a must see! **\$225,000**

46 West Main Street, Ilion



For the buyer who loves historic homes this charming village property located on a corner lot, granite countertops with upgraded appliances in kitchen, formal dining room with surrounding pocket doors leads to spacious living room with fireplace, optional downstairs bedroom and 3/4 bath with intricate old house designs of all the original woodwork throughout, 4 bedrooms located upstairs, and two entrance staircases on each side of home. **\$119,000**

243 Church St., Little Falls



This 2 story home's interior is dated, but is in excellent condition. Well taken care of it offers 4 bdrms, 2 baths, formal dining room, beautiful original natural woodwork, nice backyard, 1 stall garage. Nice perfect family home. Homes in neighborhood on upper Church St. Owner lives out of area and she would like to move it fast. Open to offers. Take a look you won't be disappointed. **\$73,500**

128 Forest Ave., Caroga Lake



3 parcels situated on large corner lot. Potential to build additional camp. The existing cozy camp has 2BRs, living room w/fireplace & beautiful restored pot belly stove, kitchen, & deck. Lake access to West Caroga Lake w/beautiful beach frontage on Fleeman Grove Association Beach. **\$59,900**

247 Irondale Road



Outdoor lovers, snowmobilers, come & get it, main trail passes right through property. What a beautiful spot this comfortable bungalow shares with a 40x30 pole barn, single stall garage & storage shed. All sitting on 7.5 acres with 750ft of road frontage, 1 acre lawn & the balance of property is all woods, nice pole barn with concrete floor & full electric or a nice comfortable home, seasonal or year round. The house although comfortable as is could use some updates. Come take a look & give us a reasonable offer, owner is anxious to move this property before winter sets in. **\$109,000**

6 Millers Grove Rd., Dolgeville



Country style ranch home situated on half an acre. Home features 3 nice size bedrooms with 2 full baths, eat in kitchen with new appliances, large open living room with optional dining space, and 1 stall carport. Cozy, quaint and the convenience of having everything on one floor! Home next door being sold separately, seller willing to make you a 2 for 1 deal! **\$110,000**

731 Dairy Hill Rd., Salisbury



IMMACULATE! FURNISHED! 35 ACRES! A MUST SEE! Privately set 3 bedroom manf. home at the tops for design inside and surrounded by 35 acres of woodland with private road trails for the hunting enthusiast and open pasture views for any additional upgrades to property you may want. Near snowmobile trails and club. **PRICED RIGHT! \$89,000**

4 Millers Grove Rd., Dolgeville



Cozy ranch home with country location and convenience of being near village with all it's amenities. This 3 bedroom home features efficient heating systems, new laminate flooring throughout, open floor plan for kitchen and dining room, roof and furnace recently updated, and 2 stall garage. Additional home sold separately next door. Seller willing to make a 2 for 1 deal!!! **\$124,900**

1066 Dairy Hill Rd., Salisbury



This 5 acre wooded property is ready to be finished your way. The exterior of building is finished with metal roof and siding. Interior is framed with potential to be a 2 bedroom cabin nestled in woods. Property is on maintained road with private setting for hunting, fishing, and a peaceful getaway. **\$64,000**

1051 St. Rte. 29A



Living is easy in this well-maintained, 3 Bedroom ranch on one acre, oversize garage, 1 convenient level for retirees, a potential playroom in the basement allows a neat main level for those with a family! Country living and recreation with main road accessibility for the work commute. **\$109,000**

14 Schuyler Rd., Dolgeville



This tastefully updated village 3 bedroom home will surely win your heart with it's natural hardwood floors throughout, arched entryway and enclosing windows that surround living room, formal dining room, country eat in kitchen with plenty of cabinetry and space, first floor laundry and bathroom, open front porch, large backyard with new concrete padded patio. **A MUST SEE! \$89,900**

5 Spencer St., Dolgeville



This lovely 3 bedroom Victorian home's charm is a must see for the price! Features many updates from the furnace, siding, windows, beautiful large bathroom, and hot water on demand. Option to have 1-2 bedrooms downstairs and up. Large backyard with swimming pool. **\$74,900**

148 McClure Road



Well built starter home on 2+ tranquil acres. Great location close to snowmobile trails and Adirondack lakes. Efficient heating w/integrated water heater supplemented by cozy woodstove. Includes lot across the road w/ garage and storage sheds. Definitely worth a look for the country enthusiast! **\$89,000**

104 South Main St., Dolgeville



Corner lot located in village. Property is situated in town on Main Street with heavy traffic flow and great exposure for a new business or residential home. Open to offers. **\$40,000**

457 Piseco Road, Stratford



Charming custom built home situated on over 9 acres, two levels of views that feel like they seamlessly enter your living area with it's custom designed cabinetry in kitchen, loft, voluminous high vaulted ceilings with the finest of pine wood layout and an open floor plan that allows for large gatherings. Camper and small camp already in place for all your family to come and enjoy this Adirondack getaway. **\$210,000**

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195/70-14	215/55-17	235/65-17
195/65-15	215/50-17	235/60-18
195/60-15	225/55-16	235/55-18
205/70-15	225/50-17	245/65-17
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Safety tips for senior citizens

As we become older we also become less able to defend ourselves or appear confident. Senior citizens are often the target of theft, robbery, or fraud. There are some helpful tips to help you to remain safe both in and outside of your home.

Safety at home

- Keep doors locked, both when you are home and when you are away.
- If someone knocks at your door, don't open the door unless you know your visitor.
- Have a peek hole in-

stalled in exterior doors if possible.

- If a person claims to be from a specific place, ask the person to show you identification either through a mail slot or by sliding it under the door. Refuse to open the door for those who cannot provide this information.

- If someone knocks at your door to ask to use the telephone, never open the door. Ask for the information and make the phone call for them.

- If someone comes to your door who you do not

know or trust or who you feel may be dangerous, call your local police department or 911.

- Never hide a key to your home outside your door, such as under a mat, in a flower pot, or in the mail box. Burglars will know where to look!

Telephone safety

If you receive numerous "wrong number" calls, never allow yourself to engage in a conversation where you reveal your name, address, marital status, or any other information that might indi-

cate you're alone or vulnerable. And NEVER give bank or credit card information over the phone even if the caller wants you to "verify" it.

