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COUNTRY EDITOR



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Cake-cutting etiquette and guidelines

The presentation of the wedding cake marks the culmination of the day's festivities and a final symbol of a happy couple's new partnership. Many people eagerly await the cake as much as they may anticipate catching a glimpse of the bride in her beautiful gown. While the cake in all its finery can be a beautiful sight to behold, a cake can only last so long before its fate as a delicious dessert is sealed.

As is the case with many wedding traditions, there is some established etiquette with regard to cutting and serving wedding cake. If you plan on putting your cake on display, be sure it is made with a frosting and filling that can endure room temperature. Certain creams may sour if not refrigerated, and you do not want anyone becoming ill. If you have your heart set on perishable fillings, keep the cake refrigerated and then have the big reveal right before it is cut.

The cake cutting usually comes near the end of the wedding reception. Schedule the cutting so that older guests or young children can leave without feeling as if they would be offending any-



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A bride should hold the cake knife with her right hand, while the groom places his right hand over hers before they proceed to slice down together. If the cake has a foam or cardboard support, be careful not to cut through it. Use a cake server to grab the first piece.

Traditionally the newly betrothed will feed each other a bite of the cake to symbolize their first meal as a couple. Couples can feed each other a small amount, taking care not to spill any. Many couples no longer embrace the once-popular tradition of smashing cake in each other's faces, but whether or not couples follow this tradition is up to them.

Some couples like to serve their parents a piece of cake. Traditionally the bride should serve the groom's parents and the groom the bride's parents. If there is a groom's cake, guests may prefer a



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The cake-cutting ritual at weddings has withstood the test of time, and many couples still prefer to present the cake with fanfare and excitement.

slice of both cakes. Guests may also want to take home a slice of the groom's cake. Tradition states that a piece of the groom's cake should be presented to an unmarried woman attending the wedding. The woman is not expected to eat the cake, but rather to put it under her pillow. Superstition held that this tradition would help an unmarried woman find a husband. Make arrangements for proper packaging of the groom's cake, so guests can take home

a slice if they so desire.

The waitstaff typically handles the slicing of the cake. The uppermost tier is reserved for the couple to save, and the remainder of the cake will be served.

Recognize that not all guests like cake, but it's better to err on the side of caution and have a cake that will feed all of the guests. You also may want to offer a dessert bar for guests who prefer another type of sweet treat. However, this is a luxury, not a necessity.



Eight ways first-time homebuyers can make themselves mortgage-ready

(BPT) — It's rare to get something right the very first time you try it, but when it comes to buying your first home, a lack of knowledge and experience can lead to costly could lead to consumers paying a higher interest rate or failing to secure an affordable mortgage for the home they want," says Eric Hamilton, President of Vanderbilt

calculating what that amount will be and begin saving that same amount every month so you can get used to the budget change in ad-

tion and type of home you want to buy. Many factors influence the cost of a home, including its location, size, style and more. A larger home in a vance. Use a free online high-income area will



When it comes to buying your first home, a lack of knowledge and experience can lead to costly mistakes.

mistakes. One in four first-time homebuyers say they are completely unfamiliar with the mortgage financing process, according to a report by the Consumer Financial Protection Bureau. Even among those with an understanding of the overall process, the report found that many first time homebuyers still had significant knowledge gaps in important areas such as available mortgage rates, closing costs, down-payment requirements and income required to qualify for a loan.

"Not having all the information available Mortgage and Finance. "While most first-time homebuyers understand the importance of their credit report score in securing a mortgage, it's important they arm themselves with comprehensive knowledge. Fortunately, there's plenty of useful information out there for borrowers who want to do their homework before diving into the loan process." Vanderbilt Mortgage

offers eight tips for firsttime homebuyers: 1. Adjust your budg-

et. A mortgage payment can increase your monthly housing expenses, so prepare by

payment calculator to help you predict your payment and understand your current debtto-income ratio.

2. Plan for a down payment. Nearly all home loans will require you to put some money down as a down payment. Some home loans may require as much as 20 percent of the purchase cost as a down payment, although some Federal Housing Administration loans may require less. Decide on the amount you think you'll need and create a savings plan to help you reach that goal. 3. Consider the locagenerally cost more, and property taxes will be higher on a bigger, newer, well-located home. Many first-time homebuyers find manufactured or mobile homes are a good option. Knowing the estimated cost of the type of home you want to purchase can help you better manage your budget.

4. Stay on top of your credit. Lenders will consider your credit score and report history when determining your mortgage eligibility and the interest rate they may offer you. Make sure to review your credit report in advance. You can down-

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load a free credit report once a year from all three major bureaus at www.annualcreditreport.com. If you're planning to apply for a mortgage, it's a good idea to review your report more frequently and to consider paying to obtain your credit score from at least one major bureau. If your report contains errors, work with the credit bureaus to have them corrected before you apply for a mortgage.

5. Keep current on monthly bills. While it's important to save toward a down payment, don't let monthly bills slide. Paying your bills on time every month can help increase your credit score, and a good payment history is something lenders look for when reviewing your credit report. Use online tools like email reminders and automatic payment options to help ensure you never miss or make a late payment.

6. Work on your debt. If you have delinquent balances, bring them up to date as quickly as possible. If you carry a lot of revolving credit card debt, you may want to work to reduce it by paying more than the monthly minimum payment. While it helps to have a report that shows no late payments, the

most important thing is to not have any delinquent balances before you apply for a mortgage.

7. Plan for escrow. In addition to the amount you will need each month toward repaying your mortgage, you'll need escrow – an amount added to and collected with each monthly mortgage payment that is applied toward annual homeowners' insurance premiums and/or taxes. Estimating taxes and total insurance costs can help you better understand how much your escrow will be each month, and you'll be able to budget more accurately as you prepare for home ownership. Don't forget that this amount may adjust every 12 months if your insurance premium or taxes change for the next vear.

8. Take advantage of educational resources. From lenders' websites to government agencies, it's easy to find plenty of information online. Check out resources like the Consumer Financial Protection Bureau, the U.S. Department of Housing and Urban Development (HUD) and the Federal Housing Administration.

