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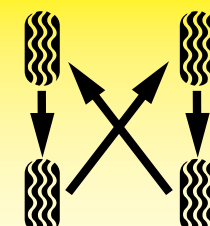
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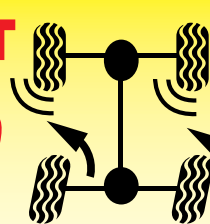
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Keep Mohawk Valley Beautiful Launches 2017 Great American Cleanup Effort

Keep Mohawk Valley Beautiful (KMVB), a six-county NYS affiliate of the national Keep America Beautiful (KAB) program, is launching the 17th annual Great American Cleanup, scheduled for April 1 – May 31.

KAB works to create sustainable communities that are socially connected, environmentally healthy, and economically sound and their annual Great American Cleanup is the country's largest community improvement program. Each spring KAB affiliates, like KMVB, engage more than 4 million volunteers in more than 20,000 communities nationwide. "We intend to have local volunteers in the six-County Mohawk Valley Region take action to work on beautifying and cleaning areas along the canal and other waterways, parks, recreation areas and streets," said Dan Sullivan, Chair of the KMVB Board of Directors.

By registering your Great American Cleanup event on the ohswa.org website, you are eligible to receive free materials including gloves, trash bags, banners and other assistance.

William A. Rabbia, Executive Director of the Oneida-Herkimer Solid Waste Authority and partner in the Cleanup Program, said "While KMVB along with other organizations plan volunteer events structured to clean up and beautify public areas, they also focus on inspiring generations of environmental stewards. KMVB is cleaning up, yes, but we are also changing behaviors by engaging the enthusiasm of involved young people," said Rabbia.

bia.

KMVB is also offering a Litter Hotline so that residents can report areas with litter, debris or potential threats to public health. Residents can anonymously call the Litter Hotline at (315) 733-1224 ext. 3232 and KMVB will notify the appropriate municipalities for action.

"From Boonville to Cobleskill, from Oneonta

to Northville, and all along the Mohawk Valley," said Sullivan, "volunteers will be working together to change their communities. "KMVB members, working together on projects like the Great American Cleanup, community gardens, recycling and beautification help leverage other public and private resources to positively impact our region,"

said Sullivan.

To register your event or volunteer your time, visit www.ohswa.org. (Click Great American Cleanup.) Additionally, if you would like to report a site that needs to be cleaned or rehabilitated, call the Litter Hotline at (315) 733-1224 ext. 3232. To donate funding or materials, call (315) 866-4671.



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Herkimer College to Host Accepted Student Night

Herkimer College will host new accepted students and their families for an Accepted Student Night on Wednesday, April 19 from 4 pm to 6 pm in the Robert McLaughlin College Center.

The agenda will include club and organization tables, financial aid and student

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For more information or to register, contact the Admissions Office by Friday, April 14 at (315) 574-4028.

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Children and allowance

Teaching children to manage money is an important lesson that can benefit kids throughout their lives. Instilling such lessons may be more challenging for today's parents than it was for the parents of yesteryear because of the reliance on less traditional forms of currency, such as debit cards and smartphone apps. But enabling children to earn a cash allowance can be a great way to teach them fiscal responsibility.

According to a 2015 study by T. Rowe Price, children who receive an allowance are more likely than those who do not to say they are knowledgeable about managing personal finances. The study also found that such kids are more likely to understand the value of a dollar and feel smart about money. Allowances teach kids to learn what it is to earn money and how to save it, spend it or donate it wisely.

When allowance is linked to chores or some other behavior that requires kids to earn the money, such as getting good grades in school, the effect can be empowering. It helps illustrate the point that there are no free rides and that hard work can beget rewards.

Allowances are most effective when parents communicate what the allowance requires of the child. Children should understand from the get-go that they must earn their allowances. Parents

can also guide their children into recognizing the smart ways to manage money. However, kids also can be left to make some minor mistakes that can serve as learning opportunities.

How much autonomy children have over their money should be linked to age. Younger children

might not grasp the concept of spending and saving just yet. Such youngsters may need to learn from their folks regarding what constitutes a smart purchase and what might be frivolous. Some parents may believe that allowances should be saved or spent on luxuries rather than necessities.

This way kids still understand that their basic needs will still be provided by their parents.

CNN Money says parents should use their dis-

cretion when deciding how much to give their children as an allowance. Children will likely inflate the rate if they base it on

what their peers are supposedly getting, but parents should ultimately decide the allowance amount.



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A Journey to Poke-O-Moonshine and Back

By Carly Proulx

It felt like the universe was on our side. The sun was out, the thermometer indicated a solid 45-degree day, and all five of us were bound by our free spirits, and our bodies need to break free from their winter slothfulness. To say we were eager for a beginning of April adventure to Poke-O-Moonshine Mountain, a trail with a million-dollar view in the town of Chesterfield, NY would be an understatement.

Accessible year round the 2.4-mile trail leading to a disused fire tower at its 2,180-foot summit, what some refer to simply as Poke-o is a minor peak of the Adirondacks, and we'd planned the hike a week in advance. Despite the leftover fog from the prior night's shenanigans clouding most of our heads we were committed. Close to 3 hours of driving, mind you we stopped to relieve ourselves a few times (thanks to a sweet lady at a laundromat, the kindness of the people at Over Rock Cafe on Route 30, and the sweet kid work-

ing at a pizza joint), would lead us straight to the trail head (thanks GPS). It was an adventure just to get there. We weren't in a rush. We had headlamps. We'd be fine. Giddy from the vitamin D, and the breeze blowing on our faces through all four cracked windows this was the vibe, and it was one of excitement, and optimism.

For two out of our group of five, hiking was second nature. These two were the trip initiators, the group's transportation, group leaders, and the group photographers. This was a lot to carry on one's shoulders, but luckily, they had 4 shoulders total and together pulled it off gracefully, and with a level of enthusiasm an amateur hiker such as myself prefers in their traveling cohorts. You could tell by the hiking packs secured upon their backs that this wasn't their first time around a mountain. One of us was an avid runner, and yogi in training. She practically ran the last ¼ of the trail, and was the first one to take in the

views of the High Peaks and Lake Champlain from the top. Though the other two practiced yoga regularly, myself included in this category we were the weakest links.

The trail was steep. My hiking boots, a 2015 Christmas gift from my mom the winter I announced my plans to hike through my whole summer (a plain foiled by my own hand) were not yet broken in. There were quite a few inches of fresh snow all the way up the trail, and it managed to make its way past my two layers of pants and down into my boots, leaving me with damp ankles for the hike's duration. About half way up my lungs felt like they'd reached max capacity, and I could tell my other partner on the weaker end of the hiking chain was feeling the burn too. He, however, did not complain. There were times you had to really dig the tops of your feet into the snow just to keep from falling backwards down the trail, but this only added to the thrill of it all.

The fire lookout tower is

listed on the National Register of Historic Places, but we'd discover the lookout locked up once we climbed the tower stairs. We passed a couple snowshoeing their way back down the trail with their dog, and one of them asked if we were okay after hearing our friend, the runner's screams when she caught her first glimpse of Poke-O's sweeping sights. We assured them we were fine, she was just excited, and

they retorted with a smile followed by "you guys are almost there." I felt grateful the minute the trail leveled off. Now that I wasn't breathing so hard, and my legs were no longer on fire I could begin to smell the freshness of clean air, to taste the sweetness of adrenaline, and hear that small voice inside that was expressing gratitude and jubilation.

We'd made it. No broken ankles, no regrets, only unprepared lungs

that had some room again. A near immediate trance set in, and before I knew it we were all off in our own little corners of the world, on our own little rocks on the mountain top. Staring out at the clear blue sky and down at the tops of trees beyond to the high peaks each of us experienced our own personal euphoria. The plan was to stay until sunset so our photographer duo could snap

JOURNEY 8



A birdseye view at Mt. Poke-O

photos Courtesy Carly Castellano



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WHAT WOULD YOUR MOTHER SAY?!

By S.D. Shapiro

I lost my keys the other day. As an adult, this is one of the most unnerving feelings you can have as you're trying to leave the house in the morning. You check to see that you have your wallet, your phone, and your keys and one part of the equation is missing.

Pockets were checked

to no avail. I even checked the little dish that sat on the corner of the kitchen counter where I was supposed to put my keys and spare change but never did. I retraced my steps; I came home the evening before, came in the house, fed the dogs, and then watched some television.

So, I checked the front

In the fast paced 21st century we've traded common sense for the ability to quickly look up information on the internet. We've forgotten our manners and civility. How do we get back to our roots? Can we get back? Food for thought...

Lost my keys

door hoping to find the keys dangling from the keyhole like an idiot would leave them. Nope.

On to the dog food bin. No keys there either. And I said a little prayer that the dogs didn't eat the keys.

I found myself in the living room and after a cursory inspection found no keys. I tipped over my

La-Z-Boy and looked under it. I moved all the papers and junk on the TV tray that served as a makeshift desk and end table. The cushions were tossed off the couch and I yanked all the drawers out of the coffee table. I found 3 batteries, \$1.78 in loose change, and a roll of undeveloped film. No keys.

The keys had to be in the car among the fast food wrappers and other junk. Alas, no keys. I even looked under the seats and in the spaces I never use the crevice tool

that came with the vacuum.

As I walked back down the driveway back towards the house, I cursed

SOMETHING 9

JOURNEY from 7

that fleeting moment where the light hits everything just right. We didn't last this long, only long enough to spend an hour picking at our European themed lunch, an hour making various body gestures while taking pictures, having random conversations, and listening to music.

Two out of the five, myself and the runner were getting cold. We tried to hide it as best we could, but our toes were beginning to numb, and all that sweat from the hiking a near vertical trail was turning into body chills. The intensity of the climb, and the views from the top were enough to

forget about the wetness of my ankles for a while, but as the sun got lower I started to notice. One of our two group leaders suggested we do a few exercises to get the blood flowing. Jumping jacks and pushups got the job done, but only temporarily. We'd have to retire our mountaintop home, and make our way back down into the world again. The way back was a lot less taxing on the lungs, and a lot more fun. We pretty much slid down the whole trail, and pretty pink and purple stripes in the sky fashioned themselves through the trees like that long flat hard candy stuff you only ever see in specialty stores.

On the way home, we

stopped at Big Slide Brewery in Lake Placid to grab some good grub and beverage before the five of us piled in the SUV to ride back to the small city in Central New York from whence we came. The five of us were exhausted, and likely we were all still in varying degrees of the trance. We all saw similar scenery that day, but we'll never truly know what each other was feeling, and thinking up there in our own personal mountaintop euphoria. We could make some pretty good guesses surely, but who'd want to know anyway? It's a serene and beautiful destination we sought out and conquered, but it's the journey that made it such.

"Spring is when you feel like whistling even with a shoe full of slush."
- Doug Larson

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Whatchamacallits



This week's Whatchamacallit grouping may be fairly obvious, at least one in the group should be. They are, of course antique poker chips made from

two different materials and both kinds were found locally in Montgomery County.

The one with the intricately carved numeral five on it is made of either bone or ivory and is extremely smooth and luxurious to the touch and it measures just under an inch and a half. The carving (scrimshaw) is very interesting

and is on the top and bottom. It is made up of federal shields and a pennant, with the center, curved portion in the shape of an eagle with a federal shield for the body. This one was found in an old bureau in the Fox-Nellis farmhouse at Palatine Church Village.

The other two are certainly not as interesting visually as there are no visible ornaments or markings. These are made of some sort of metal and are uniform in size, shape and weight. They are about an inch and a half in diameter. These two were found in a Stone Arabia field where a tavern once stood.

Researching online, the consensus was that the "modern" poker (or casino) chip wasn't in common use until the late 1800's.



Do you have your own Whatchamacallit?

Send a photo and short description to csuo@leepub.com or call Colleen at 518-673-0145

Oneida Herkimer Solid Waste Authority Announces Seventh Annual Zero Waste Lunch Challenge

The Oneida-Herkimer Solid Waste Authority (Authority) is proud to kick-off its seventh annual Zero Waste Lunch Challenge for all public and private K-12 school buildings in Oneida and Herkimer Counties.

