

February 2, 2018

Country Editor

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Volume 7
Number 37

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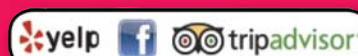
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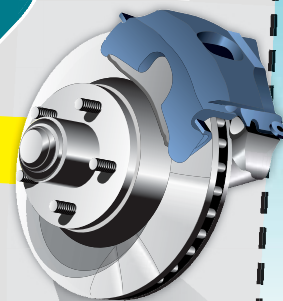
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Flu is surging

Herkimer County Public Health is urging everyone six months and older to receive a flu vaccine as cases of influenza rise across the state.

In recent weeks new cases have been diagnosed in all counties of the state, and reported hospitalizations with laboratory-confirmed flu are at record highs.

"The flu is a serious disease. It can lead to hospitalization and sometimes even death," said Lonna Hart, CHN of Herkimer County Public Health.

"The most effective way to protect yourself and your loved ones from the flu is by getting a flu vaccination," she said.

According to the State Health Department, vaccinations should continue throughout flu season, as long as flu viruses are circulating. Flu vaccine can vary in how well it works, but remains the best way to prevent illness and influenza complications, including those that can lead to hospitalization. Even when flu vaccine does not prevent illness, it still lessens the severity and shortens the duration of the flu.

To receive a flu shot, contact your local health care provider or pharmacy, or find information about vaccination clinics by contacting your local health department or agency at www.health.ny.gov/contact/contact_information/index.htm.

Unlike a cold, flu symptoms come on fast and may

include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. People infected with influenza may have respiratory symptoms without a fever.

"People with the flu should drink plenty of liquids, rest and contact their health care provider if they feel very ill or do not seem to rebound after a few days. If you think you have the flu, you should stay home to avoid spreading it to others," Mrs. Hart said.

The State Health Department recommends that people who are very sick, or people who are sick and at high risk of serious complications of the flu, be treated early with flu antiviral drugs. Antiviral drugs work best when started within two days of symptoms first appearing. There are no current shortages of antiviral drugs, and manufacturers report they expect to meet projected seasonal demands.

"People at high risk for complications of flu should contact their health care provider as soon as they develop flu-like symptoms," Mrs. Hart advised.

Since the flu virus can spread through coughing or sneezing, it is especially important for family members and people who have regular contact with high-risk individuals to be vaccinated.

Those at highest risk for complications from flu in-

clude people 65 years and older, children younger than five years old, pregnant women and people of any age with chronic, long-term health problems such as heart or lung disease, kidney problems, diabetes, asthma, anemia, HIV/AIDS or other illnesses that suppress the immune system.

For more information on the current flu season and how to protect yourself and your family, visit the State Health Department website at www.health.ny.gov/flu or call Herkimer County Public Health at 315.867.1176. For information on the prevalence of flu in New York State, visit www.health.ny.gov.

To find a flu vaccine near you, visit: <https://vaccinefinder.org/>.

Little Theatre to hold auditions for A Bad Year for Tomatoes

Comedy in a small town seeks variety of performers

ILION, NY — The Ilion Little Theatre will hold auditions for the comedy *A Bad Year for Tomatoes* on Sunday, Feb. 11 at 6:30 p.m. and Tuesday, Feb. 13 at 6:30 p.m. at the theatre.

Written by John Patrick and directed by Rick Vroman, *A Bad Year for Tomatoes* finds Myra Marlow fed up with the pressures and demands of her acting career. Leasing a house in the tiny New England hamlet of Beaver Haven, Myra settles down to write her autobiography. She is successful in turning aside the offers pressed on her by her longtime agent, but dealing with her nosy, omnipresent neighbors is a different matter. In an attempt to shoo them away, and gain some privacy, Myra invents a mad, homicidal sister who is kept locked in an upstairs room but occasionally escapes long enough to scare off uninvited visitors.

Four females and three males ranging in ages from 20s and upward are sought for a variety of roles:

- MYRA — successful actor looking to get away from it all
- TOM — cynical Hollywood type
- PINEY — backwoods handyman
- WILLA MAE — witch of Beaver Haven, reading tea leaves and palms
- REBA — doesn't believe in gossip, gossips constantly
- CORA — not all there, never met a bottle of scotch she didn't like
- SHERIFF — law enforcer

Actors will be asked to read scenes from the play dur-

ing auditions. Crewmembers to work backstage and run tech such as lights and sound are also sought and can email their interest to ilionlittletheatre@gmail.com

The performance dates for *A Bad Year for Tomatoes* will be April 6, 7, 8, 13, 14 and 15. *A Bad Year for Tomatoes* concludes the Little Theatre's 2017-2018 production season.

The Ilion Little Theatre is located at 13 Remington Ave in the village of Ilion, directly behind Remington Arms.



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Public art display good for students and community

by Jessica Arsenault Rivenburg

ILION – Art. It’s considered an elective and often suffers budget cuts first when schools have to pinch pennies. But many would argue art is an important part of life and learning.

“Art education is an integral part of a child’s intellectual, social, emotional, and physical growth,” said Cooney, an art teacher and art department director for Central Valley Academy. “Art education is so much more than ‘meets the eye.’ Students are given opportunities to use prior knowledge and skills, and make choices while engaging in creative problem solving. The process one experiences while creating a work of art, is directly related to the same process that scientists and inventors use when making discoveries.”