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How to avoid growing bored in retirement

From the moment young men and women first walk into the office for their first day as a working professional until the day they officially retire, the notion of planning for retirement is never far from their minds. But when the day to hang up the briefcase and donate all those business suits arrives, some retirees wonder what to do next. Some retirees know exactly how they will spend their days when they no longer have to work, while others who decide to play it by ear may find themselves battling boredom.

For those among the latter group, it's important to understand that many retirees find themselves bored once they no longer have to focus on a career. Jobs keep men and women busy and provide a sense of purpose in their lives, so

Π

it's understandable that retirees feel bored once those jobs are no longer a part of their lives. But just because you no longer have an office to go to every day does not mean life cannot be as fulfilling or even more fulfilling than it was when you were still working. You just need to find something to avoid succumbing to retirement boredom.

• Work part-time. Though it might seem odd to start working right after you retire, a part-time job can provide the type of structure you have grown accustomed to without all of the responsibility that comes with a full-time career. Part-time jobs can range from consultancy work that makes use of your professional experience to something entirely different like landscape maintenance at a nearby golf course that gets you

out of the house and enjoying the warmer seasons. Whichever you choose, make sure it's something you find fun and interesting.

• Embrace a new hobby. Working professionals often say they wish they had time to pursue a hobby. Now that you are retired, you have all the time in the world to do just that. Whether it's perfecting your golf game, writing that novel, learning to cook like a gourmet chef or whatever else you might have always wanted to do, retirement is a great time to do it.

• Get in shape. If retirement boredom has started to negatively affect your mood, one great way to conquer your boredom and improve your mood at the same time is to start exercising. Exercise is a natural mood enhancer. When the body exercises. it releases chemicals knowns as endorphins, which trigger positive feelings in the body. In addition, regular exercise has been shown to

reduce stress, boost selfesteem and improve sleep. Working out at a gym also is a great way to meet fellow retirees in your community, and the energy you have after exercising may give you the boost you need to pursue other hobbies.

• Volunteer. If a parttime job is not up your alley, then consider volunteering in your community. Volunteers are always in demand, and volunteering with a local charity can provide a sense of purpose and provide opportunities to meet like-minded fellow retirees, all while helping to quell your boredom. Retirees who love to travel can combine their passion for volunteering with their love of travel by signing up to work with an international relief organization that travels abroad to help the less fortunate.

Upon retiring, many retirees initially find themselves coping with boredom. But there are many ways to avoid the restlessness of retirement.

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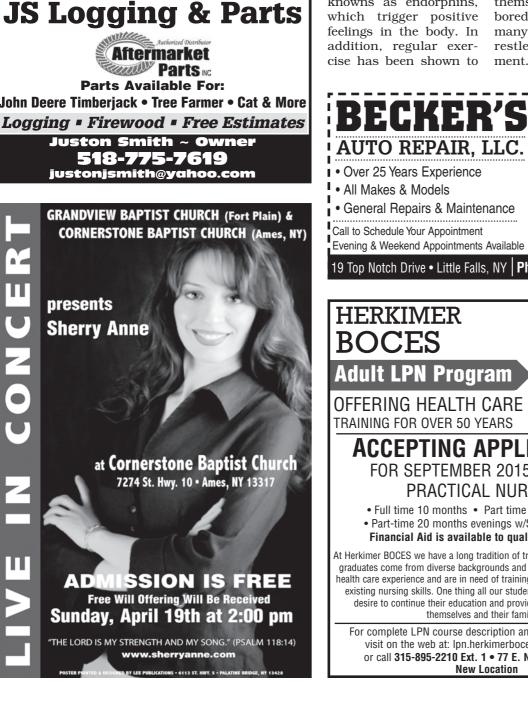
Embracing a new hobby is one way for recently retired men and women to avoid growing bored during retirement.





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Home Country

by Slim Randles

It might have been the winter doldrums that did it. You can never be sure of these things. It's just that... well, Doc is one of those guys who can't stand to see anyone bored. He claims it's bad for their inner chemistry, and since he has more initials after his name than anyone else in town, we tend to listen to him.

When it happened, we in the inner circle of the World Dilemma Think Tank down at the Mule Barn truck stop thought back on what Doc had said a year ago when the temperature dropped, along with everyone's spirits.

"In weather like this," Doc pronounced, stirring sugar into his cup, "a real American would come up with a great hoax."

Those of us sitting at the philosophy counter that



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morning just nodded, even though we didn't have a clue. No one wanted to admit it, you see.

When the next Valley Weekly Miracle hit the street, we bought one to see how much the editor dared to print, as always, but there in the classifieds was this:

"LOST — One gray squirrel, fluffy tail, two years old. Answers to "Chipper." \$5.25 reward. Call Doc."

The paper was passed down the counter and we all looked at Doc after we read it. He was smirking as only Doc can smirk.

"Doc," Steve said, tentatively, "would this be the same imaginary squirrel that was kidnapped and held for ransom last year?"

"The very same," Doc said. "I named him Chipper." "But he's imaginary, right?"

BY BRENDA

WEAVER

"The very best kind."

"Why?"

"Imaginary squirrels don't bite, don't have to be fed, and you never have to clean up after them," he said. "And a real squirrel will eat the leg off a coffee table."

He grinned. "Besides, I've always wanted an imaginary squirrel."

After we laughed, Dud said, "And what if someone finds a squirrel and brings him to you?"

"Dudley," he said, "I figure it's worth \$5.25 to get a squirrel, which would be hibernating this time of year, of course, and then to turn it loose. Besides, I'll make more money than that just stitching up the squirrel catcher's hand."

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Japanese climbing fern

This native of Asia and Australia was first introduced to North America as an ornamental in the early 1900s. It is considered invasive in the southeastern U.S., and smothers native vegetation by blocking sunlight. It increases fire risk by allowing fire to spread up trees along its vines and leaves.