Safety outside of the home

- Always be alert of your surroundings, especially in parking lots.

- Carry as little cash as possible at all times and carry any credit cards concealed. If you carry a purse, never carry it wrapped around your wrist. Rather, carry close to the front of your body.

If you carry a wallet, try to avoid carrying it in a pocket that it could easily be removed from. If a burglar attempts to grab your purse or belongings, do not resist. Give the object to the burglar and never pursue the burglar. Make noise to alert bystanders!

- When approaching your vehicle, have your keys ready. It's a good idea to have your key in your hand before leaving the store. Before you get in your car, glance in the back seat and front seat to be sure. Once in the

car, don't linger, especially putting money in your wallet. Lock your doors immediately and start your engine. Beware of papers stuck to your windshield. Do not exit your vehicle to remove anything on your windshield. Drive to a safe location first before getting out to see what it is.

Please contact Herkimer County Office for the Aging or NY Connects for more information at 315-867-1415 or www.herkimercounty.org; go to departments, then Office for the Aging.

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Troopers drive 87-year-old across Utah to see son

SALT LAKE CITY (AP) — Hitting a patrol car isn't the best way to end a traffic stop, but it worked out for one 87-year-old Nevada woman rushing to see her ailing son 350 miles away in Utah.

Four Utah Highway Patrol troopers ferried Helen "Skeeter" Smith across Utah on Dec. 5, each driving her part of

the way to an Ogden hospital where her son was being treated for an unnamed condition.

The Panaca, NV, woman was pulled over for driving too closely to Trooper Jeff Jones' patrol car at about 7 p.m. in the central Utah town of Fillmore.

"He was all nice," Smith said. "Oh, yeah. He was

just doing his job."

Jones let her go with a warning. But as Smith drove away, she accidentally put her car in reverse and hit his patrol car. She told him where she was going while they dealt with the dent.

Convinced it might not be safe for Smith to drive, Jones arranged for her car to be moved to a secure place and be picked up by her family. He then drove Smith north to Juab County, where Trooper Jared Jensen picked her up and escorted her to Utah County.

There, they met up with Trooper Chris Bishop, and he drove Smith to Salt Lake County. Trooper Andrew Pollard then completed the approxi-

mately 180-mile journey to Ogden Regional Medical Center with her. They arrived at 10:30 p.m.

"She was very excited to tell me about her dogs, her cat and her hometown," Pollard said. "To hold her hand walking into the hospital was very, very rewarding."

Smith said she was grateful she didn't have to brave the freeway alone late at night.

Plus, she enjoyed her travel companions. "Four good-lookin' patrol boys brought me," she told K U T V (<http://bit.ly/1A90c05>).

Smith said her son Randy isn't doing well, but she's glad to be with him for treatment.

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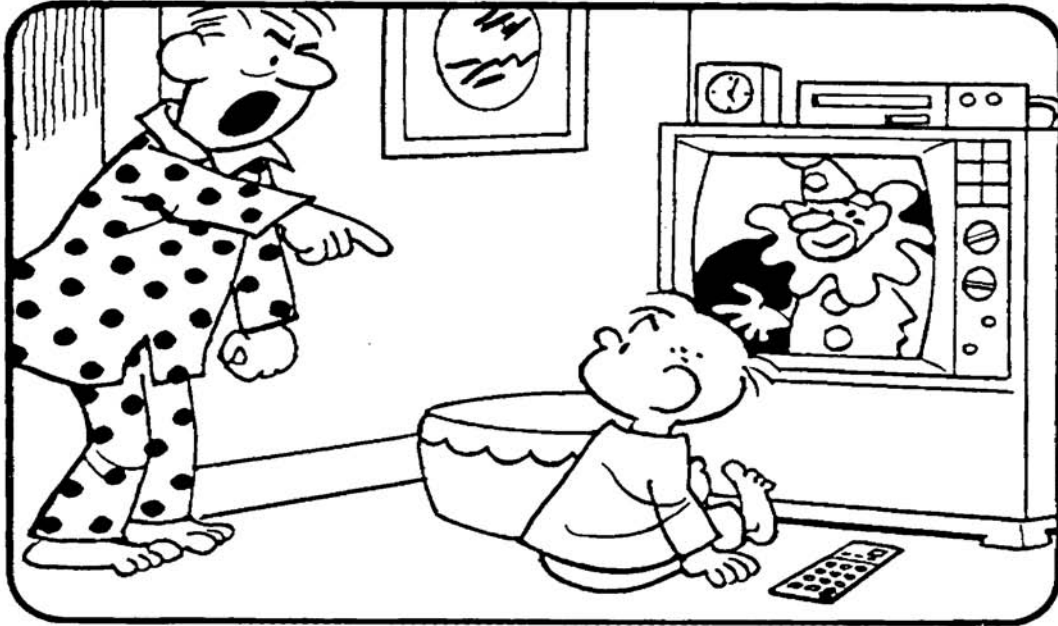
Amber Waves