To help get that message across to society at large, Cooney and fellow CVA art teacher Christina Korba believe firmly in giving students the opportunity to show off their work and the community the opportunity to admire it.

“When we can display student art work publicly and show the community their hard work and what they can do, I think it helps everyone,” Korba said.

To that end, the CVA art department has been hard at work creating public art displays. In May, Cooney secured a slot in the Remington Room of the Ilion Public Library for the entire month, something she intends to make an annual event with another display this spring, she said.

For the month of January, visitors to Moose River Coffee could admire a semi-permanent display of student artwork that was installed near the door.

“Chris is one of our regulars here and she mentioned

some time ago that she had some very talented students and asked if we would be interested in displaying some of their artwork here,” Moose River Owner Yvonne Winter said. “And I said, ‘Absolutely!’ That’s what we’re about here – supporting community.”

The plan is to switch out the art monthly and showcase student artwork from all grade levels, Korba said. To begin with, six pieces are on display from high school students learning under Korba. In February, it may be kindergarten students who get to showcase their work. Korba said she and her fellow CVA art teachers will work out a schedule.

But the art displays will not stop there. Moose River Coffee, located on lower Otsego Street, will be open to all area schools as an amateur gallery, said both Korba and

Winter. That is something Korba said she will work on by reaching out to other area art teachers.

“What is important to me is that the public gets to see the value art has on young artists’ lives and how much they need it,” Korba said. “We all win if the public values and appreciates the work.”

“Exhibiting student art work in the schools and in the community is important, first and foremost, to convey to students that teachers value what their students accomplish,” Cooney added. “It provides a sense of confidence and has a positive impact on students’ self-esteem. There is a need to educate the public as to the importance of visual arts education and the benefits for our children to have the opportunity to engage in the kinesthetic experiences of creating.”



CVA high school student artwork on display at Moose River Coffee in Ilion.

Photo by Jessica Arsenault Rivenburg

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It's On: Chili Challenge set for Feb. 11

The Chili Challenge to benefit the Mohawk Valley Rotary Club will be held from noon to 3 p.m. Sunday, Feb. 11, at Francesca's Banquets & Catering, 144 E. Main St., Ilion.

The Chili Challenge features professional cooks and the best chili in the Mohawk Valley. Usually held on the Sunday after the Super Bowl, the event has regularly attracted more than 200 people who are looking for a tasty way to stay warm in the dead of winter.

The competition includes restaurant contestants, with award categories in each league (People's Choice, Most Unique, Best Presentation and Hottest). Visitors will have an opportunity to vote for their favorite chili.

Some of the competitors include Dominick's Deli in Herkimer, Heidelberg Café in Herkimer, PK's Pub in Herkimer, O' Baby's in New Hartford, Franco's Pizzeria in Ilion, Cucina Berto from Herkimer Elks, Moose River Coffee in Ilion, and the Travelodge in

Little Falls.

The family-friendly event will also include a 50/50 raffle, beer tasting, DJ and our celebrity host from WKTV, Steve McMurray.

The event will be one of Mohawk Valley Rotary Club's top fundraisers. Locally the Mohawk Valley Rotary Club served the villages of Mohawk, Ilion, Herkimer and Frankfort. Our goal is to give back to the community with our time and raised funds. Rotary's motto is "Service Above Self." Our local Rotary

club supports numerous local organizations. We are involved locally with the "Adopt a Highway" program, food drive to benefit our local Catholic Charities and Salvation Army pantries, "Books for the World", where we collect and send books to underprivileged children in third world countries, Youth Exchange program, Dolly Parton Literacy Program and much more. You can see what Mohawk Valley Rotary Club is up to by liking our Facebook page:

www.facebook.com/MohawkValleyRotaryDistrict7150.

For more information about the Chili Challenge or joining the Mohawk Valley Rotary club, please contact Francesca Magro, event chair, at 315.895.0800.

If you go:

What: Chili Challenge
When: Noon to 3 p.m., Sunday, Feb. 11

Where: Francesca's Banquets & Catering, 144 E. Main St., Ilion

Entry Fee: \$10 (children 12 and under free). (No pre-sale tickets)

Senior News Line

by Matilda Charles

Flu hitting seniors hard this winter

Flu season is cutting a wide swath this winter, and seniors are being hit hard. Depending on your source, the flu shots we were given in the fall are between 10 percent and 30 percent effective. That's not very good. The worst one this year is the Influenza A (H3N2) strain. Your protection will depend on the type of shot you got (trivalent or quadrivalent). If you're over age 65, chances are you were given the high-dose trivalent, which produces a better immune response.

To keep tabs on how the flu is moving through your state, go online to your state's department of health. Many of the sites have weekly updates showing lab-verified flu statistics, flu-like illness

stats, hospitalizations and deaths. Or you can check the Centers for Disease Control and Prevention's Influenza Surveillance Report. Look for the USA map and click on your state. You'll also see that the age range that's being hit the hardest is age 65 and over, followed by those in the 50-64 age range.

One of the best ways to fend off the flu is to wash your hands frequently, especially after you've been out. At the grocery store, make use of sanitizing wipes on cart handles, or slather the handles with alcohol-based hand sanitizer. When you get home, wash your hands before you put away the groceries, and even before you pet the dog or cat that's been waiting for you.

