Country Editor

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Volume 7 Number 35

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2 • January 19, 2018 COUNTRY EDITOR



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Good Housekeeping

Chocolate Chunk Cookies

This cookie is for people who like a little decadence in their afternoon snack.

- 2 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup (2 sticks) butter or margarine, softened
- 1 cup packed brown sugar
- 1/2 cup granulated sugar
- 2 teaspoons vanilla extract
- 2 large eggs
- 8 ounces bittersweet chocolate, cut into 1/2-inch chunks

- 1 cup walnuts, coarsely chopped
- 1. Heat oven to 375°F. Grease large cookie sheet.
- 2. On waxed paper, combine flour, baking soda and salt.
- 3. In large bowl, with mixer at medium speed, beat butter and sugars until creamy, occasionally scraping bowl with rubber spatula. Beat in vanilla, then eggs, 1 at a time, beating well after each addition. At low speed, gradually add flour mixture; beat just until blended, occasionally scraping bowl. With spoon, stir in chocolate and walnuts.
 - 4. Drop cookies by heaping measuring tablespoons,
- 2 inches apart, onto prepared cookie sheet. Bake cookies 10 to 11 minutes or until lightly browned. Transfer cookies to wire rack to cool. Repeat with remaining dough.
- Each serving: About 170 calories, 10g total fat (5g saturated), 26mg cholesterol, 130mg sodium, 19g carb., 1g dietary fiber, 3g protein.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipes/.

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Did you know?

While Super Bowl LI, which was played at NRG Stadium in Houston, Texas, on Feb. 5, 2017, featured a thrilling comefrom-behind victory by the New England Patriots over the Atlanta Falcons, the very first Super Bowl, played on Jan. 15, 1967, provided no such intrigue.

A 35-10 victory by the Green Bay Packers over the Kansas City Chiefs, the AFL-NFL World Championship Game (the

game would only retroactively be known as "Super Bowl I") was played at the Memorial Coliseum in Los Angeles. The game was tightly played in the first half, with Green Bay holding a 14-10 lead at halftime. But the Packers, coached by legendary head coach Vince Lombardi, pulled away in the third quarter, scoring two touchdowns, while ultimately holding the Chiefs scoreless in the second

half. The game was played in front of slightly less than 62,000 people (roughly 33,000 seats went unsold), and estimates suggest as many as 75 million American viewers watched the game on television.

Nielsen reported that more than 111 million Americans watched Super Bowl LI in 2017, and estimates suggest roughly 50 million more people watched the game across the globe.

Television ads might not have garnered the attention or generated as much talk around the office water cooler in 1967 as they do today, and they also did not cost nearly as much, either. The cost of a 30-second commercial during the first Super Bowl in 1967 cost advertisers \$42,000, while such an ad cost advertisers just over \$5 million in 2017.

Paw's Corner

by Sam Mazzotta

Is chocolate really a danger to dogs?

Dear Paw's Corner: Just after Halloween, our dog "Skipjack" got into one of my kids' candy stashes and ate everything, including the wrappers. I kept an eye on him overnight and he seemed fine, just drank water more often. The next day he was normal, other than passing a pretty loose stool with plenty of brightly colored wrappers mixed into it. Is the "never let your dogs eat chocolate rule overblown? — Tim F., Wichita. KS

Dear Tim: I've heard anecdotes from several readers about accidental chocolate consumption. Most of them say their pets didn't have a problem with it. But then, I'm not a veterinarian, and it's a good bet that vets see quite a few sick pets that got into a chocolate stash, particularly around the holidays.

I recently read an article about mass-produced U.S. chocolate having less cocoa content than chocolates made elsewhere. The Food & Drug Administration requires milk chocolate to contain no less than 10 percent chocolate liquor. Compare that to the U.K., where milk chocolate must contain at least 25 percent cocoa solids.

The size and weight of your pet also must be taken into account. Bigger dogs may process toxic foods

more easily than small dogs.

So, cheap Halloween candy consumed by a large dog may not have a noticeably negative effect. However, it's still a gamble. Another issue to consider is Xylitol, a sweetener often used in sugar-free candies. That can be a danger to dogs of any size. In short, keep candy and pets separate —period.

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Country Editor

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Publisher, President *Frederick W. Lee*V.P., General Manager *Bruce Button*V.P., Production *Janet Lee Stanley*

Classified Ad Manager......Peggy Patrei
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Production Coordinator......Jessica Mackay
Shop Foreman.......Harry Delong
Social Media Coordinator......Alex Huebner

John Snyder, Sales Manager
518-673-0129, jsnyder@leepub.com
Tom Shaver, Sales Associate
315-272-6586, tshaver@leepub.com
Mary Skinner, Sales Associate
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NYSARC Trust grants support Arc Herkimer Guardianship and Rec Programs

HERKIMER, NY — Arc Herkimer, a not-for-profit organization supporting people with disabilities and others in the community, was awarded \$53,000 in grants from the Trustee Management Board of NYSARC Trust Services to support guardianship and recreation programs in 2017.

NYSARC Trust Services administers supplemental needs trusts (SNT) that can make dramatic improvements to the lives of people with disabilities while enabling individuals to maintain eligibility for public benefits programs, such as Medicaid and SSI.

Arc Herkimer received \$38,000 to support the local Corporate Guardianship program, which assures families that their relatives with developmental disabilities, who might require additional decision-making assistance will always, if needed, have a guardian in place to help advocate for their expressed wishes, choices, dignity and personal autonomy through appropriate supports and services.

Additionally, Herkimer received \$15,000, which was utilized for recreation events and programs for individuals with developmental disabilities. The grant funded two shows: "Mystery and History of Magic" and "Pecos Bill Rides the Oregon Trail" at Herkimer College. Recreation events and programs also included pottery and photography classes, a yearlong choral program, a supports & services carnival, and three dances. Additionally, funds paid for trips to the Herkimer Diamond Mines, Farmers Museum in Cooperstown, NY, and the Herkimer

County Fair.

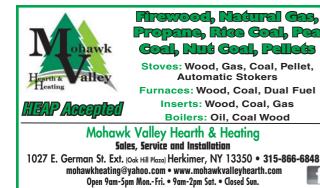
For more information regarding recreation programs, contact Outreach Coordinator Monalisa Fermin at 315.574.7822. To learn more about the Arc Herkimer, visit online www.archerkimer.org.

For 2017, NYSARC Trust Services is proud to fulfill its commitment to enhancing the lives of people with disabilities by awarding a total of \$2,793,500 in grants to NYSARC Chapters statewide. NYSARC Trust Services administers first- and third-party supplemental needs trusts, pooled trusts for income and resource (asset) protection, and individual trusts. When protecting settlement proceeds with a NYSARC Community Trust, the organization can also administer Medicare Set-Aside (MSA) accounts. For more information, please call 518.439.8323 visit online www.nvsarctrustservices.org.



Sandy Stoltz enjoys pottery classes at Arc Herkimer. The recreation program was supported by a grant from NYSARC Trust Services, which supports guardianship and recreation programs for chapters throughout New York state.