by Dave T. Phipps

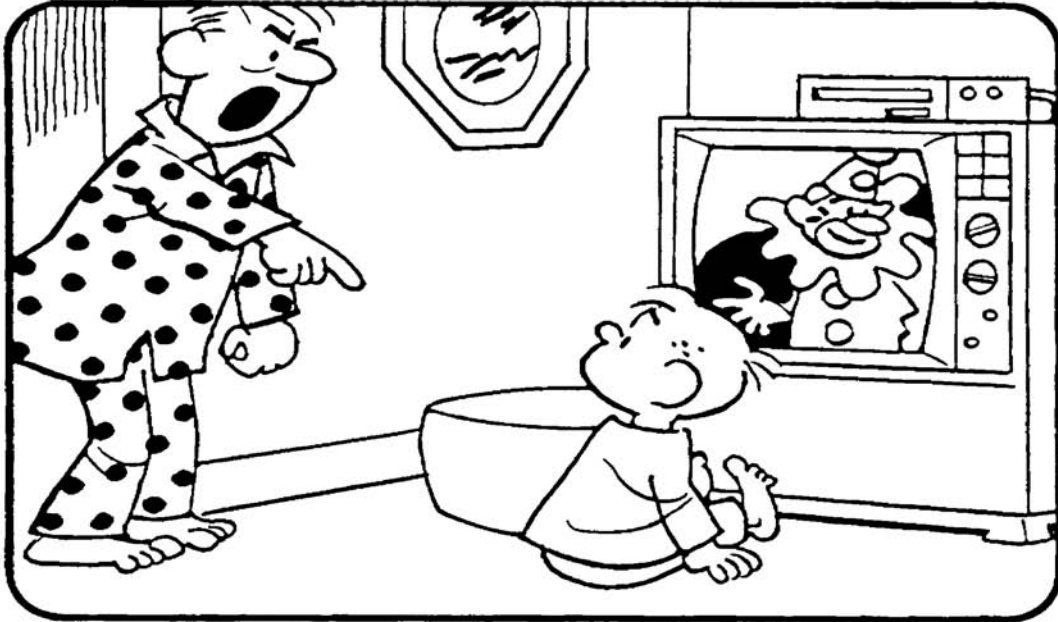


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BY HENRY BOLTINOFF



Find at least six differences in details between panels.



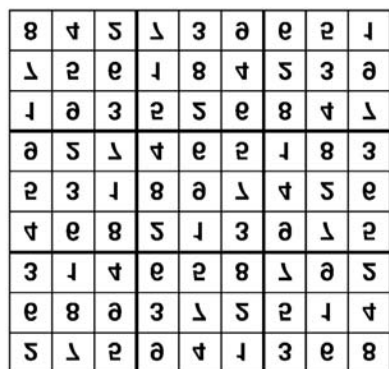
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Differences: 1. Arm is moved. 2. Frame is different. 3. Hassock scallop is missing. 4. Clock is missing. 5. Clown is missing. 6. Remote control is missing.

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Answers



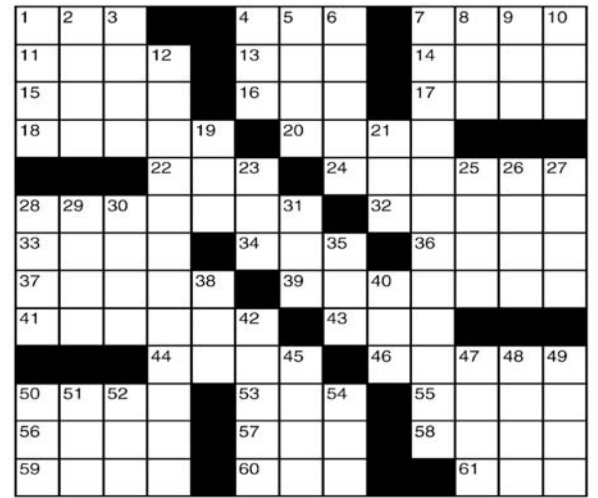
Answers

The secret of getting ahead is getting started. ~ Mark Twain

King Crossword

ACROSS

- 1 "I — Camera"
- 4 Film director Van Sant
- 7 Lather
- 11 Cabin makeup
- 13 Fire residue
- 14 Not working
- 15 Time of prosperity
- 16 Writer Buscaglia
- 17 Bridle strap
- 18 Inert gas
- 20 Nitwit
- 22 Family
- 24 Preeminent person
- 28 Diamond merchant
- 32 Skeptical sort
- 33 Line of symmetry
- 34 Child
- 36 Eat
- 37 Craze
- 39 Made a map of
- 41 Like urban air, maybe
- 43 Historic period
- 44 Verb's companion
- 46 Contest submission
- 50 Coffee, slangily



- 53 — Zedong
- 55 "Take — Train"
- 56 October birthstone
- 57 Speedometer stat
- 58 Witnessed
- 59 Obtains
- 60 Thanksgiving veggie
- 61 Wapiti
- 7 Hoses are hooked up to them
- 8 Praise in verse
- 9 Clay, today
- 10 Fellows
- 12 Old West communications
- 19 Zero
- 21 Atl. counterpart
- 23 Badminton barrier
- 25 One
- 26 Baseball team
- 27 Scored 100 on
- 28 Jellies' mates
- 29 Physical
- 30 Drunkard
- 31 Sinbad's bird
- 35 Definite article
- 38 Past
- 40 Exist
- 42 Delicious
- 45 California grape valley
- 47 You, old-style
- 48 Rod's partner
- 49 Tug
- 50 Trot
- 51 Gorilla
- 52 Cistern
- 54 Resistance measure

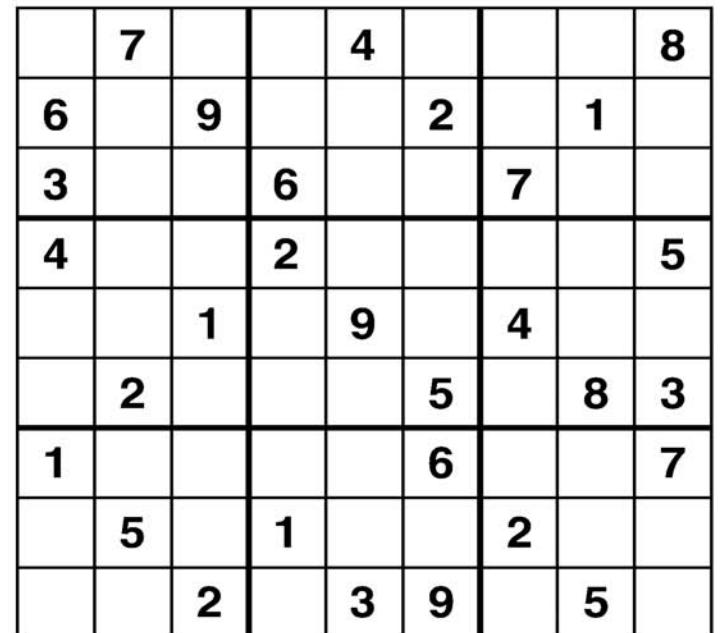
DOWN

- 1 Actress Jessica
- 2 Heath
- 3 Wide-eyed
- 4 Cowboy's sweetie
- 5 Secondhand
- 6 Trembled

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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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Teenagers not driving safe cars, study shows

(BPT) — Taking the driving test and earning a license is a cherished rite of passage for teenagers across the country. With their license in hand, they view the road as their gateway to independence and they eagerly look forward to what's around the next curve. In order to do this, however, a teen must have access to a car.