Other helpful ideas are to use your own pen at the bank. Keep

your hands away from your face. Wrap antibacterial wipes around doorknobs and leave them there until they dry. Wipe down the refrigerator door handle, microwave buttons and cellphone the same way.

And did I mention washing your hands?

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Calendar of events

Feb 2 – 25

More GenY. The Other Side Gallery, 2011 Genesee St., Utica. Artworks by Pratt/MWPAI Artists Michael Giordani, Yulia Levkovich, Claudine Metrick, and Jamie Young will be on display. Opening reception Feb. 2, 5:30-7:30 p.m. Gallery hours Thursdays from 5-7 p.m. and Saturdays from noon-2 p.m. or by appointment. For more information contact Rainer at 315.395.5235 or rainermariawehner@web.de.

Feb 9

Valentine Bake Sale. M&T Bank, 3078 Bridge Street, Newport. 9 am until sold out. For more information contact Jean Davidson getjeanjenks@aol.com.

Feb 9 – Mar 30

The Poland Vol. Fire Dept. Auxiliary's Fish Fries, Poland Firehouse Station #1, 216 Rt. 8. Fri-

days. Serving 4-8 p.m. Call for take-outs at 315.826.7141.

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 p.m. For more information call 315.894.7433.

Feb 15

Chicken and Biscuit Dinner, Emmanuel Episcopal Church, The Parish Hall, 594 E. Albany St., Little Falls. 4-7 p.m. or sold out. Adults \$10, kids 5 and under free. Free local deliveries. Take-outs available. Call day of dinner at 315.823.7009.

Feb. 13

Herkimer County Local Early Intervention Coordinating

Council meeting. 2 p.m. 301 North Washington Street, Public Health Department 3rd floor conference room, Herkimer, NY. Call 315.867.1176

May 19

Fort Klock Opening Day. 10 a.m. - 4 p.m. Experience the sights and sounds of 1776! Join us at Fort Klock for a special living history event featuring a chandler, black smith, tin smith, weaver, militia muster hands-on demonstrations and more! Fort Klock, St. Johnsville, NY. 518-568-7779 www.fortklockrestoration.org

NOTE: Calendar items must be submitted by Tuesday prior to the publication date to be included in the Calendar of Events. Entries may be emailed to cfeditor@leepub.com.

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Unique ways to celebrate Valentine's Day

Valentine's Day is an opportunity for couples to celebrate their love for each other, whether their relationship is relatively new or has endured through many years.

The National Retail Federation estimates that Americans are expected to spend close to \$20 billion on Valentine's Day this year. While chocolates and champagne are high on the list of most-purchased items for Feb. 14, couples should not feel beholden to tradition on Valentine's Day. This year may be the perfect time to try something new, even if it's out of couples' comfort zones. Here are some novel ideas for couple's looking to set their celebrations apart.

• **Paint and sip:** Couples can take part in a growing trend this Valentine's Day. At paint-and-sip events, people are guided step-by-step through the process of painting their own masterpieces. Breaks are provided through the evening to indulge in beverages and snacks of choice. Couples can bring along a bottle or two of wine and a platter of cheeses, chocolates or other Valentine's Day fare. Those interested can inquire at their nearest paint and sip location,



Valentine's Day might be a time for romance, but couples should not hesitate to buck tradition and spend the day together engaging in activities that accommodate their interests.

such as Pinot's Palette, for Valentine's Day specials.

• **Activity night:** Couples who are naturally competitive or devoted sports fans can enjoy the evening by engaging in some healthy competition. Some restaurants host trivia nights, or couples can head to the

nearest arcade and battle it out. Panic and escape rooms are cropping up in towns across the country. These employ 60-minute real-life experiences in which participants must solve clues to escape the room. This can be a great bonding experience for fun-loving couples.

• **Chef lessons:** Although some couples may dine out on Valentine's Day, men and women who like to dabble in culinary arts can prepare their own meals from the comforts of their own kitchens. Others may want to enroll in classes that provide expert instruction from area chefs or culinary instructors. Cooking classes can be an ideal way to spend time together learning skills that can be put to use again and again.

• **Adventures:** Couples who like to push the envelope can explore the possibilities of thrill-seeking activities. Some may include bungee-jumping, hot-air balloon rides, taking laps at the racetrack, or hitting the ski slopes.

Valentine's Day might be a time for romance, but couples should not hesitate to buck tradition and spend the day together engaging in activities that accommodate their interests.


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The various types of chocolate

Valentine's Day is a popular time to indulge in sweets. In fact, according to Nielsen, more than 58 million pounds of chocolate candy will be sold during the week of Valentine's Day.

Chocolate wasn't always the sugar-sweetened dessert people consume today. The history of chocolate dates back to 1900 BC, when Aztecs believed the cacao seeds were the gift of Quetzalcoatl, the god of wisdom. Chocolate was made into fermented beverages, and the cacao beans also were used as a form of currency because they held so much value.

According to the History Channel, some ancient civilizations considered chocolate to be a mood enhancer and aphrodisiac. Chocolate was believed to have mystical properties and was revered so much that it was reserved for rulers, warriors and priests.

It was not until centuries later that edible chocolate became popular among the masses. Dutch chemist Coenraad Johannes van Houten invented the cocoa press, which could turn extrude cocoa butter, paving the way for the modern age of chocolate as a confectionary ingredient and gift.