Photo courtesy of Arc Herkimer







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COUNTRY EDITOR 6 • January 19, 2018

King Crossword

ACROSS Gymnast's

- surface 4 Expert
- 7 Pops
- 12 Brewery output
- 13 Sleep phenom
- 14 Unmoving
- 15 Rotating part 16 Reason to call
- 911 18 Pump up the
- volume 19 Heathen
- 20 Lumber
- 22 Run-down horse
- 23 Blue hue
- 27 Toss in 29 Political refu-
- 31 Groaninducing, maybe
- 34 Take as one's own
- 35 Overacted
- 37 Lingerie item 38 Church section
- 39 Khan 41 Traditional
- tales 45 Pilfered
- 52 Storm center
- 47 Chum 48 Too thin

Amber Waves

- 54 A Kennedy 55 Sinbad's bird 56 Lessen
- 57 One or more 58 Pismire
- DOWN
 - Texas mission 25 Dada artist

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- Beat Get ready, briefly
- 5 Order back Last letter
- Autograph "A Chorus

- 53 Automaton Line" song 9 Lair
 - 10 Joan of -Pigs' digs 11
 - Anger 21 "Inferno" writ-
 - 23 Type of wave
 - Colorful parrot 24 Swelled head 43 Silk alterna-
 - 26 Say it's OK 28 Easter buy 30 Scratch
 - 31 Shell game item
 - 32 Diamond arbi- 50 Lawyers' org. ter 51 Barracks bed

33 Phone bk

info 36 Facts 37 Whalebone

40 Must, jocular-

42 Met performance

tive 44 Vote for

45 Locale 46 Vortex 48 Mound stat

49 Unruly bunch

IT MUST BE WINTER AGAIN. THAT'S

WHEN THEY GIVE UP ON USING

BOATS AND BRING OUT TRUCKS.

MAGIC MAZE ●

ADMINISTERED THE OATH OF OFFICE FOR U.S. PRESIDENT

WIFCZWTQNKIYFCZ WU(REHNQUIST)ERPM JHVINSONHECNZXU SQNLJESTGECASZX V F U L L E R T S R P T N L J HECAHOYREGRUBEW V T R G W P N L A E N K T T I GCUSHINGBWSIFEC BHLZXWUOSRHAVPO MLLAHSRAMWTLHIJ

ETIAWIGEDBAYXCL

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

Burger Chase Cushing Ellsworth

by Dave T. Phipps

Fuller Hughes Livingston Marshall

Rehnquist Roberts Taney Vinson

HI TED, I'M GOING TO BE GETTING

AN EVITE FROM MY IN-LAWS. ANY

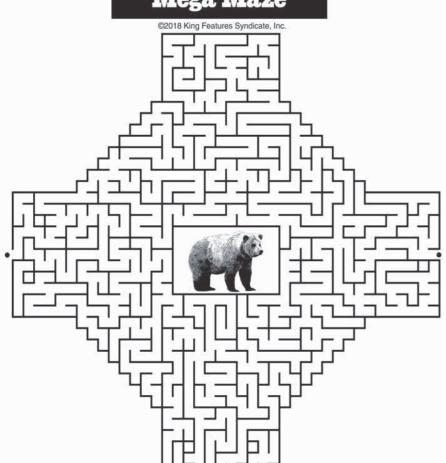
Waite Warren White

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Just Like Cats & Dogs

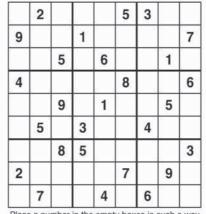
CHANCE YOU COULD SEND ME A VIRUS

Mega Maze



Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ◆◆

♦ Moderate ♦ ♦ Challenging ♦♦♦ HOO BOY!

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LAFF-A-DAY



"I've always said if it's worth doing, it's worth letting someone else to do it right."

The first and greatest victory is to conquer yourself; to be conquered by yourself is of all things most shameful and vile. ~Plato



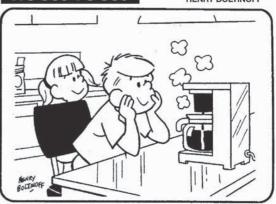
How many people is:

"Two pairs of twins twice and then squared, then cubed?"

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

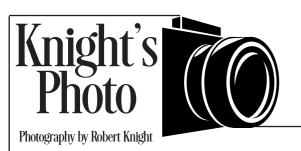


Differences: 1. Girl has a ponytail. 2. Shirt has a stripe. 3. Chair is different. 4. Coffee pot is different. 5. Cabinet is missing. 6. Box on counter is different.

New! 24 HOCUS FOCUS puzzles \$3.50 • 24 Volumes • Order at: rbmamall.com



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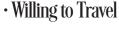
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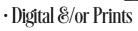
PUNNY

ROBOT

EMOTED

EMACIATED





robertknight80@gmail.com · 315-542-1422 Mohawk, New York

SODAS

INERT

EYE

ROC

EMERGENCY

ADDEMIGRE

BRA

A G A L O R E

King Crossword —

Answers

Solution time: 27 mins.

PAGAN

WOODNAGTEAL

STOLE

TED

PRO

REM

Cleaning bird feeders and other January gardening tips

by Leonard Perry, UVM Horticulturist and Charlie Nardozzi, Garden Consultant

Cleaning bird feeders, growing Swedish ivy, and brushing snow from shrubs are some of the gardening activities for this month.

Birds deserve clean food surfaces as much as we do. Every few weeks bring the feeders inside and wash them with soap and water into which a little bleach has been added (one part bleach to nine parts water). Rinse thoroughly. If you have a heated bird bath, keep it scrubbed and cleaned regularly as well. I keep an old brush just for this purpose, whenever I refill the bath.

When tree and shrub branches bend under the weight of a new snowfall, use a broom to gently brush off the snow. Don't try to remove ice or you might break the branch. It's possible to save a branch that partially splits from the main trunk if you tie it in place and use long screws (coming from each direction, if necessary) to secure it. If done right away, the tree may callous over the wound and heal itself next season, and not split further.

If you received a poinsettia or cyclamen as a holiday gift, keep it blooming by providing proper care. Poinsettias need good drainage, so if the pot is still wrapped in foil, make sure there is a hole in the bottom so water drains out. Of course if it's on furniture, place a saucer underneath to protect the finish. Keep poinsettias away from drafts, such as near doors or windows or hot woodstoves. Keep soil moist, but don't overwater. Keep in bright light.

The latter applies, also, to cyclamen, which can last for weeks if kept cool (65 to 68 degrees F in day, less at night). Too high temperatures, too little water or overwatering, or too low light may cause leaves to yellow and drop.

When deicing walks, use one of the granular products with a "chloride" other than sodium component - these are safer on plants. They may cost a bit more, but you often can use less. Calcium chloride works best in the coldest areas (down to about 5 degrees F). If below this temperature, don't use any chemical product but rather sand for traction. Liquid products don't track into buildings as granular ones often do. Apply any material before ice and snow, if possible, for best results.

While snow makes a good protective cover for plants, if you use salt to melt ice on driveways or walks, be careful not to pile snow from these areas on your plants or where melting snow will drain onto them. Otherwise, once snow melts in spring, flush soil thoroughly with water to help dilute or wash away any salt residue.

Other gardening activities for this month include ordering seeds and plants from catalogs, reviewing garden notes from this past year while planning for this coming season, and signing up for a garden tour or spring garden symposium.

Senior News Line

by Matilda Charles Don't let others hijack your retirement

For too many of us, retirement doesn't necessarily mean taking the time for things we want to do and for rest and relaxation. Instead, the word "retire" means that others assume we'll have lots of time to do things for them. The expectations can start the instant we retire, and our calendars

can fill up astonishingly fast, if we let them.

Volunteering, babysitting grandchildren, walking someone's new dog in the afternoon... their todo lists for us can be endless. Because, you see, we have the time to help, now that we're retired. And we don't want to be rude...

Except, maybe wasn't the plan.

There are steps we can take to forestall the tendency of people to want our time, stopping it before it gets started. We have to, if we're going to rescue our retirement.

- Don't make promises when approached. Start with saying "maybe" and add a lot of qualifiers. Maybe you'll eventually think about volunteering at the elementary school. Maybe next year you'll consider shelving books at the library.
- "I have other obligations," can be your new operative phrase when someone tries to pin you down, and don't elaborate.
- "I've decided not to do any volunteer work for the first year." Notice the operative word? "Decided" is a statement that you won't be coerced. And delete from your vocabulary the words, "I'm sorry, but ..." That weakens your position and sounds like there's wiggle room.
- Unplug your phone whenever you need to. Maybe that's every afternoon when you know an employed neighbor will be calling to ask if you're going to the grocery store. Just don't be available.