Many families with teens look for a used car for the family's newest driver. Used cars can help a family stay on budget

with a new driver in the family, but new research from the Insurance Institute for Highway Safety (IIHS) shows that many teenagers are not driving vehicles that have good crash-protection features. The research found that teenagers tend to drive older vehicles, which are less likely to have safety features such as electronic stability control and side airbags. Teenagers who drove a vehicle that the family already owned were even more likely to drive an

older model. In a survey, two thirds of parents with teens driving a car that was already in the family said the vehicle was a 2006 or older model. Another study found that among 15 to 17-year-old drivers in fatal crashes between 2008 and 2012, 29 percent were in mini cars or small cars, and 82 percent were in vehicles at least 6 years old.

In light of these reports, here are some guidelines for providing teenage drivers with the safest vehicles:

- Avoid high horsepower - Teens may want speed and power, but this temptation can overwhelm immature and inexperienced drivers. Vehicles with higher horsepower can tempt teens to exceed the speed limit or cause them to lose control on curvy and hilly roads.

- Weight and size - Vehicles that are larger and heavier provide better protection for drivers and passengers in a crash. The Insurance Institute for Highway Safety did not include any mini cars or small cars on its list of best vehicles for this reason. There are some small SUVs included because they are heavier vehicles.

- Electronic Stability Control - Computer technology is helping to make cars safer for all drivers. Be sure the car you purchase for your teen has Electronic Stability Control, which helps drivers maintain control of the vehicle on curves and slippery roads. This technology started appearing in luxury cars in the 1990s, and the National Highway Traffic Safety Administration (NHTSA)



Parents need to remember the risks teens take and consider paying a little more for the vehicle they will be driving.

has implemented rules requiring this technology in all new passenger vehicles sold in the United States since 2012.

- Best crash test ratings - The Insurance Institute for Highway Safety provides safety ratings for the most popular cars, SUVs and minivans. Vehicles for teens should perform well in these tests and those conducted by NHTSA.

Based on these guidelines the IIHS has created a list showcasing the best choices for used vehicles in several price ranges. The list of the best vehicles for teenage drivers includes vehicles that meet these safety recommendations, including standard electronic sta-

bility control, which is especially important for teens. They are also sorted by price to help parents research the best vehicles and match their own budget. The research found parents pay on average about \$9,800 for vehicles for their teens, but many spend far less.

"Unfortunately, it's very difficult to get a safe vehicle for a teenager at the prices most people are paying," says Anne McCartt, IIHS senior vice president for research. "Our advice for parents would be to remember the risks teens take and consider paying a little more."

Visit the IIHS to learn more about safe cars for teens.

'Wizard of Oz' Cowardly Lion costume fetches \$3M

NEW YORK (AP) — The Cowardly Lion costume from the classic film "The Wizard of Oz" and the piano from the movie "Casablanca" each sold for over \$3 million at a New York City auction.

They were among Hollywood memorabilia offered at Bonhams on Nov. 24.

The big cat outfit, which went for just over \$3 million, had been authenticated as the one Bert Lahr wore in the 1939 film. Its face is a sculpted likeness of the late actor.

A spokesman for costume owner James Comisar says a secondary cos-

tume used in the film sold at auction in recent years for close to \$1 million.

Comisar has a trove of TV memorabilia from shows including "I Love Lucy" and "Lost." He has said he plans to use money from the Cowardly Lion costume sale to exhibit his collection.

The upright "Casablanca" piano fetched \$3.4 million.



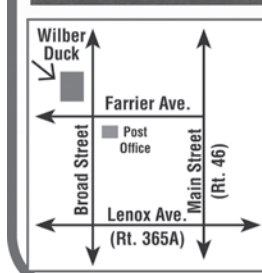
Publicity photo of American entertainer, Bert Lahr promoting his role as the Cowardly Lion in the 1939 feature film, The Wizard of Oz. Photo source: wikimedia.org

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How to live as a one-income family

Many couples wonder about the secret to surviving on one income when it seems like they're just making ends meet with two incomes. Dual-income households, which in the United States are now more common than single-income households, have become the norm.

With the rising cost of living, it may seem necessary for families to generate two incomes. However, many families still find a way to thrive on just one income. Doing so often requires a careful examination of family finances and a commitment to making changes to ensure one income is enough for a family to thrive.

• Examine your spending habits. Having a clear picture of what is being spent each month will give you a better picture

of which things are necessities and which are luxuries. Knowing how your money is being spent will help you reestablish your priorities and map out a plan to live on one income.

• Stay disciplined and organized. Some people grow accustomed to taking out the credit card anytime they want to make a purchase, oblivious to what they're actually spending until the bill arrives. If you are such a person but you want to successfully transition to a single income household, you will likely need to rein in such spending habits. Determine exactly what is needed to cover bills each month. Once you understand what's needed for the home, figure out how much you have left over. Divide that as necessary for savings

and extra spending money. Knowing what you have to spend makes it much easier to avoid overspending.

• Keep an emergency stash. Many financial experts recommend having enough in a savings account to cover six months' worth of living expenses. This affords the household breadwinner enough time to find a new source of income in case of layoff and enough security to pay bills in case of injury.

• Prepare ahead of time, if possible. If you are currently living with two incomes, try living with one income for several months to a year and bank the other salary entirely. This will give you an accurate idea of whether you can afford a one-income lifestyle.

• Speak with a tax pro-



After making a few adjustments, many families find that they can successfully live on just one income.

fessional. In many cases, moving to one income will put you in a lower tax bracket. This alone can make it worthwhile to explore a one-income lifestyle. An accountant can give you a clearer

view of potential savings.

• Trim the extras. If you look at expenses, you may find a number of trivial things that can be cut from your budget. Find out if you can save on cable costs by cutting down

on the number of channels you carry on your plan. And you may be able to save by bundling certain products, such as insurance policies.

Shark photobombs Australian surfing competition

by Rod McGuirk, Associated Press

CANBERRA, AUSTRALIA (AP) — A jumping shark has “photobombed” a surfing competition off an Australian beach. Amateur photographer Steph Bellamy captured the image of the shark with her smart phone on Sunday as she was photographing mothers and their children paddling on their surfboards off a beach in the New South Wales state town of Coffs Harbour. Bellamy, 47, said she did not know that the splash in her viewfinder was a shark until she examined the image on her phone moments later.