Choosing the right type of chocolate may require gaining an understanding of various chocolate-related terms.

- **Cocoa powder:** This is the unsweetened raw form of cocoa made from partially defatted chocolate liquor. Dutch-processed (alkalized) cocoa powder is milder and less acidic than natural cocoa powder.

- **Unsweetened chocolate:** "Bitter" or "baking chocolate" are other names attributed to unsweetened chocolate. It is best used in baking when it can be combined with sugar and other ingredients. It is also the base ingredient of most forms of chocolate, with the exception of white chocolate.

- **Dark chocolate:** Chocolate that contains only chocolate liquor, sugar, cocoa butter, vanilla, and lecithin is considered dark chocolate. No milk solids are added in. The higher the percentage on the wrapper, the more bitter the chocolate.

- **Milk chocolate:** In addition to dark chocolate ingredients, milk chocolate also contains dry milk solids or condensed milk. It is sweet and has a mild chocolate taste.

- **Bittersweet and semi-sweet:** These chocolates are milder than dark chocolate, but not as sweet as milk chocolate. Many chocolate manufacturers derive their own formulations for these types of chocolate, varying the amount of cocoa solids they include.

- **Couverture chocolate:** An expensive chocolate, this is coveted by professional bakers or confectioners. It

contains a high percent of cocoa butter and chocolate liquor, which helps it to melt evenly. It is ideal for tempering and can coat candies smoothly.

- **Ganache:** Ganache is a whipped filling, glaze, icing, or sauce that is used in various desserts. It is made by heating cream and pouring over chocolate of any kind. When cooled, it is malleable but not runny, which is why ganache is often used in making candies or fillings.



Choosing the right type of chocolate may require gaining an understanding of various chocolate-related terms.

- **Truffle:** A chocolate truffle is made from a ball of ganache rolled in cocoa powder. Truffles can be made from any variety of chocolate.

Chocolate is a favorite on Valentine's Day, making it a perfect gift or dessert.



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Upcoming Sales to Watch for:

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Sat. April 14th - Alfred State College Spring Fling - sale held at Alfred College

Sat. April 21st - New Berlin, NY. Annual Spring Consignment Spring Machinery Sale

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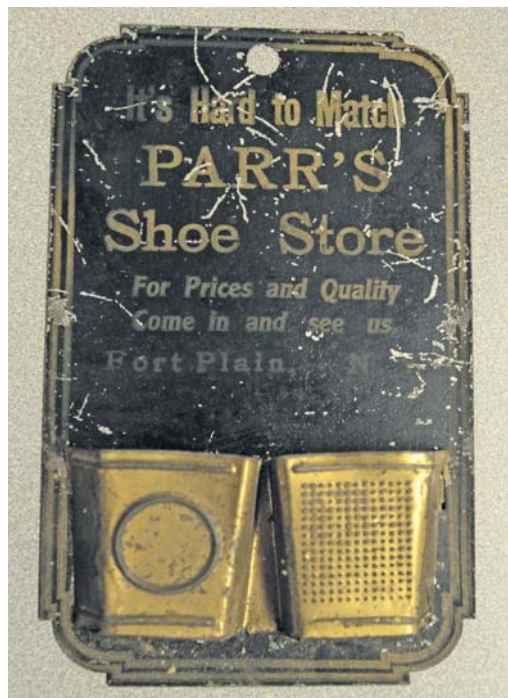
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Whatchamacallits



Matches were a tremendous part of life once they were invented. But they were made a bit too well, as they would combust easily just by rubbing up against another coarse surface, be it a table or even another match. This led to the invention of this week's Whatchamacallits — match holders.

There are a variety of different match holders, depending on the purpose or time period. These are wall-mounted match holders, made out of tin these particular match holders were molded and soldered into form. Each one has a strike pad and space to keep the matches from igniting when they weren't meant too. They each also feature advertisements of local businesses around the Capitol Region of New York. However, they differ in the style.

The one of the left reads, "It's hard to match Parr's Shoe Store for prices and quality. Come in and see us.

Do you have your own Whatchamacallit?

Send a photo and short description to cbarden@leepub.com or call Camden at 518-673-0144

Fort Plain, NY." The holder on the left side would have a small piece of sandpaper glued to the tin, offering another option for a striker. In 1890, John Parr opened the store and was a part of it until 1953. The match holder would have hung outside of his store to offer a match while promoting his business.

The match holder on the right reads, "Adriance Farm Machinery" while displaying an illustration of the Adriance Corn Binder. This company, the Adriance, Platt & Co., was located in Poughkeepsie, NY. Despite being in business for roughly 70 years, the company was purchased by Moline Plow Co. in 1913.

The use of the match holders was an average occurrence, as matches were needed to light stoves, lanterns, cigarettes and many other items.



What various flowers can represent

Flowers are popular come Valentine's Day, as various blooms can signify love and affection. Roses are one of the most popular flowers to gift on Valentine's Day, and according to Bankrate, men and women can expect to spend \$41.66 on a dozen roses.

Some gift-givers may want to deviate from the standard bouquet of roses and offer flowers that are more in tune with their recipients' preferences.

Flowers have long been used to convey certain feelings in many cultures. Folklore, poetry and mythologies have played a role in defining the various meanings associated with certain blooms.

Understanding the meanings behind various flowers can help Valentine's Day celebrants more accurately express their feelings toward the special people in their lives. Read on to learn more about what certain blooms may symbolize.

