

May 19, 2017

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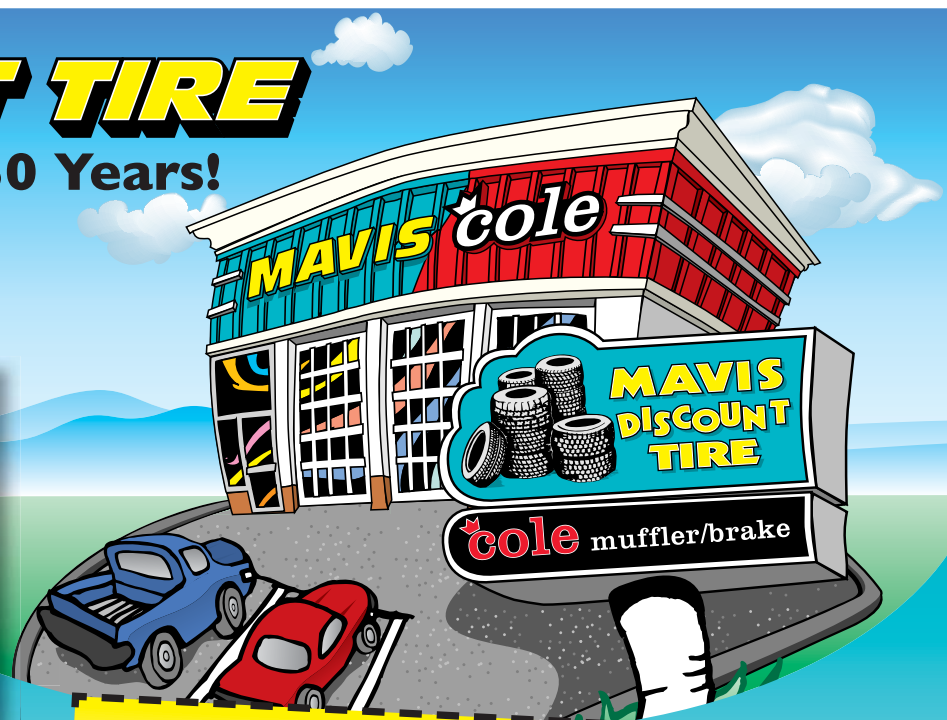
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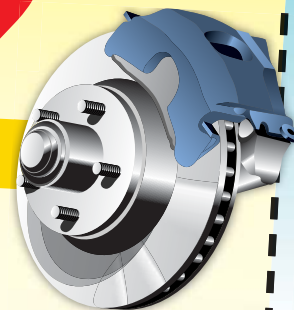
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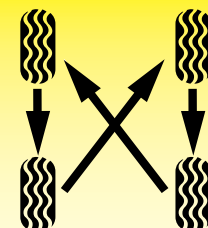
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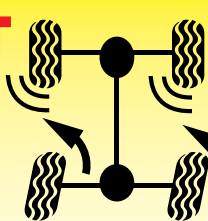
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# Herkimer BOCES School To Careers program's Advanced Career Immersion Experience helps students decide their career paths

*Inaugural ACIE Recognition Ceremony took place May 3 at Herkimer College*

Before joining the Herkimer-Fulton-Hamilton-Otsego BOCES School To Careers program's Advanced Career Immersion Experience, Central Valley Academy senior Savannah Moynihan knew she either wanted to work as a veterinarian or as a speech pathologist.

Through STC's ACIE program, Moynihan was able to participate in 12-week internships this school year at Herkimer Veterinary Associates and with speech therapy staff at Herkimer BOCES. She enjoyed and appreciated both internships, and the experience allowed her to nar-

row down her career choices, she said.

"It was really helpful," she said. "It helped me decide what I actually want to do. I'm going to Cortland for speech pathology."

The inaugural Advanced Career Immersion Experience Recognition Ceremony hosted by the Herkimer BOCES School To Careers program took place on May 3 at Herkimer College. There were 15 students from Central Valley and three from Frankfort-Schuyler who participated in the first year of ACIE.

At the ACIE Recognition Ceremony's student



Central Valley Academy students who participated in the inaugural year of the Herkimer-Fulton-Hamilton-Otsego BOCES School To Careers program's Advanced Career Immersion Experience pose for a photograph during the ACIE Recognition Ceremony on May 3 at Herkimer College. To view a video slideshow from the event, visit [www.herkimer-boces.org](http://www.herkimer-boces.org), [www.facebook.com/HerkimerBOCES](http://www.facebook.com/HerkimerBOCES) or [www.twitter.com/HerkimerBOCES](http://www.twitter.com/HerkimerBOCES).

showcase, students made about their internships and talked with at-

tendees about how everything went. Following the reception, each student took the stage to talk about the ACIE experience.

**'The right thing'**  
School To Careers Di-

rector Dr. Christopher Groves, whose Ph.D. has a focus on rural education, said it was important to him that he was able to walk around the student showcase, listen

**BOCES 5**



Herkimer-Fulton-Hamilton-Otsego BOCES School To Careers liaison and work based learning coordinator MaryBeth Napolitano welcomes guests to the inaugural Advanced Career Immersion Experience Recognition Ceremony on May 3 at Herkimer College, before inviting students onstage to talk about their internship experiences.



Frankfort-Schuyler students who participated in the inaugural year of the Herkimer-Fulton-Hamilton-Otsego BOCES School To Careers program's Advanced Career Immersion Experience pose for a photograph during the ACIE Recognition Ceremony on May 3 at Herkimer College. From left: Ashley Thompson, Taryn Rackmyer and Megan Raab.

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## Arc Herkimer 5K Run Celebrates Grand Opening of All Abilities Recreation Park

Arc Herkimer is hosting the Heart & Sole 5K Awareness Run on Saturday, June 17 in concert with a day-long celebration for the opening of Arc Park, a unique recreational park that will accommodate recreation for individuals of all ages and all abilities.

The run is scheduled to start at 9 am, rain or shine, at the Arc Herkimer Business Park, 420 East German Street in Herkimer, NY and will loop throughout the Village of Herkimer. Until June 1, runners can register for \$10 (no run shirt) and \$20 (includes run shirt) for the 5K. After June 1, the race fee is \$15 without a run shirt.

All runners, adults and children, can register online at [runsignup.com/Race/NY/Herkimer/ARCHearAndSole5K](http://runsignup.com/Race/NY/Herkimer/ARCHearAndSole5K) until Thursday, June 14. Additionally, runners can register by mail or in person at 350 South Washington Street in Herkimer, Monday through Friday, 9 am to 3 pm. Day of event registration will be held at the run site from 7:30 am to 8:30 am. New this year, there will also be a free kids fun run starting from 8:30 am to 8:45 am for kids of all ages, which will loop throughout the fitness trail at Arc Park.