Source: www.invasivespeciesinfo.gov, www.sfrc.ufl.edu

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Options abound when laying a new driveway

A driveway is more than just a place to park your car. The right driveway material can add considerable curb appeal to your home, increasing its resale value along the way.

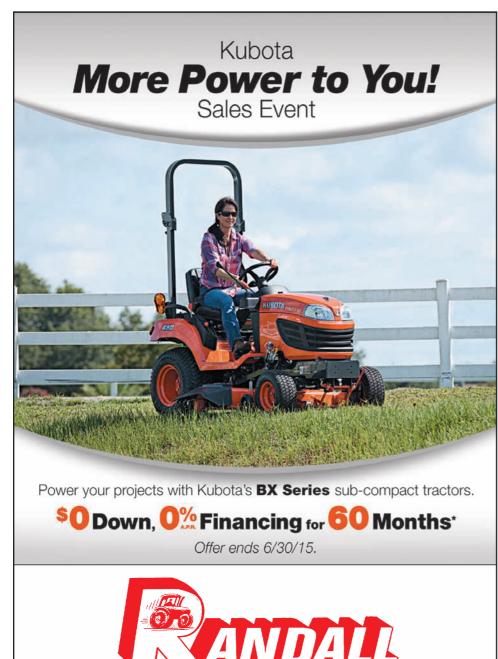
Homeowners have many options at their disposal when choosing a driveway material, and the right material for one home may not be the best fit for another. The following is a rundown of popular driveway surfaces and what homeowners can expect of each of them.

Brick

Many homeowners believe brick driveways provide the most aesthetic appeal, and it's hard to argue with the beauty of brick driveways and walkways. Brick driveways come in various colors and hues, and many homeowners opt to have the color of their brick driveways match their landscaping, which further adds to curb appeal. But that curb appeal is only appealing if the driveway is designed and installed correctly, and homeowners can expect to pay a premium for that, as brick driveway installation is very labor intensive.

Gravel Gravel driveways may not be as commonplace as they once were, but this cost effective driveway material is still an option. Homeowners who live in regions with mild winters without snow might benefit most from gravel driveways, which can be difficult to negotiate when shoveling snow. Gravel tends to be the least expensive driveway material to install, but professionals may recommend that a new top layer of gravel be laid once or twice a year to replace material lost to wind and everyday usage.

Asphalt Asphalt remains a pop-



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ular driveway material, thanks in large part to its practicality and ease of installation. Unlike other driveway surface materials, asphalt is available in just one color, black, and that lack of versatility has led many homeowners to consider other options. But asphalt remains an affordable driveway surface material that's relatively easy to repair. Cracks and holes in asphalt are somewhat com-

mon, but resealing such

blemishes once every three to five years is typically enough to maintain the appearance of an asphalt driveway.

Concrete

Concrete driveways are popular thanks in large part to their affordability and aesthetic appeal. Concrete can be susceptible to extremely cold weather, but many homeowners prefer concrete because of its versatility. Concrete can be stamped dyed to provide a or

unique look, which can increase curb appeal. Concrete can be expensive to maintain, particularly when the material cracks. In addition, gas and oil spills are more noticeable on a concrete surface than other driveway surface materials.

When replacing an existing driveway, homeowners have an array of new surface materials to choose from and each material has its pros and cons.



The right driveway material can add considerable curb appeal to your home, increasing its resale value along the way.



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Aging and driving

Getting behind the wheel and enjoying the freedom to travel is a luxury few are anxious to abandon. But there comes a time in nearly every person's life when he or she must take inventory of his or her driving and assess if that next joy ride is a safe and smart decision.

Driving may help older adults remain independent and mobile, but the chance for a motor vehi-

cle accident increases as one ages. The Insurance Institute for Highway Safety says fatal crash rates per mile traveled increase starting at age 75 and increase notably after age 80. This is largely due to increased susceptibility to injury and medical complications among older drivers rather than an increased tendency to get into crashes. Road accidents tend to increase around a person's 65th birthday.

Authorities in Canada require physicians to warn patients if the doctors have any concerns about their patients' ability to drive. Doctors also must report these concerns. There are no such requirements in the United States, where individual drivers and families must use their own judgement to decide if it is still safe for a particular person to be on the



Driving ability may decline as drivers age. But certain steps can keep seniors on the road longer.



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traffic citations, trouble remembering directions or frequently visited stores, may be early indications that a driver is no longer at his or her best behind the wheel. Some experts say that families should institute driving directives, much in the way a person would spell out medical desires or end-of-life plans. This way, when the time comes to assess driving ability, the conversation already has been started.

There is no set age when a person's keys should be taken away, as aging does not guarantee drivers' abilities will decline. In fact, there are many things people can do to prolong their time on the road.

• Get routine vision and hearing checks. These examinations will help to determine your fitness to be on the road and shed light on any issues that need to be addressed. Those who wear contact lenses or glasses may need to update their prescriptions.

• Get enough sleep. Lack of sleep can affect the body in many ways, including reducing reaction time. Falling asleep while driving can compromise the safety of drivers, their passengers and fellow motorists.

• Know your medications. Certain medications can make you drowsy, so read the labels so you know not to drive while taking them. Speak

with your doctor to see if there are any substitutes that won't affect your performance behind the wheel.

• Recognize your limitations. You may not like driving at night or in inclement weather. Stick to driving when you feel most comfortable.

• Enroll in a refresher course. Sign up for a defensive driving course to review your driving skills. Not only may it make you safer on the road, but it also may help reduce your insurance rates.

Getting older doesn't mean you have to quit driving right away. Recognize the signs of a decline in driving ability and figure out how long it is safe to remain behind the wheel.





Family Fundamental: Aging ~ How to tell what's normal

I'm in my early 60s and, unlike some of my peers (it seems), I'm starting to feel my age. How do I know what's normal and what's not? oldest The baby boomers, born in 1946, will

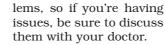
celebrate their 69th birth-

age 30. A sudden change in personality at any age should be cause for concern and a visit to the doctor.