- Amaryllis: This flower

symbolizes splendid beauty and can be given to indicate worth beyond beauty.

- Aster: The popular aster symbolizes wisdom and devotion.

- Bird of Paradise: The interesting shape and rarity of these blooms symbolizes joyfulness and magnificence. It can be an exciting flower, and one that evokes feelings of anticipation.

- Black-eyed Susan: These vibrant blooms represent justice and can be ideal for the person who works in the legal profession.

- Carnation: A less expensive alternative to roses, carnations represent pride and beauty. Furthermore, the colors of carnations represent different meanings. Red symbolizes love, while pink is for a mother's love and white represents innocence and pure love.

- Daisy: Innocence and purity are the meanings behind the yellow and white daisy. This can be the perfect pick for new,



Customize Valentine's Day bouquets with flowers that have specific meanings.

young love.

- Freesia: Those wanting to evoke passionate feelings can choose

freesia, which is also said to mean "joy."

- Hydrangea: Hydrangeas symbolize

heartfelt emotions and can be used to express gratitude for being understood. This may be the perfect "making amends" flower.

- Lilac: Couples seeking tranquility and passion can turn to lilacs. The calming lavender hues also can be a welcome change in floral arrangements.

- Rose: Of course, no Valentine's flower roundup would be complete without roses. Roses represent love and passion, and, like carnations, their colors sym-

bolize different things. Red roses represent desire, pink roses suggest happiness and white roses symbolize worthiness. Avoid yellow roses, which suggest fading love.

- Zinnia: Zinnias symbolize thoughts of distant friends and can make a thoughtful friendship arrangement to send to a faraway comrade.

Flowers are part of many Valentine's Day celebrations. By learning the meanings behind different flowers, men and women can make their feelings better known.

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To Your Good Health

by Keith Roach, M.D.

Beware use of

Prevagen for Alzheimer's disease

Dear Dr. Roach: Could you please discuss the use of Prevagen for Alzheimer's disease? My chiropractor wants me to take it because my mother had Alzheimer's. She says her father is doing well and not progressing. What do jellyfish have to cause this result? I have not seen any research from medical facilities that back this up. — L.C.

Answer: I could not find any peer-reviewed literature that supports the use of Prevagen for Alzheimer's disease or other neurological disease. The manufacturer has unpublished data on its website that suggests there may be a benefit in memory. There is also a study in rats that suggests the active protein, apoeaquorin, may protect

nerve cells against loss of glucose and oxygen. This protein was originally identified from luminescent jellyfish but is made synthetically in Prevagen. The rat research result is surprising, since proteins are normally broken down in the GI tract, and would not be expected to have activity in the brain.

There are reports made to the Food and Drug Administration of serious adverse events from this product. A supplement is not required to show its benefit; in fact, the product information for Prevagen clearly states that it is "not intended to diagnose, treat, cure, or prevent any disease." I don't recommend using this product until there is clear, peer-reviewed evidence that it is better than placebo. In my mind, taking any treatment — drug or supplement — to prevent a condition requires the high-

est level of certainty.

Dear Dr. Roach: I am a 50-year-old female. How accurate are the results of fecal blood tests? In May, then July, I saw what looked like blood in my stool. My GP ordered the fecal blood test, three smears over three days. Results negative. Then in November I saw it again. My doctor said since the fecal test showed no blood, there is no blood.

My sister had colon cancer at age 45. I have had pre-cancerous polyps removed every three years for the past 10 years. Can I trust the fecal blood test results? — S.C.

Answer: The fecal occult blood test uses an enzyme that causes a color change in the presence of heme, a component of hemoglobin, the major protein in blood. Although the fecal blood results are pretty accurate, they can be

erroneous in two ways: a false positive and a false negative.

A false positive means the stool test is positive when there is no blood. This can happen from eating raw vegetables (many types, especially turnips and radishes) and meat. A false negative can happen in the presence of large amounts of vitamin C, but more importantly, many lesions of the colon, including colon cancer, bleed only intermittently.

In my opinion, someone with a history like yours, including precancerous polyps and a family history of colon cancer, should have a colonoscopy as the screening test rather than stool cards.

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Fire Burn Awareness

Burns are among the most painful and devastating injuries a person can sustain. In the United States, fire burn injuries are the sixth leading cause of unintentional injury death. In New York State in 2006, 175 people died due to this type of injury, and 21,629 more were either hospitalized or treated in an emergency room. But, the good news is that most burns are preventable.

"When most people think about injuries from burns, they think of house fires or incidents involving fireworks," said Diane Ward, CHN of Herkimer County Public Health.

"We know we should keep children away from matches and no one should play with fireworks. But there are many more measures that can be taken to protect yourself and your loved ones from burns," she said.

Everyone should install

and maintain smoke alarms on every floor of their home, including the basement, and especially near sleeping areas. Also, develop a family fire escape plan and practice it every six months. Remind every family member that if caught in a smoky room, they should get as close to the floor as possible.

The New York State Department of Health advises you to:

- Test your smoke alarms every month, replace batteries annually and clean the alarms using a vacuum or hair dryer.

- Keep a fire extinguisher in your kitchen. Most house fires start in this room.

- Know your exits and practice escape plans through each of them.