Because remember, vour retirement isn't endless. Write that on a small card and tape it to the mirror where you'll see it every day.

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Weekly SUDOKU ___

Answer

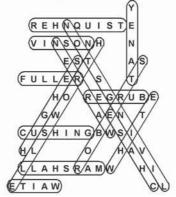
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4	1	7	2	5	8	9	3	6
3	6	9	7	1	4	8	5	2
8	5	2	3	9	6	4	7	1
6	9	8	5	2	1	7	4	3
2	4	3	6	8	7	1	9	5
5	7	1	9	4	3	6	2	8

Stickelers Answer

262,144

Two pairs of twins is 4 and twice would be 8. 8 squared is 64 and 64 cubed is 262,144.

ADMINISTERED THE OATH OF OFFICE FOR U.S. PRESIDENT



HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY

Weekly Sales Every Monday 11:30 with Misc. & Small animals followed by Dairy & Livestock

Monday, Jan. 8th - Sold 128 head. Cull Ave. \$.50 Top Cow \$.62, Bulls/Steers None, Bull calves top \$1.20, heifer calf top - none

Monday, Jan. 22nd - Normal Monday Sale & Monthly Organic Day. Special Livingston County Certified Organic Dairy selling 30 head. Consisting of 27 milking age, a few close springing heifers. The majority of the herd is fresh 60 days the rest in all stages of lactation. All Holsteins with 2 R&W and one Blue Lineback. Cows ave. 45#/day SCC under 200,000. This outstanding group of cattle have nice udders and good feet and legs and would not be available except they need to be sold due to owners health reasons. NOFA Certified and DHI records at ringside.

Monday, Jan. 29th - Normal Monday Sale

Monday, Feb. 5th - Normal Monday Sale & Monthly Fat Cow & Feeder Sale **Upcoming Sales to Watch for:**

2018 - Sat. March 31st - New Berlin, NY, 11:30AM Spring Premier All Breed Sale Sat. April 14th - Alfred State College Spring Fling - sale held at Alfred College Sat. April 21st - New Berlin, NY. Annual Spring Consignment Spring Machinery

Friday. April 27th - Reserved for Registered Holstein Dispersal

www.hoskingsales.com

**Trucking Assistance - Call the Sale Barn or check out our trucker list on our Web-Site. Call to advertise in any of these sales it makes a difference. Watch website for any last minute update

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Tom & Brenda Hosking & Family

SALESTIE 6096 St. Hwy. 8, New Berlin, NY 13411

cell: 607-972-1770 or 1771

Poland students place at regional hoop shoot

POLAND — Four Poland Central School District students recently placed during the Elks National Hoop Shoot regional competition at Herkimer College.

Poland students first competed during physical education classes to see who would advance to Herkimer College in the age categories of 8-9 and 10-11 for both

boys and girls — with only the first-place winner moving on.

The following students won first place at Poland and then finished in the following places at the regional competition:

- Third-grader McKenzie Parow, 8: second place in the girls 8-9 category.
- Third-grader Ben Zumpano, 8: third place in the boys 8-9 category.
- Fifth-grader Emma Kraszewski, 10: third place in the girls 10-11 category.
- Fifth-grader Carter Cookinham, 10: third place in the boys 10-11 category.

"We're very proud of how they did," Poland physical education teacher Sandy Hitt said. "It's a tough competition, and I'm always proud to have students go on and represent the school."

The regional competition took place during December at Herkimer College, and students' parents attended as well, Hitt said, thanking the parents for being there.

Students each shoot 25 free throws during the competition, and the four Poland winners all said they got nervous with so many people watching them.

"The whole crowd was quiet," Emma said.

It was nice that this year, all four Poland students who went to Herkimer College placed in the top three, Hitt said.

"We've got four very good athletes coming up through our building," she said.



From left, Poland Central School District third-grader McKenzie Parow, 8; third-grader Ben Zumpano, 8; fifth-grader Carter Cookinham, 10, and fifth-grader Emma Kraszewski, 10, all placed in their age categories during the Elks National Hoop Shoot regional competition at Herkimer College.

Photo courtesy of Herkimer BOCES

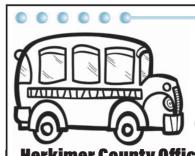












Need
Transportation to the grocery store or to run errands?

Herkimer County Office for the Aging

will be providing transportation in Middleville, Newport, Poland & Ohio areas two days per month on the 1st and 3rd Tuesday of the month.

The van will pickup riders at their homes and take riders to Herkimer to shop & run errands.

Start Date: February 6th, 2018

IF YOU WOULD LIKE TO MAKE RESERVATIONS ON THE VAN PLEASE CALL OFFICE FOR THE AGING OFFICE AT 315-867-1121. SPACE IS LIMITED.

The Community Foundation of Herkimer Oneida Counties, Inc. & the Faxton Street Fund provided the grant funds to support this program.



HOOAD winter weather tips

With bitter cold weather and snow developing, being prepared is the key to staying safe in these types of weather conditions. Below are some tips to help you prepare for extreme winter weather.

Home emergency supplies

Winter has arrived and you should stockpile the following supplies in the event a winter storm or power outage prevents you from leaving your home.

- Flashlights and extra batteries
- Battery-operated radio and extra batteries
- Emergency non-perishable foods that do not require refrigeration
- Non-electric can opener
- Bottled water
- One week supply of essential medicines
- Extra blankets and sleeping bags
- First aid kit and manual
- Fire extinguisher
- Emergency heating equipment, used properly
- For more information visit: www.dhses.ny.gov

Preventing hypothermia and frostbite

• Wear warm clothing that covers your skin and remove any wet clothing immediately. Limit your time outdoors. Watch for signs of hypothermia and frostbite among elderly adults, babies, people drinking alcohol and others at risk. Seek immediate medical attention if you suspect someone has hypothermia or frostbite. To learn more, call 1-800-CDC-INFO.

Protecting water pipes

To prevent the mess and aggravation of frozen water pipes, protect your home, apartment or business by following the simple steps below.

To keep pipes from freezing:

- Wrap pipes in insulation or layers of old newspapers
- Cover the newspapers with plastic to keep out moisture
- Let faucets drip a little to avoid freezing
- Know how to shut off water valves

Before cold weather

- 1. Locate and insulate pipes most susceptible to freezing, typically those near outer walls, in crawl spaces or in the attic.
- outer walls, in crawl spaces or in the attic.

 2. Wrap pipes with heat tape (UL approved).
- 3. Seal any leaks that allow cold air inside where pipes are located.
- 4. Disconnect garden hoses and shut off and drain water from pipes leading to outside faucets. This reduces the chance of freezing in the short span of pipe just inside the house.

When it's cold

- 1. Let hot and cold water trickle at night from a faucet on an outside wall.
- 2. Open cabinet doors to allow more heat to get to un-insulated pipes under a sink or appliance near an outer wall.
- 3. Make sure heat is left on and set no lower than 55 degrees.
- 4. If you plan to be away: (1) Have someone check your house daily to make sure the heat is still on to prevent freezing, or (2) drain and shut off the water system (except indoor sprinkler systems).

If pipes freeze

- 1. Make sure you and your family knows how to shut off the water, in case pipes burst. Stopping the water flow minimize the damage to your home. Call a plumber and contact your insurance agent.
- 2. Never try to thaw a pipe with an open flame or torch.
- 3. Always be careful of the potential for electric shock in and around standing water.

If the lights go out

If you lose electrical service during the winter, follow these tips:

- 1. Call your utility first to determine area repair schedules. Turn off or unplug lights and appliances to prevent a circuit overload when service is restored. Leave one light on to indicate power has been restored.
- 2. To help prevent freezing pipes, turn on faucets slightly. Running water will not freeze as quickly.