The effects of aging vary greatly from person to person. You don't mention what specifically you're worried about, but

training and keeping physically active, reviewing their medications with a health professional, and wearing safe footwear.

• Changes in sleep patterns. As we age, our sleep tends to be less - we sleep less



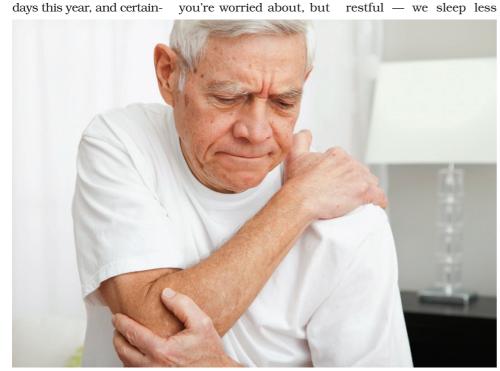
• Arthritis. Arthritis, or more specifically, osteoarthritis, is one of the most common causes of physical disability among older adults. It causes stiffness and pain, mild to severe, in the joints, including hands, knees, hips and the spine. Symptoms can be reduced with regular exercise, weight control, massage or other alternative therapies, medication or surgery. In all cases, talk with your doctor about what might be best for you.

• Forgetfulness. Mild problems with memory actually can be due to normal changes in the brain that occur with aging, while health or emotional issues can exacerbate the problem. To keep your memory sharp, make "to do" lists and spend more time planning. Getting enough exercise and limiting alcohol also helps. Again, talk with your doctor about your concerns to see if an evaluation with a specialist might be warranted.

Family Fundamentals is a monthly column on family issues. It is a service of the 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.







ly anyone can expect to experience changes physically, socially and emotionally as they age. But the idea of what constitutes "normal aging" and what distinguishes that from disease or decline is continually evolving.

For example, the National Institute on Aging reports that the stereotypical notion that it might be normal for older people to become cranky, depressed or withdrawn is not borne out by research. In fact, adults' personalities generally don't change much after

the National Institutes of Health SeniorHealth website (nihseniorhealth.gov) offers information on a wide variety of topics, including:

• Risk of falling. Risks associated with falling do increase with age, but that doesn't mean falling is an inevitable part of getting older. One in three people age 65 or older fall each year. Though most falls are minor, 10 percent result in serious injury. Older adults can reduce their risk in a number of ways, including doing strength

deeply and wake up more often during the night. But older adults still need just as much sleep (seven to nine hours a night) as younger adults. Experts aren't certain why older adults tend to have problems with sleep. It could be because of lower levels of melatonin, a hormone that helps us sleep, or it could be because of medical or even psychiatric problems. Lack of sleep can lead to other prob-





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Spring training for gardeners

by Dr. Leonard Perry, Extension Professor, University of Vermont

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Weekly Sales Every Monday 11:30 with Misc. & Small animals, 1:00 PM Dairy, followed by feeders, sheep, lamb, goats, pigs. Calves start at 5PM followed by cull beef. Call for more info and note all times are approximate. Our volume is increasing weekly - join your neighbors & send your livestock our way!

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A CERTIFIED ORGANIC MARKETING AGENCY.*** IN AN EFFORT TO ASSIST ALL ORGANIC PRODUCERS WE ARE NOW CER-TIFIED THRU NOFA, NY. ALL ORGANIC PAPERWORK MUST ACCOMPANY THE CATTLE AND PRODUCE WHEN THEY ARRIVE AT THE SALE BARN. THE 4TH MONDAY OF EACH MONTH WILL BE OUR ORGANIC DAY ALONG WITH OUR NORMAL MONDAY SALE. IF YOU HAVE ANY QUESTIONS PLEASE CONTACT US. OUR FACILITY IS AVAILABLE TO ACCOMMODATE ORGANIC DISPERSALS.

Monday, March 23rd sale - Total head sold 278. Organic Cull dairy \$1.18. Cull ave. \$.90, top cow \$1.10, Bulls/Steers \$1.25, bull calves top \$4.50, heifer calves top \$2.10, Dairy feeders \$.21 - \$1.57, Feeder Heifers \$.53 -\$1.37, Feeder bull \$1.35 - \$1.77, Hogs 343# - 606# \$.08 - \$.76. Piglets top \$72.50, Goats top \$215, Lambs 20# - 28# \$1.75 - \$2.75, 48# - 67# \$1.20 - \$2.70, Cull sheep \$.30 - \$.62, Dairy milking age top \$1700, bred heifers top \$1220, open heifers top \$1125, heifer calf top \$420.

Saturday, April 4th - 11:30AM Spring All-Breed Premier Sale. 100 Head of Registered All Breed Dairy Cattle accepted for this sale. Farms represented: Oakfield Corners, Arethusa Farm, Echo Farm, Locust-Vale, Wisbee Farm, Jo-Ray Farm, Osborne Farm, Fantasy-Found, Roseland Farm, Merrill Farm, Tiger-Lily, Ju-Vindale, Sco-Li, Lawton Jerseys, Ayrshires: Evans, James. Plus more! Also selling semen tank XR16 and semen: mostly Semex -Discovery, Parker, Atlee, Rylee, Casino plus more. Please bring your tanks. Also come support the local Chenango County 4-H Club - we will be selling pies before the auction to support their Scholarship fund.

Monday, April 6th - Normal Monday Sale & Monthly Fat Cow & Feeder Sale. Saturday, April 11th - 11AM Spring Beef Spectacular Turnout Sale. Accepting consignments for this sale. A group of Hereford Feeders from one farm. Group of Herefords with 5-6 feeders along with 7-8 bred cows. 3 Hereford/Simmental Crosses bred heifers, 3 Hereford/Simmental Steers, 2 - 5yr. Hereford Cows due in Spring to Hereford, 1 Red & 1 Black Simmental Heifers due in fall. Calls are coming in daily with consignments expecting a nice group. Feeder market is increasing daily if you want midwestern prices this is the place to sell them. Accepting consignments.

