Country Editor

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Volume 6 Number 52



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2 • May 12, 2017 **COUNTRY EDITOR**



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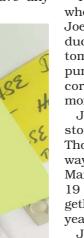
T & J Fruits & Vegetables Celebrates 45 years in business

T & J Fruits & Vegetables and Greenhouses, located at 221 South Caroline Street Herkimer, New York will celebrate their 45th anniversary on May 18, 2017. T & J is open 7 days a week, all year

T & J Fruits & Vegetables is the only fruit stand in Herkimer. Owner, Joe DiGristina, said, "When I started there were 7 chain stores in Herkimer plus mom and pop shops. We had a lot of industry though. Other stores closed up,

tired, or the owners died. week; I don't have any

couldn't compete, re- We're open seven days a



owmen's Towing

New York State extra sharp cheese off the block at

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EXTREMELY COMPETITIVE PRICING hobbies. This is it."

The day doesn't end when the store closes. Joe grows their own produce at home. He grows tomatoes. squash, pumpkins, beans, peas, corn, cucumbers, and more

Joe said, "I run the by myself." store Though that wasn't always the case. His wife Marie, who passed away 19 years ago, worked together with Joe for 26

Joe said, "We had a fantastic relationship. We seldom argued."

From oranges to apples and bananas, fresh fruit can be found at T & J Fruits and Vegetables. They also have a great selection of hanging baskets, bedding plants, and vegetable plants in

the greenhouse. Make your garden or yard colorful with spring time flowers from T & J Fruits and Vegetables.

Moving to or from Herkimer? T & J Fruits and Vegetables is a U-Haul Neighborhood U-Haul truck Dealer. rental trucks are specifically engineered from the ground up to assist moving families, not freight. Equipped with more safety features than other moving trucks in the industry including gentle ride suspension and high visibility mirrors to assist the driver. Maybe you need a trailer to assist in your move. U-Haul cargo and enclosed trailers are intelligently designed to protect and secure your precious belongings, while our open utility trailers are perfect for hauling building sup-



A great selection of hanging baskets, bedding plants, and vegetable plants

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T & J Fruits & Vegetables isn't just great fruits, veggies, and beautiful flowers. They also carry a great selection of

T&J 4



4 • May 12, 2017

T&J from 3

local products including; Croghan Bologna, Hapanowicz kielbasa and mushroom stew, and New York State extra sharp cheese off the block. Joe said, "We sell an awful lot of cheese."

Joe also offers Farm fresh eggs from Vaughn Poultry Farm, fresh local honey, maple syrup from Little Falls and many other local products.

Joe DiGristina is hoping to make it to 50 years

in business . . . or more. Stop in and see him for the freshest fruits, vegetables, and hanging



Fruit and vegetabes at T & J

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T & J Fruits & Vegetables Owner, Joe DiGristina, celebrates 45 years and looking forward to more

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Classified Ad Manager......Peggy Patrei
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John Snyder, Sales Manager 518-673-0129, jsnyder@leepub.com Tom Shaver, Sales Associate 315-985-5849, tshaver@leepub.com Mary Skinner, Sales Associate 518-673-0130, mskinner@leepub.com Reader ads 518-673-3011 or 800-218-5586 Fred Mang, Sales Associate 518-441-7299, fmang@leepub.com Matt Stanley, Sales Associate 315-292-2306, matt.leepub@gmail.com Kristen Lee, Sales Associate 518-673-0100, klee@leepub.com Beth Snyder, Sales Associate 518-673-0101, bsnyder@leepub.com Jed Suits, Sales Associate 518-673-0131, jsuits@leepub.com Reader ads 518-673-3011 or 800-218-5586 Bruce Button-Corporate Sales Manager 518-673-3011, bbutton@leepub.com Commercial Printing-Beth Snyder 518-673-0101, bsnyder@leepub.com

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Spring into Health with the Return of the Little Falls Wellness Fair

This May, the First Presbyterian Church of Little Falls will be preaching a message of health and wellness when it hosts the second annual Little Falls Wellness Fair.

In coordination with Think Local's wellnessthemed Third Thursday in May, the church will host a free, non-denominational wellness fair on Saturday, May 20th starting at 10 am. The fair will be held at Burke Park and will feature displays, activities and demonstrations from area wellness vendors and organizations, a bouncy castle, an obstacle course and more. Participants and contributors include Little Falls Hospital, Alpine Rehab and Nursing Center, Fitness Farmacy, Yoga & Wellness, Little Falls YMCA, Little Falls Veterinary Clinic, The Outsiders, Price Chopper and Stewarts.

The wellness fair will also include a workshop series featuring local professionals. Sessions will run every half hour during the fair in the First Presbyterian Church's hall at 16 Jackson Street, with topics ranging from diabetes and drug prevention awareness to nutrition and yoga.

"After the success of last year's wellness fair, we're excited to host this again for Little Falls," said Pastor Tamara Razzano, who was installed as the pastor of the First Presbyterian Church in September and will be presenting a workshop session on spiritual wellness. "Our congregation has always felt that there's more to church than Sunday mornings, and helping to promote all manner of health and wellness is a great way to support our community."

A presence in Little Falls for over 200 years, the First Presbyterian Church was instrumental in founding the nondenominational Little Falls Community Outreach, a not-for-profit organization that provides humanitarian services for the Little Falls area. If you are interested in learning more about the wellness fair or the mission of the First Presbyterian Church, call (315) 823-3004 during the week or join Sunday services held at 10 am at 16 Jackson Street. The congregation is open and affirming, and all are welcome

Community Chorus Being Formed for 200th Anniversary of Erie Canal

To celebrate the 200th anniversary of the Erie Canal, the Albany Symphony Orchestra has received a grant to cruise

the entire length of the Erie Canal bringing its music to several stops along its route.

For each of these sev-

eral stops, a professional composer has been commissioned to write an original piece for Symphony and Chorus.

Little Falls will be the only stop in our area.

Joining the ASO at this concert will be a locally-formed chorus.

The concert will take place on Wednesday, July 5th, in Little Falls.

Rehearsals of this newly-formed chorus

will begin on Monday, May 15, at 7:00 pm in the vocal music room of Central Valley Academy in Ilion, NY. Rehearsals will continue each Monday night from 7:00 to 9:00 pm until July 3rd.

Any singers interested in joining this chorus and who have Monday evenings free, are invited to attend the rehearsals in Ilion beginning May 15.

Further information regarding this chorus can be obtained by calling (315) 826-3092.

Arc Herkimer to Host Job Information Fair

Area residents are invited to learn more regarding working as a Direct Support Professional (DSP) and applying for a job at Arc Herkimer on Thursday, May 18. Individuals can attend between 12 pm to 3 pm at 350 S. Washington Street in Herkimer, NY.

Arc Herkimer is proud of the Direct Support Professionals, who work each day to empower people and to enrich lives. The job information event will showcase the rewards and challenges of working at Arc Herkimer providing care and supporting individuals with disabilities and others in the community. The setup will include information tables with current DSPs interacting and chatting with prospective employees. Although a high school diploma is a requirement for a job, individuals with college degrees earn more per hour at the nonprofit.

For questions for the Job Fair, call Recruiter Lisa Colangelo at (315) 574-7693. For more information regarding Arc Herkimer or to apply for a job online, visit archerkimer.org.



Herkimer County Humane Society will hold its annual Garage Sale on Saturday, May 27 (rain date: June 10) at the shelter from 10 am – 4 pm. All proceeds benefit the shelter.

Garage Sale

HCHS is looking for donations from the community; no clothing please. For drop off times and information, call: (315) 520-3112.

Stop down to the shelter; perhaps another man's trash will be your treasure. And support the Herkimer County Humane Society at the same time. For more information on how you can help the HCHS, go to: www.herkhumane.org. or follow them of Facebook: Herkimer County Humane Society.





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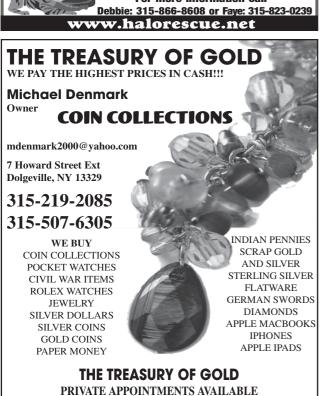
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COUNTRY EDITOR **6** • May 12, 2017

King Crossword

ACROSS Media watch dog org. 4 Basin acces sory Jason's ship Carte lead-in 13 Old woman's home? 14 Cat call 15 Capital of Uzbekistan 17 Elliptical 18 Involve 19 Plant bristle 21 Mischievous tvke 22 Capital of Rwanda 26 Prologue 29 Fast flier 30 Director Howard 31 Little lamb's A billion years 32 Rich fabric Gotten back 33 "Be-Bop-

additive 48 Capital of

32 Prohibit Sunup 33 Ostentatious 51 display 34 Santa battle Wall climber winds 53 Newspaper

DOWN

Karma

Family

Inuit

Group of

35 Blunder 36 Point of view 54 pg. Bizarre (Var.) 37 Capital of Mozambique 55 Gender

39 Ostrich's cousin 40 Cal.'s ocean

41 Dutch exports 45 Shaving Turkmenistan In the thick of 35 Greek vowel One-on-one quickly

long wayHooter 16 Hirsute 20 Humor 23 Met melody 24 Forsaken

"Meet Me Louis' 26 Mosque big wig 27 "Peter Pan"

36 With compla-

cence

38 Knock over

thetic

42 Sacred

Bygone anes-

Egyptian bird

Charon's river

43 Macadamize

45 Big bother

46 Once around

the track

47 Have bills pooch 49 Seek damag-28 Snare 29 Cookie holder

5 Puppy © 2017 King Features Synd., Inc.

Four of the five diagrams below can be folded into a cube.

Which one cannot?

Weekly **SUDOKU**

by Linda Thistle

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

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: ◆

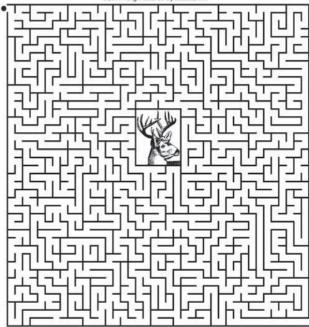
♦ Moderate ◆◆ Challenging ♦♦♦ HOO BOY! © 2017 King Features Synd., Inc

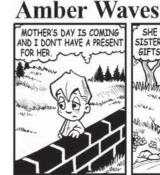
HUEX FINN

It's spring fever.... You don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so! ~Mark Twain



Mega Maze











Just Like Cats & Dogs

by Dave T. Phipps



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

XIBU HBNF EP DPXT MJLF UP

QMBZ BU CJSUIEBZ QBSUJFT?

NPPTJDBM DIBJST.

by Dave T. Phipps



LAFF - A - DAY

"Tent poles? I thought they were firewood."



Your request to enter the witness protection program is noted, but this is traffic court.

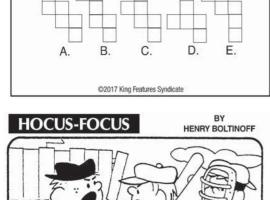
PLACES WITH AN "A" FRONT **MAGIC MAZE** • AND BACK

ENKHEBYWTROLJGE BYWURAPNKIGDBZX V S Q(A) B O M K I G E C A Y W USQUAMABALAPANL J H R G L F A I E I C A F Y X V A U U G S S C N Q D P R A N MLTSEAKEIAJAIRH F A E T R C M B Z R B Y C O X V S U A I R D N A X E L A R T RKQPACOMLKIMAUA HARAKNATNALTAAG

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

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Laundry

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...



WHAT WOULD YOUR MOTHER SAY?!

By S.D. Shapiro

It was laundry day at

the old homestead, the Mrs. was away at a work

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conference, and I found myself standing in front of the washing machine hopelessly lost with the prospect of wearing sweatpants and a Hawaiian shirt to work if I couldn't figure it out. How hard could it be?

I hadn't really done laundry in quite a long time but it should still be the same; clothes + soap and water + the machine.

I had the clothes and

the water was, theoretically, hooked to the washer. I only had to add soap. How much laundry detergent do I add? Well, this new-fangled contraption requires something called HE Detergent. I dug around through all the bottles and containers near the washing machine looking for HE Detergent. We had some Tide and some sort of fabric softener but I couldn't find any HE soap.

Not looking forward to my sweats and luau garb, I went to the supermarket for HE soap. After about a half hour of looking at all the assorted brands I was about to give up when a stock clerk came by. I asked, "Do you have any HE soap?"

A second later, and without even looking, he grabbed a bottle off the shelf. "This one here is high efficiency."

I paid for the HE soap and went home.

With my newly purchased HE soap in hand and the clothes in the machine waiting for it, I attempted to start the laundry. I put the soap in the little thing, closed the door, and waited for the machine to start.

Nothing.

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There are so many buttons on the machine I thought I would have to call NASA mission control for help. I hit a button with my thumb choosing the water tem-

perature. "Hot," sounded good. There was another dial that looked like it wanted to be turned. I switched it to "heavy" wash because it seemed appropriate.

Still the machine did nothing.

I stared at the washing machine, willing it to start when I noticed, a rather large button, right in the middle of all the buttons, that looked like an old-fashioned play button on my old VCR. I thumbed it and the washer came to life with an electronic whir.

While I was waiting for the modern miracle of 21st century laundry to make my clothes clean another laundry detail popped into my head. The name of the device has never made sense to me; "washer." They're advertised as "washer & driers" with no need to specify that it's machine meant for washing clothes yet, in my house, not more than a dozen feet away is my dish washer. The dishwasher is a machine specifically denoted to wash dishes. Even in with my laundry ineptitude, I have never mistaken one for the other. Never have I put my pants in the dishwasher and I've never accidentally put plates and spoons in the washing machine.

36 minutes later the machine finished with an electronic song.

Modern laundry

And my socks are all pink.

When it comes down to laundry, remember 2 things; first, it's still a chore but a heck of a lot easier than taking it down to the river or using a washboard and second, pay attention to how your wife does it. Stop and think, "What would my mother say?" She would say, "Did you check all the labels? Dry clean only means dry clean only, you know."



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ea Church Services

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GRACE BAPTIST CHURCH OF DOLGEVILLE

Paster Len Byarty 12 Van Buren St Sunday School (All Ages) 10-11 AM 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

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Pastor David Hayner 337 Protection Ave. Phone 866-1164 www.nlc-mc.org Worship 10 AM Wednesday Worship 6:30 PM

TRINITY EVANGELICAL LUTHERAN CHURCH

Rev. Ann Zimmerman, Pastor Corner of West German & Henry Streets Phone 866-6474 Sunday Services 8 AM Spoken Sunday Worship Service 10:30 AM with Music Bible Studies on Thursday Mornings at 10 AM

THE SALVATION ARMY

Lieutenants John and Lori Wood 429 N. Prospect St. Phone 866-1240 www.thesalvationarmv.org Sunday School 10 AM Morning Worship 11 AM

HERKIMER
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Pastor Janet Gleasor Prospect St. & Park Ave Sunday Worship 8:30 & 10 AM Wednesday 7 PM Sunday School 10 AM

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS (MORMONS)

Branch President Blake Francisco Gros. Blvd., East Herkimer Phone 315-866-8095 Priesthood/Relief Society 12:10 PM Sunday School 11:20 AM Sacrament Meeting 10 AM Family History Center hours by appointment; please leave a message at 315-866-7189

HERKIMER REFORMED CHURCH

102 Church St Phone 866-1523 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 Stellmar 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 555 Albany St.