The purpose of the Zero Waste Lunch Challenge is to demonstrate how students can reduce the amount of waste they produce. Lunch time waste is the number two category of waste produced in schools, with paper being number one. One child bringing a disposable lunch to school every day creates an average of 67 pounds of lunch waste per year. "If students can learn to make less waste at lunch, then they can apply it to other aspects of everyday life," said Jamie Tuttle, Authority Recycling Educator. "The Zero Waste Lunch Challenge aims to show students that simply throwing items away after use wastes valuable natural resources and energy, and causes pollution. We invite schools to take the challenge and teach an environmental lesson of reducing, reusing, and recycling," continued Tuttle. Many schools use the Challenge as a way to celebrate Earth Day. In 2016, all of the schools that hosted Zero Waste Lunches reduced their amount of cafeteria waste by over 50%, and some schools by over 75%.

For this event, students will be asked to bring lunches that include as many items as possible that can be eaten, recycled, or composted and as few items as possible that must be thrown away. Following are tips for packing waste-free lunches:

- Instead of using plastic baggies, put sandwiches in reusable containers. If you must use plastic bags, don't throw them away-reuse them again.
- Avoid individually or pre-packaged single-serve items such as chips, string cheese, cookies and drinks.
- Pack lunches with washable utensils instead of disposable forks and spoons.
- Pack reusable cloth napkins rather than paper napkins.
- Only pack as much food as your child will eat.
- Label all containers with your name so they will have a better chance of coming home.
- Cut large items up so your child can save food for after-school snacking or recess.

Schools will be divided into three categories: Elementary School, Middle School and High School. One school from each category will win the Grand Prize for the Challenge and evaluation will be based on the low-

est percentage of lunchtime waste per capita on the day the school hosts the event. The winning school will be announced on May 9, 2017. The Authority will award the winning school building from the Elementary School category with presentations from the Utica Zoo's "Zoomobile." The winning schools from the Middle School and High School categories will be awarded live, remote radio broadcasts from the KISS FM DJs at their school. In addition, the winning schools' "Green Teams" will be awarded tours of the Authority's Single Stream Recycling Center. Transportation costs will be paid for by the Authority. Schools that wish to participate in the challenge should contact Jamie Tuttle, Recycling Educator, as soon as possible at (315) 733-1224 ext. 2300 or at jamiet@ohswa.org.

For more information about the Authority's Go Green School Recycling Program or to register for the Zero Waste Lunch Challenge, please contact Recycling Educator, Jamie Tuttle at (315) 733-1224 ext. 2300 or via email at jamiet@ohswa.org. Zero Waste Lunch Challenge Rules and Information can be viewed on the Authority's website at www.ohswa.org.

SOMETHING from 8

the dogs for eating my keys and I secretly hoped that the surgery necessary to retrieve the keys from the canines wouldn't be painful or too expensive.

After the door slammed behind me, the culprits,

man's best friends, joined me as I surveyed the living room. It looked like burglars had tossed it looking for valuables. The only thing that kept it from looking like a scene from a spy movie, where the enemy spies were looking for micro-film, was if the couch

cushions had been cut open and the stuffing strewn about. I looked at the dogs and said, "Don't get any ideas."

I kicked some of debris around with my toe hoping to hear the jingle of keys. Nope.

In a moment of desperation, I turned to religion.

St. Anthony to be exact. An old friend had taught me a prayer, if you could call it that. "Tony, Tony, Look around.

Something's lost And must be found!"

I did another police of the house and came up empty; no keys were to be found.

After consigning myself to the fact that I would be walking to work, I grabbed my coat to leave. On the way out the door, I noticed my keys hang-

ing on the little hook of a key rack that conveniently spelled out the word, "keys."

When it comes down to losing your keys, or anything for that matter, remember; you're not the first person to lose your keys. Just make up a good excuse. Stop and think, "What would my mother say?" She would say, "Do you need me to bring over your spare keys?"

"I am going to try to pay attention to the spring. I am going to look around at all the flowers, and look up at the hectic trees. I am going to close my eyes and listen."
- Anne Lamott

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ANTIQUES: 4 CAST IRON SEWING MACHINES BASES, WOODEN BARREL, WASH BOARD, 2 ANTIQUES PICTURES, WAGON WHEEL MIRROR, 2 SMALL CAST IRON KETTLES, 2 LARGE CAST IRON KETTLES, PRIMITIVE STAR SHELF, 2 COPPER ANTIQUE SPRAYERS, BEER LIGHTS, LARGE ROCKER, WATER YOKE, HAY RAKE, WOODEN CARVED BLACK BEAR WELCOME, TIN BLACK BEAR, 2 WHEEL ANTIQUE CART, WALK BEHIND PLOW, WALK BEHIND CULTIVATOR, ANTIQUE WASH STAND, MILK CANS, MILK CAN WITH SEAT, EARLY LAMP, AND MUCH MORE AS WE CLEAN OUT THE CONERS!! TOTES AND TOTES OF ITEMS INCLUDING NASCAR ITEMS, CHRISTMAS ITEMS AND MORE!! THIS IS A SUPER GOOD ON SITE AUCTION, GREAT CLEAN FURNITURE AND GOOD TOOLS AND EQUIPMENT!!
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Misc.: 9 stainless steel milk cans, 2 SS milk pails, 1 work horse harness, couple collars, torch tanks, flexible shaft cow clipper, grapple forks, cast iron frame cut-off saw, 2 set lumber rolls, pallet jack.

Household: Maytag wringer washer, 4 burner oil stove w/baker, Rayo lamp, meat/cheese slicer, hickory rocker, side board, #22 meat grinder, couple small ice chests, baby crib w/mattress, roll away w/mattress, books, bread pans, cookie sheets, dishes and other small misc.

~Lunch Stand~

Order of Sale: Wagon of smalls, machinery, cows selling at 12:00

Auctioneer: Tye Eglin

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

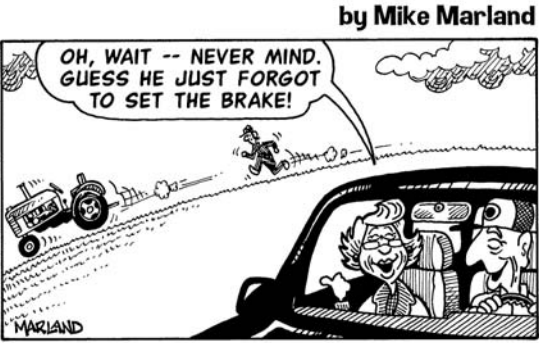
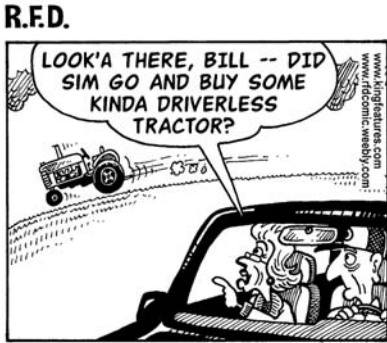
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"For openers, I don't like your necktie."

Jesus Christ is risen today, Alleluia!
Our triumphant holy day, Alleluia!
Who did once upon the cross, Alleluia!
Suffer to redeem our loss, Alleluia!
~ Charles Wesley,
Christ the Lord is Risen Today



King Crossword

ACROSS

1	Scrooge's cry
4	Astronaut
7	Indiana politi-co Bayh
11	Egg
13	Fire residue
14	Predicate part
15	Thin tie with a clasp
16	Shelter, at sea
17	Corp. bigwig
18	Honey bunch?
20	Rhett's shoc-king word
22	Fresh
24	Shortcoming
28	Custodian
32	Broadcasting
33	PC picture
34	Set of tools and parts
36	Singer
37	Naval prisons
39	Own
41	Rachmaninov or Prokofiev
43	— -jongg
44	Volcanic out-flow
46	Luxury boat
50	Bullets and such
53	Autumn mo.
55	Entrance
56	Serve tea
57	Pi follower

DOWN

1	Goes up and down
2	Acknowledge
3	Hawaiian
4	Guy's partner
5	Secondhand
6	Bundle of wheat
7	1990s Burt Reynolds sit-
8	Annoy
9	Exist
10	Peacock net-work
12	Trumpet-shaped flower
19	Encountered
21	Cow's call
23	Stir-fry pan
25	Hay bundle
26	Falsehoods
28	Triangular sails
29	Land mea-sure
30	Black (Fr.)
31	Tear
35	Male cat
38	Caribbean, for one
40	Express
42	Tusk material
45	Liniment
47	Stallion, as a child
48	Vagrant
49	Salver
50	Gorilla
51	Chic, in the '60s
52	Coffee holder
54	AAA job

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Puzzles4Kids by Helene Hovanec

CODED RIDDLE

Change each letter to the one that comes immediately BEFORE it in the alphabet to find a riddle and its answer.

Here's a copy of the alphabet to guide you:

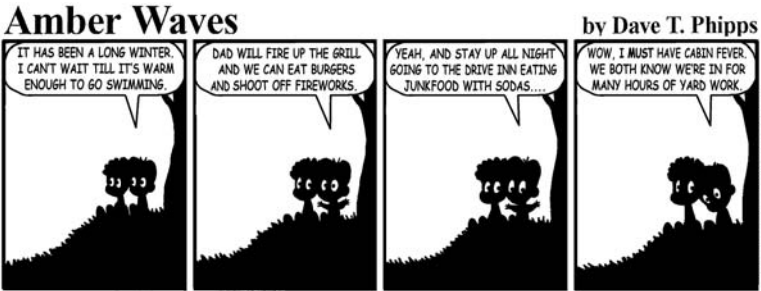
ABCDEFGHIJKLMNOPQRSTUVWXYZ

XIZ EJE UIF CBMMFSJOB RVJU

EBODJOH? CFDBVTF JU XBT

UV-UV IBSE.

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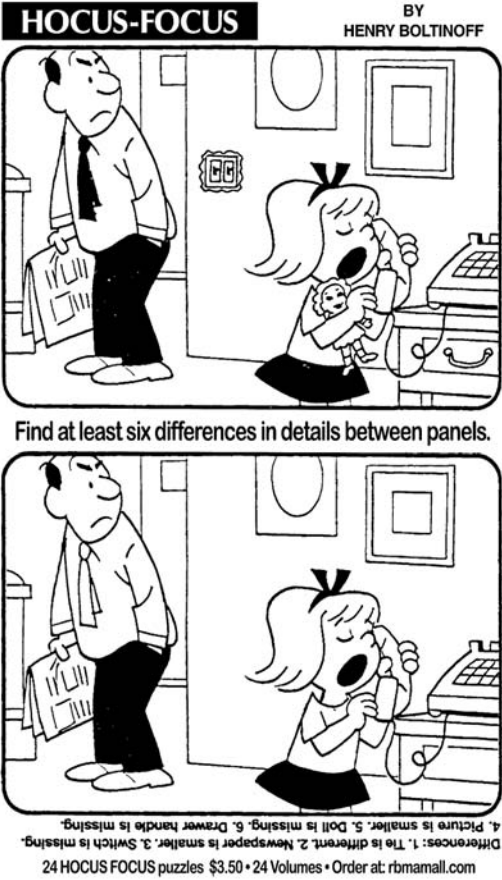
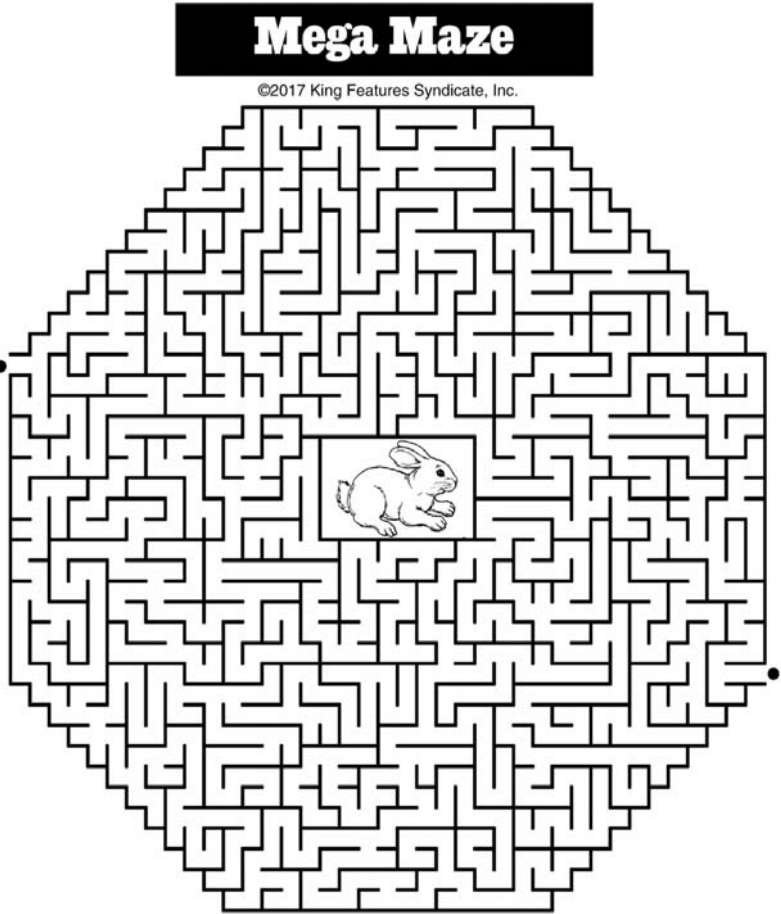


STICKELERS by Terry Stickels

Five times a number is four more than twice the number.