Monday, April 13th - Normal Monday Sale & Monthly Heifer Sale Saturday, April 18th - 9AM - Annual Spring Machinery & Equipment Auction. We will also be selling Trees & Shrubs. Accepting consignments from single items to full lines of equipment. We will be starting at 9AM on small items, tools and plants.

Thursday, April 23rd - Sale held on the farm. Marathon, NY. GPS address: 474 Killawog Hill Road, Marathon, NY. 11:00AM. Walco Registered Holstein Complete Dispersal. 115 head Freestall herd - 60 Milking age, 25 bred heifers balance youngstock. RHA 21,361 4.0 850 3.0 643. Year around herd in full flow of milk presently ave. 70# in the tank. SCC 200,000. Owners: Walter & Vicki Coleman.

Saturday, April 25th - 11:00AM sale held on farm. Norwich, NY. GPS address: 149 Holmesville Road, Norwich, NY. Mint Creek Farm Complete Machinery & Equipment farm sale. Small tools, shop equip., Snap-On Tool boxes, haying equipment, JD 2150 & JD 2955 Tractors, Skid steer, 30' Gooseneck Trailer plus much more. Full listing on website.

Wednesday, April 29th - 11:00AM sale held at Windy Acres Farm. Norwich, NY GPS address: 829 County Rt. 29, New Berlin, NY (some GPS will take Norwich, NY). Evans Registered Jerseys Complete Herd Dispersal. 87 Head, 48 milking age in all stages of lactation, 20 short bred to springing, 16 newborn to yearlings, 3 bulls.

Saturday, May 2nd - sale held at Rick & Paula Evans. GPS address: 4997 St. Hwy. 23 Norwich, NY. 10:00AM Tornando Valley Complete Machinery & Equipment Dispersal.

Saturday, May 9th - sale held on the farm - Greene, NY. Goodrich Farm Complete Machinery & Equip. Auction. Watch for more details.

LOOKING TO HAVE A FARM SALE OR JUST SELL A FEW - GIVE US A CALL. **Trucking Assistance - Call the Sale Barn or check out our trucker list on our Website. Call to advertise in any of these sales it makes a difference. Watch our website for any last minute updates.

Directions: Hosking Sales 6096 NYS Rte. 8, 30 miles South of Utica & 6 miles north of New Berlin, NY.

www.hoskingsales.com Call today with your consignments.



When you bend over to pick up something, you're doing a "deadlift". Think pulling weeds, lifting a bag of compost or potting mix, or picking up rocks. Practicing deadlifts now will strengthen your legs and lower back. You can do these using dumbbells or anything similar. Make sure, when you bend over, to keep your back straight. Bend with your knees and at the hip joints but not at the waist. Use your thigh muscles when lifting. Keep your head looking forward. When lifting properly, toes, knees and shoulders should be aligned.

The "front-loaded squat", along with deadlift, is one of the best exercises you can do to build strength for the gardening season. For the squat, hold the dumbbells or weights up by your chest. Then squat down, bending and keeping the posture as with the deadlift. Begin with light weights, increasing the weight as you get stronger.

A variation on the dumbbell lift is the "wood chop". Think of swinging an axe to chop wood, or the rotational motion used in weeding with a hoe and raking. With this exercise, squat (remember, back straight) and lift a dumbbell or weight diagonally from the outside of one knee diagonally up and over the opposite shoulder as you stand, then back down. Do a few repetitions on one side, then the other. Your body should rotate, but your feet should remain flat and in place. As you build up to more repetitions, this can be a good cardiovascular exercise too.

What is called the "farmer's carry or walk" will help you get ready to carry watering cans and pails of compost around the garden. This exercise helps strengthen your grip and forearms. At home you can use jugs of water. Focus on keeping the abdominal muscles tight, and keeping the weights by your side with no big swings as you walk.

Push-ups help get you ready for pushing wheelbarrows and mowers about the yard. With a modified push-up you have your knees resting on the floor, but



when pushing up shift your weight off your knee cap and onto your lower thigh muscle. As you push up and lower, keep your back straight.

Just as push-ups get you ready for pushing, "renegade rows" gets you ready for pulling rope, vines off of trees, and pulling cords to start engines. Start with a dumbbell in each hand, in the position as if doing a full push up. But this time, with your weight on one arm, raise the other holding while holding the weight. Raise it to about shoulder height, elbow at about a 90-degree angle. Repeat one side, then the other. Keep your feet about shoulder-width apart to maintain balance.

Lunges are a great workout for your buttocks and thighs, and help train you not to arch your back in other activities. Start with one leg in front of the other, then (with back straight) bend the knees, going down then up in a smooth motion. If you can't bend the back knee all the way to the ground, go as low as you can comfortably for now. Make sure not to bang the knee against the ground. Lunges are great practice, too, for balance.

A back bend is simple, helps decrease back strain, and is a great warm-up. Standing with your feet apart, place hands in the small of your back and bend backwards, keeping knees straight. Hold for a couple seconds, return, then repeat.

To help strengthen your back and legs, practice wall slides. Stand with your back against a wall, your feet shoulder-width apart. Slowly slide your back down the wall, into a crouch position, with your knees bent at 90-degree angles. Hold this for 5 seconds, then slide back up the wall, and repeat.

Leg raises also help strengthen your back and legs. Lying on your stomach, tighten the muscles in one leg and raise it from the floor. Count to 10, then lower that leg. Repeat for the other leg, then repeat both in this manner.

Another exercise for back and leg muscles is similar, only lying on your back. Raise one leg off the floor, count to 10, then lower and raise the other leg, then repeat. If difficult at first, keep the leg not being raised bent with foot flat on the floor.

Knee lifts while lying help decrease back strain. With feet flat on the floor, knees bent, raise knees to your chest, put your hands under them and pull toward your chest. Lower legs back slowly, but do not straighten them.

For stomach muscles, do repetitions of partial situps. Lying on your back with knees bent, feet flat on the floor, slowly raise your head and shoulders and reach both hands to your knees. Count to 10, then relax and return.