“He jumped twice, he photobombed big time, then he went on his way,” Bellamy said. The mothers, like Bellamy, had children in the Coffs Harbour Boardriders club and were taking part in a special mothers’ heat toward the end of day of a local surfing competition when the shark appeared a few meters (yards) away from the group. She photographed the second breach.

Bellamy quickly showed the image to organizers, proving that the split-second disturbance had not been caused by a dolphin or tuna. The surfers were called out of the water. But about 15 minutes later, most returned and the comple-

tion continued, she said. “Nobody was rattled. Everybody was really cool and blown away that I got

the shot,” Bellamy said.

Colin Simpfendorfer, a James Cook University shark expert, confirmed



A jumping shark “photobombed” a surfing competition off an Australian beach. An amateur photographer captured the image of the shark with her smart phone.

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that the image was of a shark. He said it was possibly a spinner shark, which is common in the region and is known to jump from the water. He

estimated it was around 2 meters (7 feet) long. Lee Winkler, who was among the surfers near the shark, said he mistook it for a tuna. “It was having

a bit of fun,” Winkler said. “It just jumped up and had a spin, then jumped up and had another spin, then went away.”

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REDUCED! 255 Blossom Lane, Schuylers



Enjoy easy & quiet living in a 55+ community. This 2007 doublewide is located in beautiful & serene Strawberry Hills. Home is in pristine condition and features living room with gas fireplace, formal DR, gorgeous kitchen with dining area surrounded by windows allowing tons of natural light, 2BRs, 2 full baths, laundry room, covered patio/carport.

239 Mohawk St., Herkimer



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REDUCED! 5 Sunset Ave., Ilion



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New Price - 166 West St., Ilion



Come and check out this 2 family home. Front unit is 3BR, 1.5 baths, very large LR w/fireplace, DR, kitchen & den. 2nd unit is 1BR with LR & kitchen and is being sold furnished. Nice corner lot. This is a must see for the price!

Looking for mites and other January gardening tips

by Leonard Perry, UVM Extension Horticulturist and Charlie Nardozi, Horticulturist

Checking houseplants for spider mites and other insects, cleaning bird feeders, and disinfecting seed starting containers are some of the gardening activities for this month.

Aphids and spider mites may be multiplying like crazy amidst your houseplants, especially if they are grouped close together. Isolate each plant and inspect it closely with a magnifying glass if necessary. Aphids are easier to see, come in many colors, and move about on new growth and stems in particular. Look under leaves and

where leaves join stems for the characteristic webbing of spider mites. Palms and English ivy are favorites of spider mites.

Treat these pests by holding the plant and pot upside down and submerging the foliage in a sink full of soapy water (wrap aluminum foil over the soil to keep it from falling out). Use a mild detergent, or weak solution, so not to damage the plant leaf surfaces. In severe cases, spray the plant with insecticidal soap or similar insecticide for indoors.

Birds deserve clean food surfaces as much as we do. Every few weeks bring the feeders inside

and wash them with soap and water into which a little bleach has been added (one part bleach to nine parts water). Rinse thoroughly and dry.

If you have a heated bird bath (a good idea if you don't), make sure to clean it every few days too. I have an old brush just for this purpose. Don't use your kitchen one that is used on eating surfaces. Of course these can just be cleaned outdoors when filling them.

Take inventory of trays, pots, and six-packs from past years and discard any that are cracked. To get off to a clean start with seed starting this year, disinfect flats and

pots in soapy water with bleach added: one part bleach to nine parts water. The longer you can soak them, the better, but at least try for 10 minutes. Then rinse well. Be sure to scrub off any soil before this cleansing rinse. If you prefer not to use bleach due to its chlorine fumes and caustic nature, a household disinfectant (such as the Lysol brand) can be used instead, with one part of it to two parts water.

If that geranium or coleus you're overwintering inside has sent out spindly new shoots, keep trimming it back until the increased sunlight can support sturdier growth.

If you have low light, keeping the plant in a cooler location (50 to 60 degrees F) may help.

Orchids are one of the most popular flowering potted plants now, and a common one often found in garden stores and retail chain stores is the moth orchid (*Phalaenopsis*). When in flower, they need consistent temperatures of above 60 degrees at night and above 70 during the day. In New England, a south window in winter is not too much light, whereas it would be too much in summer.

Fertilize orchids with a dilute liquid orchid fertilizer (high phosphorous, low nitrogen). Let the soil dry out somewhat be-

tween waterings but not get completely dry. The flowers can be damaged by gas from a stove, cigarette smoke, and other chemicals in the air. If buds drop before opening, raise the humidity with a room humidifier or by grouping plants together on top of pebbles in a tray with water up to the bottom of the pebbles.

Other gardening activities for this month include keeping bird feeders filled daily or as needed, checking stored summer bulbs (like dahlias) and root crops (like winter squash) for rots, and studying seed catalogs and online websites for new varieties for this year's garden.

Do insects have good taste?

Taste is the dominant sense associated with

food and eating, although smell certainly plays a

role as well. Eating and food acquisition is essen-

tial to animal survival. Historically, taste has allowed an animal to discern if something was beneficial to eat or if it was something harmful. While such a statement might have applied to ancient humans who were hunters and gatherers, it probably doesn't apply to most people today. In fact, it might be just the opposite.

Recent reports have surfaced suggesting that human desire for sweet and salty foods might actually be harmful to our health. Indeed it has been shown in some studies that obese people who have either lost the sense of taste or had it diminished are less likely to eat food harmful to them.

So how does the ability to taste compare in humans and insects? Behavioral studies in insects show that, like humans, their sense of taste includes the ability to detect sweet, salty, acidic and bitter tastes. Of these four, only sweet is acceptable to insects. Unlike humans, the other three tastes are not of interest to insects.

In general, insects have a more sensitive "taster" than do humans. For instance, honeybees can detect a much lower concentration of fructose than can humans. Additionally, honeybees cannot be fooled into sipping up artificial sweeteners. Honeybees will not drink solutions that humans would consider sweet, such as those enhanced by Splenda, Equal or Sweet'N Low. Any sub-



A hummingbird clearwing moth (left) and sulphur butterfly feed on a zinnia.