Proceeds from the Heart & Sole Awareness 5K Run will help support people with disabilities and un-

funded and underfunded programs at Arc Herkimer.

Cash awards will be presented at a post-race ceremony to each top overall male and female 5K winner, with prizes given to the first male and female finishers and certificates to second and third place winners in various age groups, including 10 and under to 60 and over. Refreshments will be served before and after the runs. All registered 5K runners will be eligible for prizes that include local dining and store certificates, and more. Runners must be present to win. KISS FM and S-Dot will be on hand for music and a live remote broadcast.

The run is part of a grand opening celebration, from 8:30 am to 4 pm for Arc Park, which will include a day of family friendly activities including the Grand Opening Ceremony, Children's Run, 5K Run, Awareness Walk, food, music by Fritz's Polka Band, book signing with Author Rachel Simon, demonstration by the Sitrin Stars Wheelchair Basketball Team, clinic with the Mohawk Valley Diamond Dawgs, and more! The new park is located behind the Arc Business Park.

For more information regarding the grand opening, runs or to download a flyer and registration form, visit [www.archerkimer.org](http://www.archerkimer.org) or call Special Events Director Tony Vennera at (315) 574-7355.

## Herkimer County HealthNet partners with Salisbury Country Store

Herkimer County HealthNet is committed to creating opportunities for those residing in Herkimer County to learn more about healthy eating habits. A new program at HCHN, Healthy Store Initiative, assists store owners in identifying and promoting healthy and fresh food selections.

The goal of the Healthy Store Initiative is to make it easier for families to find and purchase healthy foods by providing stores with Shelf Talker signs, which call a customer's attention to particular products, as well as display posters that utilize a traffic light concept to identify healthy foods.

The Salisbury Country Store, located in Salisbury Center, has recently partnered with HCHN in implementing the Healthy Store Options in their store. The initiative aims to help customers choose more fruits, vegetables and whole grains, dietary changes which have been proven to reduce the risk of heart disease, obesity, diabetes, stroke and other chronic diseases.

"Currently the Healthy Store Initiative marketing campaign is in three stores in Herkimer County" said Program Coordinator Elyse Enea. "With more consumers expecting to find fresh and healthy items on the go, the convenience store industry is in the midst of a momentous shift, identifying the healthy options already present in store is the first step" said Enea.

Before a business can obtain a HCHN Healthy

Store Options designation, staff from Herkimer County HealthNet and Herkimer Cornell Cooperative Extension meet with store owner(s) and conduct a brief store assessment to determine all of the healthy items already present in the store. Following the assessment, the store owner(s) commit to promoting products in their store classified as healthy, chosen from the assessment.

HCHN and Cooperative

Extension will then work with the store owner(s) to increase visibility through signage, display and location recommendations.

Development and implementation of the Healthy Store Initiative is supported by Local IMPACT, the NYSDOH program on Initiatives for Multi-Sector Public Health Action. The Local IMPACT initiative supports the statewide goals of improving population health, transforming

health care delivery and reducing health disparities. Herkimer County HealthNet partners with HealtheConnections to implement Local IMPACT within Herkimer County.

For more information or to implement a Healthy Store Initiative program, contact Elyse Enea, Program Coordinator at Herkimer County HealthNet, (315) 867-1552 or [eenea@herkimercounty.org](mailto:eenea@herkimercounty.org).



Left- Right: Nancy Carlson, owner of Salisbury Country Store, Elyse Enea, Program Coordinator HCHN.

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**BOCES from 3**

to the students articu-  
lately speaking about

their internships and  
hear parents, superin-  
tendents and family  
members talk about how



Central Valley Academy senior Ryan Bulger poses during the student showcase portion of the inaugural Advanced Career Immersion Experience Recognition Ceremony hosted by the Herkimer-Fulton-Hamilton-Otsego BOCES School To Careers program on May 3 at Herkimer College. Through ACIE, Bulger did internships at the Herkimer County Sheriff's Department and Herkimer County 911 Center.

rich the experience was  
for students.

"When you have several parents, family members and students that express their thanks and appreciation for having this opportunity, then you really know you're doing the right thing," he said.

The ACIE program far exceeded expectations, Groves said.

"We wanted to create a program that would essentially support students in the pursuit of their future journey," he said. "This program

evolved quickly and with quality in a way that allowed us to personalize the experience for each student. The ceremony really showcased the passion each student experienced and the learning that went on for each student. Our goal was to be able to allow a student to not only recognize what they want to do but also recognize what they don't want to do."

Groves also praised STC liaison and work based learning coordinator MaryBeth Napolitano

and STC educational specialist Janelle D'Aoust for doing a "splendid" job with the ACIE program and the Recognition Ceremony.

"Their dedication and efforts were clearly seen throughout the ACIE experience," he said.

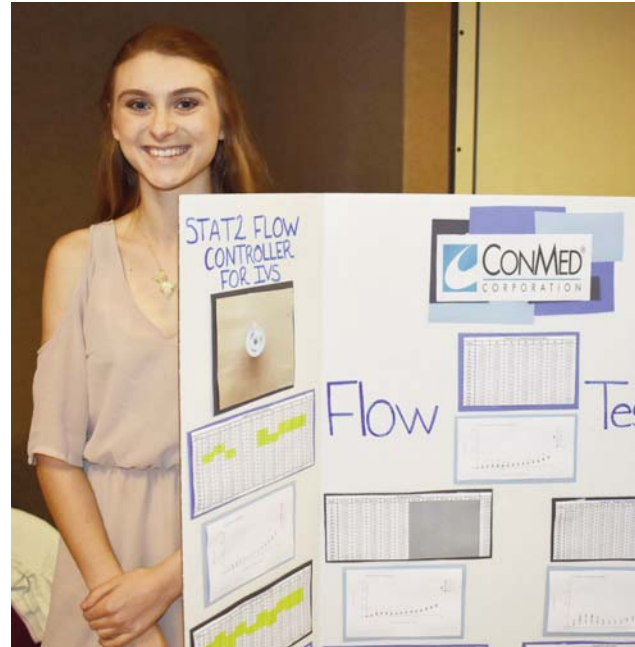
**'Best of the best'**

STC liaison and work based learning coordinator MaryBeth Napolitano welcomed guests to the

onstage portion of the evening. She thanked parents, educators, business partners and mentors – all of which were invited to the ceremony – for their support of the program.

Napolitano also complimented the students.

"They are the best of the best – stellar students," she said, adding

**BOCES 9**

Central Valley Academy senior Abby Schultz poses during the student showcase portion of the inaugural Advanced Career Immersion Experience Recognition Ceremony hosted by the Herkimer-Fulton-Hamilton-Otsego BOCES School To Careers program on May 3 at Herkimer College. Through ACIE, Schultz did a 24-week internship at ConMed Corp.