To help your back, do leg raises while seated. Raise legs at an angle to the floor, then raise one waist high. Slowly return, then repeat with the other leg, and repeat.

For hip and back muscles, do repetitions of leg swings. Standing behind and holding onto a chair, lift one leg back and up, keeping it straight. Return slowly, then repeat with the other leg.

Take time to rest if your body calls for this. If you have health issues, make sure and check with your doctor on appropriate exercises and activities.



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Number / Classification 20 Air Compressors

25 Air Tools 35 Announcements

45 Antiques

55 Appraisal Services 75 ATV

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- 180 Catalogs
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205 Christmas

214 Clocks & Repair

215 Collectibles

- 216 Clothing 235 Computers
- 253 Consignment
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Announcements

WELCOME COME WOR-SHIP with us each month, third Sunday. Little Falls Senior Center 10:30am, Church of God in Christ Mennonite. 315-219-5409

CROSSETT COLLEC-TABLES, 58 Otsego Street, Ilion. Hrs: Tues.-Sat., 12 noon - 6:00PM. Closed Sunday & Monday

VENDORS NEEDED: Spring Fling, May 9th, Craft/Vendor Fair, Herkimer County Fairgrounds. Contact Jenn 315-717-7997

13 MONTH PHOTO CAL-ENDAR only \$12.00. Call Beth at Lee Publications 518-673-0101 email bsnyder@leepub.com

ST JOSEPH'S Craft Show, April 11th, 10-4pm. St Joseph's Hall, Helmer Avenue, Dolgeville

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COUNTRY EDITOR

NOTE: Calendar entries must arrive at the Country Editor's office by Thursay a week before our Friday publication date for them to be included in the calendar of events. Send events to Lee Publications c/o Country Editor, 6113 State Highway 5, or PO Box 121, Palatine Bridge, NY 13428 or e-mail to: kkelly@leepub.com.

Apr 10 - May 2

Apr 10 - May 2 "Point of View." An Exhibit of Works by Mary Loy Other Side Gallery, 2011 Genesee St., Utica NY. 6-9 pm. For more information call/text 315-269-8605 or 315-527-4675 e-mail othe rsidegallery@gmail.com , on facebook The Other Side Gallery. Gallery. Apr 11

 Apr 11

 Mother and Daughter Princess Tea

 Dolgeville Masonic Temple.

 11 am. Price updated to

 \$7.50 per person. Princess costumes welcome! Call

 Marilyn for advance tickets

 315-429-9884.

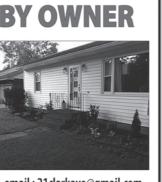
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Yankees/Red Sox Bus Trip 125/person. Buses will pick up at Kinney Drugs in Dol-geville and at the Thruway entrances in Little Falls and Canajoharie. For further information call Marilyn information call Maruyii 315-429-9884 or Sam at 315-867-3931. Co-spon-sored by the Dolgeville Rotary Club and the Violet Festival.

Apr 15 The Blues in 12 Bars Will

Free Your Spirit: An Interactive Experience with the Form and Feel of

the Blues The Other Side, 2011 Gene-see St., Utica, NY. 7:30 pm. Free to the public. For information contact Kim Domeni-315-735-4825 kodomenico@verizon.net

Apr 16 **Rabies** Clinic

Ohio Community Rec. Cen-ter, 140 Nellis Rd., Town of Ohio. 5:30-7 pm. Bring pet's rabies vaccination history to receive a 3 year certificate. Ferrets must be vaccinated every year. Dogs should be on a leash and cats & ferrets in a carrier or pillowcase. No exams will be given. \$5 donation per pet is suggest-ed to help defray costs.

Apr 18 Psychic Fair

Auskerada Place 78 S. Main St Dolgeville. 10 am - 6 pm. Admission is \$5. Interested vendors call Marilyn at 315-429-9884.

Apr 25 H.A.L.O. (Helping Animals Live Organization) Spring Trash & Treasure Sale **Trash & Treasure Sale** Herkimer Polish Club, 319 S. Washington St., Herkimer, NY. If you would like to donate something for the Sale, call Debbie at 866-8608 or Faye at 823-0239.

Apr 30

Rabies Clinic

Dolgeville Fire Dept., 20 S. Helmer Ave., Dolgeville, NY. 5:30-7 pm. Bring pet's rabies vaccination history to receive a 3 year certificate. Ferrets must be vaccinated every year. Dogs should be on a leash and cats & ferrets in a carrier or pillowcase. No exams will be given. \$5 donation per pet is suggest-ed to help defray costs.

May 14

Rabies Clinic Middleville Fire Dept., 41 N. Main St., Middleville, NY. 5:30-7 pm. Bring pet's rabies vaccination history to receive a 3 year certificate. Ferrets must be vaccinated every year. Dogs should be on a leash and cats & ferrets in a carrier or pillowcase. No exams will be given. \$5 donation per pet is suggest-ed to help defray costs.

May 30

Rabies Clinic

East Herkimer Fire Dept., 193 Main Rd., East Herkimer, NY. 10 am - noon. Bring pet's rabies vaccination history to receive a 3 year certificate. Ferrets must be vaccinated every year. Dogs should be on a leash and cats & ferrets in a carrier or pillowcase. No exams will be given. \$5 donation per pet is suggested to help defray costs.

800-836-2888 · Fax: 518-673-2381 classified@leepub.com Jun 10 **Rabies** Clinic Norway Community Center, 3114 Military Rd., Norway, NJ14 Military Rd., Norway, NY. 5:30-7 pm. Bring pet's rabies vaccination history to rate. receive a 3 year certificate. Ferrets must be vaccinated Jun 13-14 every year. Dogs should be on a leash and cats & ferrets in a carrier or pillowcase. No

exams will be given. \$5 donation per pet is suggest-ed to help defray costs.

years, Prince 9-13 years. l-nv.com

Alfred Dolge Street Play Chapter 4 "New Beginnings" will explore the Railroad, Partnership, and Marriage. 9:30 am-Scene 1 will begin at Arthur's on Main St. and follow the parade route. Scene 2 at 2 pm at Helterline Park. Scene 3 at 5 pm at

Violet Festival Parade Dolgeville, NY. 10 am. Floats entries must be received by

May 1. Contact Crystal 315-527-9585 or e-mail e-mail Dolgevilleparades@yahoo.co m. Festival vendors please contact Marilyn at 315-429-9884 to get the early bird

PO Box 121, 6113 State Hwy.