A fly feeding on bird droppings on a corn leaf.

Photos by John Obermeyer/Purdue Entomology

stance that cannot provide an energy source for honey bees and be processed into honey is ignored.

The sense of taste in humans is associated with taste buds located on our tongue. Most humans have around 10,000 taste buds. Each is replaced about every two weeks. However, as we age, all the taste buds aren't replaced, so our sense of taste tends to decrease as we get older.

Insects' sense of taste is also associated with mouth parts, but that is not the only location of the sense in insects. Insects also have cells that function in similar fashion to our taste buds on the antennae, legs and the ovipositor. These insect taste buds can be in the shape of a hair, a peg or a pit. Human taste buds and the equivalent insect devices — generally known as chemoreceptors — function to determine something about food.

An insect can use its feet to determine if something is good to eat. If it is, the insect puts down its proboscis to begin feeding. This is the case with many butterflies and flies. Walking on some-

thing that is good to eat prompts what is known among entomologists as the tarsal taste and proboscis extension reflex. In other words, if you are standing on good food, the tongue comes out!

In other cases, when a female butterfly stands on a plant she can determine if that plant is a suitable host for her potential offspring. If so, she deposits an egg on the plant. In the same way, a female parasitic wasp can use her ovipositor to taste if an insect is a potential host for her young.

Our human sense of taste allows us to enjoy good food. But don't you wish you had an insect's ability to taste with an extremity? That way you could stick your finger into the cranberry sauce before deciding to add it to your plate!



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Number / Classification

- 20 Air Compressors
- 25 Air Tools
- 35 Announcements
- 45 Antiques
- 55 Appraisal Services
- 75 ATV
- 80 Auctions
- 82 Auto Body
- 110 Bedding Plants
- 120 Bees-Beekeeping
- 130 Bird Control
- 140 Books
- 155 Building Materials/ Supplies
- 157 Building Repair
- 160 Buildings For Sale
- 161 Bulk Foods / Spices
- 165 Business Opportunities
- 170 Butchering Supplies
- 173 Carpentry
- 175 Cars, Trucks, Trailers
- 180 Catalogs
- 182 Catering
- 190 Chain Saws
- 195 Cheesemaking Supplies
- 205 Christmas
- 214 Clocks & Repair
- 215 Collectibles
- 216 Clothing
- 235 Computers
- 253 Consignment
- 265 Construction Equipment For Rent
- 275 Construction Machinery Wanted
- 277 Construction Services
- 280 Construction Supplies
- 312 Crafts
- 325 Custom Butchering
- 330 Custom Services
- 360 Deer-Butchering & Hides
- 370 Dogs
- 410 Electrical
- 415 Employment Wanted
- 440 Farm Machinery For Sale
- 445 Farm Machinery Wanted
- 447 Farm Market Items
- 460 Fencing
- 470 Financial Services
- 480 Fish
- 483 Flooring
- 495 For Rent or Lease
- 500 For Sale
- 510 Fresh Produce, Nursery
- 525 Fruits & Berries
- 527 Furniture
- 529 Garage Sales
- 530 Garden Supplies
- 535 Generators
- 537 Gifts
- 575 Greenhouse Supplies
- 585 Guns
- 587 Hair Styling
- 589 Hardware
- 600 Health Care/Products
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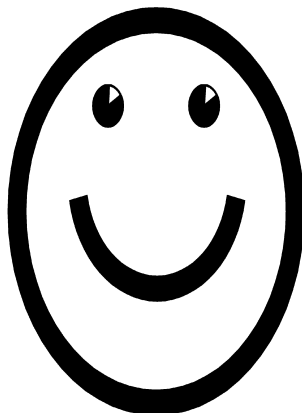
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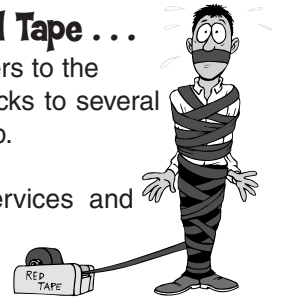
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New law takes aim at Lyme disease

by Senator James L. Seward

According to the New York State Department of Health, since reports were first required in 1986, over 95,000 cases of Lyme disease have been confirmed in New York State and the number is growing. That's why I am extremely pleased that legislation I co-sponsored this year, that will help doctors and patients treat the symptoms of Lyme and other chronic diseases has now been signed into law.

Lyme disease is an infection, caused by bacteria, that is spread by the bite of an infected tick. Lyme disease can affect the skin, joints, nervous system and/or heart. When detected early, it usually can be treated with oral antibiotics. If left untreated, it often causes serious health problems.

The type of tick responsible for spreading Lyme disease in New

York is the deer tick. Not all deer ticks carry the bacteria that cause Lyme disease; they become infected after feeding on an infected animal such as a mouse or other small mammal. Transmission from infected ticks does not occur until a tick has been attached and feeding for at least 24 to 36 hours, which is why it is important to always check for ticks after spending time outdoors. You cannot get Lyme disease from another person or an infected animal.

The legislation (S.7854) was among the recommendations in a special report released earlier this year by the Senate Majority Coalition Task Force on Lyme and Tick-Borne Diseases. The task force worked for nine months, reviewing research, consulting with experts, conducting public hearings, and developing an

action plan to serve as a roadmap for the state to reduce the incidence of infections and increase detection, diagnosis and treatment where cases do occur.

The new law codifies an existing state health policy and enables the state's Office of Professional Medical Conduct (OPMC) to maintain a flexible, case-specific, investigations policy, particularly where new treatments and acceptance by the medical community do not align.

Some individuals infected with Lyme disease may benefit from alternative medical treatment that is not universally accepted by the medical community. Too often, doctors choose not to pursue the alternative treatment — even if they believe it is best for the patient — fearing an investigation or charges by OPMC.

This legislation ensures that determina-

tions of effective and appropriate treatment of Lyme and other illnesses remain in the hands of medical professionals and does not subject practitioners to OPMC identification, investigation or charges based solely on their recommendation or provision of an innovative and effective treatment.

Additional recommendations from the task force focus on the need for: additional research and data about past, current and future disease trends; increased public awareness as the reach of the diseases spread to new communities; implementation of preventive measures such as "4 Poster" devices and bait vaccines for animals to reduce the infected tick population; and measures to enhance diagnosis and treatment for those who have the diseases.