- 3. Protect yourself from carbon monoxide poisoning:
- DO NOT operate generators indoors; the motor emits deadly carbon monoxide gas.
- DO NOT use charcoal to cook indoors. It, too, can cause a buildup of carbon monoxide gas.
- DO NOT use your gas oven to heat your home — prolonged use of an open oven in a closed house can create carbon monoxide gas.
- Make sure fuel space heaters are used with proper ventilation.
- 4. Keep refrigerator and freezer doors closed as much as possible to help reduce food spoilage.

Fire safety

Wood-burning stoves, fireplaces and heaters can add a cozy glow, but make sure you are using them safely.

- 1. Always keep a screen around an open flame.
- 2. Never use gasoline to start your fireplace.
- 3. Never burn charcoal indoors.
- 4. Do not close the damper when ashes are hot
- 5. When using alternative heat sources such as a fireplace, woodstove, etc. always make sure you have proper ventilation. Keep curtains, towels and potholders away from hot surfaces.
- 6. Have your chimney checked before the season for creosote buildup and then clean it.
- 7. Have a fire extinguisher and smoke detectors... and make sure they work! Establish a well-planned escape route with the entire family.

Staving warm indoors

If your heat goes out during a winter storm:

Losing your heat when winters winds are howling is not pleasant. However, by following the following simple tips, you will weather the storm more comfortably.

- 1. You can keep warm by closing off rooms you do not need.
 - 2. Use only safe sources of alternative

heat such as a fireplace, small well-vented wood or coal stove or portable space heaters. Always follow manufacturers instructions.

- 3. Dress in layers of lightweight clothing and wear a cap.
- 4. Eat well-balanced meals.

For more winter weather tips please visit: www.dhses.ny.gov

This information was brought to you by Herkimer – Oneida Organizations Active in Disaster (HOOAD). HOOAD is a humanitarian association of independent organizations who may be active in any or all phases of disaster including preparedness, response, recovery and mitigation. The HOOAD is a regional counterpart to the New York State Voluntary Organizations Active in Disaster (NYSVOAD) and a partner with the National VOAD. If anyone is interested in joining our group or for additional information they can contact Kathy Fox at 315.867.1125.



Whatchamacallits



Many different tools were used to open bottles, but none so useful as the corkscrew. This item has survived mostly unchanged for numerous years but modern materials have made them look and feel a bit

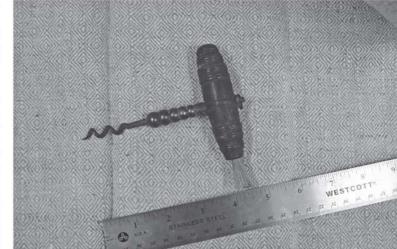
different. This week's whatchamacallit is a corkscrew with a little something different added on to it.

The corkscrew itself is made out of casted metal, either steel or iron. The very tip has been sharpened to a point while the other end, coming out of the handle, has an eye-loop, making it easier for hanging and storing.

The handle, made out of a hard wood, also has stiff bristles made from either horse or boar hair. The bristles were a convenient addition to the corkscrew during the time this was made, as it was used to brush away debris from the mouth of the bottle.

It may be peculiar to think that debris needed to be brushed away, but looking back into history reveals the answer. It was customary for wine and spirit bottles to be sealed with a cork and wax, perserving the contents inside the bottle. Although wax is still found on some wine and spirit bottles today, it was standard practice before the 19th century. It was also common for the bottle to sit in one location for a tremendous amount of time for aging, leading to the collection of dust, mold or fungus on the





cork and bottle.

The bristles added to the corkscrew would be stiff enough to remove all these unwanted items from the bottle, keeping the beverage clean.

Due to the brush, wooded

handle and metal corkscrew, it is safe to assume the piece dates to around the 18th century although the lack of any manufacturers mark makes dating the corkscrew more uncertain.

Alana Connolly recognized for six years on Herkimer County CCE Board



Alana Connolly was recognized for six years of outstanding voluntary leadership in the development and support of educational programs as part of the Cornell Cooperative Extension (CCE) of Herkimer County Board of Directors by Executive Director, Bernie Armata. She was Board Secretary for two years and Vice President for one year. Alana is a special education teacher of the Career Awareness Class at Herkimer-Fulton-Hamilton-Otsego BOCES. Pictured are Bernard Armata and Alana Connolly.

Photo courtesy of Herkimer County CCE











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Staying safe on the mountain this winter

(BPT) — You can feel it in the air: The ski and snow-board season is in full swing. As snow sports continue to gain popularity, millions of people will be hitting the slopes this winter. During the 2016-2017 ski season, the National Ski Areas Association (NSAA) reported that U.S. ski areas tallied an estimated 54.7 million skier and snowboarder visits, up 3.7 percent from the previous season's 52.8 million total.

With the increase in skier and rider visits, safety is always a top concern. Substantial growth in the number of skiers and riders wearing helmets has made participation in snow sports safer, along with awareness and education campaigns that emphasize the responsibility each skier and rider has every time they take to the slopes. For example, The NSAA and Craig Hospital, a world-renowned rehabilitation and research hospital in Denver for people who have sustained a spinal cord and/or brain injury, are partnering to promote several industry safety campaigns: #RideAnotherDay and ParkSmart.

Helmet usage on the rise

Eighty percent of skiers and snowboarders wore helmets during the most recent ski season, setting yet another record for helmet usage at ski areas across the country. While helmets can help to reduce or prevent certain injuries, they are not foolproof, and there are other safety concerns while skiing.

Proving that helmets alone do not prevent all injuries, data from Craig Hospital shows an increase in the number of patients admitted each year from snow sports accidents (up 50 percent in 2017 over 2012).

As an avid skier, ski racer and one of the early pioneers of adaptive skiing programs, Dr. Thomas E. Balazy, medical director of Craig Hospital, is a strong proponent of helmets. "Helmets can definitely prevent head injuries while skiing or riding," said Dr. Balazy. "I would never go out without one, and while I believe that everyone who participates in this sport should wear one at all times, responsible, safe skiing and riding is the best way to prevent serious injuries on the mountain."

Ride another day

Kelli Johnson, along with her daughter Elise, inspired the #RideAnotherDay campaign. On the day before Christmas in 2010, Kelli was skiing in northern Wyoming near their home with her oldest child, Elise, 5. When Kelli stopped to help Elise put her ski back on, a snowboarder traveling at more than 50 mph collided with them. The accident was devastating. Elise and the 23-year-old snowboarder died instantly, and Kelli sustained a traumatic brain injury and paralyzed arm.

After months of rehabilitating at Craig Hospital, learning to walk, eat and swallow, Kelli has made a remarkable recovery, although she still has some paralysis on the right side of her body. To honor their daughter and create a lasting legacy, Kelli and her husband, Chauncy, partnered with the NSAA to launch a safety campaign titled #RideAnotherDay.

"My hope is to get this message out to others," said Kelli. "If anyone hears this message just once, they will



Learning how to ski and ride safely and understanding the rules and etiquette of the mountain can help ensure a fun, safe season on the slopes.

hopefully change how they act and conduct themselves out on the mountain."

These types of accidents, while horrific, are rare. In fact, during the 2015-2016 season, only 39 fatalities occurred at U.S. ski areas out of the 52.8 million skier/snowboarder days reported for the season. To put that in perspective, more than 1,000 people died from bicycle collisions with automobiles during that same time.

Keeping skiers and riders safe while skiing and riding is top of mind for those in the ski industry. The following tips are from the #RideAnotherDay campaign, which is being promoted at more than 300 ski areas around the country:

- Be ready to avoid objects and other skiers.
- Maintain a safe speed and always ski in control.
- Stay alert to what's going on around you, especially other skiers and riders.
- Plan ahead and ease up at blind spots, check uphill when merging onto trails and give others plenty of room when passing.