Central Valley Academy senior Savannah Moynihan holds her niece, Rhileigh Garbera, 3, during the student showcase portion of the inaugural Advanced Career Immersion Experience Recognition Ceremony hosted by the Herkimer-Fulton-Hamilton-Otsego BOCES School To Careers program on May 3 at Herkimer College. Through ACIE, Moynihan did internships at Herkimer Veterinary Associates and with speech therapy staff at Herkimer BOCES.

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## Happy Waffle – “There's happy, and then there's Waffle Happy”

By Lisa Lauritsen

Coming this June, to Main Street in Little Falls, is a food phenomenon so wonderfully waffled it will redefine your notion of happiness. Grilled-cheese and Rubens waffled to gooey-crisp perfection. Doughnuts, pressed and drizzled with homemade caramel sauce. Warm, hand wrapped, bubble waffle cones filled with mixed ice cream concoctions like: fruity pebbles, strawberry candy, and fluff, or in-season fruit, and creamy vanilla bean ice cream. There are

dozens of combinations and toppings to delight each person's hunger for sweetness.

Maria Faustina owns the new establishment and says, “the concept comes from being happy,” and wanting the same for others. She's a creative type; a writer, singer, and now an ice cream mixologist. She's returned to the Mohawk Valley after a decade hiatus in New York City. For years her family beckoned her, but she was busy living what others seemed to think might be a dream come true. “I

missed fresh air and the place where I came from,” she said, and listened when, “her instinct told her to return.”

Maria is effervescent. She literally brims with the stuff that makes her mini waffle factory such a mysteriously happy place. With Chalkboard tables and a rainbow of reusable smiling faced mugs, you'll want to abandon your diet for one of Waffle contentment. You can even buy the shirt.

Happy Waffle is located at 566 East Main street in Little Falls. To learn more visit them on Facebook, or call Maria yourself, (315) 360-6031.



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## Groundhog Holes

*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**

I have a groundhog hole problem. I mean, I had a groundhog hole problem. I still have a

groundhog hole problem.

Let me explain. In between rainy days I got out in the backyard and tried to cut the grass. As

I was pushing the old Yard Boy lawnmower back and forth and back and forth I came to a rather abrupt and ungraceful halt as the front wheel of the lawnmower disappeared into a hole. Back on my feet and short of breath with fresh grass stains on my knees, I surveyed the lawn. Groundhog holes.

Groundhog. Woodchucks. Whatever you want to call them. There were at least a dozen groundhog holes in the yard.

I hate groundhogs. I

had a problem with them a few years ago, with their incessant hole digging. Living in town, the local constabulary frowns on residents like myself using a rifle to dispatch the woodchucks.

At the time, I got an estimate from an exterminator. It would cost \$199 for them to come out to use a Havahart trap to remove the groundhog. And, there was no guarantee that it wouldn't come back or more likely, that it's relatives and offspring wouldn't continue to dig holes in my yard.

Being parsimonious, a 10-cent word for being cheap, frugal actually, I knew there was a better way.

I adopted a dog.

From the local animal shelter, I adopted a small brown dog. The dog was listed as part terrier, part beagle, part coon hound, and part German shepherd. This dog, Charlie, was an all-American mutt. He was house broken and seemed smart. After a short time, I had him well trained and he took well to chasing the ground-

hogs from the yard.

They disappeared. And all it cost me was kibble.

This arrangement has worked for the past couple years and my back lawn was looking great. The groundhogs were gone and Charlie was getting chubby on kibble.

Until now. The groundhogs were back.

I had a lengthy conversation with Charlie. We discussed his job description and talked about his happiness with his kibble and where he saw himself in 5 years. His job performance had always been top notch so I was assured that he'd do better.

I run a tight ship. To make sure that Charlie was not overwhelmed with work and that he had good working conditions I took extra care to watch him as he patrolled the yard. He would zip off the back steps and race into the yard, his nose to the ground. Charlie would occasionally stop and take care of business, a perk of the job, and all seemed right in the

world.

Maybe the groundhogs had just become sneaker with their tunneling? Maybe they returned en masse and there were just too many for Charlie to handle? I wondered what the answers were as I watched him from the back door.

And then he stopped and started digging. Like an excavator, he dug straight down. Dirt, sod, and mud shot between his legs like a machine expelling overburden.

I snapped out of my stupefaction and yelled at the mutt. He stopped digging long enough to proudly smile a sly dog smile at me. Can dogs smile?

For what it's worth, Charlie never caught a groundhog and if he ever did, I doubt he would know what to do with it when he did. When it comes down to holes, sometimes they're more than they appear. Stop and think, "What would my mother say?" She would say, "Sometimes an old dog can teach you new tricks."

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by Pastor Dan West

Have you ever been scared to tell Jesus about some secret sin, thinking He would not understand and would severely punish you? Hebrews 4:14, 15 tells us that we have a great high priest (one who goes to God for us), Jesus, the Son of God. He has been touched with the feeling of our weaknesses; how? He lived 33 years on this earth with a human body, just like ours! He was tempted and tested just like we are. He knows what it's like. He's been here.

So what does this mean to us? It means that when we come to Him, we can come boldly (verse 16) knowing we will receive His mercy and His grace when we need it.

Confess your sins to Him; trust Jesus to delete them. Commit your life to Him; turn away from anything unapproved by Him, and He will never leave you nor forsake you. Turn your back on Him and you are already condemned (John 3:18).



# Area Church Services

**DOLGEVILLE**  
**NEW HOPE CHRISTIAN FELLOWSHIP**  
Pastor Pat Andreoli  
32 Spencer St.  
Sunday School 9:30 AM  
Sunday Worship 10:30 AM  
Tuesday Bible Study 7 PM

**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

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

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

**ST. JOSEPH'S ROMAN CATHOLIC CHURCH**  
Deacon Jim Bower, Administrator  
Rev. T. Healy, Sacramental Minister  
31 N. Helmer Ave.  
Phone 429-8338  
Sunday Mass 9 AM

**HERKIMER**  
**SS PETER and PAUL ORTHODOX CHURCH**  
Rev. Thaddeus Franta  
305 Main Rd., East Herkimer  
Phone 866-3272  
Wednesday Vespers 5PM  
Saturday Evening Vespers 4 PM  
Sunday Divine Liturgy 9:30 AM  
Holy Day Liturgy 9:30 AM