Morning Worship will begin at 10:15 AM Rev. Chris J. Wintermute will be speaking this morning. Nursery (infants through age 4) 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

HOLY SPIRIT POLISH NATIONAL CATHOLIC CHURCH

Father Rafael Dadello 615 E. Gansevoort St Phone 823-0793 Sunday Mass 11 AM

LITTLE FALLS ST. PAUL'S UNITARIAN UNIVERSALIST CHURCH

Minister Jeffrey J. Frank Mark Bunce, Organist 565 Albany St. Phone 823-2284

Sunday Service & Religious Education 10 AM

HOLY FAMILY PARISH OF THE ROMAN CATHOLIC COMMUNITY OF LITTLE FALLS

Deacon Jim Bower, Administrator Rev. T. Healy, Sacramental Minister 763 E. Main St. Phone 823-3410 Saturday Vigil Mass 4 PM Sunday Mass 10:30 AM

EMMANUEL EPISCOPAL CHURCH

Father Steven A. Scarcia, D.Min, rector 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

FIRST ASSEMBLY OF GOD

Senior Pastor Timothy Parisi 559 E. Jefferson St. Phone 823-4043 • firstaglf@gmail.com Sunday Morning All Worship 10 AM Thursday Bible Study 6:30 PM

HOLY TRINITY LUTHERAN CHURCH

512 E. Gansevoort St. Sunday Worship 9 AM Sunday School 9 AM Wednesday Services 12:10 PM & 7 PM

FIRST PRESBYTERIAN CHURCH

Pastor Tamara Razzano 16 Jackson St. Phone: 315-823-3004 Email Iffirstpres@gmail.com www.presbylf.org Sunday Worship 10 AM Sunday School 10 AM

MIDDLEVILLE MIDDLEVILLE UNITED METHODIST Rev. Robert Lindsay 24 Rte. 29

Phone 845-8730 Sunday School 9:30 AM Worship Service 9:30 AM

MOHAWK Grace Episcopal Church

Rev. Sally Heiligma 7 E. Main St. Phone 315-866-4782 or 315-520-4723 Holy Eucharist 10 AM

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DENNISON CORNERS
COMMUNITY CHURCH Pastor Donald King 219 Robinson Rd. • Phone 866-5215

Sunday: Sunday School 9:45 AM Morning Worship 11 AM Evening Worship 6 PM Wednesday Prayer 7 PM

MOHAWK REFORMED CHURCH

Rev. Brian Engel, Pasto 20 S. Otsego St. Phone 866-4292 Email mohawkpastor@verizon.net Follow us on Facebook Morning Worship: 10:30 AM Sept. - June • 9:30 AM July-Aug. Youth Sunday School (Pre-K - Sr. High) 9 AM Adult Sunday School (Men, Women

EMMANUEL BIBLE CHURCH

& Couples) 9:30 AM September - June

Pastor Gary Wilcox 54 W. Main St. • Phone 717-3011 Sunday School 9:45 AM Morning Worship 11 AM Fellowship Lunch 12:30 PM Afternoon Bible Study 1:30 PM Wednesday Prayer & Bible Study 6 PM

CHURCH OF THE BLESSED SACRAMENT

Sr. Mary Jo Tallman, CSJ, Parish Life Director Rev Mark Cunningham Sacramental Minister 71 E. Main St. Phone 866-1752 Saturday Vigil Mass 5:30 PM Sunday Mass 9:30 AM

CHRISTIAN BIBLE CHURCH

H. Ed Reed. Pastor/Teacher 167 Ward Rd. Phone 858-1282 vw.christianbiblechurch.us Sunday School 9 AM Sunday Worship 10 AM Wednesday Bible Study & Prayer Meeting 7 PM

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Pastor Gene Kipper 27 E. Main St. Phone 868-1790 Sunday Services at 10 AM Intercession - Tuesdays at 7 PM Free Community Dinner the last Thursday of the Month at 6 PM

NEWPORT FIRST BAPTIST CHURCH OF NEWPORT 7497 Main Street Pastor's Phone 315-790-1877

Sunday Worship at 9:45am

UNITED METHODIST Rev. Robert Lindsay Phone 845-8730 Sunday School 11 AM Morning Service 11 AM

COLD BROOK UNITED METHODIST CHURCH

Pastor Genett Timlin 467 Main St Sunday Worship 10:30 AM

KUYAHOORA COMMUNITY CHURCH

Pastor Dwayne Durand West Canada Valley High School Auditorium 5447 St. Rt. 28 Mailing Address PO Box 50 Middleville, NY 13406 Phone 315-292-1303 www.kuvahorracc.org Weekly Service Sunday 10:08 AM

ST. JOHN THE BAPTIST CATHOLIC CHURCH

Rev. Quy Vo, Pastor St. John the Baptist Parish 7516 N. Main St. • Phone 845-8017 Monday & Wednesday 9 AM Saturday Vigil Mass 4 PM Sunday Mass 8 AM

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Happy 200th Town of Danube: A tribute to Then and Now

By Carly Proulx

The Town of Danube will celebrate its 200th year anniversary May namesake arrived with the early settlers, many who emigrated from Eu-

19th-21st, 2017. Its rope. They'd call the Europe's 2nd longest rivtown Danube after the longstanding frontier of the Roman Empire and

er. First formed on April 17, 1817 many hardworking people like the

Celebration Committee are responsible for making possible this weekend long celebration 200 years later.

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Longtime resident, and town historian Diane Fischer started the Town of Danube Then and Now Facebook page back in April 2016, creating an online canvas in which to fill with memories of the town's journey thus far. It's a way to commemorate the young and old, remember those passed, and celebrate present day Danube happenings as they come and go. What started out as a roll off the tongue about Danube's 200th birthday soon became a reality of committee members, the town board, and a slew of volunteers putting the pieces together for an anniversary weekend of back to back celebratory events. "People have been great, and everybody has worked really hard to make this a special and memorable time

for the town of Danube

and its residents," a de-

lighted Fischer stated.

headed by Town Deputy Supervisor Frank Brown the Town wide garage sales will commence the anniversary festivities of the weekend. After you hunt your way through the Town's wares you can grab some short order grub, and join in some games at the Shu Maker Mountain Climbers. Later in the evening when darkness falls, a professional fireworks display to impress by Young Explosives, will light up the town's sky, symbolizing the joy of township in Danube throughout the years, and all those who played a part.

On Friday May 19,

wide garage Town sales will again set in motion the day's events on Saturday, May 20th. Starting at the Town garage and ending at the Grange the Town Parade will kick off at 10am, followed by a Chicken BBQ hosted by the Shu Maker Mountain Climbers Snowmobile Club at the Shu Maker Club house located on 135 Creek Road in Little Falls from 12 pm - 4 pm. Tickets can be purchased in ad-



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vance at \$10 from any committee member, and the same goes for the purchasing of historic town calendars as well as the beef raffle and rifle raffle tickets. Call Diane Fischer, (315) 823-0545 or Barry & Donna Staves, (315) 219-7198 and (315) 219-7746 to inquire ahead. Chris & Jessica Frederick will host an open house at their farm, Frederick's Farm, along with an ice

Danube 20

COUNTRY EDITOR 10 • May 12, 2017

The Mohawk Valley Will 'March for Babies' in Utica on Sat May 20

April showers bring not be with me today." May flowers... and the annual March for Babies event in Utica! The Mohawk Valley March of Dimes will be joined by hundreds of families and community leaders on Saturday, May 20 to celebrate the organization's biggest fundraiser.

Maria Suppa is this year's March for Babies Chair and shares, "I'm certain that without the work of the March of Dimes, my girls would

Suppa's twin daughters were born premature at only 28 weeks weighing just over 2 pounds each, and spent 8 weeks in Crouse NICU while they fought to survive. They are now happy, healthy 3 year olds who help their mother advocate for healthy pregnancies and babies by supporting the March of Dimes.

This year's Central New York Ambassador Family is the LaValley

with infertility for years, Dr. Rebecca LaValley became pregnant with triplets and in 2013 gave birth to her daughters at 30 weeks 6 days. For 6 weeks, her girls remained in Crouse NICU until finally coming home. Last year, LaValley welcomed her first spontaneous pregnancy... with twins! Her son and daughter were also born premature at 34 weeks 2 days, spending

family. After struggling over 2 weeks in different hospitals. They "LaValley Fab Five" is now together at home and will be leading the 2017 March for Babies in Utica.

> Executive Leadership Team member, Laura Powers, explains, "While the March of Dimes places a keen eye on reducing prematurity through education and research, they are an organization for all babies. They were instrumental in eradicating polio in

the 1970s, and more recently they have assisted with screening newborns for more than 20 serious but treatable conditions in all states." Powers adds, "If you had a fullterm pregnancy and healthy baby, March of Dimes has been a part of that journey."

The March for Babies is open to the public and all are welcomed to join an existing team or cretheir own (https://www.marchforbabies.org/). Guests are encouraged to come early during the registration period to enjoy music, children's activities, and a visit by the Utica

Zoo mobile. Following the walk, a free picnic lunch will be provided. New this year include a visit by Sitrin the Comettes and Audie from Utica Comets, along with Chuck E. Cheese! Families will also have an opportunity to take fun event photos courtesy of Allie's Celfie Central.

Registration begins 10am at the Masonic Care Community (gymnasium) located 2150 Bleecker St, with the 3.5-mile walk kicking off at 11am. For more information, please see the "March for Babies Walk -Utica" Facebook page.













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Peace in Myers Park

By Jessica Arsenault Rivenburg

Sometimes in our busy lives, between news reports and police blotters, things can look a bit grim. But on May 6, people proved that community spirit still exists during Peace in the Park at Myers Park.

Tranquil music played from speakers in the park's gazebo, families strolled from booth to booth talking and laughing, children scampered about with hula-hoops and giant bubble wands.

"We wanted to bring the community out in a peaceful way," said Allysa, an advocate with the Domestic Violence Program of Herkimer County, who planned Saturday's event. "It's to bring community together and also raise awareness about domestic violence."

With a report of a robbery at knife-point in Myers Park only five days ago, Allysa pointed out that the event and its location are perhaps even more poignant this year than in years past.

"It's another example of how the community

Peace 12



Ave Macri, left, and Presley Macri try their hands at Hula hooping during Peace in the Park May 6.

















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12 • May 12, 2017

Peace from 11

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and thrive

will come together and





From left, Pam Campbell with Adeline, Trinity Campbell and Chiharu Kainuma pick out a tasty snack from Honey Brook Hobbies













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included a handful of

Park

in

the

Peace from 12

despite some negative things happening," she

25 Years Experience

said. "This is what we want to show everyone. This what is our community is made of."

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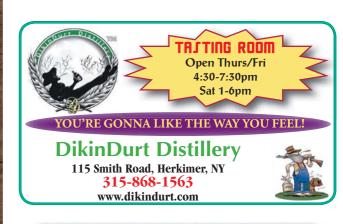
Herkimer police were on hand to lend their support. From left are Chief Mike Jory and patrolmen Jason Crippen and Jeff Crim.

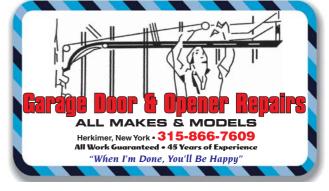
children's crafts, food booths, including one vendors, music, family games and informational

Peace 14



Paper bag puppets were among the children's crafts available.







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COUNTRY EDITOR **14** • May 12, 2017

Peace from 13

about the domestic violence program itself

and another manned by Herkimer police, there to lend support and hand out some DARE program



A giant bubble station proved a popular activity at Peace in the Park

"This is a lovely event," commented Herkimer Police Chief Mike Jory. "It's good to bring awareness to domestic violence. It most often happens behind closed doors and you don't always know it's going on.

paraphernalia.

Those involved might be embarrassed or scared. People need to know there are people out there who can help."

The Domestic Violence Program of Herkimer County can be reached on a 24-hour hotline at (315) 866-0458.

Concerning the report of an armed robbery in the park May 1, Patrolman Jason Crippen pointed out it was a very isolated incident.

"That is not a normal event here by any means," he said. "The older gentleman was in

the wrong place at the wrong time and someone thought they saw an opportunity to take advantage of him. Things like that don't happen often here."















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16 • May 12, 2017 **COUNTRY EDITOR**

Yes, you can own your first home

By Lisa Lauritsen

Tired of renting? Ready to make an investment in owning your first home instead?

Join the Home Ownership Center, and Main Street First, of Little Falls, for a free information session on how to make your home buying dreams become a reality. If you live in Oneida, Otsego, Fulton, Montgomery, or Herkimer county, and are interested in learning more about buying your first home then be sure to attend Wednesday, May 24th at 6 pm, at the Travelodge in Little Falls. The meeting will run about an hour or more and outline their upcoming Homebuyer Education Course, and their Money Management course. Both offer empowering information and personal guidance through the brambles to financial independence.

The Homebuyer course will help perspective home buyers consider what is right for their unique family, then support and offer guidance through the homebuying process. They even offer a 4:1 match on down payments and closing costs. For example, if a new homebuyer saves \$1,800. 00, one of twelve local banks that work with HOC will contribute to that saved amount for a total of \$5, 700.00, just for participating in the program; which is designed to see you succeed in buying your very first home; the biggest and most important purchase a family makes. They will help you figure out what's affordable, how to manage your finances, and help secure a loan with a low interest rate.

For those struggling with debt of any kind, or foreclosure, the Money Management course may be your key to financial relief. You will learn to repair your credit, and design a realistic budget from a trained counselor who will help you achieve your financial goals.

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Area Fifth Grade Writers Honored by Arc Herkimer Seven Herkimer Counpeople with developmental and other disabili-

Area fifth graders were

challenged to write an

essay about how they

could treat people with

disabilities with the re-

ty schools and students participated in the Arc Herkimer's 2017 "Project Respect" Fifth Grade Disabilities Awareness Essay Contest.