Terrain park safety

The explosive growth of terrain parks at ski resorts (94 percent of U.S. ski resorts have at least one terrain

park), has led to the NSAA launching the ParkSmart campaign. It tackles some of the unique differences between skiing or riding on traditional ski area trails versus riding in the ever-popular terrain parks. Freestyle terrain parks can include jumps, half pipes, rails, ramps and more. Some simple safety and etiquette tips for terrain parks include:

- Start small Work your way up. Build your skills. Know your limits and ability level and select the appropriate freestyle terrain for you.
- Make a plan Every feature. Every time. Some features are set up to be used one after the other, without stopping, and others individually; jumps are for jumping and rail takeoffs are for using the rail.
 - Always look Before you drop.
 - Respect The features and other users.
- Take it easy Know your limits. Land on your reet.

Learning how to ski and ride safely and understanding the rules and etiquette of the mountain can help ensure a fun, safe season on the slopes. For more information on the #RideAnotherDay campaign or ParkSmart, visit NSAA.org.







Herkimer County Office for the Aging's seeking nominations

The Herkimer County Office for the Aging's Advisory Council is seeking nominations for their two (2) annual awards: **Senior Citizen of the Year and Outstanding Contribution.**

Nominees must be Herkimer County residents at least 60 years of age and have a record of interest and volunteer service to other senior citizens. All nominations must include the name, address, and age of the nominee, along with a brief narrative (less than 400 words) of accomplishments, community service and the reasons why the person should receive the award.

Nominations for **Senior Citizen of the Year** should include the volunteer work performed by the senior, the activities the senior is involved in, and major achievements of the senior.

For the category of **Outstanding Contribution**, emphasis should be on the most singularly outstanding contribution made to the community by the sen-

ior. Also include the impact that contribution had on the community and/or a particular individual.

The person submitting the nomination should include his or her own name, address and phone number.

Anyone who has been nominated before but was not selected can be renominated. Self-nominations will not be accepted. Nominations must be received by Wednesday, Feb. 14, 2018. Please send them to: Advisory Council, Herkimer County Office for the Aging, 109 Mary Street, Suite 1101, Herkimer, NY 13350.

Below is the award criteria for Herkimer County Office for the Aging's Advisory Council Senior Citizen of the Year Award and Outstanding Contribution Awards.

Nominations for our annual awards need to include:

 The name, address and birth date of candidate. • A description of why the person should receive the award. Limit narrative to less than 400 words.

• Please also include the name, address and phone number of the person submitting the nomination.

Mail or deliver the nomination to: Advisory Council, Herkimer County OFA

109 Mary St., Suite 1101 Herkimer, NY 13350

Fax: 315.867.1448

Nominations may also be submitted electronically to hcofa@herkimercounty.org and

kathyfox@herkimercounty.org

Nominees must:

- Be at least 60 years old.
- Have participated in community service.
- Must have a record of interest and service to senior citizens.

Self-nominations will not be accepted. Active members of the Herkimer County Office for the Aging Advisory Council may not receive awards.

The person submitting a nomination must also include their name, address and telephone number.

If a person received a previous award for "Senior Citizen of the Year" or "Senior Citizen Making the Most Outstanding Contribution" they could be nominated for the other award. No one can receive the same award more than once.

People nominated previously can be re-nominated.

A person does not need to be alive at the time of their nomination.

Nominees must be residents of Herkimer County.

To avoid any appearance of conflict of interest, no Herkimer County Office for the Aging Advisory Council member may nominate anyone for either of

Herkimer County OFA Phone: 315.867.1121

these awards.

Arc Herkimer honors employees for service and dedication

HERKIMER, NY — Arc Herkimer honored 39 employees with gifts and pins to recognize the milestones of five to 35 years of employment at various events throughout 2017.

Employees recognized include:

Thirty-five years of service: Supports: Claudia Lowell and Cindy Schrader.

Thirty years of services: Career Connections: Robin Mattox. Maintenance: Debra McKinney. Supports: Marie Grose. Transportation: Dean Jones.

Twenty-five years of service: Supports: Becky Mead and Shawn Schultz.

Twenty years of service: Transportation: Kelly Bunce. **Fifteen years of service:** Career Con-

ritteen years of service: Career Connections: Amanda Ortiz. Finance: Jill Ray. Supports: Angela Cook, Cynthia Pasquale and Tracey Postal.

Ten years of service: Career Connections: Staci Nichols. Clinic: Karen Franco. Herkimer Industries: Cynthia Heath,

Linda Rowley and Patricia Warner. Quality & Compliance: Richella Abell-Hawes, Maria Ervin and Connie Zink. Supports: Brenda Boyer, Dylan Brown, Heather Jackson, Jessica Lamanna, Jacquelyn Lawson, Joseph Michaud, Douglas Roby, Isa Smith and Nancy Wallace. Transportation: Glen Clark.

Five years of service: Career Connections: Sylvia Jaiken. Herkimer Industries: Melanie Milne and Deb Roberts. Nursing: Jolene Edick. Supports: Betty Brodeur, Rene Bullock and Toria Sherpardson.

Arc Herkimer is one of the largest employers in Herkimer County. Each day, nearly 400 employees provide support for approximately 700 individuals with disabilities and others in the community. For more information about Arc Herkimer and employment opportunities, visit www.archerkimer.org or call 315.574.7000.



Those who attended a December luncheon honoring Arc Herkimer employees with five years of service are congratulated by President/CEO Kevin Crosley, right, and include, from left, Jolene Edick, Betty Brodeur, Sylvia Jaiken, Melanie Milne, and Rene Bullock.

Photo courtesy of Arc Herkimer



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Arc Herkimer to offer January Traffic Survival Workshop

Arc Herkimer will offer the National Traffic Safety Institute's six hour Traffic Survival Workshop on Saturday, Jan. 20, from 9 a.m. to 4 p.m., in the agency's Training Center at 350 S. Washington St., Herkimer.

Individuals who successfully complete

the course will receive up to four points reduction from the total on their New York State driving record and a 10 percent reduction, for three years, in the base rate of the motorist's current automobile liability, no-fault and collision premiums.

Access for the course is the building's main entrance. The course is open to the public and the fee is \$38. Books and materials are provided. Payment and registration can be made by calling Kelly Bunce at 315.574.7982. Classes are subject to cancellation due to an insuf-

ficient number of registrants.

For more information regarding the Arc Herkimer or to view when additional courses will be offered, visit www.archerkimer.org.

Six quick tips for bomb cyclone winter driving

When it comes to winter car care, many motorists think of antifreeze and batteries, but vehicles need extra attention in winter, especially when a bomb cyclone hits and temperatures drop.

"Most people never heard of 'bombogenesis' until heavy snow and dangerous cold recently hit many areas of the country, including several states that usually don't experience this type of severe weather," said Rich White, executive director, Car Care

Council. "Making sure your vehicle is properly prepared for the elements will help you avoid the aggravation of an unplanned road emergency."

The non-profit Car Care Council offers six quick tips to help your vehicle perform at its best during cold weather months.

- 1. Keep the gas tank at least half full; this decreases the chance of moisture forming in the gas lines and possibly freezing.
- 2. Check the tire pressure, including the spare, as tires can lose pressure when tem-

peratures drop. Consider special tires if snow and ice are a problem in your area.

- 3. Have the exhaust system checked for carbon monoxide leaks, which can be especially dangerous during cold weather driving when windows are closed.
- 4. Allow your car a little more time to warm up when temperatures are below freezing so that the oil in the engine and transmission circulate and get warm.
- 5. Change to low-viscosity oil in winter as it will flow more easily between moving parts

when it is cold. Drivers in subzero temperatures should drop their oil weight from 10-W30 to 5-W30 as thickened oil can make it hard to start the car.

6. Consider using cold weather washer fluid and special winter windshield blades if you live in a place with especially harsh winter conditions.