What is the number?

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Weekly SUDOKU by Linda Thistle

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

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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Flu Talk

By Carly Proulx

When you're sick in bed with the flu, and your body's energy is on a molecular level sometimes the only thing left to do is watch Netflix. It's not so bad really, but on flu-day 2 when the sun finally comes out after its week of being a recluse behind rainy and cloudy gloom and doom, and your bones ache enough to keep you hidden from its 65-degree warmth then it's enough to drive you to your mind's edge.

I watched a couple documentaries on day 1. BBC earth's South Pacific series will now be highly recommended by me if ever I find myself being plagued with the challenge of recommending someone a documentary. What I find interesting isn't necessarily what the rest of society will run home to drool bug eyed over, but Netflix seems to know me so well? To answer my question and your sudden confusion, it thinks it does, but in fact no, it doesn't. I'm a very sporadic Netflix watcher. I could go weeks without watching it, and then decide I need something to fall asleep to. What I like to fall asleep to is either a movie I've already seen quite a few times with little desire to watch fully awake again in this lifetime, or something that has little to no chance of holding my interest.

However, Netflix gets it in its Netflix brain that it now knows me oh so well. NEWSFLASH Netflix: You don't have a clue! Okay, that's only partly true, and other parts the dreaded driven to my mind's edge flu side effects talking. There have been some pretty solid, and logical recommendations made based off my torrid love affair/flights of Netflix fancy. I've binged watch a show or five on here before, that's not

FLU 12

FLU from 11

what I'm saying. I'm saying I'm not a consistent watcher. Perhaps in the eyes of Netflix I'm not a predictable watcher either.

Right before I started watching documentaries I was both laughing and crying while getting my FernGully on. If nobody reading this has ever seen the animated FernGully before this would be another recommendation from me. First off it has fairies. Secondly, human existence is up for debate between the fairies, insects, and reptiles that dwell in the FernGully rainforest. Lastly, but certainly not the least of fun facts about this movie is that Robin Williams is the voice of Batty Koda, a fruit bat that was used as a scientific experiment for animal testing on cosmetics and other unspecified medical reasons. Though his character is a huge comic relief to the film,

just hearing the genius and hilarity of Williams as the voice of this fruit bat had me in tears as well as stitches.

If Netflix was a perfect device it would have had this movie recommended for me, and I wouldn't have had to sift my way through the endlessness of the other choices. I like animated films, but sheesh! Netflix overload has got me somewhere between highly disoriented and near hyperventilation. This is the problem with us middle of the road gals. We complain about having everything at our fingertips in this century's race to the top of technology pursuit, but it's only our own laziness and lack of conviction we have to blame. If I'm using this luxury that is Netflix, and only sporadically should I really waste my energy-what little energy I have left to complain about it not being the perfect, all knowing recommending robot with too many picks to choose

from?

The conclusion I have come to is simply put-NO. Doesn't do any good, and it certainly holds no weight in the grand scheme of world inconveniences. I'll just shut up, and click play. What are we so afraid of anyway? The consequence: love it or hate it. You can

always click stop, and begin to browse again if it's too painful to watch. Now onto more serious meditation from the mind's edge ... maybe I should have considered getting the flu shot before getting the flu, and would it kill me to use hand cream to prevent this newly acquired alligator look?





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Dolgeville Native About to Join Centenarian "Club"

By Jessica Arsenault Rivenburg

When Edna (Saracino) Sidoran was born, the United States, under Woodrow Wilson, was just entering World War I, women were not allowed to vote and diseases such as polio, measles and tuberculosis were very real concerns. Televisions did

not exist yet, nor did computers or cell phones, and cars were still a rare sight in the Mohawk Valley. But Sidoran, who will be entering the centenarian club in nine short days, doesn't remember any of that. She remembers a simpler time when family and hard work

were the focus of life. "It was a simple life," Sidoran said, sitting up straight in a wicker chair at the Mohawk Homestead, where she has lived only since September. Her fondest memories are of cooking up a feast – her favorites being chicken soup, homemade pizza

and pizza fritte – and being with family, primarily her husband and son. "Nothing big and exciting happened to me," she said. "It was a slow, simple existence. Being in a small town, we were removed from a lot that was going on in the world. We didn't travel much, no big vacations. It was a very

family oriented time. An old-fashioned kind of life without a lot of fanfare." "We worked hard, the family would come over for dinner on Sunday and we'd sit out on the porch and eat ice cream," she continued. "I wish I could go back to those days some times." Sidoran was born to

Joseph and Philomena Saracino on April 16, 1917. The youngest of four, she lived her whole life in Dolgeville. She attended school until eighth grade, when, at 14, she left school to start working at the Daniel Green shoe factory, where her father worked before her. In 1934, at 17, Sidoran contracted tuberculosis and spent a year at the Pine Crest Sanitarium in Salisbury.

"My father would walk over and visit me all the time," she recalled. "Whenever the mood struck him."

While many were lost to the disease in those days, Sidoran pulled through, apparently no worse for the wear, and after about one year, returned to her Dolgeville home and Daniel Green job, where she eventually met her husband, Andrew Sidoran. "They sat near each other and he would pass notes to her through the sweeper when he came

DOLGEVILLE 14



Edna Sidoran, right, who will be turning 100-years-old April 16, talks with her daughter-in-law Laurie Porreca Sidoran, left, at the Mohawk Homestead.

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DOLGEVILLE from 13

through," said Sidoran's daughter-in-law, Laurie Porreca Sidoran. "But she played hard to get. He was a very romantic man, always writing love notes to Edna."

"Oh that," Sidoran

laughed at the sentiment and waved it off with a finely manicured hand. "That wore off after time."

"Where did I put those notes?" she asked after a pause. "Do I still have them somewhere?"

"We have them all in a box," Porreca Sidoran

said, to Sidoran's obvious relief. "They're safe."

Sidoran and Andrew married in 1954. She gave birth to her son, Michael, three years later, in 1957.

"He's my pride and joy," she said, her face beaming with love and affection. "But he definitely gave me a run for my money sometimes when he was little."

Sidoran stopped working for Daniel Green at that time to care for Michael, who is now a special education teacher in the Hamilton school district. She did, however, do ironing for people in her home to earn some extra money.

And Michael proved to be a loving and doting son, Porreca Sidoran said. For example, for the first half of 2016, Michael Sidoran moved in with his mother in Dolgeville in an effort to keep her at home longer. In September, she moved into the Mohawk Homestead.

"It was a little tough at first, but this is what it is and I like it here," Sidoran said.

"And that is a perfect example of Edna's atti-

tude in life," Porreca Sidoran said. "She's a very, sort-of Zen, go-with-the-flow kind of person. Very open-minded and unprejudiced."

When asked if she has advice for others looking to reach 100, Sidoran said she's not sure.

"I never thought I'd reach 100," she said. "I never really thought much about it. It didn't seem real. But here it is and I'm feeling fine. I might wish I was 10 years younger, but I don't want to be too cheap," she added with a laugh.

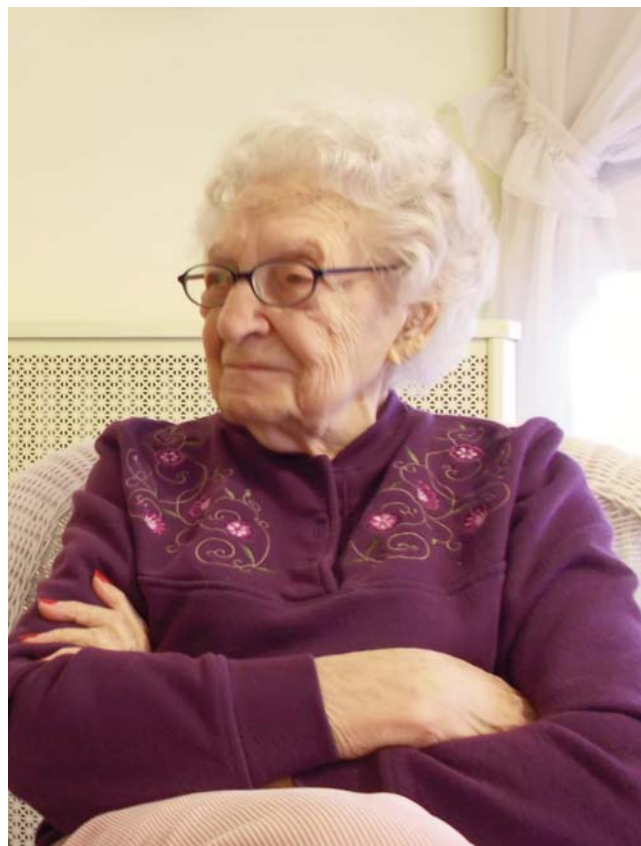
Porreca Sidoran suggested her longevity may be due in part to her attitude.

"Like I said, Edna's very easy going and lives in the moment," she said.

"Yes, I keep a positive attitude," Sidoran said. "And I've never worried about getting exercise or what I eat, but I've never been a big eater. I've had the love and support of family, and Michael has helped a lot, of course. I think that's important."

Sidoran will be cele-

DOLGEVILLE 15



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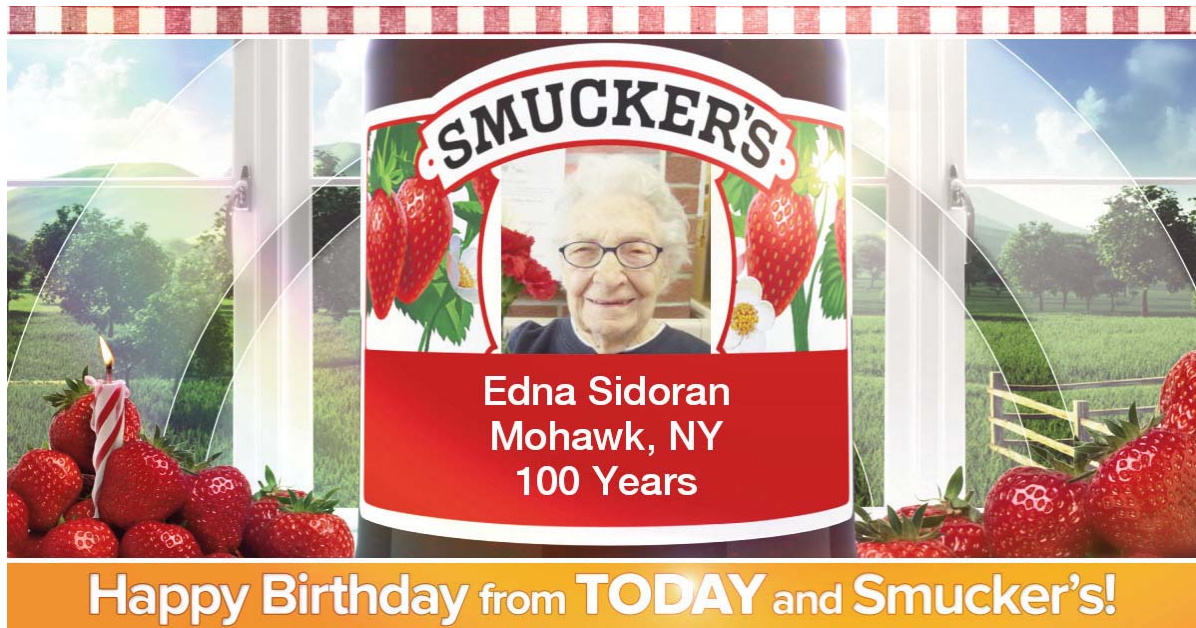
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DOLGEVILLE from 14

brating her 100th birthday on April 15 (the 16th falling on Easter Sunday this year) at the Waterfront Grille in Herkimer with family and friends.