Winners from seven schools, along with parents and teachers, were honored at a luncheon April 28. Schools were asked to take part in the learning through language project to increase community understanding of the abilities and contributions made by

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spect that everyone deserves. Each winner was given a certificate and a gift card to Wal-

This year's essay finalists included: Marshall Sagatis, St. Francis De

Sales Regional Catholic School, Herkimer; Bella Falcone, Benton Hall Academy, Little Falls: Alivia Hopsicker, Town of Webb School; Camerohn Ludwig, West Canada Valley; Danielle Gilbert,



Essay winners and those on hand to congratulate Project Respect participants included, front row, from left to right: Joshua Raymond Murray - Mohawk Valley Christian Academy, Marshall Sagatis - St. Francis De Sales Regional Catholic School, Bella Falcone - Benton Hall Academy-Little Falls, Isabella Nitti-Frankfort-Schuyler Elementary School, Danielle Gilbert-Herkimer Elementary School. Back row, from left to right: Lynn Mooney, Arc Herkimer Vice President-Compliance & Quality Richella Abell-Hawes, Renee Gollegly, Anthony Guerriera, Tuesday Beach, Amanda Jeffreys, Brian Wedemeyer, Jason Yero, and Arc Herkimer Quality Assurance Specialist Jason Marlowe.





Benefits Include:



Herkimer Elementary; Joshua Raymond Marray, Mohawk Valley Christian Academy, Little Falls; and Isabella Nitti, Frankfort-Schuyler Elementary.

"We had a nice turnout for this year's Project Respect Essay contest," said Arc Herkimer Vice President - Compliance Quality, Richella Abell-Hawes. "Over 350 essays were received, which in turn were reviewed and voted upon by our Project Respect Committee and the People Are Beautiful Self-Advocacy Group. The Town of Webb students had some of the most unique essays as they



18 • May 12, 2017

VHS Selects Employee of the Quarter



Sherry Krick of the Dietary Department at Valley Health Services, selected as the Employee of the Quarter

Writers from 17

each told stories of how you can show respect to all people, using a fellow student of theirs as an inspiration for their stories. In the end, we hope this project serves as a lifelong lesson for kids that we are more alike than we are different."

Arc Herkimer's mission is empowering people with disabilities and enriching lives throughout our community. For more information, call (315) 574-7000 or visit archerkimer.org.





Sherry Krick of the Dietary Department at Valley Health Services, was selected as the Employee of the 1st Quarter of 2017. Sherry joined the VHS staff in May 1989.

Her co-workers affirm that Sherry has been the backbone of VHS for 35 years, taking pride in her work, and always has a smile on her face. Sherry puts the special touch on everything she does; she is a joy and blessing to work with. Sherry indicates that what she likes best about her job is cooking meals for the residents and making them smile.

VHS initiated the Employee of the Quarter program in an attempt to

recognize the outstanding performance of Valley Health Services' employees. The employees submit nomination forms with a brief description of why they feel an individual is deserving of the award. The winner is entitled to several perks over a threemonth period.











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Whatchamacallits





This week our Whatchamacallit is a little Mohawk Valley history lesson — sort of. Before upstate New York was largely settled, Dutch traders would venture up from Schenectady to trade with the indigenous residents (that's PC for native Indians).

We see here an original earthenware pot that was made and used by local Indians. They had been self-sufficient for centuries. However, once they were exposed to manufactured goods, they slowly became dependent on outside sources for some of their everyday items.

One such item was a brass kettle, like the one pictured. Perhaps they were enamored by a metal cook pot as opposed to their common earthenware ones — we can only speculate. Being a resourceful people, though, when the brass pots wore out or became unusable for other reasons, they would find other uses for the remaining metal.

The inset shows a replacement kettle ear and a few arrow points were made from a discarded pot. These items were found in a Mohawk Valley field.



Farming Your Future to immerse students in agriculture industry

Local students from a three-BOCES region will have the opportunity to interact with agriculture professionals, experience hands-on activities, watch demonstrations, view mainstage presen-

tations and more during the first Farming Your Future event from 8:30 am to 2 pm on Wednesday, May 17, at the Herkimer County Fairgrounds in Frankfort.

Farming Your Future,

ture meets education," is organized by Herkimer-Fulton-Hamilton-Otsego **BOCES** School To Careers program, Madison-Oneida BOCES. Oneida-

dubbed "where agricul- Herkimer-Madison BO- culture Committee. CES and the STC Agri-

"School To Careers is

region forward in this







430 Railroad St., Frankfort

unprecedented experience that will enrich the lives of our students," STC Director Christopher Groves said. "Students will be exposed to potential careers in agriculture, agritourism and agribusiness and learn that

Future 25





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20 • May 12, 2017 **COUNTRY EDITOR**

Danube from 9

cream social from 12 pm - 4 pm. During the day, there will be face painting at the Shu Maker Clubhouse, and you better throw your dancing shoes on for a groove session to take place from 6 pm - 10 pm with the evening's entertainment The Spike Brown Band in addition to a dance, all at the Clubhouse.

The final day of the

event on Sunday, May 21st will begin with Town wide garage sales, and a 9am Church service at Indian Castle Church. One of 3 mission churches, built several years before the Revolution Indian Castle Church was originally built in 1769 and underwent several different alterations in the years to come. A Car Show at the Town barn will take place from 11am-3pm, and trophies will be

awarded for best car, best truck, best motorcycle, best tractor and best ATV plus people's choice trophy. Aside from trophies during the show a DJ will be playing some good tunes, and refreshments will also be provided. A 50/50 raffle drawing, two winners. and a 100% payback are to take place during the Car show, as well as a Town history slide show presentation.

Supervisor for the

Town of Danube Rick Mosher says "It is with great pride and admiration that the town recognizes its 200th year anniversary with a celebration. From the Mohawk River to the Nowadaga Creek to the hills and farm land surrounding their valleys, we truly live in a blessed area of the world." Among all the others deserving a big "thank you" is the following Celebration Committee consisting of Diane Fischer (Historian), Rick Mosher (Town Supervisor), Mary Mosher (Treasurer), Alicia Seeley (Secretary), Eileen Warner, Rich & Roxanne Congdon, Alicia Cook, Barry & Donna Staves, Jessica Fredericks, Rusty & Brown, Lisha Loren Horender (Bare Arms Gun Shop), Jim & Kay Lipiec, Horender Construction, Shu-Maker Mountain Climbers Club, In-Snowmobile sight Dairy, Maureen Darling, John Gronoski, Leonard Pross, Howard Crews, Jeff & Vicki Devereese, Jamie Fehr, and Stewarts.

200 Happy years Danube, and may there be many more years of rejoicing to come!



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May 20th & 21st 10-5pm (rain date of June 3rd & 4th) Starting **June 5th**, *join us Every Monday* from 2-7pm (until Fall) for our **Outdoor** Farmer & Artisan Market Come check out our NEW General Store bringing Local Artisans & Food you the Best of Madison County at 1 location Organic Mushrooms ~ Farm Fresh Goose, Duck & Hen Eggs ~ Goat Cheese & Milk Local Maple Syrup and maple products & locally made Candy. 10% OFF



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Number / Classification

- 20 Air Compressors
- 25 Air Tools 35 Announcements

- 82 Auto Body

- 140 Books

- 175 Cars, Trucks, Trailers

- 265 Construction Equipment For Rent 275 Construction Machinery Wanted
- 280 Construction Supplies
- 325 Custom Butchering

- 460 Fencing 470 Financial Services

- 525 Fruits & Berries

- 585 Guns 587 Hair Styling

- 653 Hotel / Motel

- 811 Monuments 812 Multi Media

- 820 Nurseries

- 1109 Thrift
- Trains
- 1148 Travel
- 1165 Trees

- 1200 Veterinary

45 Antiques

- 55 Appraisal Services 75 ATV
- 80 Auctions
- 110 Bedding Plants 120 Bees-Beekeeping 130 Bird Control
- 155 Building Materials/ Supplies 157 Building Repair
- 160 Buildings For Sale 161 Bulk Foods / Spices
- 165 Business Opportunities
- 170 Butchering Supplies 173 Carpentry
- 180 Catalogs 182 Catering
- 190 Chain Saws 195 Cheesemaking Supplies
- 205 Christmas
- 214 Clocks & Repair 215 Collectibles
- 216 Clothing 235 Computers 253 Consignment
- Construction Services
- 312 Crafts
- 330 Custom Services
- 360 Deer-Butchering & Hides 370 Dogs
- 410 Flectrical
- 415 Employment Wanted 440 Farm Machinery For Sale 445 Farm Machinery Wanted
- 447 Farm Market Ítems
- 480 Fish 483 Flooring 494 For Lease
- 495 For Rent 500 For Sale
- 510 Fresh Produce, Nursery
- 527 Furniture
- 529 Garage Sales
- 530 Garden Supplies535 Generators
- 537 Gifts 575 Greenhouse Supplies
- 589 Hardware
- 600 Health Care/Products
- 605 Heating 610 Help Wanted
- 683 Jewelers 700 Lawn & Garden
- 711 Lessons 760 Lumber & Wood Products 790 Maple Syrup Supplies
- 805 Miscellaneous
- 810 Mobile Homes
- 813 Music
- 815 Motorcycles 817 Nails
- 910 Plants 950 Real Estate For Sale
- 955 Real Estate Wanted 960 RVs & Motor Homes Rentals
- 980 Restaurant Supplies 1040 Services Offered
- 1075 Snowblowers
- 1080 Snowmobiles 1096 Sports
- 1140 Trailers
- 1170 Truck Parts & Equipment
- 1180 Trucks Vacuum
- 1190 Vegetable
- 1205 Wanted

Announcements

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Announcements CE HOUSE TAVERN

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& Wing Night
Fri Night - Fish Fry

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Announcements

\star \star \star **ADVERTISERS**

Get the best responses from vour advertisements by including the age, condition, price and best calling hours. Also, we always recommend insertion for at least 2 issues for maximum benefits. DEADLINE for placing ads is FRIDAY at 2:00 PM- Week Prior to Each Friday Dated Paper. Call Peg at 1-800-836-2888 or 518-673-0111

PRAYER TO ST. JUDE: MOST HOLY APOSTLE ST. JUDE, faithful servant and friend of Jesus, the Church honors and invokes you universally, as the patron of hopeless cases, of things almost despaired of. Pray for me, I am so helpless and alone. Make use I implore you, of that particular privilege given to you, to bring visible and speedy help where help is almost despaired of. Come to my assistance in this great need that I may receive the consolation and help of heaven in all my necessities, tribulations, and sufferings, particularly (here make your request) and that I may praise God with you and all the elect forever. I promise, O blessed St. Jude, to be ever mindful of this great favor, to always honor you as my special and powerful patron, and to gratefully encourage devo-

tion to you. Amen. WEDDING INVITATIONS. Half the cost you see anywhere else. If you see something you like online, email me a link. I can do at almost half the cost. Call Beth at Lee Publications. 518-673-0101 or email bsnv



Announcements

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Announcements

CHECK YOUR AD - AD-VERTISERS should check their ads on the first week of insertion. Lee Publications, Inc. shall not be liable for tvpographical, or errors in publication except to the extent of the cost of the first weeks insertion of the ad, and shall also not be liable for damages due to failure to publish an ad. Adjustment for errors is limited to the cost of that portion of the ad wherein the error occurred. Report any errors to 800-836-2888

Antiques

ANTIQUES/FINE ART and unusual collectibles, 9200 State Route 365, Holland Patent. From Pete Rose autographs to Coca Cola ceiling fans. 315-794-9175.

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Auctions

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BREEDER AUCTIONS every 2nd & 4th Sunday of the month at 11:33 am. Kings Auctions, 689 Burrows Rd., West Winfield (315)822-5221

field (315)822-5221

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WANTED JUNK CARS, TRUCKS & VANS PAYING \$50 & UP Days a Week 315-335-3302

Collectibles

WANTED - CA\$H PAID: For old jewelry, old buttons, books. Dolls toys, even if broken, 1970s older. 1960s & older. Clothing. Old frames, Christmas, Halloween items. Interested in almost anything old. Shirley 315-894-9032.

Estate Sales

ESTATE/YARD SALE: 194 O'hara Rd., Little Falls, NY, Friday, May 12th through Sunday, May 14th, 8am-5pm. Lowe fishing boat & trailer w/25hp motor, 2004 1500cc Vulcan Kawasaki, Cub Cadet riding mower, antiques, Hope chest, bed, dining table w/chairs, computer desk, desk, end & coffee tables, fouton couch, washer & dryer, dressers, kitchen items, clothes, computer w/printer, stereo



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The Country Editor

Your Weekly Connection To Things In Your Area



HERKIMER: Estate Sale, 316 William St. MAY 12 & 13, 10 -5. Fancy Art Deco DR china cabinet, buffet table & chairs, Art Deco BR dresser, vanity, bed, wardrobe, Gone With The Wind lamp, Victor phonograph, Heywood Wakefield BR set, cedar chest, trunks, stands, kitchenware, glassware, costume jewerly, kitchen table & chairs, cookbooks, vintage linens, bakers rack, tools, washer & drver, metal multi-drawer units & much more. For pictures go to Craigslist, Estatesales.net and Facebook. SALE BY VALLEY GIRLS.

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Estate Sales

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COUNTRY EDITOR

Country Editor

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LITTLE FALLS: West Main Street, 2 bedroom apartment on first floor, includes appliances, washer & dryer hookup, \$520 per month plus utilities. Call 845-558-0088

ILION: 1 BEDROOM mature adult, first floor, near downtown, fully furnished, utilities included, stove & refrigerator, parking, no pets/smoking, newly remodeled, carpeted. Enclosed side entrance porch. Well kept. References, security, \$625.315-894-1335

HERKIMER: Sherwood Acres Apartments: Modern, 1&2Bdrm. Just remodeled. very clean! Country setting. Includes: Heat, hot water, garbage removal, dining room, appliances, fireplace, balcony. Large rooms. No pets. No smoking! Credit check, lease, security, \$810 & \$865. 315-866-9371

APARTMENT FOR RENT. ST. JOHNSVILLE. 2 bedroom, dining room, 2 living rooms, kitchen, bathroom, laundry, ground floor. All utilities, furnished ground floor. 518-568-5115

For Sale

BOY & GIRL ELECTRIC Water Fountain, new in box, \$65.00; 3 beautiful long prom dresses; 3 bikes, Huffy 18 speed, Mountain bike, girls Huffy; Cabinet sewing machine with 4 drawers, walnut, \$20.00; white, new in bag, queen micro-fiber down comforter, \$15.00; several infant crib-in-bag character sets w/several accessories. 315-894-1335

SALE: 2005 Eton FOR Moped, and 2009 Kiwa Moped. Both are in Great running condition. Can be seen on King St., Herkimer. 315-866-4741

FOR SALE: Miller 225 welder/generator, 200ft. of cable on cable reels, includes tools to perform welding tasks, runs excellent, like new, call 315-895-4416

Furniture

NICE ASHLEY coffee table, w/deep center drawer, top both ends open & storage space, paid \$350, \$50; solid oak Entertainment Center on wheels, glass door & shelves, doors on bottom, \$35.00; solid maple office desk, with drawers, \$25.00; Dora TV w/remote & DVD, \$10.00; black entertainment center, \$10.00. 315-894-

Furniture

NEW **FURNITURE** YOU"RE PAYING TOO MUCH!! Come see Kings! Store hours 9-5 pm, Mon.*Wed.*Thurs.*Fri. & Sat. King's, 689 Burrows Rd., West Winfield, NY. (315)822-

Garage Sales

HUGE GARAGE AND VING-TAGE BOOK SALE: 100's of books and records. Full area rugs, electronics, household items. 1 Wagner Street, Fort Plain. May 12,13,14, 9 - 5.