Drivers should stock an emergency kit with an ice scraper and snowbrush, jumper cables, flashlight, blanket, extra clothes, bottled water, dry food snacks and needed medication. The Car Care Council also recommends a thorough vehicle inspection by a trusted professional service technician as winter magnifies existing problems such as pings, hard starts, sluggish performance or rough idling.

To order a free copy of the popular Car Care Guide, visit the council's consumer education website at www.carcare.org.

Source: Car Care Council

Rotary welcomes newest member Brad Newman

HERKIMER — Rotary Club of the Mohawk Valley was proud to induct Brad Newman as the newest member of the club at its Jan. 9 meeting.

In recent months, Mohawk Valley Rotary has welcomed several new members. Club President Cindy Bennett

said, "Our club has been actively adding to our membership because we believe that it helps us to meet our mission of Service above Self."

"This is my first membership as a Rotarian," Newman noted. "I have friends and co-workers who are members and

have spoken highly of the Club and their involvement. I want to find ways to be involved and make a difference locally."

Rotarians Roger Skinner and Irving Mason sponsored Brad for membership;

both are longtime members of Rotary.

For more information on Mohawk Valley Rotary visit us at our Facebook page at www.facebook.com/MohawkValley-RotaryDistrict7150/.



Pictured are Club President Cindy Bennett (L-R), new member Brad Newman and Rotarian Michele Hummel.

Photo courtesy of Mohawk Valley Rotary





Kovels: Antiques and Collecting

by Terry and Kim Kovel Pocket sundial

The sundial is a very early tool used to tell time. It is said that the earliest sundials were made in 1500 B.C., and the Greeks, Chinese and Romans made variations in following centuries. But the portable sundial carried on trips during the 18th century was needed only until railroads — not clocks were popular. The sundial, if positioned and read properly, gave more accurate time than a clock. Pocket sundials were very popular in the 18th and 19th centuries in Europe and America. A surprising number are sold to collectors each year as ornaments or historic relics, or as interesting and attractive conversation pieces. Auctions of scientific instruments sell sundials.

A recent Skinner sale in Boston had brass or silver examples, many from the 17th and 18th centuries. They were made by hand with engraved lines and letters, and an inset compass. The gnomon, the upright piece that casts the shadow, was made so it could fit into the case that held the rest of the sundial. A silver octagonal plate with lines, numerals and a hinged gnomon was kept in a felt-lined leather case. The 2-3/4-inch French late-17th century antique sold for \$3,198, including the buver's premium.

Q: I have a small cut-glass bottle that has a glass stopper and a silver cap.

Showroom Condition!

A small sundial by Michael Butterfield of Paris brought a big price at a Massachusetts auction. The unusual octagonal silver antique sold for \$3.198.

evaporated.

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The bottle is rectangular, about 4 inch-

es long by 1/2 inch wide. I read that in

Victorian times, a widow would collect

her tears in a vial. Could my bottle be

A: Tear collecting is referenced in the

Old Testament of the Bible, in ancient

Roman and Greek writings, and in Vic-

torian poems and novels, but whether

tear collecting was fact or legend is un-

clear. In the mid-1800s, when Victorian

mourning customs became popular, it

is said vials were used to collect tears

wept for the departed loved one. Later,

one of these?







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sunlight, fluorescent light and/or electric and LED lights — will harm paper. For more collecting

the tears were sprinkled on the grave to

signify the end of official mourning. An-

other version of the custom claims

mourning would last until the tears

It's difficult to imagine how a crying

person could coax their tears into such

a small bottle, but it makes a very ro-

mantic image. During the Victorian era,

glass bottles were made with decorative

caps, and were similar in shape to some

scent bottles. Your bottle, cut glass with

a silver filigree cap, is worth about \$30.

If there is a mark on the silver maker's

worth more.

17 inches, \$20.

eyes,

mark on the cap, it will be

Current Prices

Fur earmuffs, head-

band-style, cream color

with burnt orange patch-

es, bendable band, 1950s,

Doll, Sleeping Beauty,

pink-and-black

bisque head and arms, pale face, red lips, green

dress and cape, black mo-

interior, strap and lock,

curved lid with top loop handle, c. 1830, \$775.

Tip: All types of lights -

Hat box, leather, holds stovepipe top hat, canvas

hair, c. 1905, \$240.

news, tips and resources, visit www.Kovels.com

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Herkimer HealthNet to launch Diabetes Self-Management Program

HERKIMER, NY — Herkimer HealthNet is offering the Diabetes Self-Management Program to Herkimer County. The program has proven to help those with type 2 diabetes ease pain, fatigue and depression through self-management techniques and physical activity.

The diabetes epidemic is on the rise, with an estimated 1.6 million adult New Yorkers (10 percent) afflicted with the condition. Older adults, adults with disability, and those with lower household incomes

are more likely to have diabetes.

"The program, which is offered for free, has had impressive results around the country," says Thomas Curnow, Executive Director of Herkimer HealthNet. "Watching physical and emotional limitations decrease, while increasing ability over the course of 6-weeks is life-changing for participants."

Through small group classes, participants learn how to manage diabetes better, eat healthier, and become more knowledgeable about reading food labels along with learning how to become more physically active in ways that work with their bodies.

The program will begin on Thursday, Feb. 1 and continue to meet every Thursday for six weeks from 1 p.m. - 3:30 p.m. at Herkimer College, RM: 295, 100 Reservoir Rd, Herkimer. To register, for questions or more information, call Elyse Enea at 315.867.1552 or eenea@herkimercounty.org.

Now Here's a Tip

by JoAnn Derson

- Freeze cool whip in a thick layer and use cookie cutters to make shapes for hot chocolate... perfect for these cold winter nights.
- "Use squeeze bottles to do cookie decorating or cake piping. They also can be used to color pancake batter and make designs. It's so much fun for the kiddos (and the parents too!)" L.I. in Montana
 - Fog proof that bathroom mirror by

simply cleaning as usual, then coating the mirror with car wax. Use a lint-free cloth to buff it off, revealing a layer of steam-proof protection that lasts about a month. So good when you need a mirror to get ready in the morning.

• When transporting any type of bottle or jar that could leak, simply place a small piece of plastic wrap over the open end, then close the bottle tightly. This will work for most screw-top containers

to make them leak-proof. Snap-down lids should be secured with strong tape or placed into a larger sealable bag, like a zipper-seal plastic bag.

• "I toss my daughter's hoodie sweat-shirt into the dryer about 20 minutes before she needs to leave for the bus stop in the morning. Just as she's leaving, I grab it and she puts it on. It keeps her toasty all the way to the stop, and it makes her feel special." — M.R. in

South Carolina

- Before you go out shopping, take a minute on your phone while on the WIFI at home to search your email and websites for sales and coupons. Screenshot coupons so that the barcodes are clearly visible. This will save you downloading time while you are out and about, as well as serving as a reminder of the sale items you want to look at.
 - (c) 2018 King Features Synd., Inc.

January is Radon Action Month

According to a national survey, most people don't realize that radon exposure is the second leading cause of lung cancer deaths in the United States and the number one cause among nonsmokers. Increasing public awareness is the focus of Radon Action Month in January and the Environmental Protection Agency's (EPA) national public service campaign.

During Radon Action Month, communities will hold activities to educate about radon risks and encourage testing. The EPA's campaign features TV commercials, radio ads, billboards and print materials with a warning from the Surgeon General that radon causes lung cancer.

"Radon threatens the health of many New Yorkers," said Diane Ward CHN of Herkimer County Public Health. "Although radon is at elevated levels in numerous homes, its health effects are often ignored because it is invisible."

Radon is a colorless, odorless, radioactive gas that seeps into your home from underground, usually from the surrounding soil. The gas enters through the lower levels of homes but can be found anywhere in a building. It attaches itself to a person's lungs where it can begin the process of causing lung cancer.

"Everyone should know their risk and have their home tested," Ms. Ward said. "Testing your home is especially important if you live in a high-risk area or if you are planning to build or buy a home."