According to the State Health Department, most burn injuries in the home occur in the kitchen. Use caution while using appliances and never leave food un-

attended on a stove. Also, when young children are present, cook on a back burner and keep all pot handles turned back, away from the stove's edge.

"A smart way to keep children safe in the kitchen is to create an area out of the traffic path where children can play while being supervised," Ms. Ward advised.

Install anti-scald devices on your faucets, set your water heater temperature at 120 degrees and use child-resistant cigarette lighters. Be cautious when using the following items and keep them away from young children: potpourri pots, scented candles, hot steam vaporizers (let the water cool before emptying them), home radiators (hire a professional

to repair your radiator; do not remove or release the pressure valves), household cleansers or other chemicals (keep in a locked cabinet away from children), lawn products or fresh ce-

ment.

For more information about preventing burns, call Herkimer County Public Health at 315.867.1176 or visit the State Health Department at www.health.ny.gov.

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by **Angela Shelf Medearis**
Spend less, save more at the grocery store

Benjamin Franklin famously wrote that “a penny saved is a penny earned,” meaning that

money not spent is money in your pocket. If saving money is on your mind these days, one of the best places to start is with your food budget. Small changes in your shop-

Kitchen Diva

ping and food consumption habits can add up, helping you save lots of money.

Here are some tips for budget-friendly shopping:

- Compare brands and look at the cost of food per serving. If you will use all of it, the bulk or economy size is often (but not always) a better price per serving. Use a calculator to figure the actual cost per serving.
- Buy non-food items from discount stores. This includes pet food, cleaning supplies and personal-care items. You'll pay more for these at the grocery store.
- Stock up on non-perishable foods when they're on sale — so long as you'll eat them and they won't go to waste.
- Purchase the store's brand of products as much as possible. Many large chains have private-label agreements with major food producers. It's the same product as name-brand labels, but with the store's packaging and a lower price.
- You'll pay more for junk foods and convenience foods: Ready-to-cook or already cooked foods are more expensive. If you prepare it yourself, you'll save money and have control over what goes in the food, such as less fat and salt. Nutritious foods are a better value. Remember, the fiber in fruits and vegetables fills you up and keeps hunger away.
- Look high and low. Bargains are usually on the top or bottom shelves, not at eye level.
- Use coupons and track your store's loss-leaders — low-priced items to get you into the store so you'll buy other higher-priced products. Different sections of the store

are featured each week, and some stores have coupons near sale items. Stock up and save!

- Repackage large containers of food into smaller containers and bags. This will make foods more convenient to grab and go.
- Cook once, eat twice. Buy enough ingredients to cook more than one meal and freeze meal-sized portions. This also ensures that you'll use leftovers and won't waste food.

This week's recipe uses a roasted chicken and a few simple ingredients for two meals. Serve the Herb and Lemon Roasted Chicken with your favorite sides for one meal. Reserve two cups of chicken meat and use it for the Creamy Lemon Chicken Pasta. One chicken, served twice, saves money!

Herb and Lemon Roasted Chicken

- 1 (5 1/2 pounds) chicken
- 1 1/2 teaspoons Kosher salt
- 1 1/2 teaspoons freshly ground black pepper
- 1 small yellow onion, cut in half and peeled
- 1/2 lemon (reserve the rest for 2nd recipe)
- 2 cloves garlic, peeled (reserve the rest for the 2nd recipe)
- Olive oil for drizzling
- 2 tablespoons poultry seasoning
- 1. Heat oven to 425°F. Line a rimmed sheet tray with parchment paper.
- 2. Pat the chicken dry with paper towels. Place chicken on sheet tray. Sprinkle salt and pepper inside and outside of the chicken. Place the onion, half a lemon and the garlic into the cavity of the chicken. Drizzle with olive oil and sprinkle the poultry seasoning

on the outside of the chicken and rub the mixture all over the chicken.

- 3. Roast chicken for 1 1/2 hours, until the juices run clear and a thermometer inserted in the thickest part of the thigh reads 165°F. Remove from oven and rest for 20 minutes before carving. Makes 4 servings.

Creamy Lemon Chicken Pasta

- 1 pound penne or ziti
- 3 ounces cream cheese
- 1/4 cup heavy cream
- 1 small clove garlic, finely chopped
- 2 teaspoons grated lemon zest
- 2 tablespoons lemon juice
- 2 tablespoons poultry seasoning
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/8 teaspoon red pepper flakes
- 2 cups frozen peas, thawed
- 2 cups cooked, skinless, shredded chicken
- 1. Bring a large pot of salted water to a boil over high heat. Stir in pasta and cook according to package directions.
- 2. Using a small bowl, mash cream cheese, cream, garlic, lemon zest, lemon juice, poultry seasoning, 1/2 teaspoon of the salt and pepper and the pepper flakes together with a fork.
- 3. Set aside 1/2 cup of the pasta cooking liquid and drain pasta. Return pasta to pot and add cream cheese mixture, peas and chicken. Stir in cooking liquid. Season with remaining salt and pepper. Makes 4 to 6 servings.

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Early Intervention Coordinating Council meeting

The Herkimer County Local Early Intervention Coordinating Council (LEICC) will meet on Tuesday, Feb. 13, at 2 p.m., in the Herkimer County Courts Building, 301 North Washington Street, Herkimer, NY. The meeting will take place in the Public Health Depart-

ment 3rd floor conference room. This meeting is open to the general public. If you are the parent of a child currently receiving Early Intervention services or who has received services within the past 10 years and would like to become a member of the council to advise

on the policies of the program, we welcome your participation. Parents are our most valuable resource in creating the best program for the children. Any questions please contact Supervisor Mary Siniscarco at 315.867.1176.