**TEMPLE BETH JOSEPH**  
Rabbi Ronald Kopelman  
327 N. Prospect St.  
Phone 866-4270  
Friday 8 PM • Saturday 9 AM

**HERKIMER**  
**ST. FRANCIS de SALES CHURCH**  
Rev. Mark Cunningham, Pastor  
219 N. Bellinger St.  
Phone 866-4240  
Saturday Vigil Mass 4 PM  
Sunday Mass 8 & 10:30 AM

**CHURCH OF SAINTS ANTHONY and JOSEPH**  
Rev. Quy Vo, Pastor  
229 S. Main St.  
Phone 866-6373  
Saturday Vigil Mass 6 PM  
Sunday Mass 10 AM

**REDEEMER CHURCH**  
Pastor Michael Servello  
931 Herkimer Rd.  
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Saturday 6 PM  
Sunday 9 & 11 AM

**OAK RIDGE FREE METHODIST CHURCH**  
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**UKRAINIAN ORTHODOX CHURCH OF ST. MARY'S PROTECTRESS**  
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Sunday Divine Liturgy 10 AM  
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Phone 866-1336

**NEW LIFE CHURCH**  
Pastor David Hayner  
337 Protection Ave.  
Phone 866-1164  
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Worship 10 AM  
Wednesday Worship 6:30 PM

**TRINITY EVANGELICAL LUTHERAN CHURCH**  
Rev. Ann Zimmerman, Pastor  
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Phone 866-6474  
Sunday Services 8 AM Spoken  
Sunday Worship Service  
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**THE SALVATION ARMY**  
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Sunday School 10 AM  
Morning Worship 11 AM

**HERKIMER**  
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Wednesday 7 PM  
Sunday School 10 AM

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

**LITTLE FALLS**  
**FIRST BAPTIST CHURCH**  
555 Albany St.  
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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**  
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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.  
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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

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**GRACE EPISCOPAL CHURCH**  
Rev. Sally Heiligman  
7 E. Main St.  
Phone 315-866-4782  
or 315-520-4723  
Holy Eucharist 10 AM

**MOHAWK**  
**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, Pastor  
20 S. Otsego St.  
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Email mohawkpastor@verizon.net  
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Youth Sunday School (Pre-K - Sr. High) 9 AM  
Adult Sunday School (Men, Women & Couples) 9:30 AM  
September - June

**EMMANUEL BIBLE CHURCH**  
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.  
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Saturday Vigil Mass 5:30 PM  
Sunday Mass 9:30 AM

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Morning Service 11 AM

**COLD BROOK UNITED METHODIST CHURCH**  
Pastor Genett Timlin  
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Sunday Worship 10:30 AM

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Sunday Mass 8 AM

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**BOCES from 5**

that it's not just because of their academics or extracurricular activities. "It's because they saw an opportunity to make a more informed decision and impact the rest of their lives."

The students told detailed stories onstage about why they joined ACIE, what their career interests are and how ACIE helped them decide on a career path or rule out possible career options.

At the end of the cere-

mony, Napolitano reemphasized that ACIE was beneficial to students because it helped them figure out what they do or don't want to do.

"This is exactly what internships are about," she said.

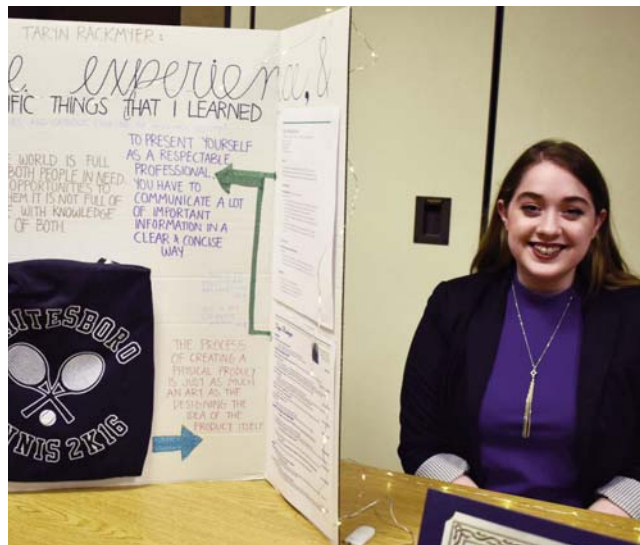
**'Really great experience'**

Students who participated in ACIE said they would recommend the program to others.

"I would say to do it

and go out of your comfort zone and just do it," Moynihan said. "It will help you figure out what you actually want to do. I know it did for me."

Frankfort-Schuyler senior Taryn Rackmyer did 12-week internships at A&P Master Images and Catholic Charities of Herkimer County. She said it was beneficial to gain experience working with and talking to adults.



Frankfort-Schuyler senior Taryn Rackmyer poses during the student showcase portion of the inaugural Advanced Career Immersion Experience Recognition Ceremony hosted by the Herkimer-Fulton-Hamilton-Otsego BOCES School To Careers program on May 3 at Herkimer College. Through ACIE, Rackmyer did internships at A&P Master Images and Catholic Charities of Herkimer County.



Frankfort-Schuyler senior Megan Raab poses during the student showcase portion of the inaugural Advanced Career Immersion Experience Recognition Ceremony hosted by the Herkimer-Fulton-Hamilton-Otsego BOCES School To Careers program on May 3 at Herkimer College. Through ACIE, Raab did internships at Stanley Center for the Arts and Munson Williams Proctor Arts Institute's performing arts department.



Central Valley Academy senior Benjamin Girard poses during the student showcase portion of the inaugural Advanced Career Immersion Experience Recognition Ceremony hosted by the Herkimer-Fulton-Hamilton-Otsego BOCES School To Careers program on May 3 at Herkimer College. Through ACIE, Girard did internships at Mohawk Valley Water Authority and with the inpatient unit at Bassett Healthcare Network's Little Falls Hospital.

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## Managing Your Medicines

The most recent statistics documenting medication errors in the United States are alarming. According to the Institute of Medicine Report, more than 770,000 people are injured because of medication errors every year. Medication errors can happen to anyone, but happen more frequently in the elderly, as seniors accidentally get "mixed up" with their medications because they tend to take more drug related products than anyone else.

Medication errors can be prevented and here a

few tips on how to avoid mistakes:

- Talk to your doctor and ask, why do I take this prescription and what medical condition is it for? Is it for long or short term use?

- Ask how often do I take this medicine (with food/without food, etc)? What are the side effects and what should I do if they occur?

- Keep a good record of all the medications you take as this will reduce your risk of harmful drug interactions. Update your medication record when you start a new medication or no

longer take a medication.

- Record the name of the doctor who prescribed the medication and be sure to record any over-the counter (OTC) medication you take such as pain relievers, antacids, laxatives, herbal, vitamin or di-

etary supplements.