The Homestead will also be celebrating her birthday with a big to-do at the home on Monday. Staff members at the Homestead are hoping to collect 100 birthday cards for Sidoran. To take part and wish her a happy birthday, send cards to Happy 100 Edna, c/o The Mohawk Homestead, 62 E. Main Street, Mohawk, NY 13407.



Happy Birthday from TODAY and Smucker's!

Keep an eye out for Sidoran's picture on NBC's The Today Show, where she'll be included in their daily birthday wishes by Smuckers.

Sidoran will be featured on NBC's Today Show during their daily Smuckers birthday announcements.

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Herkimer County Humane Society Annual Flea Market

Herkimer County Humane Society will hold their Annual Flea Market on Sunday, April 23, 2017 from 10am to 4 pm at the Mohawk American Legion Post 25, located at 43 W Main Street in Mohawk, New York.

The event will feature various items for sale, basket raffles, 50/50 raffle, bake sale, and more. All proceeds benefit the Herkimer County Humane Society.

Also, save the date for their 5th Annual HCHS Craft Show on October 21, 2017.

The Herkimer County Humane Society is always in need of donations or volunteers. You can help by volunteering or supporting the flea market or one of their other fundraisers. You could also adopt a dog or cat. Adopt; don't buy. For more information go to: www.herkhumane.org

By Jessica Arsenault Rivenburg

When it comes to a cup of fresh coffee in Ilion, it doesn't get much fresher than the newly open Moose River Coffee.

Owner Kim Fiato and business partner Yvonne Winter roast their own coffee beans daily. The coffee beans that went into a morning cup of joe have been roasted on site less than 24 hours earlier, Fiato said.

She and Winter opened up for business in the back half of the former Big M building on Otsego Street, about three weeks ago.

"I just love coffee," Fiato said. "It's a passion of mine."

Fiato, of Herkimer, previously spent 20 years in the United States Air Force. She returned to the area in 2009 and has been working as a software engineer. She and Winter had talked of going into the coffee business and when they heard about the possibility of space available in the newly renovated Big M building, they saw their chance, Winter said.

Moose River Coffee

The duo spent just less than a month setting up inside, which included building their own tables from pallets.

"The first one was pretty tough," Winter mused. "It took us about five hours. But then it went a little easier for the rest."

To start, Moose River Coffee offers a small variety of light, medium and dark roasts of beans from Guatemala, Columbia, Sumatra, Burundi and Costa Rica. Fiato deals with small farms and single origin beans, meaning all the Columbian coffee comes from one farm in Columbia.

"You tend to get better, more consistent quality that way," she said.

The coffee is available by the cup or by the pound.

"We roast to order," Fiato said. "So, when you come to pick up your order, it's been roasted that morning."

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MOOSE from 16

In addition to coffee, espresso beverages and a handful of teas, Moose River Coffee makes breakfast sandwiches and has a small daily assortment of baked goods from Friendly Bake Shop in Frankfort, Roma's tomato pie and Bagel Grove bagels on the weekend. The shop also carries a few local goods for sale including Heidelberg breads and Mahion Palmer honey from Lairdsville. Fiato and Winter have plans to expand their menu and product line in time.

"We're thinking of having a local merchants corner," she said.

The shop also offers free Wi-Fi to customers, and come nice weather, there will be outdoor seating as well.

For now, Moose River Coffee is open Tuesdays and Wednesdays 6 a.m. to 2 p.m., Thursdays and Fridays 6 am to 4 pm, Saturdays 9 am to 2 pm, and Sundays 9 am to 1 pm. The shop is closed Mondays.

The shop is open to groups looking to hold meetings and events, for which Fiato is willing to open outside normal business hours.

"It's been wonderful so far," Fiato said. "I like it a lot better than sitting in front of a computer all day."

"You meet a lot of people and get to chat," she continued. "I love it. It doesn't seem like work."



The newly-opened Moose River Coffee, in Ilion, roasts coffee beans daily to sell by the cup or the pound.



Yvonne Winter, left, serves tea to Chelsea Russell and Scott Sterling.



Owners Fiato and Winter crafted their own tables from pallets.

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Mohawk Valley Choral Society Sings Brahms



The Mohawk Valley Choral Society under the direction of its Artistic Director, Randy Davis, will present a performance of Johannes Brahms' "Ein deutsches Requiem" also known as the Brahms "German Requiem" on Sunday, May 7, at 7:30 pm.

The concert will take place at the Church of Our Lady of Lourdes, 2222 Genesee Street, Utica.

The Choral Society, which will sing the "Requiem" in English, will be accompanied by an orchestra and soloists, soprano Lisa Jones and baritone David Kolb.

Tickets for the performance are available at Center Stage Pianos in the New Hartford Shop-

ping Center, the Mohawk Valley Center for the Arts in Little Falls and Weissner's Jewelers in Herkimer. Tickets may be reserved by calling (315) 826-3092 or by

email at the Mohawk Valley Choral Society's website at www.mv-choral.org.

Tickets are \$12 in advance or \$15 at the door. The "German Requiem"

was written by Brahms between 1865 and 1868. It is a sacred but non-religious Requiem and, unlike the Latin Ecclesiastical Requiems, it does not follow the tradi-

tional form of a Requiem. Brahms referred to the work as a "human Requiem" in that five of the seven movements are comforting.

The Mohawk Valley Choral Society is now in its 35th year of bringing

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Helpful and harmful insects

Although it's virtually impossible to count them, insects are the most diverse group of organisms on the planet. Nine hundred thousand different kinds of insects are known to exist. At any given time, it is estimated that there are around 10 quintillion in-

dividual insects living. Gardeners grow frustrated when seeing their gardens infested with insects. In an effort to restore their gardens, homeowners might be tempted to eradicate any bug that moves in their yards. But gardeners would be wise to first

learn which insects are hurting their gardens and which can actually help gardens in the long run. Harmful Certain insects can be dangerous to animals and plants. The following are a handful of insects that can threaten the vitality of gardens.

Aphids: These insects suck on the juice needed to sustain plants, particularly when they congregate.

Bald-faced hornet: Hornets tend to be an aggressive species that can sting repeatedly. Should you find a nest near an entertaining space or garden, it can cause trouble.

Carpenter ants: These ants will burrow into wood causing damage. They may compromise any wooden structure in and around a home.

Locusts: Various species of locust can damage plants and crops due to their voracious appetites.

Treehoppers: These small, green insects mimic the look of leaves, and

their appetites can affect crops and gardens.

Red pavement ant: As they feed on all manner of human food, these ants can quickly overtake areas with their staggering numbers and deliver painful bites.

Grasshoppers: Certain grasshoppers, like the red-legged grasshopper, can decimate food crops and transfer parasites to birds when eaten as prey.

Caterpillars: Many caterpillars, the precursor to adult moths, will feed constantly on leaves, stems and other parts of plants. The tobacco hornworm moth caterpillar can damage potato and tomato plants. Helpful Plants depend on insects to transfer pollen as they forage, and many insects are quite beneficial to have around. While some pollinate, others are predators of other pests.

Antlion: A foe of ants, they'll help eat and control ant populations and pollinate flowers. They

pose no threat to humans, either.

Big dipper firefly: These colorful insects feast on earthworms, slugs and snails during the larval stage. Fireflies add drama to evening gardens with their twinkling lights.

Garden spiders: Although some spiders can be venomous, many are quite handy to have around the garden. They'll help control pest populations that can damage plants and crops.

Dragonflies: These aerial artists that zip around the yard are consuming smaller insects that would otherwise pester plants and humans.

Blue-winged wasp: This wasp attacks the larvae of Japanese beetles, helping to control beetle populations.

Bees and butterflies: Butterflies and bees are some of the best pollinators out there, and each can add whimsy to gardens.



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Morning Worship 11-12:30 PM
Lunch 12:30-2 PM
Afternoon Worship 2-3 PM

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

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

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

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Rev. T. Healy, Sacramental Minister
31 N. Helmer Ave.
Phone 429-8338
Sunday Mass 9 AM

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305 Main Rd., East Herkimer
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Saturday Evening Vespers 4 PM
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Holy Day Liturgy 9:30 AM

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Wednesday Worship 6:30 PM

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Worship 9:30 AM
Sunday School 11 AM
Shepherd's Table:
Tuesday 11-12:30 PM
Thursday 11:30-12:30 PM
Shepherd's Table Dinner:
First & Third Tuesday 6 PM

CHRIST EPISCOPAL CHURCH
Rev. Jill Stellman
300 N. Main St.
Church Office 866-0551
Email christherk@verizon.net
Sunday Services:
Sunday School 9:00 AM
Holy Eucharist 10:15 AM

LITTLE FALLS FIRST BAPTIST CHURCH
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Morning Worship will begin at 10:15 AM
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Junior Church (K-4) during Morning Worship Service
Sunday School Classes 9 AM (nursery through adult)
Morning Worship Service 11 AM and is broadcast live over radio station WIZR, 930 on the AM dial with a one week delay.
Monday School Board Meeting 6:30 PM
Tuesday Trustee Meeting 7 PM
Wednesday Final Bible Study & Prayer Time at homes 7 PM
Thursday Choir Practice 7 PM

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Rev. T. Healy, Sacramental Minister
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Saturday Vigil Mass 4 PM
Sunday Mass 10:30 AM

EMMANUEL EPISCOPAL CHURCH
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588-594 Albany St.
Sunday Schedule:
High Mass, Rite II 10 AM
Nursery & Sunday School 9:45 AM (Sept.-May)
Fellowship Coffee Hour 11:15 AM
Choir Rehearsal 11:30 AM
Holy Day Masses as announced
Confessions by appointment

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Sunday Morning All Worship 10 AM
Thursday Bible Study 6:30 PM

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Sunday School 9 AM
Wednesday Services 12:10 PM & 7 PM

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Rev. Mark Cunningham, Sacramental Minister
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Morning Service 11 AM

COLD BROOK UNITED METHODIST CHURCH
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Sunday Worship 10:30 AM

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Recognize potentially dangerous household chemicals

Homes are safe havens that people retreat to in an effort to relax and unwind. However, homes may be harboring some hazards that put their inhabitants at risk.

Cleaning products and chemicals can be found in every home, but some may be putting people in jeopardy. Even seemingly safe items can prove dangerous when they are used and/or stored incorrectly.

Individuals who make a concerted effort to educate themselves about common household chemicals can reduce the likelihood that such cleaners will hurt them in the long run. The following are some commonly used products that may prove dangerous or irritating with prolonged use. Air fresheners These seemingly innocuous products may be doing more harm than good. Information published in a 2015 issue of The Journal of Toxicological Sciences linked air fresheners to volatile organic compounds, or VOCs. They also may contain ultra-fine particles of formaldehyde and phenol. In addition, National Geographic's The Green Guide states that many air fresheners contain nerve-deadening chemicals that coat nasal passages and temporarily block one's sense of smell. Many widely available air fresheners use phthalates, which are linked to hormonal and reproductive issues, birth defects and developmental disorders. In lieu of chemical air fresheners, spray diluted essential oils around the house. All-purpose cleaners Many cleaners list bleach and ammonia among their ingredients. Bleach may be listed as sodium hypochlorite. When used as directed in a well-ventilated space, bleach and ammonia can be relatively safe. However, fumes from bleach or ammonia can cause rashes and skin irritation and irritate the eyes and respiratory tract. Bleach and ammonia should never be mixed because mixing the two can produce a deadly chloramine gas.