Palatine Bridge, NY 13428

Blacksmith Hammer-In

attend and demonstrate how iron items were created in early times. The public is invited. For more informa-tion visit www.fortklocktion visit restoration.org or call 518-568-7779.

Jun 14

at 315-717-3004.

Rabies Clinic

Ilion-Frankfort VFW Pavil-ion, 4274 Acme Rd., Frank-fort, NY. 5:30-7 pm. Bring pet's rabies vaccination history to receive a 3 year cer-tificate. Ferrets must be vaccinated every year. Dogs should be on a leash and cats & ferrets in a carrier or pillowcase. No exams will be given. \$5 donation per pet is suggested to help defray costs

Strawberry Festival

CLIP & SEND MAIL OR CALL COUNTRY Editor PO Box 121, Palatine Bridge, NY 13428 Ph: 518-673-3011 OR 800-836-2888 \$4.00/14 words \$.10 each additional per week **Deadline Friday 2pm - Fill Out This Form OR Call Us To Place Your Reader Ad** CLASSIFIED READER AD FORM # of Weeks to Run Today s Date Starting Issue Date (Friday Date) COPY: (First 14 words \$4.00, each additional word 10¢, phone number counts as one word) 14 words - \$4.00 16 words - \$4.20 17 words - \$4.30 18 words - \$4.40 19 words - \$4.50 20 words - \$4.60 21 words - \$4.70 22 words - \$4.80 23 words - \$4.90 24th word - \$5.00 26 words - \$5.20 27 words - \$5.30 28 words - \$5.40 29th word - \$5.50 30 words - \$5.60 31 words - \$5.70 32 words - \$5.80 33 words - \$5.90 34th word - \$6.00 Name (Print): Farm/Company Name: ____ County: ____ Street: State: _ City: Zip: ____ Phone # Fax #: Cell #: Email Address: Payment Method: Check/Money Order American Express Discover Visa MC Card #: _ Exp. Date: ____ MM / YY Card Security Code # Name on Credit Card (print): Signature: Today s Date:

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Jun 12 Pageant

applications please visit www.violetfestival-ny.com Jun 13

Auskerada Place.

4 divisions this year: Little Miss 5-8 years, Little Mister 5-8 years, Princess 9-13 Applications will be available soon at www.violetfestiva Jun 12-14 Violet Festival Historic Dolgeville, NY. For more information and event

Jul 4 Independence Day Fort Klock, 7214 NY-5, St.

Johnsville. 12-4 pm. The Declaration of Independence reading will be at 1:00 p.m. followed by a Tryon Militia salute. For more information visit www.fortklockrestor ation.org

Jul 16

Rabies Clinic

East Herkimer Fire Dept.,

193 Main Rd., East Herkimer, NY. 5:30-7 pm. Bring pet's rabies vaccina-

tion history to receive a 3

year certificate. Ferrets must

be vaccinated every year.

Dogs should be on a leash

and cats & ferrets in a carri-

er or pillowcase. No exams

will be given. \$5 donation

per pet is suggested to help

Jul 24

Music night at Fort Klock

7 pm. For more information visit www.fortklock.com or

Aug 4-6

Young Pioneer Program

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learning about what life was like for children of that peri-

od. Call 518-568-7779 to

register. A small fee is

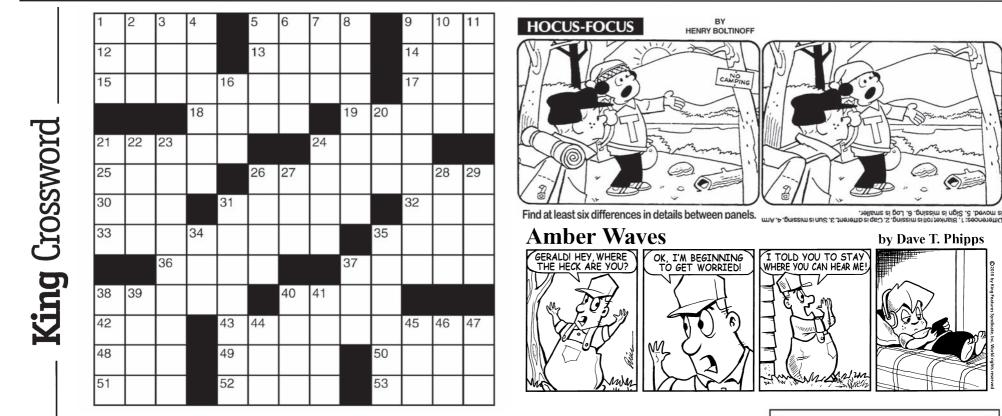
charged.

call 518-568-7779.

defray costs.

Fort Klock 7214 NY-5, St Johnsville Fort Klock, 7214 NY-5, St Johnsville. 10 am-4 pm. All blacksmiths are invited to

Duck Derby Beaver Brook. Tickets on sale now for \$5 see a com-mittee member or call Sarah Jun 17



Mega Maze

ACROSS

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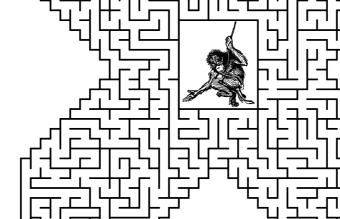
- 8 Construction





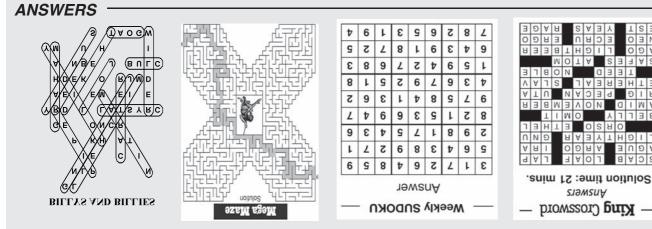
- opponent





"When you reach the end of your rope, tie a knot in it and hang on."