Country Preacher

by Pastor Dan West

What does the Bible say about fun and happiness? In years past many Christians seemed to convey the message that one should be stern, serious, and dour if they were a true believer. Certainly there are times that require a serious and reverent attitude, but The Bible is clear that joy and happiness are good for us.

Proverbs 17:22 says a merry heart does us good like a medicine! Cheerfulness can make a positive difference in our health. On the other hand, Solomon said in **Proverbs 12:25** that "heaviness in the heart of man makes it stoop, or lower itself. He goes on to point out that a good word makes the heart glad and a merry heart is like a continual feast. (15:15)

In the New Testament both Jesus and the Apostle John spoke and wrote several times "that your joy might be full! Jesus told His followers in **John 15:11** that He taught them about Himself "that My joy might remain in you, and that your joy might be full." In **John 16:24** Jesus tells His followers to ask Him for what they want so He can give it to them and make their joy full.

Jesus also said (**John 13:17**) to His followers about His teachings, "If you know these things, happy are you if you do them." Clearly knowing and doing what the Lord says is the key to joy and happiness in this life, and for all eternity. This writer can personally attest to this fact. What makes you happy, something temporary or Somebody eternal?

Flu Prevention

A flu shot is the best way to protect yourself, your family and friends, but taking simple precautions can also go a long way toward avoiding the misery of influenza, advises Amanda Jones, CHN of Herkimer County Public Health.

Flu viruses are spread mainly from person to person through droplets made when people with flu cough, sneeze or talk. Flu viruses also may spread when people touch something with flu virus on it and then touch their eyes, nose or mouth.

"Good health habits, like covering your cough and washing your hands, often can help stop the spread of germs and prevent the flu," said Mrs. Jones.

She offered these tips to stay healthy during flu season.

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

- Stay home when you

are sick. This will help prevent spreading your illness to others.

- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

- Clean your hands. If soap and water are not available, use an alcohol-based hand rub.

- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

- Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill.

- Practice other good

health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

To receive a flu shot, contact your local health care provider or pharmacy, or find information about vaccination clinics by contacting Herkimer County Public Health at 315.867.1176.

For more information on the current flu season and how to protect yourself and your family, visit the State Health Department web site at www.health.ny.gov/flu and the CDC at www.cdc.gov/flu/protect/habits.htm.

To find a flu vaccine near you, visit: <https://vaccinefinder.org>

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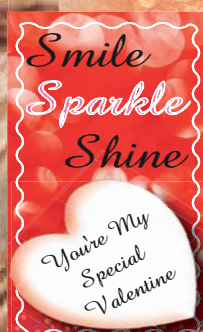
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Announcements

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Paw's Corner

by Sam Mazzotta

Pet hospice care a growing option

Dear Paw's Corner: A few months ago, I lost one of my cats, "Enos," to a lengthy illness. He was a senior cat and had a number of issues, like diabetes, that caused him to go downhill fairly quickly. When it became apparent that he was only going to get worse, not better, his veterinarian suggested that we go ahead with euthanasia.

Enos wasn't ready to go, however. He was tired and barely able to walk, but his eyes were still bright and he still responded to us. I asked if there was any other way to ease his pain without putting him to sleep, and the veterinarian suggested hospice care specifically for pets.

This turned out to be a wonderful option. The vet recommended another veterinarian who specialized in pet hospice. There was some additional expense and more time needed to properly care for Enos, but he lived like a king, largely free from pain, for almost six months before passing quietly. I highly recommend that owners of senior pets consider hospice as an option to euthanasia. — Carol in Boone, NC

Dear Carol: Condolences on the loss of Enos. It sounds as if you were able to extend his life comfortably thanks to hospice care.

This can be a good option for owners trying to cope with the impending loss of a pet, but it's important to research hos-

pice care and to pair with a veterinarian who is knowledgeable and experienced with this option. It requires much closer observation and care by the owner, and

much more frequent treatment by the vet. Owners need to be prepared for the greater investment both time and money.

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Now Here's a Tip

by JoAnn Derson

- Keep makeup brushes in tip-top shape: Wash with a good brush cleaner weekly, and store upright in a jar (bristles up). Don't toss them in a box, bag or drawer with your makeup! They may pick up unwanted pigments and the facial bacteria can compromise makeup!

- If your dryer is taking a long time to run its cycle and the clothes STILL aren't dry, check your lint trap. Follow the hose all the way to the end, and be sure to check the grate that is in place where the hose exits an exterior wall. Lint can build up here, making it hard for heat and steam to escape. It's also a fire hazard.

- "In our house, we use nail polish to distinguish whose plastic leftover containers are whose. My roommate and I both bought the same set (a good deal!), and we painted a little X on the bottom

and on the top of the lids in contrasting colors. So I only use the red dot ones, and she uses the dark blue." — M.T. in Florida

- "I purchased a couple glass-cleaning cloths that were nice and big. I used my sewing machine to sew the edges together and make a little sack. It stores my reading glasses, and I can keep them clean and not scratched up." — R.E. in Missouri

- "I wanted to use my staple gun to attach a cord along a board for a craft project. I taped a craft stick to the bottom so that the staple would not go in all the way, leaving an allowance for the cord. I just used extra-long staples. It worked great and turned out very secure, and I didn't have to worry about a staple slicing up an electrical cord!" — F.D. in Texas

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Valentine's Day numbers to know

Valentine's Day is one of the most popular days of the year to celebrate. Here's a look at some interesting numbers associated with this day to celebrate the love people have for one another.