- Ask how important is the prescription given your finances and overall health.

- Keep medicines in a cool dry place, and when traveling keep your medications with you.

- Use a pill box or a timer to remind you to take your medications, if

needed.

- Do not let others take medications that are prescribed only for you, avoid alcohol, unless the doctor says it is safe and do not take medication that is expired.

Please talk to your doctor before discontinuing any medications. Your pharmacist is a

helpful resource when trying to manage your medications.

For more information, please contact NY Connects or Office for the Aging at (315) 867-1415 or visit our website at: [www.herkimercounty.org](http://www.herkimercounty.org); then Departments, then NY Connects.

## Herkimer Girl Scout Chicken BBQ

Herkimer Girl Scout Unit 62 is holding a Chicken BBQ on Saturday, May 20, 2017 in the Endless Summer parking lot (corner of South Washington and State Street) in Herkimer from Noon – 3 pm (or until sold out). Dinners cost \$12.00 each and include; half a chicken, salt potatoes, coleslaw, roll, dessert, and water.

There will also be a Chinese Auction.

The BBQ is sponsored by; Butch Parese, Endless Summer, Mandy's Diner, Heidleberg Bakery, Maplehurst Bakeries, and Nice N Easy.

The BBQ is hosted by parents and volunteers. All Proceeds benefit Herkimer Girl Scout Unit 62. For more information follow Herkimer Girl Scouts on Facebook: Girlscouts Herkimer.

## BOCES from 9

form. "To be exposed to different aspects of it was a great opportunity."

### 'Opened up my eyes'

Central Valley Academy senior Benjamin Girard had internships at the Mohawk Valley Water Authority and with the inpatient unit at Bassett Healthcare Network's Little Falls Hospital.

Girard said he had a good experience at the hospital but realized he could tell people they were going to be fine but wouldn't be able to tell people they weren't going to be fine.

His time at the Mohawk Valley Water Authority also clarified his desired career path, he

said. "It confirmed environmental engineering was what I want to do," he said.

Central Valley Academy senior Abby Schultz did the whole 24 weeks of her internship at Con-Med Corp., and it supported her goal of becoming a mechanical engineer.

"It was just a really great experience because they do so many types of engineering there," she said.

Central Valley Academy senior Ryan Bulger spent 12 weeks with the Herkimer County Sheriff's Department and 12 with the Herkimer County 911 Center.

Bulger knew he wanted to go into the law enforcement field, and seeing the Herkimer County officials always working to help people further motivated him. His plan is now to go into the U.S. Navy Reserve then go to Utica College to study

cybersecurity and eventually work his way up to federal law enforcement.

"It was practically a little of everything," he said, of the internship. "It basically opened up my eyes to what I want to do and how I should get there."

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## Poland prekindergarten, kindergarten students explore new playground following ribbon-cutting ceremony

Poland Central School District unveiled its new primary-school playground on Thursday, May 4, with a ribbon-cutting ceremony, before allowing prekindergarten and kindergarten students to try out their new playground.

Kindergartener Lucy Virgil, 6, said her favorite part of the new playground is the teeter-totter, and she enjoyed ex-

ploring all the new equipment.

"I think it's fun," she said.

The prekindergarten and kindergarten classes attended the ribbon cutting along with their prekindergarten teachers Barbara Brinck and Laurie Schmid, kindergarten teachers Carrie Roark and Christina Kress, physical education teachers Jason



Students and teachers from Poland prekindergarten, kindergarten and some special education classes pose for a photo before the ribbon-cutting ceremony on Thursday, May 4, for the new primary-school playground.



Poland prekindergarten and kindergarten teachers cut the ribbon for the new primary-school playground on Thursday, May 4, as students look on.

Potempa and Sandy Hitt, some special education students and teachers, Superintendent Laura Dutton and Patrick Costello, project manager for Appel Osborne Landscape Architecture, who designed the playground.

"We spend time looking at drawings and go-

ing through the process; to see the kids actually use it is exciting," Costello said.

Orange and blue juice for the school colors also was provided for students as part of the ribbon-cutting festivities.

The playground is classified as for students ages 2-12. The district

makes \$500,000 transfers to capital in each school budget for projects, and this playground was constructed using funds from one of those transfers.

Roark complimented Costello on the playground design.

"It looks great," she said, "and as you can

see, they're all happy."

Costello, who said he likes to allow his children to try out playgrounds he designs, said it was nice to see Poland students getting to try out the equipment.

"It's always awesome when it comes to fruition," he said.

Poland 13



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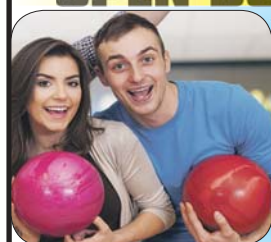
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**Poland** from 12

After the ribbon-cutting ceremony and some

time for everyone to play on the equipment, Potempa and Hitt allowed the kindergarten

students to stay outside and use their physical education class time to keep using the play-

ground.

"It's nice to get them out here and let them explore a little bit, and they're excited about it, so pulling them away would have been a little tough," Potempa said. "They seem to be enjoying it."

Hitt agreed.

"We love it when they get outside and get to play," she said.

It was also nice that students from the two kindergarten classes had a chance to play together, Hitt said.



"This is nice equipment too," she said.

Kindergartener Eric Bowles, 5, said his favorite part was the slide,

and he had fun using the new playground.

"It's good," he said. "I like it."



Poland students try out the new primary-school playground for the first time on Thursday, May 4.

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1. Denial: about the disease and its effect on the person who has been diagnosed.

2. Anger: at the person with the disease or at others that no effective treatments or cures cur-

rently exist and that other people don't understand what's going on.

3. Social Withdrawal: from friends and activities that once brought pleasure.

4. Anxiety: about facing another day and what the future holds.

5. Depression: begins

to affect the ability to cope.

6. Exhaustion: makes it nearly impossible to complete necessary daily tasks.

7. Sleeplessness: caused by a never-ending list of concerns.

8. Irritability: leads to moodiness and triggers

negative responses and reactions.

9. Lack of Concentration: makes it difficult to perform familiar tasks.

10. Health Problems: begin to take their toll both mentally and physically.

This information was provided by the Alzheimer's Association. For more information on Alzheimer's and support-

ive services go to [www.alz.org](http://www.alz.org), call 1-800-272-3900 or Herkimer County Office for the Aging/ NY Connects at (315) 867-1415 or go to [www.herkimercounty.org](http://www.herkimercounty.org)

g; go to departments, then Office for the Aging; then Services; then Caregiver Support for additional resources for caregivers.