Vinegar and baking soda can be used as a replacement for many household cleaning products, and these alternatives have virtually no dangerous side effects. Drain and oven cleaners Many drain and oven cleaners contain lye (sodium hydroxide or potassium hydroxide), a chemical derived from salt or wood ash that is used to break down other substances, particularly those that are sticky. Lye is quite caustic in high amounts and extremely alkaline, which can cause burns and skin irritation. Lye is also found in soaps and detergents. When handled correctly in safe amounts, lye can be used safely. However, it can be dangerous if it gets into the hands of children or is touched by pets. Antibacterial products Antibacterial soaps, lotions and wipes may contain triclosan, triclocarban and at least 17 additional ingredients that are linked to various negative health effects. In September 2016, the U.S. Food and Drug Administration banned the use of these antibacterial agents. These chemicals can disrupt hormone cycles and cause muscle weakness.

"There's no data demonstrating that over-the-counter antibacterial soaps are better at preventing illness than washing with plain soap and water," the FDA said in a press release issued shortly after the rule was announced.

In addition to the aforementioned products, some carpet cleaners, toilet cleaners and other detergents may prove harmful. Always read ingredient lists, use products in the proper fashion and keep any and all chemicals away from children and pets.



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Happiness is the key to success.
If you love what you are doing, you will be successful."*

- Albert Schweitzer

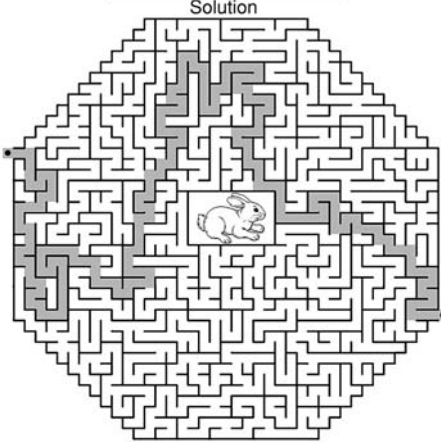
King Crossword

Answers

Solution time: 21 mins.

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OVUM		ASH	VERB
BOLO		LEE	EXEC
SWARM		DAMN	
	NEW	FOIBLE	
JANITOR		ONAIR	
ICON		KIT	GLEN
BRIGGS		POSSESS	
SERGEI		MAH	
	LAVA	YACHT	
AMMO		OCT	DOOR
POUR		RHO	ELBA
EDGY		YEW	TOY

Mega Maze



Puzzles4Kids

Answer

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Sticklers Answer

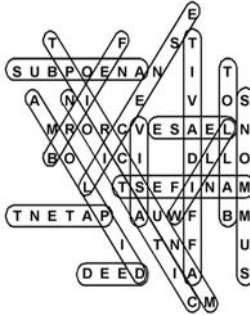
The answer is 4/3.
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 $5x = 2x + 4$
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4	2	5	8	6	3	9	1	7
1	8	4	7	2	9	6	5	3
5	6	7	3	4	1	2	8	9
3	9	2	6	5	8	7	4	1
9	4	3	2	1	6	8	7	5
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Safety tips for female travelers

Many people have a passion for travel, which can provide wondrous new experiences and enrich travelers' lives in ways they might never have imagined prior to their trips. While some may associate traveling with family vacations or backpacking excursions with friends, more and more travelers are flying solo.

In its 2015 Visa Global Travel Intentions Study, the market research firm

Millward Brown found that 24 percent of people traveled solo on their most recent international vacations. That study examined travelers from 25 countries, illustrating that solo travel is a global trend.

Traveling alone can provide travelers with a greater sense of freedom, as such wanderers can pick and choose their trips and activities without having to consult with a partner or friend.

But traveling solo also can be more risky than traveling with friends or family. The safety in numbers philosophy has long been applied to traveling overseas, but women traveling alone can employ a handful of safety strategies when planning their trips. Lodging Women should take various factors into consideration before choosing lodging for their trips. Small hotels or bed and

breakfasts may not be as glamorous as larger alternatives, but it's easier to become friendly with staff at such establishments and it's easier for staff to recognize any suspicious characters loitering on the premises. Choose a hotel on a well-traveled street so you are not walking alone down a dark road late at night. If you plan to drive on your trip, inquire about valet parking and its availability

throughout the day. A 24-hour parking service can keep you from having to park in dimly lit and/or faraway parking lots late at night. Geography Many travelers may enjoy "getting lost" on their trips, feeling that such wandering is a great way to discover areas of a city that are less populated by fellow tourists. But solo travelers must be mindful of their surroundings at all times.

Study maps before departing on your trip so you can get a layout of any locales you plan to visit. Learn the landmarks and their locations within the city, using them as guides should you get lost during your travels. Employ the GPS technology on your smartphone if you find yourself getting lost, and ask the front desk attendant or concierge at your hotel to mark off any potentially dangerous neighborhoods to avoid. Attire While it can be difficult to blend in with the locals when traveling overseas, try to avoid dressing too flashy or wearing lots of jewelry. Jewelry may draw the attention of pickpockets or thieves, while overdressing may announce to criminals that you're a tourist. Blending in as much as possible can make you less noticeable to criminals and reduce your risk of being targeted. More and more travelers are going solo.



Female travelers who embrace this trend must exercise caution to ensure their trip is as safe as it is enjoyable.

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6 simple ways to greener living

Protecting the planet is a goal for millions of people across the globe. And that's a good thing, as the planet is increasingly in need of help.

Behaviors few people may give a second thought to can dramatically impact the planet in a negative way. For example, according to Worldwatch Institute, 100 billion plastic bags are thrown away each year, less than 1 percent find their way into recycling bins. The end result of that waste is the deaths of around 1 billion birds and mammals each year due to the ingestion of plastic.

If that information elicits deep emotions, perhaps this is the year to embrace a more eco-friendly lifestyle. Recycling and reusing is a good place to start, but there are other ways to embrace green-living practices in everyday life.

* Plan a spring garden. Explore the possibilities of a vegetable garden and planting some fruit trees. Growing your own food can reduce reliance on commercially imported food products. Plus, the plants and other greenery will contribute to the environment in a positive way, by providing animal habitats and filtering the air.* Rely on fresh air and natural light. To cool or even warm up a home, use outdoor air rather than turning on the HVAC system the moment you feel uncomfortable. Natural sunlight coming through windows can warm up a space and il-

luminare it adequately.* Reduce reliance on motor vehicles. The organization TreeHugger says currently there are around 700 million cars on the road, producing 900 million tons of carbon dioxide each year. Bicycling or walking to the store or school, and carpooling to work can help reduce these emissions.* Use natural cleaning ingredients. Vinegar, baking soda and citrus oils can be

used to clean and deodorize, reducing reliance on harmful cleaning chemicals. * Opt for paperless whenever possible. Reduce paper waste by signing up for paperless billing and receipts. Try paying bills electronically, which will cut down on the number of paper bills and envelopes that end up in the trash.* Conduct a home energy audit. Find out if your home is hemorrhaging energy and

money by conducting a home energy audit. A professional energy audit will check for water and air leaks, HVAC sys-

tem efficiency, insulation levels, window quality, and much more. Many people resolve to live more eco-friendly

lifestyles at the dawn of a new year, and such resolutions can produce positive results for years to come.



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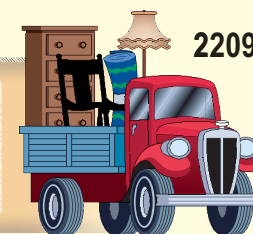
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How to plant a tree for successful growth

More sunlight and warm temperatures frequently inspire homeowners to spend more time in the great outdoors during spring and summer.

Outdoor projects often top homeowners' to-do lists in spring and summer, with gardens and landscapes taking center stage. Planting more trees around the yard is one popular project that can improve property value and benefit the environment. Why plant trees? There are plenty of reasons to plant trees. Trees provide a natural form of shade, reducing air temperature by blocking the sun's rays. This can reduce reliance on air conditioning systems and make it more comfortable to spend time outdoors during the summer. North Carolina State University College of Agriculture & Life Sciences says trees absorb and block noise and reduce glare. They also can trap dust, pollen and smoke. Trees also absorb carbon dioxide and potentially harmful gasses from the air. One large tree can supply a day's worth of oxygen for as many as four people, while also storing 13 pounds of carbon per year. Getting started Visit a garden center or nursery and select a tree that will be hardy in your planting zone. Choosing native trees can increase the likelihood that the new tree will adapt to its surroundings. Also, inspect trees to determine if they're healthy before taking them home. Look for evidence of root girdling, which occurs when the roots circle around the perimeter of the container and surround the trunk. Trees should not have any dead or dormant branches.

The DIY Network suggests locating the tree where it can thrive. This means selecting a spot that can make it easier for the tree to grow tall and wide. Avoid planting near the

house, where roots can crack concrete or asphalt, and always plant away from underground pipes. Planting the tree Now it is time to amend the soil. It's not enough to enrich only the soil in the hole where the tree will be placed. Move out into a circular area beyond where the roots will start so that roots can expand and properly anchor the tree. The next method of success is to ensure that the tree has a large enough hole to contain the existing root ball and allow for roots to grow and expand. Better Homes and Gardens experts say to prepare a hole that is two to three times as wide as the root ball of the tree. Treat the root ball gently. If the roots are wrapped in burlap, remove the burlap or push it to the bottom of the hole.

Backfill the hole with soil and check that the tree is straight. Stake the tree to help it stay upright and straight until the roots anchor it more effectively. A layer of mulch around the base of the tree can prevent weeds and reduce water loss. Water daily for several weeks until the roots have fanned out.

It's best to leave trees be for the first growing season, only removing broken or diseased limbs. Resist pruning and shaping until the tree has survived its first growing season.

Learn the right way to plant a tree to improve the landscape and the environment.



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Simple tricks to satisfy picky eaters

Family mealtime can be challenging for a variety of reasons, including the varying taste buds of moms, dads and their kids.

Although there is no consistent definition of picky eating, according to a report published in the journal *Frontiers in Pediatrics*, the term is generally used to characterize children who eat a limited amount of food, have

strong food preferences, have restricted intake of certain foods, or who are unwilling to try new foods. It's difficult to account statistically for picky eating, but this relatively common behavioral problem tends to peak around age 3.

Picky eating tends to be genetic. A study led by Dr. Lucy Cooke of the department of epidemiology and public health at Uni-

versity College London found genes are largely to blame for picky eaters. According to her research, 78 percent of pickiness is genetic and the other 22 percent is environmental. Pickiness usually is a temporary part of normal development, and many of the behaviors associated with picky eating can be alleviated by open-minded, patient parents who are

willing to try new things themselves. Experiment with different textures—Sometimes it isn't the food itself but the texture of the food that is the problem. Therefore, parents shouldn't rule out certain foods just yet. For example, a child might not like the texture of a baked potato, but mashed potatoes are fine. Try presenting the food in a different way. Cauli-

flower is one food that can be transformed into many different styles, from being grated like rice, to baked into a pizza crust. Don't give up on foods on the first try.

Make meals more hands-on. Many ingredients touching one another can be an overwhelming experience for children getting ready to eat. For example, young kids may not understand that

melted yellow stuff on a hamburger is the same type of cheese they eat cubed with crackers for lunch. Rather than create separate meals, make the dinner table look like a fixings bar at a restaurant. Let kids pick and choose what they want to put on their plates. This may compel them to be more adventurous with

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their selections. Find ways to mask nutrition-Choose foods that children regularly eat and enjoy and experiment with ways to dress them up and make them more nutritious. Regular mac-and-cheese can be improved with the use of whole-grain pasta and fresh cheese instead of boxed mixes. Try making chicken nuggets from scratch rather than buying frozen nuggets. Smoothies can be enhanced with fresh fruit and other mix-ins. Even desserts can include pureed vegetables and fruits to increase their amount of vitamins and minerals.