GARAGE SALE: May 26th, 27th, 28th, 9-5 each day. Bedroom and dinning room furniture, household items, collectables, ladies clothing and much more. 38 Ransom St., Dolgeville. More information 315-429-9530.

RICHFIELD SPRINGS VILLAGE WIDE GARAGE SALES: May 20th, 9-5. Maps will be available at RS Fire House, Tally Ho, Cassidy's Diner. Hots dogs and drinks for sale at The Fire House. Sponsored by Lioness Club & Fire Dept Auxiliary. For map info call 315-858-1302

MOVING SALE: May 13, 10AM - 6PM. 50 Maple Ilion. Household Place. goods, Fishing Supplies, Tools, Antiques, Costume Jewlery, Cufflinks, Avon, Pet Supplies, Small Appliances,

Hay - Straw For Sale

BEAUTIFUL Small squares second cutting hay, \$3.00 per bale. Call 315-717-3426

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HANDYMAN NEEDED to take care of apartment building in Little Falls. Carpentry, electrical, painting and cleaning skills required. Starting pay \$12.00 per hour, 40 hours per week and hardworking could propel for more pay an hour. Please call 845-706-2222 and leave detailed message.

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VALLEY LAWN SERVICE. Mowing, shrub trimming, mulch and clean-ups. Fully insured, free estimates. 315-894-4331.



Legal Notices

NOTICE OF FORMATION of a NY Limited Liability Company. Name: Hujanen 1, LLC. Articles of Organization filing date with Secretary of State (SSNY) was April 18, 2017. Office location: Herkimer County. SSNY has been designated as agent of LLC upon whom process against it may be served and SSNY shall mail copy of process to 23 Albany Street, Little Falls, NY 13365. Purpose is to engage in any and all business activities permitted under NYS laws. APR-17 4/21/17 4/28 5/5 5/12 5/19 5/26/17

Miscellaneous

PARTY TICKETS. Free Shipping. Call Beth at Lee Publications 518-673-3237 or 518-673-0101 or bsnyder@leepub.com

Real Estate For Sale

WAS IT TOO COLD LAST WINTER FOR YOU? Why not enjoy next winter in Florida! Saint Petersburg. Check out a beautiful 1 bedroom condo fully furnished for only \$28,500. 55+ only. Bingo, dances, dinners, swimming pool, pool room, card room. Come and have fun in the sunl 727-320-7808

FOR SALE: VICTORIAN MOBILE HOME in trailer park, McGowan Road, Ilion. Very well maintained home consisting of 3 bedrooms, living room, applianced kitchen, full bath, 1/2 bath w/nice size shed. Turnkey condition. Just move into this quiet setting \$27,000. For appt. call Anna 315-717-3957

VILLAGE OF FRANKFORT VACANT BUILDING LOT: 6,350 Sq.Ft. (50x127) Option owner financing. Asking \$10,000.00. Visual tour at www.crossettres.com phone: 315-894-8557

FORT PLAIN: 24 River Street, 13339. FSBO on Zillow.com. Amazing investment property. 2-family, 6bed, 3-bath, 3-stall garage with store-front. Both units occupied generating \$16,800/ year income. Only expenses are \$2,800/year property taxes and \$2000/year water/ sewage/insurance. Making \$1,000/month profit! Eric 718-544-7744

FOR SALE: 149 W. North Street, Ilion. Single family, three bedrooms. Asking \$49,000. Take a visual tour www.crossettres.com 315-894-8557

Recreational Vehicles & Motor Homes

FOR SALE: 1998 Jayco 26ft. 5th Wheel Camper. Great Condition! 12ft super power slide, everything works, solid wood cabinets, front queen bedroom, clean, well maintained, \$5,000. 315-891-

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NEW LOOK HOME IM-PROVEMENTS: Additions, decks, electrical, roofing, kitchens, baths, siding, pole barns. Serving the Valley for 36 years. 315-866-4038, 315-985-1792

Tires & **Tire Repair Service**

USED TIRE SALE: Huge Inventory, mounting & balancing FREE. No appointment necessary! Save money call Auto World, 534 North Perry Street, Johnstown 12095 518-762-7555

GOODYEAR TIRES, 265/10R17, 2 good, 2 OK for Summer, \$100.00 Firm, 315-867-4984, 315-985-9441

Vegetables

2 FIELDS OF GARLIC FOR SALE. Approx. 16,000-20,000. Buy one or all. Selling due to death in family. 2210 River Rd., Ft. Plain 315-823-0147

Wanted

OLD...Utica Memorabilia, Jewelry, Sinclair Oil Advertising, Signs, Attic, Barn & Cellar Stuff!...315-823-1177

Wood For Sale

SPRING SPECIAL: Cut and split seasoned hardwoods, 10-face cord loads, \$600. Free delivery. 315-894-0117

Calendar of **Events**

COUNTRY EDITOR

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

MAY 12 - 13

The Middleville United **Methodist Church** Rummage and Bake Sale

Rt., 29, Middleville. Thursday 9 am-3 pm. Friday 9 am-5 pm. Saturday 9 am-Noon

MAY 12 - 28

Things Fall FLAT: art work by Elise Incze

The Other Side, 2011 Genesee St., Utica. Genesee Opening reception 5:30-7:30 pm. For more information visit www.theothersideutica.o

MAY 13

The Village of Ames Museum

611 Latimer Hill Road, Ames. Open for tours 9 am-3 pm. Registering vendors and 5K runners for Sept. 16 festival. Vendor space is free. 518-673-5820. For more information www.amesmuseum.weebly.com

MAY 13

H.A.L.O.'s Spring Trash & Treasure Sale Polish Club, 319 S. Washington St., Herkimer. 9 am-4 pm. For more information call Debbie at 866-8608 or Fay at 823-0239.

MAY 17 - 20

Dolgeville Fun and

Fitness Playground Station Installation

Helmer Avenue, Dolgeville. 8 am-4 pm. Volunteers needed. For more information call 315-429-3548

MAY 13

Pierogi Sale

St. Mary's Ukrainian Orthodox Church, 324 Moore Avenue, Herkimer. 10 am-3 pm. \$8 dozen

MAY 18

Baked Ham & Scalloped Potato Dinner

Emmanuel Episcopal Church, 594 E. Albany St., Little Falls. 4-7 pm or sold out. \$10 adults, kids 5 and under free. Free local deliveries and take outs available. Call 315-823-7009 day of.

Akiko Tsuruga-Joe Magnarelli Quartet

The Other Side, 2011 Genesee St., Utica. 8 pm. \$15, \$8 students. For more information or to reserve your seat call 315-735-4825 or email kodomenico@verizon.net

MAY 20

Rabies Clinic

East Herkimer Fire Department, 193 Main Rd., East Herkimer. 10 am-12 pm. \$5 donation. For more information or to pre-register www.herkimercounty.or g or call 315-867-1176. **MAY 20**

Fort Klock Opening Day-Experience the sights and sounds of 1776

7214 State Highway 5, St. Johnsville. 10 am-4 pm. For more information call 518-568-7779.

MAY 20

The First Presbyterian Church of Little Falls **Second Annual** Wellness Fair

Burke Park and First Presbyterian Church Hall, 16 Jackson Street. 10 am. For more information email Cathy Carpineti lffirstpres@gmail.com or call 315-823-3004.

MAY 22

Historic Photo Project From The Kuyahoora Valley

Masonic Lodge, South Main St., Newport. 7 pm. Free and open to the public. For more information call Lori Burritt at 315-826-

MAY 23

The Herkimer County Historical Society's **Annual Dinner Meet-**

ingLittle Falls Travelodge.
5:30 pm. \$20 pp. To make a reservation for dinner call 315-866-<u>6413.</u>

MAY 24

Demand the Impossible with Bill Ayers and Bernardine Dohrn

The Other Side, 2011 Genesee St., Utica. 7:30 pm. \$10, \$5 students. more information call Kim Domenico at 315-735-4825 or email kodomenico@verizon.net

MAY 27

USA Dance Chapter #3066 Presents **Rumba for Roses**

Utica Maennechor, 5535 Flanagan Road, Marcy. Free dance lesson 6-7 pm. Open dancing till 10 pm. For more informawww.meetup.com/mo-

hawkvalleyusadance.

Country Editor

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Kuyahoora Valley **Memorial Day Parade** & Service

Norway and East Streets, Newport. 9:30 am. For more information call John Murphy at 845-8139 or email drm iem@ntcnet.com.

JUN 1 - 3

Rummage and Bake Sale

Cold Brook United Methodist Church, 467 Main St., Cold Brook. Thursday and Friday 9 am-5 pm. Saturday 9 am-1 pm. For more information call Lori Burritt at 315-826-7242.

JUN 2 - 25 Parallel Play: **Sculptural Objects**

The Other Side, 2011 Genesee St., Utica. Opening reception 5:30-7:30 pm. \$10, \$5 stuinformation call Rainer at 315-395-5235 or visit www.theothersideutica.o

Arts & Crafts Fair

Morning Star Church. 4224 Acme Road, Frankfort. 10 am-4 pm. Child activities 12-2 pm. Food Crafters available. Crafters and Direct Sales Vendors are being sought. For more information and an application, contact Bettyjean Postiglione at 315-894or email bjpost1@netzero.net. JUN 7

Rabies Clinic Norway Community Center, 3114 Military Rd., Norway. 5:30-7 pm. \$5 donation. For more information or to preregister email www.herkimercounty.or g or call 315-867-1176.

JUN 10

The Village of Ames Museum

611 Latimer Hill Road, Ames. Open for tours 9 am-3 pm. Registering vendors and 5K runners for Sept. 16 festival. Vendor space is free. 518-673-5820. For more information www.amesmuseum.wee bly.com.

Rabies Clinic

Ilion-Frankfort Pavilion, 4274 Acme Rd., Frankfort. 5:30-7 pm. \$5 donation. For more information or to preregister email www.herk imercounty.org or call 315-867-1176

200th Anniversary of The Erie Canal Concert

Little Falls. Any singers interested in joining this chorus and who have Monday evenings free, are invited to attend the rehearsals at Central Valley Academy in Ilion beginning May 15. For more information call 315-826-3092

JUL 8

The Village of Ames Museum

611 Latimer Hill Road, Ames. Open for tours 9 am-3 pm. Registering vendors and 5K runners for Sept. 16 festival. Vendor space is free. 518-673-5820. For more information www.amesmuseum.wee bly.com.

Rabies Clinic

East Herkimer Fire Department, 193 Main Rd., East Herkimer. 5:30-7 pm. \$5 donation. For more information or to pre-register email www.herkimercounty.or g or call 315-867-1176.

JUL 15

Bus Trip to visit The Windmill in Penn Yann

\$45 pp. For more information or to sign up, contact the Herkimer County Historical Society at 315-866-6413.

AUG 12

The Village of Ames Museum

611 Latimer Hill Road, Ames. Open for tours 9 am-3 pm. Registering vendors and 5K runners for Sept. 16 festival. Vendor space is free. 518-673-5820. For more information visit www.amesmijseijm.wee bly.com.

Rabies Clinic Salisbury Fire Department, 2549 St. Rt. 29, Salisbury Center. 5:30-7 pm. \$5 donation. For more information or to pre-register email www.herkimercounty.or

g or call 315-867-1176. SEP 7

Rabies Clinic Cedarville Fire Depart-

ment, 960 St. Rt. 51, Cedarville. 5:30-7 pm. \$5 donation. For more information or to preregister email www.herkimercountv.or g or call 315-867-1176.

SEP 16

The Village of Ames **Museum Summers End Celebration**

611 Latimer Hill Road, Ames. 9 am-3 pm. 5K race, vendors, historic displays, food, games. 5K race begins at 9 am. For more information visit www.amesmu seum.weebly.com.

Rabies Clinic Little Falls Town Garage. 478 Flint Ave. Ext., Little Falls. 5:30-7 pm. \$5 donation. For more information or to pre-register email www.herkimercounty.or g or call 315-867-1176.

OCT 14

The Village of Ames Museum

611 Latimer Hill Road, Ames. Open for tours 9 am-3 pm. Enjoy a museum scavenger hunt. One for adults and one for children. For more information visit www.amesmuseum.weebly.com.

NOV 4

Rabies Clinic

East Herkimer Fire Department, 193 Main Rd., East Herkimer. 10 am-12 pm. \$5 donation. For more information or to pre-register www.herkimercounty.or g or call 315-867-1176.

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Lyme Disease

Spring is here, which marked by one or more means it's time for New Yorkers to take precautions to protect themselves from Lyme Disease. Lyme disease has become an important public health problem in New York State.

"Lyme disease spread by the bite of infected deer ticks," said Lonna Hart, RN of Herkimer County Public Health.

"Ticks cannon fly or jump. They like to rest on low-lying vegetation and attach to a passing animal or person. Once on a body, ticks often attach to the more hidden areas such as the groin, armpits, and scalp," warned Ms. Hart.

Campers, hikers, outdoor workers and others who frequent wooded and tall grassy areas will be more likely exposed to Because new ticks. homes are often built in wooded areas, transmission of Lyme disease near homes can be a concern in some areas of the state. The risk of exposure to ticks is greatest along trails in the woods and on the edges of properties with tall vegetation, but ticks may also be carried by animals and pets into lawns and gardens.

Early stages of Lyme disease are usually

ADDRESS

of the following symptoms and signs: fatigue, chills and fever. headache, muscle and joint pain, swollen lymph nodes, and/or a "bull's eye" red rash appearing on the skin at the site of the bite.

Lyme disease is often difficult to diagnose, because its symptoms and signs mimic those of many other diseases. Left untreated. Lyme disease can produce severe arthritis, or cause neurological or cardiac problems. However, with early detection and treatment with antibiotics, recovery from Lyme disease is usually rapid and complete.

"Domestic animals, such as dogs and outdoor cats, may become infected with Lyme disease bacteria, and some of these animals may develop arthritis," warned Ms. Hart.

Dogs appear to be more at risk from Lyme disease. Symptoms in dogs include lethargy, joint pain, fever, fatigue and kidney damage. While there is debate about whether cats suffer from Lyme disease, cats are thought to be highly resistant to the disease.

You can decrease you your family's

chances of being bitten by a tick by following a few precautions:

- When in wooded and grassy areas which are likely to be tick-infested, wear light-colored clothing (to spot ticks) and tuck pants into socks and shirt into pants.
- After every two to three hours outdoors, check for ticks on clothing or skin. Brush off any ticks on clothing before they can attach to your skin. Also, check your children and pets for ticks.
- Do a thorough tickcheck of your entire body at the end of the day. Pay particular attention to the back of the knees, behind the ears, the scalp, the armpits and your back.
- If you decide to use tick repellent, apply carefully following label directions
- Children may be at greater risk for reactions to repellents, in part because their exposure may be greater. Do not apply repellents directly to children. Apply to your own hands and then put it on the child. Never apply to the hands of small children.
- No one should apply repellents near eyes, nose or mouth. Also, use it sparingly around ears.