The state senate is also

calling for federal action to help combat Lyme disease. A resolution adopted by the state senate formally called on the Centers for Disease Control (CDC) to reevaluate its guidance on Lyme and other tick-borne diseases and requested additional funding from the National Institutes of Health, Department of Defense, and other federal agencies to help fight these diseases.

Fortunately, one of the fiercest leaders in the fight against Lyme disease in Washington D.C. is Congressman Chris Gibson. A great deal of

my district overlaps that of Congressman Gibson's and we have worked together on a number of initiatives. His engagement on this issue is key, and he has already won house passage of legislation which would take action against Lyme disease — the first standalone bill addressing Lyme disease to pass the house.

As with other health concerns, additional information on Lyme disease is available through the New York State Department of Health website at www.health.ny.gov

Gold coins buoy Wichita nonprofits during holidays

WICHITA, KS — For nearly a decade, an anonymous Wichita donor has arranged for gold coins to be delivered during the holiday season to local nonprofit groups.

Two gold coins were recently presented to the Lord's Diner. The coins will go into a vault for the auction the Lord's Diner hosts each fall to raise money. The coins are valued at \$1,300 each.

Guadalupe Clinic pro-

vides health care for those in need. This establishment also received a gold coin.

Wichita Community Foundation says in a news release that the first set of coins was distributed in 2005 to five local organizations. The donor has established a \$100,000 endowment known as the Gold Coin Society Fund so the gifts can continue long after he has died.

Whatchamacallits

The Capitol Theatre in Rome, NY dates back to 1928, so during a trip

to the regional landmark, one might expect to see some evidence of

past eras. One such item is this old-fashioned wooden wheelchair, located upstairs.

It isn't exactly known when wheelchairs were first invented. They are thought to have made their European debut around the 12th century. Self-propelled wheelchairs date back to the 17th century.

This particular chair was manufactured by the Gendron Wheel Company at their Perrysburg, Ohio location, which operated between 1941 and 1963. Gendron made many wheeled products (such as doll carriages, coaster wagons and bicycles) prior to WWII, but during the war, their focus

switched to hospital equipment, such as wheelchairs and wheeled stretchers.