Picky eating is a phase many children will experience. Parents can ride through the mealtime woes by experimenting more in the kitchen.

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Spring gun cleaning

The melting snow and warmer weather are a good indicator to do some spring cleaning. It's the perfect time for shooters and hunters alike to clean their guns. To keep a firearm in good working order you have to keep it clean; a clean gun is a healthy gun.

When cleaning your gun, use proper gun safety. Always keep the muzzle pointed in a safe direction, verify that the gun is unloaded, check the safety, consult your fire arm's instruction manual for proper cleaning procedures.

Having the proper place to clean your fire arm is the next step. Use a table, desk, or bench as a stable place to field strip your gun. You may want to employ a small vice as a "third" hand. Cleaning your gun in your easy chair is a recipe for disaster.

The proper tools will really make gun cleaning a simple process. Having the right tool for the right job is a must. Get a good cleaning rod (coated or carbon fiber) with a ball bearing handle. A high-quality rod will make using a brush or patch easier and

can help protect the barrel from scratches.

Use a quality brush, fit for your barrel. Use a brush made of brass or phosphorous bronze. Brushes made of other material such as nylon don't seem to loosen fouling as well.

Use an absorbent lint free patch. Some patches leave lint in your barrel and. A good, quality cotton patch will help remove the carbon and copper fouling that your good brush loosened up.

Next, use a quality gun cleaning solvent or CLP (cleaner-lubricant-protectants). Try to use only non-toxic gun cleaners. Gun cleaners or gun solvents clean only while CLP'S are multi-function solutions. CLP'S. They kill 3 birds with one stone. They clean, protect and then lubricate. However, they typically do not clean as well or as fast as a straight gun cleaner or solvent.

To keep a firearm in good working order and accurate, it is necessary to clean it thoroughly. Does this mean it must be perfectly spotless? No. Your gun does not need to clean to a spotless degree. Believe it or not, the barrel does not need to be totally free of all fouling. It only needs to be clean enough to regain its accuracy potential. When a barrel becomes fouled badly, it will start to lose its accuracy. You need to clean the barrel until the accuracy is regained and no more. So, scrubbing a barrel for hours and hours to remove every little trace of fouling is not needed. You do not need to remove every micron of fouling. You don't have to spend hours cleaning your gun. The proper tools and cleaners you use can make spring gun cleaning a breeze.



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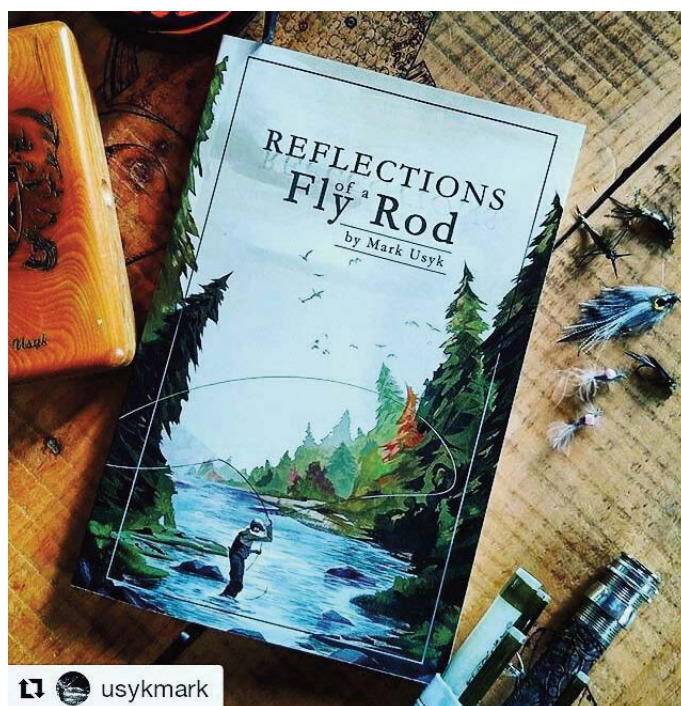
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Local fisherman pens book - Reflections of a Fly Rod

Mark Usyk, considers himself a marginal fly fisherman. He is unconventional, at times unstable, but undeniably a fly fishing junkie. He frequently points his Jeep an hour north into the Adirondacks in search of brook trout and the answers to life's toughest questions. A former hotrod fabricator, ex-blacksmith, ex-cell tower climber, and turned soul-searching fly fisherman with a taste for telling fishing stories in his own unique style, his stories are sure to make you access your own life and ask the most important question in the universe; Do you fish enough?

Usyk, writes a weekly blog on the JP Ross Fly Rods website, sits on the board of directors for Trout Power, a nonprofit which focuses on the preservation of wild and native trout in NY State, and specifically the Adirondacks, and writes the monthly Streamer Junkie column in Editor magazine has penned, Reflections of a

LOCAL 4



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LOCAL from 3

Fly Rod. The 204-page book features 61 stories; life stories wrapped up in fishing tales.

Usyk said, "I've always worked in metal; blacksmithing, building hot rods and motorcycles, using the English wheel and power hammers but this book was the first thing I finished for myself."

An Excerpt from the story "The Carp Incident"

The fish, we'll all assume carp at this point, it never stopped. It never even paused. Which means it never even looked back, which means I meant nothing to it in the greater scheme of things. How could it mean so much to me, but me so little to it? Had there been more time for the relationship to grow, I'd have been heartbroken. It headed straight into the blow downs, and the line stopped. I pulled, nothing gained, but nothing pulled back either. I pulled some more. I couldn't feel anything on the other end and I pictured the leader in my head, wrapped around a branch the size of my

leg, the carp simply sitting down there, reclined in a Lazy Boy reading a magazine without a care in the world, like nothing was going on.

Usyk explained, "Fly fishing is solitary. Like writing." Mark's favorite place to fish in Herkimer County is the Black River, up north in the Adirondacks. In Oneida County, he prefers the Oriskany Creek. It's his home creek, literally, right out the back door and he said, "It's good anywhere you hit it."

Another excerpt, from the story "The Judge's Camp"

Here's the thing about the memories of the judge's camp. Thinking back, I don't remember the drives there and back

LOCAL 5

Fish stories are like opinions. Everybody's got one. The difference is, people actually *enjoy* a good fish story. In his first book, Mark Usyk sets out to prove that he not only has a couple, but that he knows how to tell them as well. But are they *really* all fish stories? Or is he trying to unlock the mysteries of the universe as only an angler can?

From his time as a cell tower climber with a bunch of fly rods packed alongside his climbing gear, to his days spent at a grungy and thankless production factory job indoors and all but cut off from the great outdoors, to memories of simpler days and the ones that got away, here are 61 short stories told by a self-proclaimed *marginal* fly fisherman. Whether they're about fishing or something more is up to you to decide.



Mark Usyk lives in Upstate NY with his wife Holly and two sons, Jacob and Carter. He writes weekly stories on his Streamer Junkie blog on jrossflyrods.com and writes for a couple local and regional magazines as well. He also sits on the board of directors for Trout Power, a nonprofit which focuses on the preservation of wild and native trout in NYS and specifically the Adirondack Park. He self-published this book, because at 41 years old, he says life's too short to wait for other people to do things for you.

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LOCAL from 4

like when I think about the Cobleskill farm trips, and I don't remember what we caught in the pond. But I do remember him pointing out the kingfishers that would swoop down from the trees on the far side of it. The creek outback I know held trout of some kind, only because I remember I couldn't ever catch them... But Grandpa always could. It's just the place and the experience as a whole that I can recall, with such great detail, except for the fish in the pond. I have no recollection of the fish in the pond. This can only support the idea that the fish are the excuse, and that it's something beyond them we're searching for...

Mark Usyk likes telling fish stories. But are they really all fish stories? Or is he trying to unlock the mysteries of the universe as only an angler can? It's your call whether his stories are fish tales, life stories, or something more. For more information or to order Reflections of a Fly Rod, go to www.amazon.com/dp/1540779289/ref=cm_sw_r_sms_c_api_fJj3yb74H77ZK.



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Getting your motorcycle ready after storage

By David Bryant

Getting your motorcycle out of storage is an exciting time. The first thing you want to do is throw a leg over and hit the road. It is a totally natural feeling. There are a few things you want to go over before you go for a ride to make sure that your motorcycle is safe and mechanically sound before you go for a cruise.

Once you have your bike in your workspace give it thorough visual inspection. You are looking for broken wires, cables, fluid leaks, and that the tires are not cracked and worn. Make note of



any issues that you find. If you are going to repair it yourself, it is handy to have a checklist. If you are going to have someone else fix the issues, then you will have a list of what you know needs to be fixed.

There are a few areas you want to pay close attention to; Brake, throttle, and clutch cables can become corroded when they are not used. If you have ever had one stick you know it is not something you want to happen again. Work the levers to ensure that they return on their own. If there is any sticking you can remove the cable and lubricate it with the manufacturers recommended lubricant. Reinstall the cable and repeat the test. If it still does not function properly it is time to replace it. Any cable that is not functioning properly (even after attempted repairs) should be replaced.

The next thing you will want to check are the fluids. Hopefully the gas tank was topped off and a fuel stabilizer was added before storage. If not, you will want to drain the tank of the old gas. Inspect the inside of the tank with a flashlight. Make sure there isn't any corrosion that could clog the gas line. Once you are sure there isn't any loose debris, refill the tank with fresh fuel.



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GETTING from 6

Make sure to drain the fuel from the carburetor and gas line as well. If you do not know how to do this, you can purchase a repair manual or find how to videos online. Now it is time to check the oil. Most owner's manuals give a recommend how often the oil should be changed. If you have done it or had it done the oil level should be good. It is still a good idea to check the level. If the fluid looks clean and is at the correct level, there is nothing else to do. If it is dark and has shiny bits of metal in it, you will want to change the oil. You can purchase drain plugs that have a magnet in them to catch any bits of metal. It is not unusual for this to happen. Having the magnet on the drain plug helps to determine if there is too much metal wear happening. Next you will want to check the transfer case fluid. This fluid is typically changed at the same time as the oil. You will look for the same things in the fluid. Metal shavings happen, you do not want large pieces of metal. That typically indicates an issue and should be checked by a licensed mechanic. If all appears well you are ready to inspect the next vital area, stopping.

GETTING 8

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How to help kids get into golf

Golf is a game of skill that can take years, if not decades, to master. Many golfers find their time on the golf course both rewarding and relaxing, even on those days when the fairways seem impossible to find.

Though many players never swing a golf club until they reach adulthood, it's never too early to hit the links. Some of the world's most accomplished golfers, including four-time Masters Champion Tiger Woods, began playing as toddlers, and many feel that

How 9

GETTING from 7

The owner's manual will indicate the allowable amount of wear on brake pads. You will want to check the pads to make sure that you have not surpassed the amount of wear to safely stop your motorcycle. Look for chips in the pad and any gouging in the

rotor. If you find any you will want to replace them. While you are checking the brakes, you can check the fork seals to make sure that there isn't any fluid seeping and that the seals are intact. If you have spoked rims you can check that the spokes all seem tight and that none are bent.

Finally, you will want to check the nuts and bolts on the whole motorcycle. You want to ensure that your previous season of riding hasn't left any loose. Tighten each to their recommended torque specifications in the manual. While you are checking the bolts on the battery you can ensure that it has maintained a charge while in storage. This should be done with a tester and hopefully results in a reading of 12 volts. The battery can be taken to a local parts store and be tested there. They can tell you if it needs to be replaced or if it just needs time on a battery tender. Once the battery is confirmed to be working properly go ahead and check all the lights. Make sure that the headlight's high and low beams are working. Then go through the signal lights and brake lights. It may be easier to have someone with you do this part.