If any ticks are found, they should be removed immediately. Use finetipped tweezers to carefully grasp the mouthparts of the tick close to the skin, and then gently and steadily pull the tick out without twisting or squeezing.

After removing the tick, wash the bite area thoroughly, apply antiseptic, and mark the area to watch for symptoms. Ms. Hart reminded people that gasoline, kerosene, petroleum jelly or hot matches should never be used to remove ticks.

For more information about Lyme disease, call Herkimer County Public Health at (315) 867-1176 or visit the New York State Department of Health website www.health.ny.gov/diseases/communicable/ly

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Monday. May 15th - Normal Monday Sale & Monthly Sheep, Lamb, goat & pig Sale Saturday, May 20th - Vernon, NY. Saturday, 9:30AM. Pohls Feed Store Complete Dispersal selling to bare walls - all remaining inventory! Come early - stay late. Office equip, antique handtools, All shelving in store, farm supplies, vet supplies, water tubs. fence supplies, boots, gloves, Agri seeds, baler twine, bunk covers, hardware, Urea fer tilizer, gates, fence posts. Ford F450 Super Duty Diesel w/dump, Industrial Ford Tractor w/bucket, Mitsubishi Propane Forklift, 3 Gravity Wagons. The list goes on - expect surprises many buildings getting cleaned out. A listing and photos check out on our website. Starting promptly at 9:30AM viewing Sale day only from 8:00-9:00AM. We will sell Large equip. at 1:00PM and go to 2 Auctioneers at that time.

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Monday, May 29th - Normal Monday Sale

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Stickelers Answer

Figure E. cannot be folded into a cube.

Puzzles4Kids

What game do cows like to play at birthday parties?

Moosical chairs.

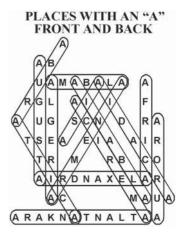
Weekly SUDOKU ___

Answer

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

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Future from 19

there are plentiful opportunities right here in our region."

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Technology and Equip-

ment.

Horticulture and Plant Science.

Animal Care and Livestock.

End Products and Forestry.

"The exhibitors are experts in their fields and are passionate about agriculture," said Groves, who holds a Ph.D. with a focus on rural education. "They will introduce students to various career fields, innovative agricultural approaches and the latest technological advances."

Exhibitors will be answering questions, telling stories, engaging students, giving demonstrations and providing hands-on experiences.

Rotating mainstage presentations will provide a "wow factor" for students as aspects of the agriculture industry are showcased, Groves said.

Schools will arrive as their travel times dictate. They will go through a welcome station and then enter each of the four domains between 9

am and 2 pm.

Students will spend an hour and 10 minutes exploring each of the four domains, and groups will have the option to visit the 30-minute mainstage presentations throughout the day.

If you work in the agriculture industry and are interested in becoming an exhibitor at Farming Your Future, please contact the Herkimer BO-CES School To Careers program by calling (315) 867-2202.





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18 Fulmer St, Mohawk



Cute as a button! First floor features eat in kitchen, LR, DR, 1BR all with hardwoods, plus full bath. Upstairs you

have 2 BRs. One car detached garage and fenced in back yard. Call for your appointment and make it yours!

11725 State Route 365 Hinckley



Make an offer now so you can close in time to enjoy your summer at the lake!!! Just look out your window and enjoy the beautiful

Hinckley Lake view. This adorable 2BR, 1 bath home has been meticulously maintained and includes eat-in kitchen, DR, LR & 2 stall garage. A great place to getaway or enjoy year round.

204 E Main St, Ilion



Affordable village home ready for its new owner. Features LR, DR, eat in kitchen w appliances, half bath and storage room on the first floor. Upstairs you will find 3 BRs and full bath.

Great enclosed front porch and nice large lot 32 x 329.

179 Church St, Little Falls



Don't wait – great 2 family home. Live in one and rent the other or use strictly for investment. These apartments are 2BRs, each with LR, DR & kitchen. Tenants pay electric and heat. Detached garage, parking and a yard. Come take a look!

26 • May 12, 2017

Figure Skating Legend Dick Button to Speak at Fenimore Art Museum on May 13

Dick Button offers fascinating insights on gardening, figure skating, and why we do what we do in his talk "The Eye of the Beholder." Button is, of course, an Olympic figure skating champion, but he is also an avid gardener. Here he considers the two art forms, exploring questions about the things we do, how we do them, and ways we invite others to view and participate. The program takes place at

Fenimore Art Museum on Saturday, May 13 beginning at 2:00 pm. Cost: \$20 (museum members). An excellent event to attend with your mother or loved one to celebrate Mother's Day weekend.

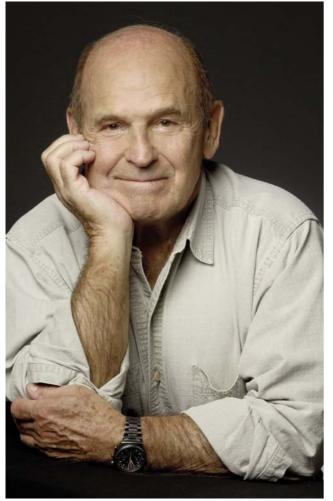
members) and \$25 (non-

This program complements Fenimore's current exhibition The Art of

Figure Skating through the Ages: The Dick Button Collection, on view through December 31, 2017. Richard "Dick" Button is a former American figure skater and a well-known network television skating commentator. He is a two-time Olympic champion (1948 and 1952) and five-time World Champion (1948–1952).

Legend 27





Dick Button









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Legend from 26

About the exhibition:

The Art of Figure Skating through the Ages: The Dick Button Collection (on view through December 31, 2017)

Button's collection of ice skating art ranges from 17th-century Dutch paintings to 20thcentury sculpture. This multidisciplinary collection showcases the full range of media in which ice skating has appeared, and tells the story of the pervasiveness of the sport in everyday life across various cultures and time periods. In addition to fine art, visitors will see costumes, photographs, advertising art,

antique skates, and

About Fenimore Art Museum

Fenimore Art Museum, located on the shores of Otsego Lake—James Fenimore Cooper's "Glimmerglass"—in historic Cooperstown, New York, features a wide-

ranging collection of American art including folk art; important American 18th- and 19th-century landscape, genre, and portrait paintings; more than 125,000 historic photographs representing the technical developments made in photography and providing extensive visual documentation of the region's unique history; and the

renowned Eugene and Clare Thaw Collection of American Indian Art comprising more than 850 art objects representative of a broad geographic range of North American Indian cultures, from the Northwest Coast. Eastern Woodlands. Plains. Southwest, Great Lakes, and Prairie regions.



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28 • May 12, 2017 COUNTRY EDITOR

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4 • Spring 2017 CNY MENU GUIDE



Tips for a fun family night out

In its 2016 National Dining Survey, Zagat found that the average person dines out 4.5 times per week. That figure may seem high to some, especially parents with young children at home. While parents of young children may not dine out as often as the average person, there are ways for families to plan fun nights out on the town, no matter how young their kids might be.

- Find family-friendly restaurants. The establishments where families choose to do their dining can make all the difference. Trendy hotspots or upscale restaurants may not be great choices for family nights out. Such establishments may be too expensive or fail to offer kid-friendly fare, and parents of especially young children may feel uncomfortable if their tots begin to cry in the middle of dinner. When choosing a restaurant for a family night out, parents should look for a spot that's naturally more noisy so a crying baby or excited child won't make moms and dads or other diners uncomfortable. Diners or chain restaurants tend to offer kids' menus in addition to plenty of dishes that kids will readily consume.
- Choose the right time. Dining out at night can be difficult for families, as kids might be growing tired. Instead of a night out on the town, book a mid-to late-afternoon out. Restaurants tend to be less busy during these times of day, and parents can relax and enjoy the company of their children while still getting out of the house for a family meal together.
- Bring along some entertainment. Some kid-friendly restaurants may provide crayons and placemats that kids can use to create their own artistic masterpieces. But parents should bring

CNY MENU GUIDE Spring 2017 • 5

TIPS from 4

backup entertainment just in case. Pack some crayons and coloring books or bring along a book to read to your children

while you wait for your meal to be delivered. Bring along a couple of toys to keep especially young children occupied as well.

 Practice your night out. Parents of young children who have yet to try

ARANCINI 11

Prosciutto, Mozzarella **CHARCUTERIE**

dining out as a family can make a few practice runs at home. Choose a night at home to teach kids how to behave at restaurants. If kids tend to squirm a lot or take long periods

of time to eat meals at home, explain to them that such behavior is unacceptable at restaurants, encouraging them to sit still and focus on eating their meals during your

practice run.

Nights out on the town as a family may make parents of young children nervous or hesitant. But there are a handful of ways to make sure such excursions are fun for kids and parents alike.



PLATE 19 Cured Meats & Cheese **CRISPY CALAMARI 11** Tomato Cocktail (w/ cherry peppers & onions 14) FRENCH ONION SOUP Cup 6 / Bowl 10 Tuscan Croûton, Mozzarella SALADS ADD Chicken 5 | Steak 7 | Shrimp 9





TUSCAN CHICKEN 10 CHICKEN CUTLET 11 Arugula, Mozzarella, Roasted Peppers,

arge PLAT

Honey Mustard

REUBEN 10

Sauerkraut, Mozzarella, Classic TI Dressing

Mozzarella FILET STEAK 19

Melted Mozzarella

SIDES

HOUSE CUT FRIES 6

CAPELLINI MARINARA 6

SAUTEED BROCCOLINI 7

PARMESAN RISOTTO 7



'RUSTIC' SPAGHETTINI & MEATBALLS 13

w/ house made Marinara PASTA FAGIOLI 13 Tuscan Beans, Orecchiette, Tomato

GNOCCHI POMODORO 15 Tomato, Extra Virgin Oil, Basil

RIGATONI "A'La" CARBONARA 16 Chicken, Crispy Bacon, Shaved Parma, Basil

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Parmesan Crema, Peas, Prosciutto **TENDERLION TIPS 21**

Gnocchi, Plum Tomato, Mushroom



CANOLE CLASSICO 12 Tomato Sauce, Mozzarella

MEDITERRANEAN 14

Cracked Olive, Goat Cheese, Caramelized Onions, Ricotta, Arugula

> FIG & PROSCIUTTO 15 House made Fig Jam, Prosciutto, Gorgonzola

LOBSTER & SHRIMP 12

LOBSTER BISQUE

Lobster Meat, Tuscan

CRAB CAKES 12

MEATBALLS 11

Parmesan Cheese,

Italian Parsley

Cup **7** / Bowl **11**

Croûton

Lemon Aioli

Lobster Broth, Chile Pepper, Parmean Risotto

PROSCIUTTO WRAPPED SHRIMP 25

Lentils, Crispy Carrots, Spinach

BISTRO CHICKEN 19

Spring Pea & Prosciutto Risotto

FILET MIGNON 28

White Truffle Mushroom, Risotto, Red Wine Jus

HADDOCK OREGANATO 16

Parmesan Risotto & Sautéed Spinach CHICKEN FRANCAISE 17

Capellini, Spinach

Lunch & Dinner **MENU**

1 Campion Road • New Hartford, NY

cafecanole.com

ARUGULA 12

Walnuts, Gorgonzola, Pears,

Shallot, Vinaigrette CAESAR 11

Hearts of Romaine, Tuscan Croûtons

BEET 12

Arugula, Shallot,

Vinaigrette, Goat Cheese

CAPRESE 12

Soft Mozzarella, Basil,

Extra Virgin Oil

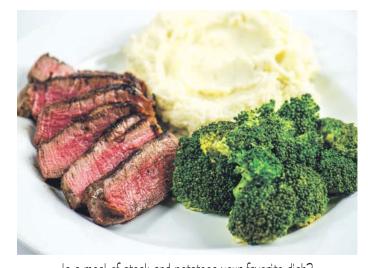
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Facts about your favorite foods

Food is more than just a way to sustain life. Food can make a person feel good, provide avenues to engage with family and friends and serve as a way to experience other cultures.

Certain foods are universally enjoyed, while others may appeal to only a few people. Many people have favorite foods, even if they know little about these foods. Check out these fun facts about some popular foods.

 Pasta sauce: If enjoying a plate full of pasta topped in rich, red marinara sauce can cure what



Is a meal of steak and potatoes your favorite dish?

Red meat actually can be good for the body.

ails you, then you will be happy to learn that cooked tomatoes are very good for personal health. Tomatoes are naturally high in vitamin C, and the process of making tomato sauce increases the antioxidant activity in tomatoes, which can make the body less susceptible to illness. Tomato sauce contains lycopene, which might reduce your risk of heart disease, cancer and macular degeneration.

• Red meat: Steak or a juicy burger is a favorite for many people. But through the years there have been mixed reviews on the benefits and disadvantages of eating red meat. Iron in red meat is easily absorbed by the body, and beef also supplies vitamin B12, which helps maintain healthy nerve and red blood cells. Red meat has a bad reputation because it can be high in fat and cholesterol. However, choosing the right cuts, such as lean eye round roast and sirloin, can offset the negative aspects of red meat. There's also evidence that grass-fed beef contains two to five times more omega-3 fatty acids than grain-fed beef.



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CNY MENU GUIDE Spring 2017 • 7

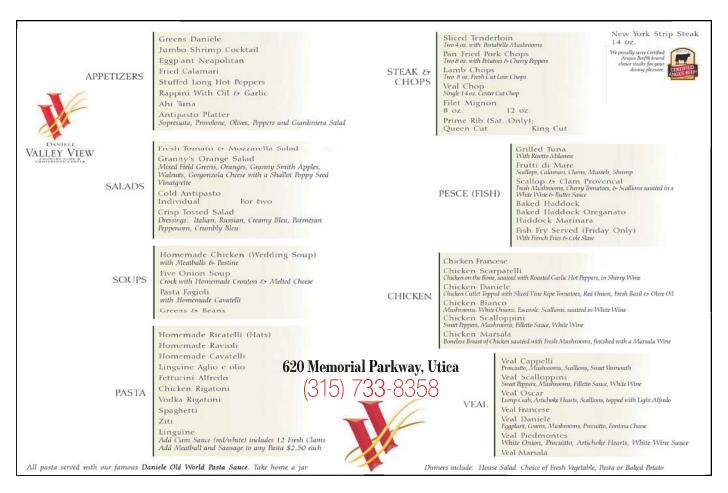
FACTS from 6

• Macaroni and cheese: Macaroni and cheese is the No. 1 cheese recipe in the United States and has remained on the list of America's top 10 comfort foods for decades. While it is beloved in the United States, macaroni and cheese is believed to trace its origins to Italy. The first



known recipe for this dish is from the thirteenth century in southern Italy. That recipe called for lasagna sheets and fermented cheese. Boxed versions of the food arrived in the 19th century. Today, there are many different mac and cheese recipes, from classic to gourmet.