- Franklin D. Roosevelt



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DIFFICULTY THIS WEEK: **

★ Moderate ★★ Challenging *** HOO BOY! © 2015 King Features Synd., Inc

MAGIC MAZE BILLYS AND BILLIES

I	Т	Q	N	G	L	J	G	D	Α	Х	U	R	0	L
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F	D	Y	Μ	С	A	U	0	Н	Y	X	W	V	Ι	Т
S	R	Р	0	N	L	K	S	В	Т	A	0	G	W	J
Find the listed words in the diagram. They run in all														

directions forward, backward, up, down and diagonally

Beer	Goat	Joel	Sunday
Carter	Graham	Martin	The Kid
Club	Holiday	Mitchell	Wilder
Crystal	Jean King	Piper	

Whatchamacallits

This early American dairy tool goes by several names. Known as a curd cutter, a curd knife or a dairy knife, this item was used during the cheese making process. A cutter like this was used to slice the curd into small pieces, releasing the whey so that the curd can further condense.

Early versions of the curd cutter were made from wood, wire and tin, the invention of Fairfield. NY resident Truman Cole. In 1850, David Golden Young (D.G. Young Cutlery) improved on Cole's idea, inventing a steel bladed version of the curd knife. The 4-blade model sold for \$2, the 5-blade model cost

\$2.25 and the 6-blade version of the cutting knife was priced at \$2.50. Born on Oct. 4, 1814 in Cederville, NY (Southern Herkimer County), Young operated a 126-acre dairy farm. During that period, Herkimer County was a leading exporting area for cheese and Young's curd cutter was a popular tool, a standard for years.

Young continued to manufacture a few styles of his multi-bladed curd cutting knife for more than 30 years.

In 1883 he improved the design, adding a stabilizing crossbar to it, however, mechanical machinery and automation were on the horizon, a sign that hand processing was coming to an end.



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

Visit our Facebook page to see if you can figure out what the upcoming Whatchamacallit is.

Five quick ways to upgrade your home for resale

(NAPSI) — Whether you're considering cashing in on your equity, downsizing, trading up, moving for a change of scenery or relocating for better prospects, a few smart investments and improvements can help your home stand out from the competition so you get top dollar. Even if you're not planning on moving

Hometown Store

Sears Hometown and Outlet Stores NASDAQ: SHOS

anytime soon, these strategies can maximize vour home's value and increase its marketability:

• Sprucing up the exterior. If you think you'll have a few years before you move, work on your landscaping now to give plants time to mature. for Look easv-care perennials such as hostas, which multiply

Paul Trevvett

Andrew Smith

315-866-0154

325 East Albany St

Herkimer, NY 13350

DS3223@SHOS.com

SEARS



By rejecting up to 99 percent of UV rays, window film can help protect interior investments including hardwood floors, rugs, window treatments, furniture and artwork.

on their own. If you have less time, you can still achieve а quick makeover by power washing paths and siding, painting or upgrading your front door and keeping the lawn watered and weeded.

• Removing eyesores inside. Some minor adjustments can help buyers recognize what's

great about your home. Swap outdated fixtures, remove wallpaper and give everything a deep clean. Replacements don't have to be top of the line; they just need





st Main St., Little Falls,NY Ph. 315-823 Mon - Fri: 10am-5pm / Sat: 10am-4pm Mastercard/Visa/Discover/Am Express

to eliminate hang-ups for potential buyers.

Improving the kitchen — to a point. You probably won't recoup the cost of a full kitchen renovation but smaller projects such as upgrading appliances and painting or refinishing cabinets can modernize the space.

• Refreshing rooms with neutral paint. This is a time-honored tip for a reason. While seeing your favorite bold hues on the walls makes you happy, potential buyers may not agree. A fresh coat of neutral paint can help them envision their own belongings in the space.

• Focusing on energy efficiency. The right energy-smart upgrades can assure buyers they're seeing an efficient home where utility bills can be minimized. Adding insulation to the attic and walls can make a dramatic improvement in many homes. Consider the windows as well. Adding a heat-rejecting window film can reduce cooling costs and typically does not change the windows' appearance. Since window film can reject up to 99 percent of UV rays, it can protect the investment you made in your hardwood floors, rugs, window treatments, furniture and artwork.



Promote Your PROFESSIONAL SKILLS WITH BUSINESS CARDS, POSTCARDS & FLYERS

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One Of The Most Beautiful Houses in the Mohawk Valley

Located 395 Canal St., Ft. Plain, NY 13339, next to Ft. Plain Museum. Beautiful well-maintained home, 3 car garage, 4.6 Acres with stream.

Real Estate consists of main floor with large custom eat in kitchen, beautiful oak cabinets, dishwasher, gas stove, wall oven, refrigerator with ice maker, microwave, large dining room, living room, fireplace, master suite with full bath, laundry room and 1/2 bath on first floor. Upstairs has three bedrooms with full bath, finished basement with office - could be used as second master suite, full bath, fireplace, family room with poplar wood wainscoting. Mostly hardwood floors on first and second floor. Double pane insulated windows throughout, gas fired cast iron baseboard heat, central air conditioning with individual room controls, water softener, dehumidifier, curtains throughout, central vac and a total of 3 1/2 baths. Three bay attached oversized heated garage, RV full hook-up, professionally landscaped with multiple mature trees, village sewer and water and a backyard garden area. Zoning maps show it is in PH Planned Historical District. The uses permitted in PH District are: residences, farms, historical buildings & sites, restaurants, motels, bed & breakfast, church & historical attractions.



For Appointment To Visit Phone 518-568-5115 Or Contact Your Broker With This Ad. Brokers will be protected.