The only way to tell if your home has dangerous levels of radon is to test for it. Once detected, homes with high levels of radon can easily be made safe. To find out if you live in a high-risk area, view "Radon Maps" in the radon section of the New York State Department of Health web site at

http://nyradon.org or call the Radon Hotline at 1.800.458.1158.

Herkimer County Public Health also can tell you how to obtain a radon test kit. Testing is as simple as leaving the kit in a specific area for a set number of days and returning it to a testing facility. Results are generally available within one to two weeks.

For more information about radon, call Herkimer County Public Health at 315.867.1176.

What good is the warmth of summer without the cold of winter to give it sweetness.

~Author Unknown

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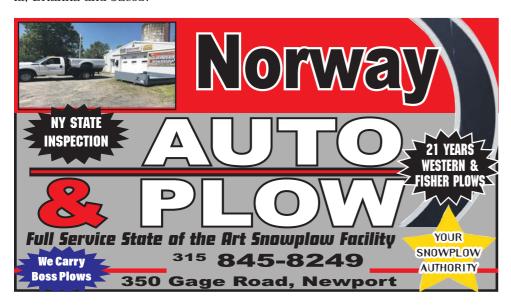
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VHS welcomes Mary Scalise

HERKIMER, NY — Valley Health Services welcomes Mary Scalise, physical therapist, to its professional staff. Scalise comes with a wealth of experience and is enthusiastic about her new role within the Rehabilitative Services Department.

With a Bachelor of Science in Physical Therapy, Scalise has over 16 years' experience working in long-term outpatient settings and some acute care. Scalise indicates that she has been at VHS since November 2017 and enjoys working with the residents and interacting with staff.

Scalise and husband, Joseph, live in Schuyler with their three children — Isabella, Brianna and Jacob.





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Mary Scalise, physical therapist, Valley Health Services.

Photo courtesy of Valley Health Services





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18 • January 19, 2018 COUNTRY EDITOR

Country Editor

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Number / Classification

- 20 Air Compressors 25 Air Tools
- 35 Announcements

- 160 Buildings For Sale 161 Bulk Foods / Spices

- 170 Butchering Supplies

- 190 Chain Saws

- 312 Crafts
- 360 Deer-Butchering & Hides

- 480 Fish

- 500 For Sale

- 537 Gifts
- 575 Greenhouse Supplies

- 810 Mobile Homes

- 813 Music
- 817 Nails

- Real Estate Wanted
- 975 Rentals
- Snowblowers
- 1080 Snowmobiles
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- 1165 Trees
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- 1190 Vegetable

- 45 Antiques
- 55 Appraisal Services 75 ATV
- 80 Auctions 82 Auto Body 110 Bedding Plants
- 120 Bees-Beekeeping
- 130 Bird Control
- 140 Books155 Building Materials/ Supplies
- 157 Building Repair
- 165 Business Opportunities
- 173 Carpentry 175 Cars, Trucks, Trailers
- 180 Catalogs
- 182 Catering
- 195 Cheesemaking Supplies
- 205 Christmas 214 Clocks & Repair
- 215 Collectibles
- 216 Clothing 235 Computers
- 253 Consignment 265 Construction Equipment For Rent 275 Construction Machinery Wanted
- 277 Construction Services 280 Construction Supplies
- 325 Custom Butchering 330 Custom Services
- 370 Dogs
- 410 Electrical 415 Employment Wanted 440 Farm Machinery For Sale
- 445 Farm Machinery Wanted
- 447 Farm Market Ítems
- 460 Fencing 470 Financial Services
- 483 Flooring
- 494 For Lease 495 For Rent
- 510 Fresh Produce, Nursery
- Fruits & Berries
- 527 Furniture 529 Garage Sales
- 530 Garden Supplies 535 Generators
- 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
- 811 Monuments
- 812 Multi Media
- 815 Motorcycles
- 820 Nurseries 910 Plants 950 Real Estate For Sale
- 960 RVs & Motor Homes
- 980 Restaurant Supplies 1040 Services Offered
- 1096 Sports 1109 Thrift 1140 Trailers
- 1148 Travel
- Truck Parts & Equipment 1180 Trucks
- 1200 Veterinary
- 1205 Wanted

Announcements

Announcements

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The Country Editor

Call Peg at 1-800-836-2888 or 518-673-0111

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Announcements

ARTICLES OF ORGANIZA-TION of PAINES HOLLOW FARMS LLC under section 203 of the Limited Liability Company Law formed on December 7, 2017 in Herkimer County which purpose is to engage in any lawful act or activity under the LLCL of the State of New York. process may be served to the Secretary of State at 2331 State Route 168, Mo-

hawk, NY 13407

CHECK YOUR AD - AD-VERTISERS should check their ads on the first week of insertion. Lee Newspapers shall not be liable for typographical, 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

WANTED: DVDS & VHS, all kinds, will pay money. 315-

or 518-673-0111.

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617 N Main St. Herkimer, NY, 2 apartments, #617, #619 nice and clean, ready to move in, both are 2-bedroom, living room, dining room, kitchen, stove and refridgerator included, call for details, 315-894-4351

MOHAWK: Single wide mobile home, 2 bed, 1 bath, set up in quiet country park, application process includes credit check, see details and photos at leatherstockingmhp.com Call 315-723-4270

FRANKFORT: Second floor all electric apartment. TWO bedrooms. Take a visual tour: www.crossettres.com Crossett Real Estate Services 315-894-8557

MOHAWK: Large 1 bedroom upstairs apartment. Utilities included. References. No smoking/pets/children. \$600/month +security. 315-717-8729

Dolgeville 2 bedroom apartment for rent, 1st floor, very includes clean, heat. washer/dryer hookup, off street parking, small pets allowed, Nonsmoker preferred, \$600/month 631-831-0670.

For Rent

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Miscellaneous

8x10 PHOTOS, only \$3.00, or get two 5x7's for \$3.00. Lee Newspapers, 6113 State Hwy. 5, Palatine Bridge, NY 13428. 518-673-3237

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VILLAGE OF ILION: Single family/3 bedroom. Motivated Seller due to relocation. Managed by Crossett Real Estate Services. Take a visual tour www.crossettres.com Free. Askina \$49,000.00. All Broker inquiries welcome.

VILLAGE OF FRANKFORT: Vacant building lot, 6,350 Sq.Ft. (50x127), Owner financing available. Take a visual tour www.crossettres.com Asking \$8.500.00 All Broker inquiries welcome. 315-894-8557

Real Estate For Sale

VILLAGE OF ILION: Commercial-Former Laundrymat + Floral Shop Survey site. Asking \$265,000.00 Take a visual tour www.crossettres.com All Broker iquires welcome. 315-894-8557

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Calendar of **Events**

COUNTRY EDITOR

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

JAN 19

Ilion Snowdrifters Fish Fries

Club House. Cedarville Rd., Ilion. 5 pm till gone. Takeout's available by calling 315-894-

JAN 27

Ilion Snowdrifters Band Night featuring the band "Nothing Town"

Club House, 1440 Cedarville Rd., Ilion. 8-11 pm at the Club house at 1440 Cedarville Rd. Ilion. 8-11 pm.

JAN 27

Ilion Knights Of Columbus Free Throw Contest

CVA main gym. 9 am Girls & boys ages 9-14 pre-registration available or register at event. For more information call 315 895 7611. **FEB. 10**

The Ilion Snowdrifters

Present the "500" Snowmobile Drag Races Behind the Club House, 1440 Cedarville Rd., Ilion. Starting at 12 noon with a DJ to follow at 5 pm. For more information call 315-894-7433.