## "Cruise in" to the 21st Annual HCHS Mutt Strut

The Herkimer County Humane Society is holding the 21st Annual Mutt Strut on Sunday, June 4, 2017 from noon - 3pm at Herkimer College. The Mutt Strut is the biggest fundraiser of the year for HCHS.

As a non-profit organization, the Herkimer County Humane Society relies on local funding. The shelter is not operated by the County of Herkimer or supported by a national organiza-

tion, they depend almost entirely on community support and volunteers to achieve their goals. Consequently, your support plays a key role in helping the shelter provide care and housing for the animals at the shelter. All the money raised through the Mutt Strut goes directly to the care of the animals housed at the Herkimer County Humane Society.

For the last 21 years the Mutt Strut, the shel-

ter's largest fundraiser, has brought vendors, music, live demonstrations, refreshments, people, and most importantly, dogs together and the tradition continues.

New this year will be a car "Cruise in" to the Mutt Strut. The Cruise in will start at Fiberdyne Labs (across from the Herkimer County Fair Grounds) and will cruise through the villages to the Mutt Strut. For more information, call

Ed View at (315) 794-6587

Shelter dogs will be at the event for walking for those who don't have a dog or simply want to give a shelter dog a great day out. For more information about the 21st Annual Mutt Strut or how you can help the Humane Society, go to: [www.herkhumane.org](http://www.herkhumane.org), or follow them of Facebook: Herkimer County Humane Society.

## Disaster Planning for those with Special Needs

Disaster Planning for those with Special Needs

Disasters such as floods and storms can happen at any time and you must be prepared. Individuals with special needs often require more detailed planning in case of an emergency. Here are some things to consider:

- Have at least a 3-day supply of all your medications. Store all medication in one location and in their original containers.

- Have a list of all your medications: name of medication, dose, frequency, and the name of the prescribing physician.

- If there is a power outage, have a backup power supply for essential medical equipment.

- If you use oxygen, have an emergency supply (enough for at least three days).

- If you use an electric wheelchair or scooter, keep a manual wheelchair for backup.

- Teach those who may need to assist you how to operate necessary equipment.

- Label and attach laminated instructions to your equipment.

- If you are vision impaired, deaf, or hard of hearing, and if you are unable to use the TV or radio, plan for someone

to convey emergency information to you.

If you live in an apartment, ask management to identify and mark accessible exits and areas designated for emergency shelter or safe rooms. Ask about plans for alerting and evacuating those with sensory disabilities.

Please contact Herkimer County Office for the Aging or NY Connects for more information at (315) 867-1415 or [www.herkimercounty.org](http://www.herkimercounty.org); go to departments, then Office for the Aging. Or, go to [ready.gov/pledge](http://ready.gov/pledge).

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**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 fertilizer, 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. We accept MC/Visa 13% Buyers Premium on all items under \$500 - 3% waived for Cash or Good Check.

**Monday, May 22nd** – Normal Monday Sale & Monthly Organic Day. Group of 18 Jersey & JX heifers some registered, 5 preg. To sexed semen – balance open heifers and calves Certified Grass Fed Organic. Another Group of 6 springing nice Holsteins heifers and 4 Holstein cows in various stages of lactation.

**Monday, May 29th** – Normal Monday Sale

**Monday, June 5th** – Normal Monday Sale & Monthly Fat cow & feeder Sale

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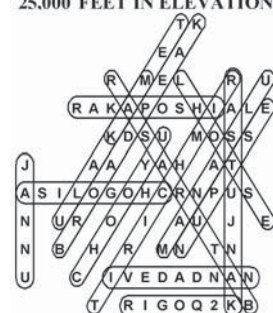
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Answer

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

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### King Crossword

Answers

Solution time: 24 mins.

BASIC	SETTLE
MENTOR	AVOWED
INTONE	REMOVE
DEER	SWAN
MESA	SPA
OWE	REST
PETER	THE GREAT
STEM	SILLO
RUT	NEON
SON	HOGG
CAIMAN	RAPPER
ATTUNE	ACETIC
RHYMES	MESON



### Stickelers Answer

1-e, 2-d, 3-b, 4-a, 5-c



### Puzzles4Kids

Answer

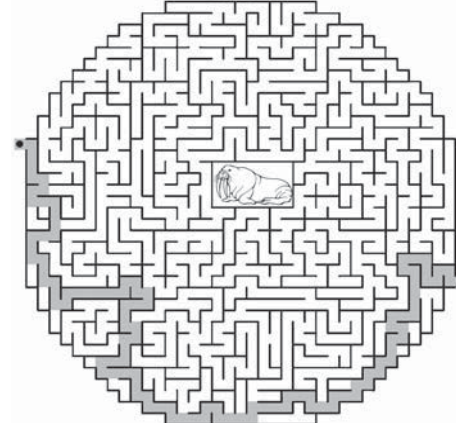
F	K	E	Y	P	A	D	A	T	A
H	L	E	P	A	G	E	R	S	L
O	G	A	C	H	A	R	G	E	R
M	E	S	S	A	G	E	N	A	E
E	A	D	V	H	E	S	D	R	M
M	H	E	I	P	L	N	L	C	I
O	E	R	A	V	E	I	A	H	T
R	D	M	P	L	A	N	G	R	X
Y	O	C	A	M	E	R	A	H	E
I	C	C	N	G	G	C	H	A	T

Riddle Answer:

He gave her a ring.

### Mega Maze

Solution



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# Puzzles4Kids

by Helene Hovanec

## RIDDLE SEARCH - CELL PHONES

Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: **How did the cell phone propose to his girlfriend?**

APP  
CALENDAR  
CAMERA  
CHARGER  
CHAT  
CODE  
DATA  
FLASHLIGHT  
GAME  
KEYPAD  
LENS  
MAIL  
MAP  
MEMORY  
MESSAGE  
PAGER  
PLAN  
SEARCH  
TEXT  
TIMER  
VIDEO

F	K	E	Y	P	A	D	A	T	A
H	L	E	P	A	G	E	R	S	L
O	G	A	C	H	A	R	G	E	R
M	E	S	S	A	G	E	N	A	E
E	A	D	V	H	E	S	D	R	M
M	H	E	I	P	L	N	L	C	I
O	E	R	A	V	E	I	A	H	T
R	D	M	P	L	A	N	G	R	X
Y	O	C	A	M	E	R	A	H	E
I	C	C	N	G	G	C	H	A	T

Riddle answer: \_\_\_\_\_

## MAGIC MAZE

MOUNTAINS MORE THAN 25,000 FEET IN ELEVATION

CTRP MKIFDTKBYWU  
SQOMKIFDEABZXWU  
SQONLRJME LHFRDU  
CAYRAKAPOSHIALE  
WVTSQKDSUPMOSSV  
JNLKAAIYAHHATFE  
ASILOGOHC RNPUSR  
NEURCOBIZAUYYJWE  
NVBUHSRRMNQTNPS  
UNMCLIVEDADNANT  
JIHFTERIGOQ2KBD

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

Batura Sar	Jannu	Lhotse	Nuptse
Broad Peak	K2 Qogir	Makalu	Rakaposhi
Cho Oyu	Kamet	Manaslu	Tirich Mir
Chogolisa	Kanjut Sar	Nanda Devi	

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"The tree came out of nowhere!"