Capitol Theatre Assistant Manager Jack Theakston theorizes that because of the short legs on this wheelchair, it may have been a child-size model. A chair similar in appearance can be viewed at the historic Saranac Laboratory in Saranac Lake, NY.

~~~~~  
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# Son to reunite with dad found after 12 days at sea

by Jennifer Sinco Kelleher, Associated Press

HONOLULU (AP) — The estranged son of a 67-year-old Hawaii fisherman rescued after 12 days at sea says the ordeal has motivated him to reunite with the man after not speaking to him since the 1990s.

His father, Ron Ingraham, arrived Dec. 10 on the Hawaiian island of Molokai, where he lives on his boat that was towed to shore by the Coast Guard.

He was found dehydrated and hungry after being missing since Thanksgiving, when the Coast Guard picked up his first mayday call. He radioed that he was in danger of

sinking nearly 50 miles from the Big Island.

Coast Guard officials sought to contact his next of kin, son Zakary Ingraham, 43, in Missouri. They were unable to reach him until the following Monday, the day they decided to suspend the search.

"It's tough to put into words," Zakary Ingraham said in a phone interview from St. Joseph, MO, as his father was en route to Molokai.

"You're crushed, and you don't know what to do," he said. "And of course, I'm in Missouri so that made it feel worse I couldn't go out and look for him. It was horrible."

Complicating his feel-

ings was a wave of regret for all the years of lost contact and the fact that his father never met a grandson, 8.

"I always wanted to find him and get in touch with him," Zakary Ingraham said. But his father lives on a boat, subsists off fishing and has no known email address or cell-phone number.

"We didn't really have a falling out," the son said. "We just kind of grew apart."

Zakary Ingraham lived in Kealakekua on the Big Island until age 7, when his parents split and he moved to Oahu with mother. He eventually moved to the mainland.

He recalled pleading

with the Coast Guard to extend the search: "I held on to hope. I knew my dad was tough. So I didn't feel like he was gone."

For Coast Guard officials, calling off a search is the hardest choice they have to make, Lt. Scott Carr said.

"You're making a decision to stop searching when you don't have a resolution," he said. "We searched for five days. ... We used every resource we had, and we weren't able to find him."

As the days wore on, Zakary Ingraham resigned himself to accepting his dad was gone.

And then he got a call Tuesday that his father was found.

"At first it didn't register," Zakary Ingraham said. He recalled picturing a floating life jacket on his lifeless father, thinking they must have found him dead.

"They said, 'He's alive,'" he said. "You might as well be on a Broadway show jumping up and clicking your heels, I was so happy."

The Coast Guard had no details yet about what went wrong on Ron Ingraham's boat or how he survived so long at sea.

"To my knowledge he didn't require any medical attention, other than he was tired, hungry and dehydrated," Carr said.

A Navy ship was nearby when the Coast Guard re-

ceived Ron Ingraham's mayday Tuesday. Crew members from that vessel, guided-missile destroyer USS Paul Hamilton, gave him water and food.

"It's the holidays. We all have family who we love and miss, being here stationed far away from the continental U.S.," Carr said. "Anytime we rescue a mariner is a great day."

Zakary Ingraham, a full-time college student, said he's trying to get a loan so he can afford to travel to Hawaii to see his father.

"When I see my dad, I'm going to give him a big hug," he said. "I'm going to do everything I can to get out there as soon as possible."

## DIY projects to help you whip winter

(BPT) — The leaves are falling off the trees, the birds are flying south and you can feel the temperature dropping. Winter is on its way and while squirrels pack away food before the first snow fall, you'll be relieved to know that you still have time to finish some projects listed below to get your home ready for winter.

• **Tackle the yard.**

Your yard will fall into dormancy during the winter, but a little prep now can help your green space bounce back in the spring. Fertilize your lawn using a lawn spreader from your local rental store to turn this all-day chore into a task that takes just a couple of hours. And don't waste the rest of your day raking the yard; instead,

rent a leaf blower to finish this task in a fraction of the time.

• **Seal the gaps.** Find the places where cold air sneaks into your home and you will drastically reduce your heating bills throughout winter. Feel along your windows and doors for any drafts. Seal larger cracks with caulk and cover your windows in plastic wrap for com-



Clear the gutters to prevent a future home disaster.

prehensive protection. If you have a real chimney, don't forget to close the damper to prevent cold air from billowing down the chimney.

• **Clean the carpets.** The winter season can be hard on your carpets as snow, salt and dirt get tracked in from outside. Cleaning them before winter begins puts them in the best possible shape for the colder months ahead. You may think you need to hire profes-

sional carpet cleaners, but you can actually handle this project yourself by renting a carpet cleaner to conquer the task.

• **Protect pipes from freezing.** A ruptured pipe can ruin your home and everything in it. Ruptured pipes occur during winter when the pipes freeze and the frozen water inside expands. You can protect against this by never letting your home's temperature get too low. Wrap pipes running along the

exterior walls in heat tape, and be sure to check on your pipes on those bitterly cold nights.

• **Empty the gutters.** If left unchecked, falling leaves and other debris will clog your gutters and downspouts, which can cause ice dams in the winter. Start by trimming or removing trees and hedges near the gutters. If you lack the tools to complete this project, you can rent a brush cutter, tree trimmer or ladder to do the job. Once obstructions have been removed, clear the gutters to prevent a future home disaster.

These simple steps will help you winterize your home so you can enjoy a happy, hazard-free holiday season. To learn more winterizing tips visit RentalHQ.com.

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## Negligence is the rust of the soul ... and the car

(BPT) — Whether it's the anxiety of looking at a bank statement after a big purchase or waiting for news from a doctor, facing harsh realities can be nerve-racking. The same mentality applies when dealing with your car discrepancies, be it routine maintenance or even skirmishes with other drivers on — and sometimes off — the road.

These drivers are not abiding by one of the fundamental, unwritten road rules, according to a recent survey conducted by Hankook Tire. In the latest Hankook Tire Quarterly Gauge Index, results showed that 86 percent of American drivers have had their car damaged by others when parked and never received a note from the person responsible. However, despite these findings, the gauge also revealed that only 14 percent of Americans say they have dinged a car

and didn't leave a note, which begs the question: Who's telling the truth?

Aside from avoiding issues with others on the road, drivers also tend to neglect their own routine car obligations. The recent gauge index also revealed that 57 percent of Americans leave regular car maintenance obligations such as registration, oil changes, and car inspections until the last minute or past the recommended timeframe.

But what the large majority of the driving population lacks in fulfilling some standard car care needs, they make up for in other ways. Seventy-seven percent of drivers make sure to fill their gas tank before or immediately after their gas light goes on. And although many Americans lack manners by failing to leave notes in parking lots, they take pride in their parking skills. Six-

ty-seven percent of drivers consider themselves "excellent" or "good" parallel parkers, maneuvering into a tight spot in two tries or less.

Now that the winter months are here provide drivers with less than stellar road conditions are here, take into account these helpful car safety tips that will help you be more mindful of your car's basic needs:

**Check your tank** — Running low on fuel on a regular basis can be hazardous to a car because it causes the fuel pump to pick up debris from the bottom of the fuel tank that can clog the pump or fuel injectors. Be mindful of your gauge, and try to get to the nearest fueling station as soon as you can.

**Check your engine** — Thirty-one percent of Americans wait to change the oil until past the recommended service date. Not changing your oil of-

ten enough allows harmful dirt, particulates and acids to degrade or damage key engine parts.

**Rotate your tires** — According to the Hankook Tire Quarterly Gauge Index, 33 percent of Americans say tire rotation is the No. 1 routine car maintenance obligation that they put off until the last minute. However, rotating the tires allows them to wear more evenly, increasing the tires' lifespan.

**Choose the right tire** — Do you know what brand of tires you have on your car right now? If you said no, you're not alone. Thirty-six percent of Americans say they don't know their tire brand. Knowing this information is important to be sure if the tires are appropriate for the upcoming fall and winter driving conditions.



Be more mindful of your car's basic needs.

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## Chow Line:

### Prescription for healthy eating

**I seemed to get sick a lot last winter. Besides citrus fruits, is there anything I can eat to fight bugs before they get a foothold?**

The best thing you can do to boost your immune system through diet is to eat plenty of fruits and vegetables.

Will that ward off all illness? Not by a long shot. Although there is some science behind the guidance, it's important to remember that the immune system is a complicated thing, and there's still a lot that researchers don't understand about exactly what affects its performance. Still, science does provide some evidence that a healthful diet can help.

For example, a British study published in the American Journal of Clinical Nutrition in December 2012 followed 83 volunteers, ages 65 to 85, who normally ate only two servings of fruits and vegetables a day. Half the participants were told to increase their consumption of produce to at least five servings a day. It didn't matter what kinds of fruits and vegetables they ate — they just needed to eat more, and they were encouraged to eat a wide variety of

For this study, a serving of fruit was defined as 80 grams, or just about three ounces, or three-quarters of a cup of fruit juice. A serving of vegetables was defined as three heaping tablespoons.

After 12 weeks, both groups were given vaccines for pneumonia and for tetanus. No differences between the groups were seen from the tetanus shot. However, participants who ate more produce and who never before had received the pneumonia vaccine — Pneumovax II, commonly used in the United Kingdom — developed significantly more antibodies to fight against pneumonia than the others in the study.

In addition, those who ate more produce reported less illness: 20 percent of the five-servings-a-day group reported recent infections or illnesses, compared with 33 percent in the two-portion-a-day group.

While this study focused on older people, boosting intake of fruits and vegetables isn't bad advice for anyone.

To learn more, the Harvard Medical School provides detailed information through its Flu Resource Center. It offers guidance on:

- Healthy-living strategies that help all parts of your body, including the immune system, function better.

- How to weigh immunity-boosting claims of supplements and other products.

- The interactions of age, diet, stress and exercise on the immune system.

To read the article, go to [www.health.harvard.edu](http://www.health.harvard.edu) and search for "How to Boost Your Immune System."

*Chow Line is a service of Ohio State University's College of Food, Agricultural, and Environmental Sciences and its outreach and research arms, Ohio State University Extension and the Ohio Agricultural Research and Development Center.*



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