• Pizza: Most people eat pizza regularly, with some enjoying a slice or more each week. Pizza accounts for more than 10 percent of all food service sales in the United States. The word "pizza" dates back more than 1,000 years and was first mentioned in a Latin text in 997 CE. It likely described what we now call focaccia, or a leavened round crust of cooked dough, as tomatoes were not yet available. Pizza now comes in many varieties, ranging from flatbread to thin crust to deep dish.



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Guide to restaurant tipping

Tableside service is one of the benefits to dining out. Dining out can be a welcome change from preparing meals at home, and diners love that, once the meal is finished, someone else is there to clean everything up.

Leaving gratuities for exemplary restaurant service may not be mandatory. However, in many areas of the world, proper dining etiquette suggests diners should tip their servers when paying for the meal. Many restaurant employees count on tips to supplement their salaries, and servers may even be paid below-average wages because tips are factored into their earnings.

Diners routinely struggle when leaving a gratuity. Tipping, because of the money involved, also can

cause heated debates. Various experts have weighed in to help customers determine the right way to proceed with tipping. This tipping guide helps clarify when and how to tip.

Etiquette experts at the Emily Post Institute concur that 15 to 20 percent is the standard rule of thumb when tipping at a sit-down dining establishment. If the restaurant is buffet-style, a 10 percent tip may be adequate. Many people leave a 20 percent tip when dining out. That has become the norm for good service. Poor service may not be worthy of such a substantial tip.

When alcoholic beverages are part of the meal, some diners prefer to tip separately. That's

GUIDE 9





GUIDE from 8

because restaurants may implement a heavy markup on wine or cocktail prices. Tipping based on the bill pre-tax can be expensive. The safe recommendation is 10 to 15 percent. Those who sit at the bar before retiring to a table should offer 15 to 20 percent of the tab to the bartender; or, \$1 for beer or wine, \$2 for mixed drinks. iTipping.com suggests paying your bar tab before leaving for your table.

Although it can be tempting to refrain from tipping when service is poor, this isn't always the wisest idea. That's because some restaurants employ a shift system in which all of given shift's gratuities enter a pool and are divided by a point

system. Otherwise, each individual server is responsible for tipping his or her support staff, which includes a busser, a runner, a back waiter, and/or a bartender. Rather than punish the whole lot, reduce the tip and then discuss your misgivings with the restaurant manager.

Diners should know that gratuities are typically included in the bill for larger parties. Restaurants generally add an 18 percent gratuity to the bill. Restaurants put this in place to safeguard their staff. This gratuity should be mentioned on the bill or on the menu. If the service was excellent, diners may want to tip on top of the included gratuity.

Diners who have gone over budget should not compensate by reducing the tip. Diners who cannot afford to tip should not dine out.





PIZZA

Slices • Small Pie (12") • Large Pie (16")

Regular Toppings

Pepperoni, Sausage, Ham, Mushrooms, Sweet Peppers, Hot Peppers, Banana Peppers, Onions, Red Onions, Black Olives.

Premium Toppings

Roasted Red Peppers, Broccoli, Bacon, Meatballs, Fried Chicken, Anchovies, Eggplant, Spinach, Ricotta, Tomato, Pineapple, Steak, Double Cheese.

WINGS

Mild, Medium, Hot, Garlic, BBQ, Honey Mustard, Whatever Sauce & Everything Sauce.

10 Piece • 20 Piece • 30 Piece

40 Piece & 50 Piece

ASK about our

PIZZA & WING

SPECIALS



Calzones ~ Subs (Hot & Cold)

Paninis ~ Fish Fry ~ Entrées

Salads ~ Desserts & Drinks

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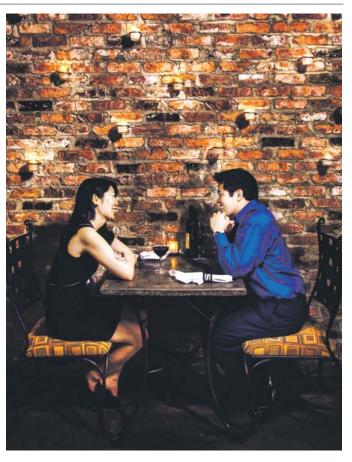


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Did you know?

According to the National Restaurant Association, seven in 10 consumers say their favorite restaurant foods provide flavors they cannot easily duplicate at home. Perhaps that's one reason why nine in 10 consumers say they enjoy going out to restaurants. While few would likely be shocked to learn that so many people enjoy dining, the types of restaurants consumers prefer reflects a trend that might not have been so important as recently as a decade ago. The National Restaurant Association notes that 68 percent of consumers surveyed for the organization's 2016 Pocket Factbook are more likely to visit a restaurant that offers locally produced food items. Locally produced foods not only support the local economy, but also tend to be more eco-friendly, as fewer natural resources must be used up to get them from the farm to the dinner table. That preference for eco-friendly food might also explain why 60 percent of consumers are more likely to choose restaurants that offer eco-friendly foods than establishments that provide no such offerings.



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		R	

JUMBO CHICKEN WINGS (10) - HOT/MEDIUM/ MILD/ GARLIC PARM/ DIRTY/ HONEY GARLIC FRESH TOMATO BASIL BRUSCHETTA FOUR SLICES OF ITALIAN BREAD GRILLED AND TOPPED WITH A BASIL PESO AND FRESH DICED TOMATOES COVERED WITH MOZZARELLA CHEESE AND MELTED TO PERFECTION.

CRACKED PEPPERCORN HOMEMADE BREADED MUSHROOM MEDLEY BUTTONS AND PORTOBELLOS BREADED IN-HOUSE, FRIED TO PERFECTION AND SERVED WITH HOMEMADE BLUE CHEESE

HOMEMADE BATTERED OR BREADED ONION RINGS

DRIZZLED WITH EXTRA VIRGIN OLIVE OIL AND

VIDALIA ONIONS SLICED THICK, STACKED HIGH AND SEASONED SERVED YOUR WAY WITH A SIDE OF HONEY MUSTARD SAUCE \$6 **GREENS MATTHEWS (WHEN AVAILABLE)** SAUTEED PROSCIUTTO, DICED POTATOES AND HOT CHERRY

PEPPERS (OPTIONAL) - TOSSED WITH COOKED ESCAROLE AND OREGANATA MIX(MIXED BREAD CRUMB, PARMIGIANO, EXTRA VIRGIN OLIVE OIL) THEN BAKED IN THE OVEN TO A GOLDEN BROWN, SERVES 2-3 PEOPLE

STUFFED POTATO SKINS 4PC

TWO LARGE POTATOES HALVED AND HULLED OUT, FLASH FRIED AND RE-STUFFED WITH CHEDDAR, BACON, CARAMELIZED ONIONS AND DICED HAM. FINISHED IN THE OVEN AND TOPPED WITH SOUR CREAM.

HOMEMADE LOADED FRENCH FRIES A LARGE PLATE OF HOMADE FRENCH FRIES COVERED WITH CHEDDAR CHEESE, CHOPPED BACON AND SOUR CREAM. \$6 FRENCH ONION SOUP

HOMEMADE ONION SOUP TOPPED WITH SEASONED FRENCH BREAD CROUTON AND A GENEROUS AMOUT OF SWISS.\$3/5 **MOZZARELLA STICKS**

MOZZARELLA STICKS
SIX BATTERED STICKS DEEP FRIED AND SERVED WITH OUR
\$7

SOUP OF THE DAY ASK YOUR SERVER \$2/\$3

Feature: C soup of the day w/ ½ panni Bread Soup bowl w/ ½ panni or small salad \$8.00 Full order:

Bread Soup bowl w/ wrap or panni or salad (your choice with bread bowl

\$12.00

THE SALAD CENTER CAESAR SALAD

FRESH CUT ROMAINE LETTUCE TOSSED IN HOMEMADE CAESAR DRESSING, CRACKED PEPPERCORNS, SEASONED CROUTONS \$8 ADD GRILLED SEASONED CHICKEN OR SEASONED GRILLED SHRIMP ANTIPASTO SALAD

FRESH CUT ROMAINE SERVED WITH ROASTED PEPPERS, OLIVES, ARTICHOKES, HOT CHERRY, TOMATOES, SALAMI, PEPPERONI, PROVOLONE. SERVED WITH OUR HOUSE ITALIAN DRESSING \$8/\$12

CHFF SALAD

CHOPPED ICEBERG AND ROMAINE TOPPED WITH CUCUMBERS. TOMATOES, ONIONS, AMERICAN CHEESE, TURKEY, HAM, OLIVES AND A HARD BOILED EGG. \$8/\$12 TACO SALAD

SEASONED GROUND SIRLOIN SERVED IN A TACO BOWL WITH SHREEDED LETTUCE, OLIVES, CHEDDAR CHEESE, CHOPPED TOMATOES, HOT CHERRY PEPPERS TOPPED WITH SOUR CREAM AND SIDE OF SALSA

TRADITIONAL COBB SALAD

ICEBERG WEDGE, 2 SLICES OF BACON, HARD — BOILED EGG, TOMATOES, SEASONED CHICKEN, AVOCADOS, CRUMBLED BLUE CHEESE, PARMESAN PEPPERCORN

THE PANINI CENTER SERVED W/ FRESH CUT FRIES • ALSO AVAILABLE AS A WRAP

ITALIAN INCLUDES HAM, HARD SALAMI, PEPPERONI, PROVOLONE CHEESE, KALAMATA OLIVES, ROASTED RED PEPPERS, TOMATOES AND OUR HOUSE ITALIAN DRESSING

AMERICAN

AMERICAN
INCLUDES TURKEY, HAM, ROAST BEEF, AMERICAN CHEESE, TOMATOES AND MAYONNAISE

HERBIVOR

INCLUDES ROASTED PEPPERS. PORTOBELLO MUSHROOMS. TOASTED PECANS, OLIVES, ARTICHOKES, TOMATOES AND MOZZARELLA CHEESE. DRIZZLED WITH A BALSAMIC

FRENCH DIP

THINLY SLICED PRIME RIB ROAST SERVED WITH YOUR CHOICE OF CHEESE AND A CUP OF BEEF AU JUS

Also featured as a panni or wrap: Grilled Chicken w/ bacon ranch • Crispy Buffalo Chicken

SPECIALTY BURGERS

FRESHLY GROUND 60Z BURGERS SERVED ON A KAISER WITH LETTUCE AND FRESH CUT FRIES THE ERIE STATION

STUFFED WITH CRUMBLY BLUE CHEESE AND TOPPED WITH SAUTEED ONIONS AND BACON COVERED IN JAGER SAUCE \$11

THE BUFFALO BURGER BURGER DIPPED IN BUFFALO HOT WING SAUCE AND COVERED IN BLUE CHEESE

THE FRENCH ONION BURGER SMOTHERED IN SAUTEED ONIONS IN A REDUCED BEEF STOCK TOPPED WITH PROVOLONE CHEESE

THE DRUNKEN ALOHA BURGER SMOTHERED IN REDUCED AMERICAN HONEY WHISKEY AND TOPPED WITH BACON, PINEAPPLES

A TASTE OF ITALY BURGER SERVED WITH OUR BASIL PESTO AND MARINARA SAUCE TOPPED WITH MOZZARELLA CHEESE BRIOCHE BURGER

TOPPED WITH FRIED EGG. BACON. CHEDDAR CHEESE AND SERVED IN BETWEEN TWO PIECES OF ARTISAN BRIOCHE \$11 THE TYPICAL CHEESEBURGER SERVED WITH LET-TUCE, ONION, TOMATO AND CHOICE OF CHEESE (ADDITIONAL TOPPINGS .25)

SOUTH OF THE BORDER

TACO SALAD SEASONED GOUND SIRLOIN SERVED IN TACO BOWL WITH SHREDDED LETTUCE, OLIVES, CHEDDAR CHEESE, CHOPPED TOMATOES, HOT CHERRY PEPPERS
TOPPED WITH SOUR CREAM AND SIDE OF SALSA QUESADILLAS MADE FRESH WITH SAUTE ONIONS, PEPPERS, MUSHROOMS AND MOZZARELLA CHEESE \$8 \$10 AND GRILLED CHICKEN CHICKEN FRANCAISE SEARED FRESH CUT LEMON HERBED EGG, BUTTER, GARLIC LIGHTLY FLOURED CHICKEN BREAST STEAK FAJITAS

FLANK STEAK. THINLY SLICED SAUTEED W/ ROASTED RED PEPPERS, ONIONS, MUSHROOMS IN OUR ERIE STATION SPECIAL SAUCE SERVED ON WARM TORTILLAS. (SOUR CREAM CAN BE ADDED)
MEXICAN BURGER

A BURGER SEASONED AND GRILLED TO YOUR LIKING SERVED WITH HOT CHERRY PEPPERS AND CHEDDAR CHEES WRAPPED AND SEARED INTO A TORTILLA. SERVED WITH SOUR CREAM AND SALSA W/ HOMEMADE FRENCH FRIES.

ENTREES

ALL ENTREES COME WITH SIDE SALAD AND HOMEMADE BREAD GLUTEN FREE AND VEGAN OPTIONS AVAILABLE, ASK SERVER STEAKS

DELMONICO

WE HAND CUT OUR DELMONICO STEAKS TO YOUR LIKING
LIGHTLY SEASON AND GRILL TO PERFECTION

80Z-\$15 / 120Z-\$17 / 160Z-\$21 / 220Z-\$26

DELMONICO BRUSCHETTA SAUCE STYLE 12 OUNCES OF FRESH CUT DELMONICO GRILLED TO PERFEC-TION TOPPED WITH A MIXTURE OF FRESH CUT TOMATOES. RED. ONIONS, GARLIC, MELTED ON TOP COMPLETES THE DISH \$18 SIRLOIN TIPS

TENDER BEEF TIPES SAUTEED WITH PORTOBELLOS, BUTTONS AND ONIONS. SERVED WITH A SUCCULENT BURGUNDY CREAM

BEEF BAILEY

TWO 40Z MEDALLIONS SEARED AND TOPPED WITH MOZZA RELLA CHEESE. SERVED WITH SAUTEED MUSHROOMS AND HOT CHERRY PEPPERS IN A BROWN SAUCE. ALL SERVED ON A PILE OF GARLIC MASHED POTATOES

PRIME RIB ROAST

(SATURDAYS 5-CLOSE ONLYL UNLESS OTHERWISE STATED BY

YOUR HOSTESS)
120Z-\$16 / 160Z-\$20 / 220Z-\$26
NEW YORK STRIP STEAK

WE HAND CUT STRIP STEAK TO YOUR LIKING LIGHTLY

SEASONED TO PERFECTION 80Z-\$13 / 120Z-\$15 / 160Z-\$19 / 220Z-\$26 RODEO STYLE STRIP STEAK

120Z OF FRESH CUT STRIP STEAK SMOTHERED IN JACK DANIELS INFUSED BARBECUE SAUCE, SERVED WITH OUR CRISPY ONION RINGS

REEF HOT SEAFOOD ANTIPASTO

JUMBO SHRIMP, SHOLE CLAMES, HADDOCK, ROASTED PEPPERS. OLIVES ARTICHOKES, MUSHROOMS AND CHERRY PEPPERS, SERVED IN TOMATO AND BASIL BROTH TOPPED WITH OREGANOS MIX AND MOZZARELLA CHEESE AND GARLIC

JUMBO SHRIMP (6)

SERVED YOUR WAY EITHER FRIED, SAUTEED OR BROILED.\$15
FRESH HADDOCK OFFERED ON FRIDAYS FROM 2-CLOSE CHOOSE FROM BEER BATTERED, REGULAR FRIED, CAJUN, BAKED OR ITALIAN STYLE

CHICKEN CHICKEN

HAND BREADED CHICKEN BREAST SLIGHTLY DEEP FRIED AND FINISHED IN OVEN WITH OUR HOMEMADE MARINARA SAUCE AND FRESH SLICED MOZZARELLA CHEESE **CHICKEN RIGGIES**

SAUTEED CHUNKS OF CHICKEN BREAST WITH MUSHROOMS, ONIONS AND HOT CHERRY PEPPERS. TOSSED WITH RIGATONI AND A CREAMY MARINARA SAUCE.