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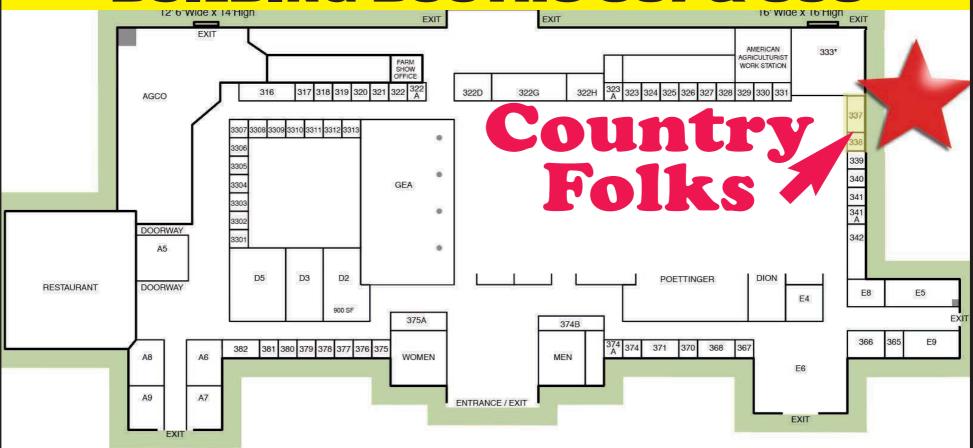
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DOLGEVILLE New Hope Christian Fellowship

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

DOLGEVILLEPaster 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. Anthony Bradseth 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 Mass 9 AM Sun, Mon & Wed

FRANKFORT OUR LADY QUEEN OF APOSTLES

414 Frankfort St., Frankfort, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 5:30 pm; Sunday 9:00 am; Tuesday & Thursday 9:00 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

ST. FRANCIS de SALES CHURCH

Rev. Mark Cunningham, Pasto 219 N. Bellinger St. Phone 866-4240 Saturday Vigil Mass 4 PM Sunday Mass 8 & 10:30 AM

HERKIMER 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. Utica, NY 13503 Phone 792-4748
Saturday 6 PM • Sunday 9 & 11 AM

OAK RIDGE FREE METHODIST CHURCH

Pastor Chris Schumske 838 W. German St. Sunday School (All Ages) 9:30-10:20 AM Worship Service 8:30-10:30 AM with iPraise for the children (K-5th grade) Phone 866-0575

UKRAINIAN ORTHODOX CHURCH OF ST. MARY'S PROTECTRESS 326 Moore Ave.

Sunday Divine Liturgy 10 AM Holy Day Liturgy 9 AM Phone 866-1336

NEW LIFE CHURCH

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.thesalvationarmy.org Sunday School 10 AM Morning Worship 11 AM

FIRST UNITED METCHODIST CHURCH OF

HERKIMER AND LITTLE FALLS
Pastor Joelle Faulks
Prospect St & Park Ave. Sunday Worship 8:30 & 10am Sunday School 10am during school year

HERKIMER 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 HERKIMER REFORMED CHURCH

102 Church St Phone 866-1523 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 (315) 866-0551 Email: christchurchherkimer@mail.com www.christchurchherkimer.org Sunday Services: 10:30 AM Bible Study: Fridays 7:00 PM (Parish Hall) Free Community Dinner: Next-to-last and Last Saturday of the month 5:00 PM (Parish Hall) Entrance to Parish Hall is on Mary Street

ILION ILION COMMUNITY CHURCH

Pastor Dean Mabry 44 Central Plaza Sunday Worship 10am Child Care/Kids Church Available ilionchurch.com

SAINT AUGUSTINE'S EPISCOPAL CHURCH

Deacon Bey Jones 78 2nd Street Phone: (315) 894-3775 Sunday School at 8:45 AM Adult Bible Study at 8:45 AM Holy Fucharist at 9:35 AM

FIRST PRESBYTERIAN CHURCH

90 Morgan St., Ilion, NY, 13357 Reverend Richard Riggle Bible Study 9:30am Church Service 10:30am 315-894-2070

FIRST BAPTIST CHURCH

8 Second Street Reverend John Partise Sunday Worship 11 AM

MORNING STAR UNITED METHODIST CHURCH

36 Second Street Reverend Bob Wallaber Sunday Worship 10 AM November 1 - May 1 4224 Acme Rd. Frankfort May 1 - November 1 36 Second Street, Ilion

ANNUNCIATION CHURCH 109 West Street, Ilion, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 4:00 pm; Sunday 11:00 am; Monday & Wednesday 9:00 am

LITTLE FALLS FIRST BAPTIST CHURCH 555 Albany St.

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

SUPERMARKET

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LITTLE FALLS FIRST BAPTIST CHURCH CONTINUED

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

ST. PAUL'S UNITARIAN UNIVERSALIST CHURCH

Minister Jeffrey J. Fran 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 F. 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

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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

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Fellowship Lunch 12:30 PM
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Wednesday Prayer & Bible Study 6 PM

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

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

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Donna's Day: creative family fun

by Donna Erickson

Whirl up smoothies for after-school snacks

Smoothie. It feels good just to say the word, doesn't it? I used to think of the concoction of naturally sweet, fresh fruit flavors with crushed ice and yogurt as a magical summer thirst quencher, but with so many healthy and sometimes surprising add-ins nowadays — from kale to beets and chia seeds — I recently dusted off my blender to give some new combos a whirl.

While my preference is still a traditional blend of vitamin-rich fruits and berries (even when they come out of a package from the freezer), my family likes a variety of updated twists, too — including adding coconut milk to the goodness for a refreshing, light taste.

But first, some smoothie basics using a standard blender.

- 1. Start with liquids such as juice, milk, kefir, yogurt, sparkling water and crushed ice.
- 2. Add fresh fruit (a half or whole banana is a standard ingredient for flavor and for thickening the mixture of any smoothie) and/or vegetables. To cut prep time, your school-age kids can prepackage and freeze fruit-and-veggie combinations in small plastic-bag packets. When it's time to make a smoothie,

toss in the contents of a packet with other ingredients.

3. Whirl it all together. I pulse a few times, then blend for 15 seconds or until smooth.

Now for my go-to recipe that is quick to make at breakfast time before sending kids out the door to the bus stop, or as a satisfying afternoon snack to refuel. Older school-age kids can make it themselves with attention to tastes and health needs. Be flexible, too, and experiment with the addition of other ingredients you have on hand, such as a few chunks of pineapple, slices of kiwi or a ripe mango. You really can't go wrong.

Fruit Smoothie with Coconut Milk

- 4 ice cubes, crushed
- 1 cup coconut milk
- 1/2 banana
- 1/2 cup plain, unsweetened yogurt

1 cup fresh or frozen berries, such as a combination of blueberries, strawberries and raspberries

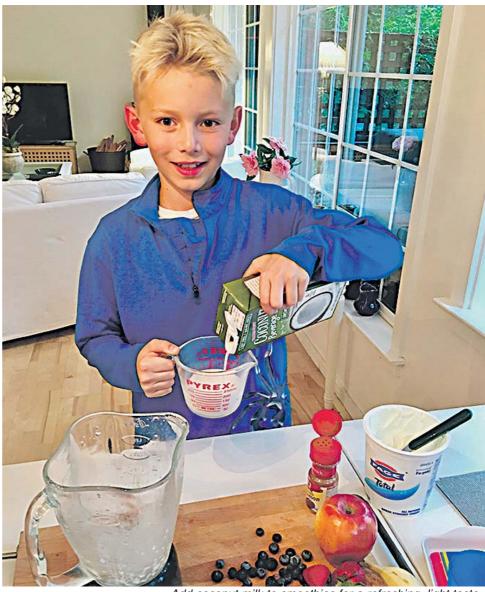
Dash of cinnamon (optional)

Place ingredients in blender starting with liquids, and process until smooth. Pour into glasses. Makes about 2 1/2 cups

TIP: If smoothie is too thin, add more fruit or yogurt. Too thick? Just add milk or fruit juice.

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Add coconut milk to smoothies for a refreshing, light taste.





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