## LAFF-A-DAY



"He knows all about what's wrong with the world but not a thing about my washing machine"

## HOCUS-FOCUS

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.



Differences: 1. Chef's hat is different. 2. Spoon is missing. 3. Truck is missing. 4. Fence is different. 5. Show is smaller. 6. Cap is missing. 7. Chef's hat is different. 8. Spoon is missing. 9. Truck is missing. 10. Fence is different. 11. Show is smaller. 12. Cap is missing.

## STICKELERS

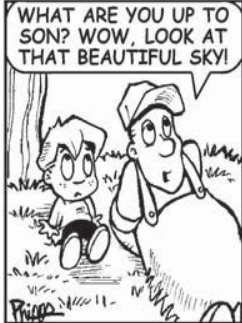
by Terry Stickels

Can you match the nicknames to these famous people?

- |                         |                      |
|-------------------------|----------------------|
| 1. Papa                 | a. Ronald Reagan     |
| 2. Father of the Nation | b. Gen. Erwin Rommel |
| 3. Desert Fox           | c. Thomas Edison     |
| 4. The Gipper           | d. Mohandas Gandhi   |
| 5. Wizard of Menlo Park | e. Ernest Hemingway  |

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## Amber Waves



by Dave T. Phipps

## Just Like Cats & Dogs

by Dave T. Phipps



## King Crossword

ACROSS

1	2	3	4	5	6	7	8	9	10	11
12										
14										
16										
24	25	26								
32										
35										
42	43									
50										
54										
56										

DOWN

1	2	3	4	5	6	7	8	9	10	11
12										
14										
16										
24	25	26								
32										
35										
42	43									
50										
54										
56										

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## Weekly SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

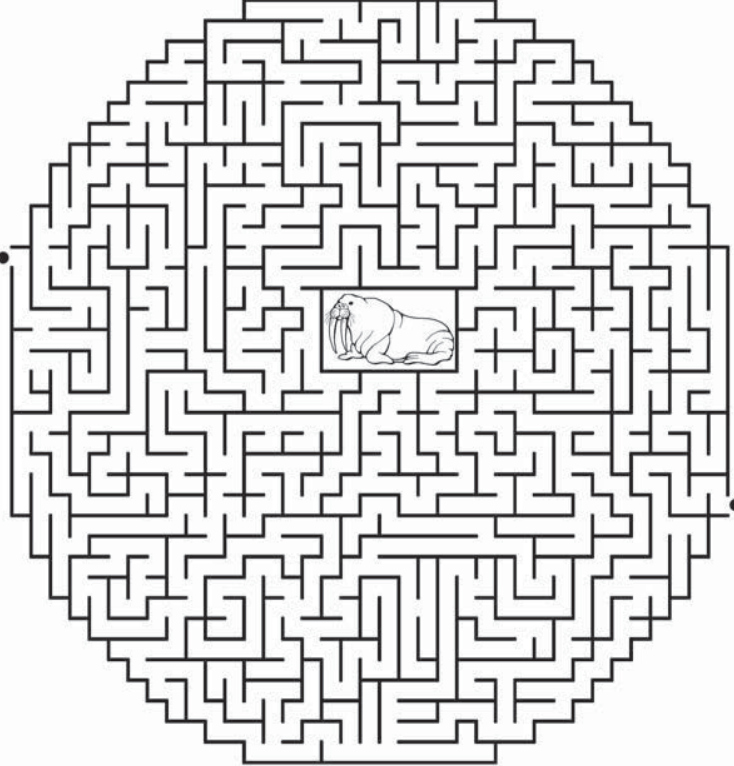
## DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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## Mega Maze

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# Country Editor

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35 Announcements  
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75 ATV  
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110 Bedding Plants  
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157 Building Repair  
160 Buildings For Sale  
161 Bulk Foods / Spices  
165 Business Opportunities  
170 Butchering Supplies  
173 Carpentry  
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277 Construction Services  
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312 Crafts  
325 Custom Butchering  
330 Custom Services  
360 Deer-Butchering & Hides  
370 Dogs  
410 Electrical  
415 Employment Wanted  
440 Farm Machinery For Sale  
445 Farm Machinery Wanted  
447 Farm Market Items  
460 Fencing  
470 Financial Services  
480 Fish  
483 Flooring  
494 For Lease  
495 For Rent  
500 For Sale  
510 Fresh Produce, Nursery  
525 Fruits & Berries  
527 Furniture  
529 Garage Sales  
530 Garden Supplies  
535 Generators  
537 Gifts  
575 Greenhouse Supplies  
585 Guns  
587 Hair Styling  
589 Hardware  
600 Health Care/Products  
605 Heating  
610 Help Wanted  
653 Hotel / Motel  
683 Jewelers  
700 Lawn & Garden  
711 Lessons  
760 Lumber & Wood Products  
790 Maple Syrup Supplies  
805 Miscellaneous  
810 Mobile Homes  
811 Monuments  
812 Multi Media  
813 Music  
815 Motorcycles  
817 Nails  
820 Nurseries  
910 Plants  
950 Real Estate For Sale  
955 Real Estate Wanted  
960 RVs & Motor Homes  
975 Rentals  
980 Restaurant Supplies  
1040 Services Offered  
1075 Snowblowers  
1080 Snowmobiles  
1096 Sports  
1109 Thrift  
1140 Trailers  
1147 Trains  
1148 Travel  
1165 Trees  
1170 Truck Parts & Equipment  
1180 Trucks  
1187 Vacuum  
1190 Vegetable  
1200 Veterinary  
1205 Wanted

## Announcements

**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 devotion to you. Amen.

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**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

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## Garage Sales

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

**GARAGE SALE:** Baby accessories, kids toys, clothes and much more. 429 Eatonville Rd., Little Falls. 5/21, 9am-3pm







## Herkimer County Humane Society Helps Main Street Fire Animal Victims

On Tuesday, May 9, fire ripped through 210 North Main Street in Herkimer. 27 people were displaced by this fire. Also, displaced by this fire were scores of animals; dogs, cats, and more.

HCHS got a call from MOVAC about an hour after the fire was called in. Joanne Johnson, shelter and office manager, and Melissa Bennett, assistant shelter and kennel manager, loaded up the shelter van and went down to the scene.