CHICKEN ALFREDO

RIGATONI AND CHICKEN SWIMMING IN A PARMESAN REGGIA-NO CREAM SAUCE TOPPED WITH CRACKED PEPPERCORNS\$13 **CHICKEN GRUYERE**

HAND BREADED BREAST OF CHICKEN TOPPED WITH FRESHLY SLICED VINE RIPE TOMATOES, FRESH BASIL AND GRUYERE CHEESE SERVED IN A WHITE WINE AND MUSHROOM SAUCE CHICKEN SCALLIONO

SAUTEED STRIPS OF SERVED WITH CREAM OF SCALLIONS AND

THREE PIECES OF BASIL PESTO BRUSCHETTA.

PASTA

PASTA AIOLI

RIGATONI TOSSED WITH OLIVE OIL, BROWNED GARLIC AND FRESH BASIL. SPRINKLED WITH PARMESAN CHEESE \$10 BAKED PASTA RIGATONI TOSSED IN OUR HOMEMADE MARINARA SOUCE AND

TOPPED WITH MOZZARELLA CHEESE. THEN FINISHED IN THE OVEN FOR A MELTED TOPPING. ADD A IN HOUSE MADE GOLIATH MEATBALL TO THE DISH \$13

PASTA PESTO RIGATONI TOSSED IN A HOMEMADE BASIL PESTO CREAM WITH ROSTED PEPPERS. ARTICHOKES AND PORTOBELLO

MUSHROOMS Offered as a substitute for those that are sensitive; Pharaoh

Salad (made with barley, diced tomatoes, cucumbers and fresh herbs tossed with a citrus garlic vinaigrette) Add chicken 10.00, haddock 12.00, shrimp 14.00 or NY strip steak \$18.00

KIDS KORNER AGES 12 AND UNDER BURGER/ CHEESE BURGER CHICKEN TENDERS \$5/6 SPAGHETTI (ADD MONSTER MEATBALL) \$5/6 GRILLED CHEESE W/FF MINI SAMPLER

HOMEMADE DESSERTS NY STYLE CHEESECAKE

\$5

SERVED WITH RASPBERRY, CARMEL OR CHOCOLATE SAUCE TRIPLE "MILE HIGH" CHOCOLATE CAKE **REESES PEANUT BUTTER PIE**

PLEASE BE AWARE THE EXTRA SAUCES ARE .50 CENTS MORE AND BLUE CHEESE IS \$1.00 MORE. SHOULD YOU WISH TO SHARE A PLATE THERE WILL BE A \$2.50 PLATE CHARGE. PARTIES OF 8 OR MORE WILL BE AUTOMATICALLY HAVE A 18% GRATUITY CHARGE

CNY MENU GUIDE 12 • Spring 2017

Easpberries lttica • Rome • New Hartford

Chef's Specialties

Filet Mignon

10oz Tenderloin Filet Char Grilled to Perfection - \$29.99 Remo Style Add - \$3.00

Sliced Filet

2 - 4 oz Tenderloins Sautéed in Olive Oil with Mushrooms, Hot Cherry and Sweet Peppers, Finished in a Rich Roasted Garlic and Beef Stock - \$29.99

NY Strip

14 oz NY Strip Lightly Seasoned and Cooked to Perfection -\$22.99 - Remo Style Add - \$3.00

Shrimp & Scallop Ramano

**Jumbo Shrimp and Sea Scallops Sautéed with Fresh Garlic. Herbs, Sun-Dried Tomatoes, White Wine and Butter. Served over Capellini - \$21.99

Chicken Scarp

BONE-IN Chicken Pieces Sautéed until Golden Brown with Hot & Sweet Peppers, Fresh Roasted Garlic Topped with Extra Virgin Olive Oil and Fresh Ground Pepper - \$18.99

Fruitte DeMare **

Clams, Mussels, Shrimp and Scallops Sautéed in Olive Oil, Fresh Garlic and Seasonings. Finished with a Light Plum Tomato Sauce and Served over Linguine. - \$24.99

Veal Alfredo

Medallions of Veal, Breaded and Fan Fried, Finished in Alfredo Sauce, Garnished with Shrimp and Artichoke Hearts. - \$21.99 Menu items only available at Genesee St. Location

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3 Biscuits and Gravy\$6.25
Bowl Oatmeal w/Brown Sugar & Raisins \$5.75
Bowl Soup & Crackers\$6.25
Bowl Homemade Chili topped w/Cheese & Onions \$6.25
Breakfast Sandwich <i>served with</i> homemade Chips & Hash Browns \$6.25
Tuna Salad Sandwich & Chips\$6.95
Chicken Salad Sandwich & Chips \$6.95
Egg Salad Sandwich & Chips \$6.25
Grilled Cheese Sandwich & Chip \$5.95
Hamburger & Homemade Chips \$6.95



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Mangia Macrina's Wood Fired Pizza, LLC	White Pizza
An Authentic Neapolitan-Style Pizzeria • Serving the Central New York Area	Aglio e Olio
Experience the Taste of Naples!	Roasted Garlic, Fresh Mozzarella, EVOO Bianca
Starters	White Vesuvius
	Balotelli
Macrina Mix Salad	Roasted Garlic
Rosemary Focaccia *price with pizza Fire Roasted Baby Peppers	Fumo
Drizzled with EVOO, Balsamic Glaze, Sea Salt *Served with Rosemary Herb Focaccia	Fresh Mozzarella, Asiago, Gorgonzola, Mascarpone, Basil
Antipasto	Fior di Latte Pizza
Diessed with our nouse italian Diessing	Mangia Italiano \$14 Grape Tomato, Fior di Latte, Basil, Roasted Garlic,
Caprese Salad	EVOO, *added post-oven after the dough is fired Napoli con Fior di Latte\$12 San Marzano Sauce, Sicilian Oregano, Garlic, Fior di Latte
Meatball Slider	Margherita con Uovo
Antipasto Grande	di Bufala Pizza Bufalina
Calabrese Cauliflower	Mozzarella di Bufala, Basil, Roasted Garlic Grazie Prosciutto Bacon Hot Soppressatta Roasted Garlic
Burrata su Rucola ⁵ 6 half order/ ⁵ 11 full order Fresh Burrata, Arugula, EVOO, Balsamic Glaze, Sea Salt, Served on top of Focaccia	Mozzarella di Bufala, Oregano True Neapolitan
Served on top of Focaccia	Specialty Pizza
Picante Lungo	Rocket
Classic Red Pizza	Maiale Blu
Margherita	Full Monte
Napoli	Roasted Red Pepper, Prosciutto, Gorgonzola
Vesuvius	SpinaGee
Siciliana	Grande Puzza
Palermo	Cavoletti
Puttenesca	Miele di Fico
Bruno \$12 Pepperoni, Bacon	Greco \$14 Feta, Kalamata Olive, Onion, Banana Peppers,
Berni	Sun Dried Tomato, Oregano Cavallo Dono
Verona	Garlic, Red Roasted Pepper, Oregano
Roasted Red Pepper, Roasted Garlic	Oliva Ripieno
Hawaiian Volcano \$12 Hot Soppressata, Pineapple, Utica Grind	Vegan Pizza
Daniella	Anacardi Ricotta di Spinaci
Gluten Free add \$4 • Vegan Cheese add \$3	Marinara s9 San Marzano Sauce, Roasted Garlic, Oregano
A Tombon of	The state of the s
Toppings \$1	NG
Formaggi	K. 9/



Mozzarella • Asiago • Gorgonzola Feta • Goat Cheese • Mascarpone • Ricotta Smoked Gouda • Caciocavallo Fiore di Latte ⁵2 Mozzarella di Bufala ^s3

Carni Pepperoni • Bacon • Prosciutto

Meatball • Spicy Salami • Sausage Black Forest Ham

Mushroom • Red Onion • Roasted Red Pepper Roasted Garlic • Grape Tomato • Baby Spinach

Miscellaneous

Anchovy • Capers • Artichoke Heart • Black Olive Pineapple • Sun-Dried Tomato • Banana Pepper Jalapeno • Cherry Pepper • Fig • Egg • Kalamata Olive

Dessert Pizza

Nutella 1/2 56 • Whole 510 Cannoli 1/2 ^s6 • Whole ^s10

Beverages

Soda \$1 • Water \$1 San Pellegrino \$3 • Special Beverage \$3

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ngiamacrina and #shareyourlovenotyourpizza to have your post featured.













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St. Paddy's Day Weeken

Saltsman's Hotel

Junction: Rtes. 67 & 10, Ephratah, NY • saltsmans.com



Before dinner try one of our special appetizers:

The Onion Bloomer or Sautéed Chicken Livers

Saltsman's Famous Fried Chicken Grilled Pork Chops **Grilled Ham Steak Breaded Veal Cutlet Grilled Lamb Chops** Prime Rib au jus (Fri. & Sat.)

Deep Fried Shimp Deep Fried Scallops **Baked Salmon Baked or Fried Haddock Roasts with Dressing (Sundays)**

All entrees include our first course selection of fresh fruit cup, homemade soup, tomato juice, or seafood/pasta salad; plus corn fritters, creamed potatoes, baked onion casserole, vegetable of the day, coleslaw, and fresh baked bread.

Our delectable selection of pies, puddings, cake, crisps, and cheesecakes are prepared and baked on the premises.

Children (under 10) ~ 1/2 Price Portions Available Children (under 3) ~ Extra Place Settings \$1.50

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APPETIZERS

Soup

Cup: 3.95 Bowl: 4.95

Antipasti Platter 12.95

Sopressata, sharp provolone cheese, sweet roasted peppers, and calamata olives.

Roasted Peppers

Sweet: 8.95 Long Hot: 9.95 Served w/cracked wheat garlic

Greens 9.95

Made with prosciotto hot peppers and a squeeze of lemon juice, served with garlic bread.

Shrimp Cocktail 10.95

Four jumbo size shrimp, served with cocktail sauce and fresh lemon.

Coconut Fried Shrimp 10.95

Fried Calamari 12.95

Breaded by hand. Served w/ Cocktail Sauce.

Fried Raviolli 8.95

Filled with cheese & served with marinara sauce.

Waterfront French Fries 5.95

Crispy shoestring style potatoes.

Waterfront Chicken Wings

Choice of BBQ, Ranch, or Blue Cheese.

Stuffed Artichoke Hearts

Filled with Boursin cheese.

Chicken Tenders 9.95

Served with honey mustard or BBQ sauce.

Mozzarella Sticks 8.95

Served with marinara sauce.

Onion Rings 8.95

Jalapeño Poppers 8.95

Served with marinara sauce.

Sweet Potato Fries 7.95

Served with ranch dressing.

LUNCH MENU

All sandwiches include choice of French Fries or coleslaw.

1/2 Sandwich & Cup of Soup

Barbie's homemade soup.

Reuben Sandwich 9.95

Corned beef brisket, sauerkraut made with our special recipe. Russian dressing on rye bread then grilled.

Turkey Club 10.95

Made w/freshly smoked turkey breast on premise.

Waterfront Wrap 9.95

Ask about the wrap of the day.

Haddock Sandwich 9.95

Breaded and fried until golden. Served with tartar sauce.

Waterfront Burgers:

8 oz. Angus beef on Heidleberg

Plain Burger 8.95

Cheeseburger 9.95

Bacon Cheeseburger 10.95 Mushroom Blue Burger

Carolina Pulled Pork 9.95

Made with our freshly smoked & shredded pork. Piled high and drizzled with BBQ sauce. With

Covered Meatball 9.95

coleslaw if desired.

Homemade meatballs, served on garlic bread made from Costanzo Italian Bread.

Open Steak Sandwich 12.95

USDA 80z. Sirloin served on toasted garlic bread.

Reina's Chicken Sandwich

Char-broiled chicken breast topped with bacon, lettuce, & tomato on a Costanzo roll.

Clam Roll 9.95

Served on a Costanzo roll with tarter or cocktail sauce.

Roasted Garlic Pizza 8.95

Baked individual 8" freshly made dough topped with our roasted garlic and mozzarella.

Margherita Pizza 8.95

Baked individual 8" freshly made dough topped w/our marinara, basil & mozzarella.

Greek Pizza 10.95

8" individual eggplant, peppers, sun-dried tomatoes, caramelized onions, olives and goat cheese.

 $\ensuremath{^{*}}$ Prices are subject to change. Please contact us for the most current information.



800 Mohawk Street Herkimer, NY 13350 315-717-0700

Scan our Full Menu here!



www.waterfrontgrille.net

How to stay healthy when dining out

Dining out is wildly popular. The convenience of letting someone else do the cooking and the opportunity to try new types of cuisine is too great to resist for many people.

According to Zagat's 2016 National Dining Trends Survey, people go out to eat (not counting breakfast) an average of 4.5 times per week. While it can be easy to count calories and adhere to other dietary restrictions when eating at home, that's not always the case when dining out. Fortunately, there are ways for people who love to go out to eat to have their gourmet cuisine and eat it, too.

Request that items be cooked a certain way.
 While diners might not be able to order off-menu

dishes, they can try their luck at asking for dishes on the menu to be prepared a certain way. For example, if a menu is loaded with fried foods, try asking for dishes to be grilled instead of fried. Researchers affiliated with the Harvard School of Public Health found that people who ate fried food at least once per week had a greater risk of both type 2 diabetes and heart disease than those who avoid fried foods, and that their risk increased with each additional fried meal they consumed. In addition, researchers also found that eating fried foods away from home posed the greatest risk, as the frying oil used may not be fresh. Reused oil is more easily absorbed by foods than fresh oil that has yet to degrade, and that increased absorption can contribute to high cholesterol, high blood pressure and weight gain. Many restaurants are amenable to diners who want to avoid fried foods, but diners must ask.