It is now time to throw a leg over the saddle and take the motorcycle on a test ride. Run through the gears, test the brakes, and make sure that you aren't detecting any issues you didn't find when you had it in your workspace. After fifteen minutes or so, head back to the work area to give the bike another visual inspection. If there are no leaks, wash the bike give it a good waxing and plan your next ride.

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How from 8

getting an early start can lead to a more successful game down the road.

Getting kids into golf is a great way for parents to bond with their children while enjoying the great outdoors. Golf can also be used to teach kids humility, sportsmanship and the importance of hard work. Thanks to the often-frustrating nature of golf, parents may find it somewhat challenging to instill a love of the game in their youngsters. But there are ways to introduce kids to this wonderful game that kids might just play for the rest of their lives.

- Focus on having fun. Few, if any, golfers at your local golf course on a given weekend could say with certainty that golf has never frustrated them. The challenge of golf may be its most appealing characteristic to older players, but young kids can be easily overwhelmed by the challenges golf presents. By focusing on having fun instead of perfecting techniques, parents can get kids to look forward to their time on the links. The more fun kids have, the more likely they will be to embrace the game and its many

How 10



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HOW from 9

challenges. Don't put pressure on youngsters as they develop their games, but encourage them through their struggles and reassure them that you faced the same obstacles when you started playing.

- Hire an instructor with experience teaching children.

Instructors with experience teaching children will understand the basics of the game and how learning those basics provides a great foundation for future enjoyment and success on the course. Instructors who have taught kids in the past also know that teaching youngsters the finer points of golf require patience and encouragement. Ask a fellow parent or an employee at the club where you play to recommend an instructor for your child. And take advantage of any kids' courses your club offers.

- Purchase the correct equipment. Even the best golfers are bound to struggle when using the wrong equipment. While it might be unwise to invest in especially expensive equipment for youngsters likely to grow out of it in a few months' time, deals



can be found on used kids' equipment. Used kids' equipment is typically subjected to less wear and tear than used equipment for adults, as kids tend to play less often and fewer holes than adults when they do play. But make sure to find correctly sized equipment that kids feel comfortable using.

- Play some holes. Instructors may teach kids the differences between the types of clubs and how to swing and putt. But golf is most fun when players are out on the links going from hole to hole. Instruction is important, but don't forget to play a few holes with your child each week as well. Golf is a challenging game, but it's one that can be enjoyed by athletes of all ages.



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How to choose the right backpack

Upon hearing the word “backpack,” people naturally think of back-to-school season, when throngs of children board buses and head to classrooms across the country. However, the backpack need not be pigeonholed into such a narrow stereotype; there are many different uses for backpacks.

Outdoor enthusiasts, particularly hikers and day-trippers, rely extensively on backpacks. Backpacks facilitate the transporting of supplies and other necessities, but not every backpack is the same, and some are more applicable to certain tasks than others. Choosing a backpack requires careful consideration, and the following tips can help consumers make the best choice.

- Identify its potential usage. What will the backpack need to do? Will you be hiking the mountains and looking for a lightweight pack to carry small supplies, or are you planning to camp out and need something capable of carrying larger items? Discuss your needs with a store employee when shopping for packs.

- Choose the right volume. Backpacks



Few outdoor enthusiasts can get by without their backpacks.

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DISCOVER VISA

How from 11

The liter size may be included right in the product name. According to Eastern Mountain Sports, between 15 and 30 liters is good for day hikes or school usage. An overnight or weekend trip likely will have to be between 30 and 55 liters in volume.

- **Determine torso size.** Whichever backpack you choose, it needs to fit you comfortably. That means measuring your torso length to find one that will sit on the right area of your back. The torso length on the pack will equate to the distance between the shoulder straps and where the pack hits your hips. For packs with hip straps, the right length will ensure the hip straps can fit comfortably in this area. Some packs are sold with an adjustable torso size. Some manufacturers also size packs specifically for women's frames.

- **Decide if framing is necessary.** After you have decided on size, you need to assess other features, including internal and

external frames. External frames are original style, classic packs. Internal frame packs tend to be lighter and have a lower profile. If you need to maneuver through some tight areas, an internal frame pack might be best. Frames in packs help you carry more, and you can even strap things to the outside of the pack, says Backcountry, a gear and outdoors resource.

- **Consider additional features.** Packs come with various features, including load-lifter straps and sternum straps, that can help balance the load and put less strain on your back. Also, choose shoulder straps that curve anatomically to fit the body closer. A ventilated back panel can help reduce sweating and protect your back from pointy gear.

In addition to these tips, consider if you want your pack to be waterproof and to have internal and external storage pockets or other pouches for carrying smaller items. For more help, speak with an outdoor gear retailer.

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Did you know?

Running on a variety of surfaces instead of sticking to just one surface may help runners reduce their risk of injury. Officials with the USA Track and Field's Sports Medicine and Science Committee recommend that runners vary their runs so they run on pavement, trails and tracks. While it helps to run on various surfaces, researchers do not believe one particular surface is better than another. In fact, while running on asphalt has long been assumed to increase injury risk because of the presumption that harder surfaces produce greater impact forces on the body, a 2008 study from researchers at the Hannover Medical School Department of Plastic, Hand and Reconstructive Surgery in Germany found that running on asphalt surfaces decreased mid-portion tendinopathy risk while running on sand surfaces increased that risk tenfold.

www.leepub.com

Chobani to sponsor "Storytime & Hike" with Friends of Rogers

Friends of Rogers is proud to announce that Chobani will serve as the official presenting sponsor for "Storytime & Hike." The popular program – featuring stories, songs and adventure with Children's Coordinator Jenni Larchar – is held at Rogers Environmental Education Center every Wednesday at 10:30 am, starting March 15.

While "Storytime & Hike" has been underwritten by several organizations since its inception over three years ago, this marks the first time that a corporate partner's financial support will sustain an entire year of fundamental Friends of Rogers programming.

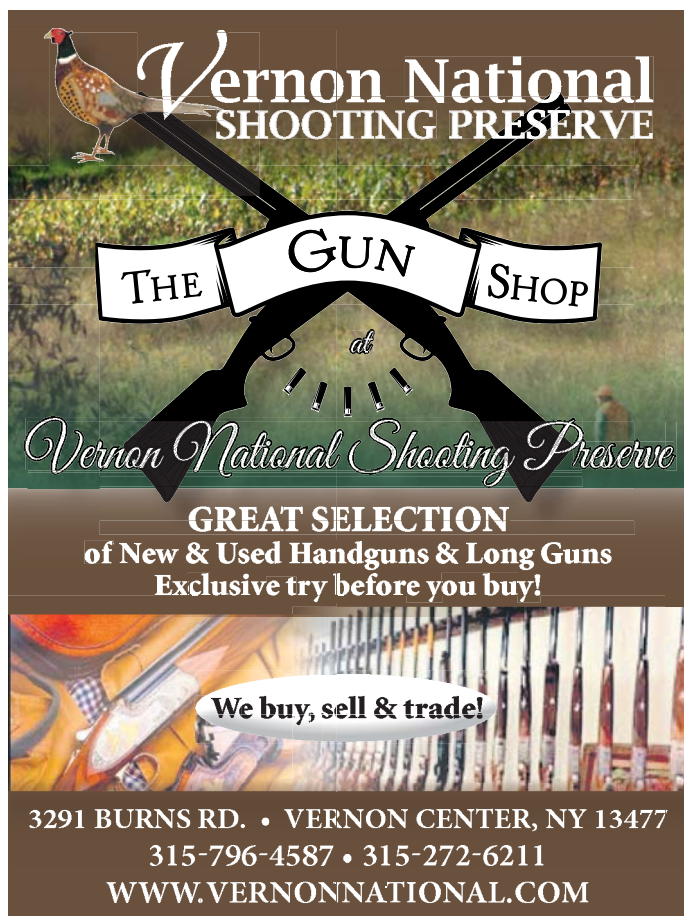
The top-selling brand of Greek yogurt in the United States, Chobani was launched by Hamdi Ulukaya in 2007, after his 2005 purchase of a former New Berlin Kraft Foods plant. With its corporate headquarters in Norwich, Chobani has more than

2,000 employees world-wide and was recently named number nine on Fast Company's list of 'The World's 50 Most Innovative Companies'.

"Chobani's generosity to Friends of Rogers and our local communities is truly inspiring," said Simon Solomon, executive director. "This leadership support ensures that 'Storytime & Hike' will continue nurturing a love for the outdoors and promoting literacy among our youngest visitors and their families. We are extremely grateful for this tremendous investment in our mission."

"Storytime & Hike" begins in the Visitor Center located off State Route 80 in Sherburne; attendees are encouraged to use the adjacent parking lot, and the building is accessible. The

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program is held regardless of rain, shine, or snow, so participants should wear appropriate clothing and footwear.

Rogers Center is operated by Friends of Rogers Environmental Education Center, Inc., a nonprofit organization that offers educational programs for all ages. Seasonal hours are from 10 am to 4:30 pm Wednesday through Saturday, and from 11 am to 3 pm on Sunday. For more information, call (607) 674-4733 or visit www.friendsofrogers.org.



Jenni Larchar, Children's Coordinator with Friends of Rogers, and young friends enjoy a classic children's book during a recent "Storytime & Hike." Chobani has been named the official presenting sponsor of this beloved Rogers Center program for the next year. Photo courtesy Friends of Rogers.

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Inaugural Vernon National Shooting Preserve Gun Auction

Vernon National Shooting Preserve annual gun auction will take place at Vernon National Shooting Preserve, located at 3291 Burns Road in Vernon Center, NY is hosting their first gun auction on Saturday, May 13th starting at 9:30 am.

Vernon National Shooting Preserve is the area's premier pheasant hunting and target shooting venue. They offer a safe, convenient, and fun setting for pheasant hunting, sporting clays, skeet shooting, wobble, rifle and pistol ranges. With 500 acres of rolling hills the family owned and operated facility is open to members, as well as to the public. Vernon National has a fully automated 14 station sporting clays course, a skeet range, covered pistol range, rifle range, indoor archery, and a 3-D outdoor archery course, as well as a spacious clubhouse and banquet area. They operate a stocked pheasant hunting operation from September 1st through the winter months.

Expect over 150 quality firearms at the auction including; new & used guns, shotguns, rifles, and handguns. They will also feature hunting & shooting supplies, ammo, and other related items including; prints, and mounts. VNSP decided to hold the gun auction as service to customers and local gun enthusiasts and collectors. It is also an opportunity for people to consign their firearms in a high-quality auction. Auctioneer, Joe Hessney, is the one of best in the field with a consummate knowledge of the guns he is auctioning and the market.

Hessney Auction Co. is a full time professional New York auction service serving Rochester, Syracuse and the Finger Lakes Region for over 30 years, specializes in firearms, antiques, jewelry, coins and stamps, commercial liquidations, restaurant, vehicles, and estates. Hessney Auction Company will deliver top value for buyers and sellers alike.

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***NOTE:** New York State law requires that a National Instant Criminal Background Check must be completed prior to all firearm sales or transfers, including sales or transfers of rifles or shotguns. The sale or transfer of a firearm, rifle or shotgun at a gun auction without first conducting a Background Check is a crime.

Attend Vernon National's gun auction to pick up your newest firearm for target practice or hunting. For more information go to: www.vernonnational.com or call: (315) 982-7045.



Must-haves for fun, safe hiking trips

Few outdoor activities are more widely enjoyed than hiking. According to Statista, a statistics portal that gathers studies and statistics from more than 18,000 sources, more than 37 million people in the United States went hiking in 2015. That marks an increase of nearly eight million from 2006.

Hiking is a great activity that makes for great exercise and a wonderful way for people of all ages to spend time enjoying the great outdoors. Veteran hiking enthusiasts recognize that hiking, while a fun activity, can quickly become dangerous if they don't exercise caution and prepare for their hikes. Novice hikers may want to focus on a handful of areas before going on their first hikes.

Attire

Appropriate attire and footwear can make hikes safer and more enjoyable. The American Hiking Society notes that hikers going on short hikes that do not involve heavy packs or technical terrain can wear trail shoes, while hikers should wear hiking boots when carrying heavy loads or traversing more technical terrain. Boots offer more support than hiking shoes, making them more suitable than hiking shoes on difficult terrain.