Johnson explained that the police department directed them to the cats that had been rescued. She said, "The fire department and EMTs were phenome-

nal." HCHS offered to help residents who were on scene with their pets but Johnson mentioned, that most of the residents opted not to take advantage of their offer.

Johnson and Bennett took 4 cats, 3 in decent shape and one more critical, to the shelter. At the shelter, the cats were cleaned up, hydrated and given food and water. The fourth cat is doing great now under their care. One dog was dropped off the next day.

Johnson said, "The fire is devastatingly sad. It's bad enough that people lost their things but animals have no way to get out. She elaborated,

people should have a plan for pets during emergencies just like they should have a plan for their families. "Have a plan in place," she said.

Johnson suggested,

signs for windows that alert emergency services what type of pets are in the house. She also advised to have carriers for your pets in an emergency. In a pinch, pillow cases work great.



If you are trying to locate missing cats or dog from the fire; call the shelter. For more information on how you can

help the Humane Society, go to: [www.herkhumane.org](http://www.herkhumane.org). or follow them on Facebook: Herkimer County Humane Society.

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## Whatchamacallits

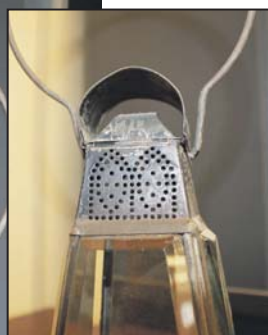
Our Whatchamacallit for this week is a fine example of what is known as a convex reflector dead flame lantern. It is made in the style of the Archer, Pancoast hand lantern — having a square font (reservoir) and beveled leaded glass. Inside is a Callender kerosene burner, which according to Lanterns That

Lit our World (by Anthony Hobson), was used as early as 1861. It is quite handsome and beautiful at the same time.

A dead flame lantern was not dependent upon an airtight globe (chimney) for proper mixing of fuel and air. The only function of the globe was to keep the wind from blowing out the flame. Our example is not marked, so it's hard to say who the manufacturer was, but the closest example of design I found

online was an Archer, Pancoast & Co. example. In 1868, Absalom G. Smith (formerly of Acher, Pancoast) joined Robert E. Dietz to form Dietz & Smith, a lantern manufacturer.

The convex reflector lanterns are hinged at the front, so the globe tilts back to access the burner, which unscrews so the liquid fuel can be replenished. Baffles at the bottom allow fresh air in and vents at the top expel the "used" air. There have been many manufacturers of lanterns over the last couple of centuries. But perhaps the most recognizable name in lanterns and lamps is Dietz (in one form or another).



**Do you have your own Whatchamacallit?**

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Jared Bilinski, 12, of Dolgeville and a member of the Extreme Wrestling Club in Herkimer, won the Mid-Atlantic Wrestling Association Championship. The Tournament was held in Salisbury, Maryland on Saturday, May 6th. and Sunday, May 7th. The Middle Atlantic Wrestling Association currently provides wrestling services to 11,000 athletes within 17 states from Maine to South Carolina. Bilinski, competing in

the Junior Division 130 - 140 lbs., went undefeated through a 16-athlete

bracket to win the championship title and was named an All-American.



Jared Bilinski and his Extreme Wrestling coach, Craig Eggleston

## Memorial Day Parade scheduled in Herkimer

On Monday, May 29 2017, the Herkimer Veterans Council will be hosting the Memorial Day Parade and the service that follows at Myers Park. Please join them for the annual Memorial Day parade. All groups, businesses, and participants are welcome.

Parade line up starts at noon (parking lot across from Herkimer County Office building on Washington Street) and kicks off at 1 pm. The parade will begin at 1 pm, starting at the County Office parking lot on North Washington Street. If your organization would be interested or would like more info, please call Angie Dorantes at (315) 868-8804 or email at [apronangie@hotmail.com](mailto:apronangie@hotmail.com).



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**376 Coonradt Rd, Ohio**  
Check out this listing! 213 acres of total seclusion bordering thousands of acres of state land! Private cabin w solar panels & propane stove & refrigerator. Pond, creek, you can hunt, fish, 4-wheel, you name it! Don't miss out!

**26-28 Hancock St, Little Falls**  
Two family home with great big apartments and rents. Tenants pay heat and electric and owner pays water. Plus parking and a yard! Make this your new home or a great investment property.

**18 W Clark St, Ilion**  
Looking to start your new business venture or expand your existing one? Then make sure you check out this commercial property w great visibility in the village of Ilion. Detached garage great for storage and a circular driveway. Owner financing available with down payment.

**Cogar Dr, Schuyler**  
Beautiful 15 acre property in a very private and highly desired subdivision. Great place to build your home. Gorgeous views and pond. Deed restrictions apply. HOA fee \$500 a year. Perk test completed and raised bed septic will be needed.

**4341 Acme Rd, Frankfort**  
Spacious ranch with tons of options. Could be a 2 family or single with in-law apartment, or live in one side and run your business out of the other. Possibilities are endless here! Tons of awesome details including beautiful Italian tile, gorgeous fireplaces, spiral staircases, skylights. Truly a one of a kind home. Set on 2.6 convenient acres with garage and outbuildings.

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**24 Hour Towing**

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**Hours: Mon.-Fri. 8:30a-5:00p • Sat. 8:30a-2:00p**

**2006 Buick Lucerne CXS**  
\$6,250  
71,000 Miles, Fully Loaded, Every Option, Leather, Factory Moonroof

**2009 Chevy Aveo LS**  
\$4,500  
5 Spd., Standard, Power Windows, Cruise Control, Clean In & Out

**2012 Kia Forte**  
\$7,500  
4 Door, A Lot of Options, 51,000 Miles

**2010 HHR**  
\$6,995  
Good Mileage, Nice Car

**2008 Dodge Nitro**  
\$7,995  
Rear Wheel Drive, Loaded, All Options & NYS Inspection

**2010 Ford Transit**  
\$6,995  
4 Cyl., 1 Owner, Utility Van, Very Good Condition

**2005 Ford Mustang Deluxe**  
\$6,250  
Stock Photo  
Special Factory Equipment, 4.0 V6, 66,000 Miles, NYS Inspection, Take A Look!

**2004 Chevrolet Malibu**  
\$1,700  
4 Door, Local Trade-In, NYS Inspection, Runs Good, Cheap Car

**Pair of Chevy Trucks**  
Extra Cab & 4x4's  
2009 & 2012  
Come In & Check Them Out!!

**2005 Chevrolet Equinox LT**  
\$6,250  
AWD, 1 Owner Title, Must See!!

**Robert Sitterly, Owner**  
**Denise Sitterly**  
Office Manager