- Eat only half the meal. Restaurant portions tend to be bigger than portions diners would make for themselves at home. In fact, the National Heart, Lung and Blood Institute notes that food portions at restaurants have doubled or tripled over the last 20 years. Diners who want to dine out but prevent overeating can ask that half of their entrées be boxed before the meal even makes it to the table. In addition, avoid appetizers and choose coffee or tea as dessert instead of high-calorie and sugar-laden baked or frozen desserts.
- Make sure salads are healthy. Some diners mistakenly believe that all salads are the same.
 However, salads loaded with bacon and cheese and smothered in creamy dressings can be just as detrimental to diners' waistlines as large entrées



HOW from 16

cooked in an unhealthy way. When ordering salads. make sure the salad is loaded with healthy fare like raw vegetables and choose a low-calorie. low-fat dressina.

· Peruse menus before leaving home. Perusing menus online before leaving home allows diners

to find restaurants that offer the kind of healthy fare they're looking for. Arriving at a restaurant without knowing its menu increases the chances that diners will simply choose something from the



menu, regardless of how healthy it may be.

Health-conscious diners can still enjoy nights out on the town without sacrificing their waistlines or putting their long-term health in jeopardy.

The menu features something for everyone: the



Open 11:30 Mon - Sat. Live jazz all summer Wednesday 5:30 to 8:30 **Happy Hour** Mon-Fri 5-7 at the bar

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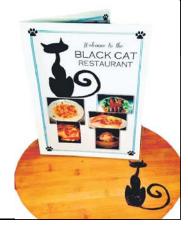


Our Patio is OPEN and is the PURR..fect place to relax and unwind!



www.blackcatrestaurant.com

Basile's Steak Sandwich Basile Burgers, **Lunch & Dinner Special** Try our French Cut Pork Chop everyone is talking about.



CNY MENU GUIDE 18 • Spring 2017

Securing party reservations and other restaurant special requests

Restaurants can be ideal spots to celebrate special occasions or simply get a night off from cooking. One of the joys of dining out is having a delicious meal prepared and served without having to worry about post-meal cleanup.

Dining establishments are in the business of keeping customers happy, but diners can do their part to make their next dining experience as enjoyable as possible.

When planning your night out, call the restaurant or make a visit in person to inquire about the establishment's reservation policy. Find out how far in advance reservations must be made, and discuss the size of the party you plan to bring. Restaurant employees can advise you as to which

days tend to be the least busy and which times ensure you will have a smoother dining experience, especially if your dinner party will be large.

If possible, become a regular patron at a particular restaurant you like. This allows you to develop a rapport with the staff and possibly even the owners. Like the restaurant's page on social media and sign up for email alerts about specials so you receive advance notice about upcomina events.

For special requests that go beyond regular restaurant offerings, consult with the manager well in advance of your party. Many restaurants are able to accommodate special requests, such as renting out the space or bringing in flowers. The restaurant may have a set of protocol they follow or vendors with whom they contract, and that can make the dining experience even more special. Discuss the extra costs involved and work out the details thoroughly so nothing is left to chance. Call ahead a few days in advance and confirm the reservation and special plans, if any. This way

there will be no surprises come the night of the dinner.

Always be on time for a reservation. especially when you have a large dinner party. The restaurant's job is to turn over tables, and while

SECURING 19

Stockdale's Bar & Grill

103 RIVER STREET ORISKANY, NY (315) 316-0419

STARTERS

A Pound of Wings / 8.95

Med, Hat, BBQ, Spicy BBQ, Chipatle BBQ. Honey Mustard, Sweet & Spics, or our Own Mighty O Sauce (Let's just say Habanero Chius are in thir caucel), Served with Celery and Blue

Red White & Blue Wings 9.95

Our Medium Sauce mixed with Chunky Blue Cheese Dressing

Fresh Cut Fries / 4.95

resh Fries served with two of our dipping souces Spiey Chipotle Mayo, Sriracha Ketchup or Spicy

A pile of Fresh Fries topped with our Own Chili, Cheddar Cheese, Hot Peppers and Sour Cream ened on the ride

Spinach and Artichoke Dip / 6.95 Spinach, Artichokes and our Own blend of spices topped with Chesse and Baked

Chips and Salsa / 4.95 Chibs and Our Homemade Salva.

Beer Battered Onion Rings or Pickles

A generous portion of fresh cut onion rings or dill Chub Pilsener Batter and then fried to a golden

SOUPS & SALADS

Grilled Chicken Caesar Salad 8.95

maine Lettuce tossed with fresh grilled organic chicken, crispy bacen, shaved Parmesan cheese, m, origy source, made croutons, and Caesar dressing

Stockdale's Chili 6.95

A combination of Local Grass Fed Beef, Chili Seppers, Red & Black Beans, and Roasted Sweet m slow cooked to perfection.

Every Burger made with 1/2 Pound Grass Fed Angus Beef served with Add § .75 to Sub Sweet Potato Fries. Add bacon §1.00.

Pepper - Jack / 9.95

Two Layers of Pepper-Jack Cheess, topped off with Lettuce, Tomato and a Spicy Mayo. Black and Blue / 9.95

rumbly Blue Cheese, topped off with Crispy Bacon, Lettee, Tomato and Classic Mayo Classic 8.95

Topped with Ch se Lette, Tomato, and Classic Mayo. For the smaller appetite oser 1/4 Baby Burger \$6.95.

The Stockdale 9.95 Topped with Cheddar/Monterey Jack Chiese, Carmaiized Onions and Hot Pappers

SANDWICHES & OTHER DELIGHTS

Black Bean Veggie Burger 7.95
Black Bean Veggie burger with reasted red pappers, provalente cheese, topped with spiry mays. Served w/ fries.

Pork Loin Bomber / 9.95

Grilled pork topped with Sakuni, Bacm, Roasted Pappers, 3 chsess and Chipoliberry Saucs. Served w/ fries.

The Carrier / 9.95 Thinly sixed orkin topped with Cormolized Onions, Provolone and Horseredish Mayo.

Sorud w/ fries.

5 Cheese Mac / 7.95

5 Chreses Blended to perfection, the name says it all

Chicken Caesar Wrap / 8.95 Grilled organic chicken, bacon, romaine lettuca Parmes on Chouse & Caesar Dressing Sersed w/ jriss Chicken Quesadilla / 8.95

Grilled organic chicken, cheddar cheese and served with our homemade sales and sour cream Served w/ tortilla chips

Reuben Quesadilla 8.95 Corned best, cauerkraut, and Swiss Cheese melted in a tortilla with 1000 Island dressing Served w/ jriss

All Hands on Deck Flatbread / 8.95

Served pizza style topped with organic chicken, artichokes, spinach, feta and cheddar cheese Grilled Chicken Sandwich / 8.95

Grilled organic chicken topped with Roasted Red Peppers and Provalone Cheese. Served w/

SECURING from 18

you want to have a relaxing meal, you do not want to be late

or dawdle past an acceptable time. Consider the restaurant's business and be a good patron. Remember to reward exceptional and friendly service during your meal and when paying the bill. Generous diners who treat the staff courteously and go above and beyond in terms of gratuity will likely be remembered the next time they dine out. Go out of your way to praise exemplary service and offer to give positive reviews of an establishment online.

Hosting a special occasion at a restaurant can be even more enjoyable with some pre-dinner planning and by working with restaurant staff you trust.





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Organic Juices

Organic Juices

Real Fruit Smoothies

Organic Coffee • Breakfast Menu
Gluten Free Options & Substitutions

Ciabattas - Served with Choice of Side

Caprese Panini

Fresh Basil, Tomato, Fresh Mozzarella, Roasted Red Peppers, Parmesan Cheese, Balsamic Dressing & Field Greens.

Monte Cristo Panini

Turkey, Choice of Bacon, Swiss, Tomato & Homemade Honey Mustard Dressing.

Roasted Veggie

Roasted Portabella, Red Peppers, Tomato, Onion, Spinach, Eggplant, Zucchini & Balsamic.

Texas Beef Panini

Roast Beef. Cheddar Cheese, Choice of Bacon, Roasted Red Peppers, Onions & BBQ Sauce.

Hilary's Veggie Burger

Salads - Served with Ciabatta Wedge

Café Toss • Chef • Chicken Caesar Cobb • Fruit & Feta • Greek Concord Spinach Salad Tomato & Mozzarella Wraps - Served with Choice of Side

Chicken Club

Chicken, Choice of Bacon, Lettuce, Tomato, Provolone & Homemade 1000 Island Dressing.

Falafel

Falafel, Feta, Lettuce, Cucumbers, Tomatoes & Homemade Greek Dressing in a Pita.

Greekness

Chicken, Romaine, Tomato, Onion, Feta & Olive Spread Rolled in a Garlic & Hern Tortilla.

Gyro

Chicken, Tabooli, Feta, Sauteed Onions, Cucumbers, Lettuce, Tomato & Greek Dressing in a Pita.

Hu-Bulee

Hummus, Tabooli, Alfalfa Sprouts, Lettuce, Tomato & Onion.

Julius

Grilled Chicken, Lettuce, Tomato, Parmesan Cheese & Homemade Caesar Dressing.

Picasso

Grilled Chicken, Fresh Mozzarella, Spinach, Roasted Red Peppers & Homemade Balsamic Dressing

Sandwiches - Served with Choice of Side - Served with Choice - Served with Choic

Soup & Combos

SOUP Cup / Bowl / Quart Cup of SOUP & Half a Salad Cup of SOUP & Half a Sandwich Half Sandwich & Half a Salad

Karam's Hummus & Tabooli Cafe Quesadilla, Burrito

Make the most of 'al fresco' dining

When the weather permits, many people enjoy eating meals outside. All fresco dining may be available at both high-end restaurants and more intimate cafes.

Al fresco comes from the Italian term for "open air." Restaurants have recognized the draw of outdoor seating and many have expanded their offerings. While many people need nothing more than an outdoor table and some nice weather to enjoy eating outside, there are some ways to make al fresco dining experiences as pleasant as possible.

 Do your research before visiting. Drive or walk by a restaurant before dining there yourself.
 Check out how outdoor diners are treated and if the service is as prompt as it is indoors. Pay attention to foot and vehicle traffic near the tables to determine if the spot is conducive to eating. Too much noise or car exhaust can detract from the meal.

- Look for covered tables. It's one thing to sit outside and enjoy some cool breezes. It's quite another to spend an hour or more directly under the blazing sun. Dine at an establishment that has a gazebo, portico, overhang, or individual patio umbrellas at each table. This way you can be comfortable and avoid sunburn.
- Call ahead for seating. Because al fresco dining is so popular when the weather is warm, outdoor tables can fill up quickly. For those planning to sit outside, call the restaurant and reserve an outdoor spot. This way you will be guaranteed a table.

MAKE 22







The Tomahawk

Our Tomahawk is the juiciest of all Steaks. This marvelously tender, rich, yet mello Bone-In-Cut comes from the heart of the 'Prime Rib Roast'.

CHEF & STAFF FAVORITES

Fruiti D'Mare

Sautéed Sea Scallops, Gulf Shrimp, Clams, Olive Oil, and Garlic with a light Marinara Sauce over Linguine

Prime Strip Steak

USDA Boneless Prime NY State Strip Steak Cut from Tenderloin Section of the Short Loin topped with Caramelized Onions.









Serving LUNCH Tues - Fri 11:30 - 2:30 and DINNER Tues - Thurs 4:30 - 9 / Fri and Sat 4:30 - 9



Outdoor Dining on our Waterfront Patio!

weather permitting

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(Toppings \$2.25 Each / Limit 4 pies)

Wednesday

Small Cheese Pizza & 20 Wings \$15.95 **Thursday**

2 Large Cheese Pizzas (Must Buy 2) \$16.95

Pizza & Wings Specials Everyday

Sm. Cheese & 20 - \$17.95

Lq. Cheese & 20 - \$21.95

Lg. Cheese & 25 - \$24.95

Lg. Cheese & 50 - \$35.95

Additional Sauces 50¢

(Plus tax, Celery, Blue Cheese, toppings extra)

HOURS

Tuesday - Thursday 11 am-9 pm Friday & Saturday 11 am - 10 pm Sunday 1 - 8 pm

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\$20 minimum order for delivery

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FACEBOOK









www.primopizzeria1.com

MAKE from 20

- · Dress appropriately for the weather. Plan ahead for al fresco dining by bringing some accessories along. A light jacket or sweater can keep you warm if a breeze picks up, and sunglasses are recommended in sunny conditions. A hat worn indoors may be a social faux pas, but it is acceptable to wear one outside to block the sun.
- · Expand your dining options. Instead of traditional restaurants, try the offerings at food trucks, take-out places and other spots that serve food. Set up your meal at nearby picnic tables or another outdoor place and enjoy.
- · Bring a friend or relax by yourself. Eating outdoors is entertaining with a friend or alone. If you are dining with a group, take your time and linger in the fresh air, enjoying the conversation. If you are dining alone, you can still relax and take your time with the meal. One hidden benefit of al fresco dining is that it provides you the opportunity to relax and watch the world go by.





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Tamales
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AThe ACCOPOLIS GREEK PRESTAURANT

DINING ROOM HOURS

Tuesday - Thursday 4:30pm - 8pm Friday & Saturday 4:30pm - 9pm

LUNCH SPECIALS

Take-Out Only

SOUP - 160z

Chicken Egg Lemon - or- Chicken Tomato

GREEK SALAD - Small / Large Served w/ pita bread.

APPETIZERS

CALAMARI

GRAPE LEAVES

TZATZIKI DIP - or - HUMMUS

CHEESE - or - SPINACH PIE

SANDWICHES

Grilled & wrapped in Pita with Tomatoes, Onions and Tzatziki Dip LAMB - CHICKEN - GYRO

GREEK SPECIALTIES

Served with Salad, Rice & Vegetables
MOUSAKA ACROPOLIS

PASTITSIO (baked macaroni)

ACROPOLIS SPECIALS - NEIGHBORHOODS

Served with Greek Salad, Pita Bread and Tzatziki Dip

CHICKEN - LAMB - PORK TENDERLOIN - SHRIMP - LOBSTER

DINNERS

Served with Salad, Rice, Vegetables, Tzatziki Dip & Pita Bread LAMB SOUVLAKI Plate - CHICKEN SOUVLAKI Plate - PORK TENDERLOIN Plate MIXED SOUVLAKI Plate - GYRO Plate

FISH FRY (Friday Only) - SOUPS - SALADS - DESSERTS HOT & COLD APPETIZERS

Take Out AVAILABLE

LUNCH Tuesday - Friday 11am - 1:30pm

DINNER Tuesday - Thursday 4:30pm - 8pm / Friday & Saturday ONLY AVAILABLE TILL 5pm

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