In addition to wearing footwear appropriate to the terrain they will be traversing, hikers must pack rain gear and extra clothing. The AHS recommends that hikers dress in layers so they can adjust to changes in the weather and their activity levels. Avoid cotton, which keeps moisture close to the skin, and bring a hat to protect against unforeseen rainstorms and insects.

Technology

Men and women may be accustomed to pulling out their smartphones or tablets and employing the GPS services on such devices when they need directions. But it's important that hikers recognize networks may not be accessible in wooded or remote areas. As a result, hikers should not think they can rely exclusively on technology to help them when they get lost. Hikers should carry a map and compass during the hike, making sure they bring an updated map of the trails they will be hiking.

Food and drink

Extra food and drink can help hikers whose hikes end up

taking longer than they anticipated. Choosing snacks such as protein bars that can fill a person up without making him or her feel sluggish is a good idea. In addition, hikers should pack enough water to keep them hydrated during the hike and longer in cases a person gets lost or wants to stop and enjoy a nice view along the way. The AHS notes that drinking too little water during a hike can make one susceptible to hypothermia and/or altitude sickness.

Tools

Hikers should purchase a prepackaged first-aid kit for hikers, which the AHS notes can be found at any outfitter. In addition, a knife or multipurpose tool can help a person perform repairs on broken or malfunctioning gear. If need be, hikers should bring a backup pair of eyeglasses or, if contact lenses are worn, a lens kit and eyeglasses just in case.

Hiking is an enjoyable activity that continues to attract millions of people. But hikers must take steps to ensure their hiking trips are safe.





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5 fun things to do at the park

A day at the park is one of the simplest and most cost-effective activities people can embrace as they look to enjoy the great outdoors.

Few things are better than a warm, beautiful day spent in the park. Parks attract millions of visitors each year. Many people view a visit to the park as a great escape. While it's perfectly acceptable to visit a park, and spend the day napping on a patch of green grass, there are many additional activities that outdoor enthusiasts can enjoy when visiting a local park.

1. Hit the trails. Many people visit parks to go hiking. You might find your park has a series of hiking trails right on the property. Pick up a park map and figure out in what direction you plan to set off.

2. Take in the wildlife. Parks are home to local wildlife, and those who want to catch a glimpse of that wildlife can head to the park in the early-morning hours when crowds should be light and things relatively quiet. Take inventory of the various

bird species you see, or watch for deer or scurrying chipmunks. Kids can have fun sketching park animals.

3. Have a picnic. Pack a lunch, a blanket, a book and some sports equipment and head to the park for a picnic with family and friends. Let the kids play while the adults sit back and enjoy some casual al fresco dining.

4. Hold an impromptu game. Invite friends and family members to join you at the park and divide into two teams before playing a couple of innings of softball, volleyball or kickball.

5. Experiment with geocaching. Geocaching is a hobby in which individuals use latitude and longitude coordinates to pinpoint hidden caches. Inside boxes or containers they may find clues to another cache or even some small trinkets. Geocaching can be an interesting way to incorporate science and global positioning lessons into a fun outdoor activity.

Enjoy a day at the park. The resources are numerous, and the cost is often very low.

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Hiring a fishing charter

A vacation or a weekend getaway can be made even more enjoyable when it includes some time spent on the water. Hiring a private boat or joining an established fishing charter is one way to enjoy some fishing and sightseeing without much effort. But not all charters are the same, and it's important to find one that meets your needs.

While you certainly can wait until you are at your destination before finding a charter, it helps to do your homework before arriving to guarantee the best package and price. This way you will not be at the mercy of the hotels and resorts in the area and you can read unbiased reviews about charter organizations.

There are many fishing charters across the country. Starting your research as soon as you know to where you will be traveling can help you narrow down the options in that area. Write down what you want to ask potential charter captains to ensure your experience is one to remember for all the right reasons.

Travel package Web sites as well as local boards of commerce and tourism sites are a great resource to find fishing charters. Once you have a few names you can begin the investigative process. A service like TripAdvisor.com enables you to read reviews on attractions and services in particular areas across the world. You can type in your charter service name and read up on what others have to say about their experiences. Through the review forums you also may be able to garner names of other charter companies and attractions that may not be on the tourism sites.

Another good starting-off point is a service like Findafishingcharter.com. Here

you can search for charters in the United States and Canada. Click on the map and get a listing of companies that advertise their services.

Once you have narrowed down your options, there are some considerations that should be made and questions that should be asked of the charter captain.

- Request a complete price breakdown, including if gratuities are expected.

- Ensure that the captain is knowledgeable in the type of fishing you desire and where to go to find these fish.

- Make sure the captain is licensed according to the jurisdiction of the U.S. Coast Guard or the Canadian Coast Guard. Ask how many years he or she has been a licensed charter captain.

- Ask for references and confirm the business with the Better Business Bureau.

- Know the equipment level of a charter boat and whether it is high-tech or basic. Ask to see photos of the boat or arrange a tour prior to booking.

- Find out where the charter boat actually fishes.

- Will the captain and the crew be assisting your party or doing their own fishing concurrently? Novice anglers often benefit from a crew that is paying attention to their customers rather than their own fishing needs.

- Are children and families welcome aboard? If so, what kind of bathroom and food facilities are available?

- Inquire as to whether you will need your own fishing license.

- What fishing gear is provided?

- Is this a catch-and-release trip or will trophies be taken home?

- Find out a contingency plan for the captain's absence in case of illness.

- Learn about what you have to bring on the trip. You may be required to bring hats, sunscreen, comfortable clothing, rubber-soled shoes, sunglasses, and seasickness medicine.

- Be sure to verify if you will be signing a contract and the cancellation policy.



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Explore active vacations

If the thought of lounging on a beach for a week isn't exactly your idea of a memorable vacation, then you may enjoy more activity in your recreational pursuits.

Many individuals and families brainstorm their getaways well in advance of taking a trip. A jaunt to the coast may have satisfied an urge to wander in years past, but if you're interested in something that is a bit more physical and demanding, you may want to spend your next days away from the office on a more active vacation.

An active vacation is a trip that is built around physical activity. Instead of keeping the poolside chaise warm, you may be participating in a walking tour or hiking across a national park. Such vacations provide a respite from the daily grind and benefit the mind and body.

Estimates from U.S. News and World Report suggest that active travel accounted for \$60 billion in vacation spending in 2007. Over the past half-decade, the number of people interested in active vacations has continued to grow and, as a result, more destinations are catering to such vacationers.

Those ready to embark on an active vacation can choose from a host of options and locales.

Horseback riding

Making a trek on horseback is a great way to see the countryside from a new perspective. Many resorts worldwide offer horseback riding in which you can tour mountains, crags, trails, and other adventures. Some resorts pair horseback trekking with camping and other activities for a well-rounded adventure.

Water sports

Many vacationers enjoy water sports like kayaking, canoeing, river rafting, riding jet skis, surfing, snorkeling, and scuba diving. Depending on your skill level, you may be able to work with a water sports company that offers experienced guides to help you through some of the more challenging parts of the trip. Some vacation providers also may offer training and certification, such as becoming SCUBA certified.

Biking and hiking

There are thousands of miles of trails just waiting to be explored. Many national parks and wildlife refuges have walking and biking trails, or you can create your own travel itinerary and explore trails less traveled. Biking and walking tours also are possible in

urban areas. See the sights and sounds of the city as a pedestrian and mingle with locals as you squeeze in some shopping.

Mountain climbing

Boost adrenaline levels by scaling mountains or rocky crags nearby. Many companies offer climbing courses so you can learn before exploring. Rely on experienced climbers to assess your skill level and choose mountain ranges that match up well with your skill level. Novice climbers may be able to rent gear if they're not yet ready to purchase.

Volunteering

Volunteering allows you to marry a vacation with social consciousness. For example, Habitat for Humanity is a nonprofit with worldwide reach that helps make affordable housing a reality. You may be able to volunteer your time helping to build houses or making improvements anywhere in the world.

People who enjoy staying active on vacation have many choices. Whether rafting down a river or touring a national park on horseback, active vacation opportunities abound.





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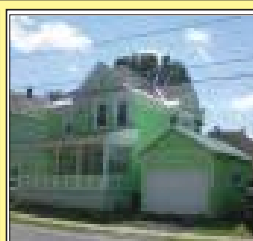
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Central New York Motocross Riders Association - It's Easy to Get into Racing

The Central New York Motocross Riders Association's (CNYMRA) 2017 racing season is right around the corner. The first race will be on April 2nd, at Twister Valley Sports Complex in Fort Plain, NY. Beginning on Sunday, April 2nd, hundreds of riders and families will pull into a respective CNYMRA race track for a weekend of fun and exciting race action. A number of families will actually go to the track on Saturday and camp out at the track overnight. On any given Saturday night, families are sitting around campfires and kids of all ages are hanging out and having fun with friends around the track and pits. A fun, family atmosphere will surely greet you if you attend a CNYMRA event this season. If you have thought about attending a motocross event to either try and compete or just to spectate, the paragraphs that follow offer some different ideas that can help make this a reality.



Up in the air

There are numerous ways to get your feet wet and gain a little comfort and confidence prior to competing in your first motocross event. There are some CNYMRA tracks that have "open practices" at various times throughout the season. These events charge a small fee for riders to come and ride the actual track that the riders will race on throughout the year. This is a great way to get the feel for track layout and possibly even bike set-up which may make your first race-day a little easier. Also, if there are enough people, the practice will be broken up into 10-20 minute sessions by skill level. This will help ensure that you will be on the track with riders with similar experience. If you would like any information or would like a schedule of open practice dates for various tracks, your best bet would be to go to the CNYMRA Facebook page where you can find links to the tracks. Most tracks will post their schedule there.

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CENTRAL from 22

Another option if you would like to build your confidence or improve your skills prior to attending your first race is to attend a motocross school given by a local Pro/Expert rider. Generally, these will happen a few times a year. An experienced, pro/expert level rider will be at the track all day teaching proper riding techniques for corners, jumps and everything in between. They will watch you ride and offer friendly feedback and tips to



CNYMRA has classes for all

improve your speed and performance. These schools can be a great learning tool for riders of all skill levels to better their results on race day. Again, these schools are usually put on at various CNYMRA tracks, so the CNYMRA Facebook page would be the best starting place to find the dates of these schools.

If you have thought about possibly attending or participating in a motocross event, now is a great time to do so. As the snow begins to melt, the opportunities to attend a track for a practice or race become frequent. At each CNYMRA event, there are classes to accommodate all ages and skill levels. There are classes for bikes and for 4-wheelers as well. So, chances are, if you own a dirt bike or a 4-wheeler, there is a class for you. If you attend a race, there are always a bunch of friendly people who will help guide you and answer any questions you may have about the race program. You will likely make a bunch of good friends and memories at the races. Hope to see you at the races!

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2016

Sure-Trac HD Low
Profile Dump 82"x12'
Scissor Dump
12,000 lb



\$6,849

2017

Sure-Trac Low
Profile Homeowner 5'x10'
Tandem Axle 7,000 lb
GVWR Dump Trailer



\$4,150

2017

Big Tex
Trailers
35SV 12



\$2,249

2017

Big Tex
Trailers 70PI-X 14X
7000 lb GVWR 14 ft
Utility Trailer



\$2,799

2017

Sure-Trac 3-Board
High Side Tube Top
7'x12'
3 Board Charcoal



\$1,999

2017

Sure-Trac
Galvanized High
Side Utility 7'x12'



\$1,899

2017

Big Tex
Trailers 22GN HD
35'-5'
23,900 GVWR



\$11,499

2017

Sure-Trac
Implement
14000 lb 20 ft



\$4,499

2016

Big Tex
Trailers 20 ft
10,000 lb GVWR Full Tilt



\$4,999

2017

Big Tex
Trailers
70CH 18 ft 7000 lb



\$2,999



* Price & payment excludes tax, destination & dmv
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