400: The year that Pope Gelasius declared Feb. 14 a day to honor Saint Valentine.

62: The percentage of adults who say they celebrate the holiday.

1.7: The amount, in bil-

lions, that is spent on candy for Valentine's Day, according to the National Retail Federation.

512: The average dollar amount spent per person for Valentine's Day.

58: The number of pounds, in millions, of chocolate bought during Valentine's Day week.

150: The number of cards and gifts, in millions, sent each year for the day of love.

1: The dollar amount, in

billions, that Americans are expected to spend on Valentine's Day cards.

61: Percentage of men who purchase flowers or plants for Valentine's Day.

15: Average cost, in dollars, of a box of chocolates.

8.6: Amount of dollars, in millions, spent on sparkling wine for Valentine's Day, making it the second most popular occasion, after New Year's Eve, to enjoy some bubbly.

150: The average amount, in dollars, men spend on gifts. Women spend an average of \$74 on gifts.

2: The ranking of red roses in comparison to other types of flowers gifted.

Sources: NRF, Greeting Card Association, National Confectioners Association, U.S. Postal Service, USDA.

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2017 JEEP COMPASS SPORT Every Available Option. Too Many Extras to List. This Jeep is Super Sharp and Showroom Quality. Loaded with Many Extras. BEST BUY OF THE WEEK! \$12,995	2017 NISSAN FRONTIER CREW CAB 4X4 V-6 Every Available Option, 11,000 Miles, 1-Owner, Full Warranty. Too Many Extras To List. Bed Liner, Chrome Wheels, Loaded With Extras! THIS 4X4 WILL NOT LAST AT \$24,995	2015 CHEVY CAPTIVA SPORT UTILITY LTZ Package, Every Available Option, 47,000 Easy Miles. 5yr/100k Mile Warranty. Super Gas Mileage. Must See, In Showroom Condition! GREAT PRICE \$11,995

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by Healthy Exchanges
Wild Rice and Beef Soup
Now that we are settled in for the winter, a pot of good soup will help to chase the chill away.
8 ounces extra-lean ground sirloin beef or turkey breast
1 (14-ounce) can lower-sodium fat-free chicken broth
1 (10-3/4-ounce) can Campbell's Healthy Request Cream of Mushroom

Soup
1/2 cup shredded carrots
1 (12-fluid-ounce) can evaporated fat-free milk
3 tablespoons all-purpose flour
3/4 cup shredded Kraft 2 Percent Milk Cheddar cheese
1/2 cup fat-free half-and-half
1 teaspoon dried parsley flakes
2 tablespoons chopped green onion
2 tablespoons fat-free Ranch Dressing

2/3 cup uncooked quick wild rice
1. In a large saucepan sprayed with butter-flavored cooking spray, brown meat. Stir in chicken broth, mushroom soup and carrots.
2. In a covered jar, combine evaporated milk and flour. Shake well to blend. Pour milk mixture into meat mixture. Add Cheddar cheese, half-and-half, parsley flakes, green onion and Ranch dressing. Mix well to combine.

3. Lower heat. Simmer for 10 minutes, stirring occasionally. Stir in uncooked wild rice. Remove from heat, cover and let set for 5 minutes. Gently stir just before serving.
• Each serving: 234 calories, 6g fat, 17g protein, 28g carbs, 580mg sodium, 373mg calcium, 1g fiber; Diabetic Exchanges: 2 Starch/Carb, 1 1/2 Meat; Carb Choices: 2.
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Did you know?

Though certain elements of modern-day Valentine's Day celebrations can be traced back to the 14th century, chocolate is not one of them. In his 1382 poem, "Parlement of Foules," English poet Geoffrey Chaucer became the first to connect romance with St. Valentine's Day. Over the next several centuries, the day's connection to romance only grew stronger, and by the Victorian era in England, it was not uncommon for lovers to profess their affections through songs, poetry and even the giving of roses as gifts.
It was during the Victorian era that British chocolate manufacturer Richard Cadbury began searching for ways to use the cocoa butter that his company was extracting during the production of their drinking chocolate. In 1861, Cadbury decided to produce edible chocolates, which he even sold and marketed in heart-shaped boxes decorated with images of Cupid and rosebuds. It would be a few more decades before edible chocolates caught on in the United States, where they remain a

must-have item for many Valentine's Day celebrations more than 150 years after Cadbury first began selling them.



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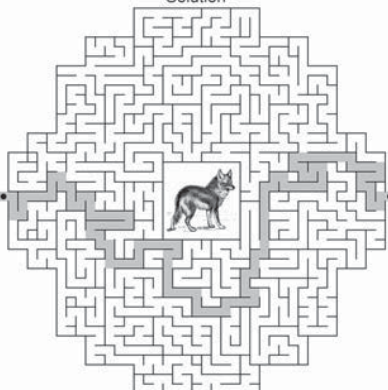
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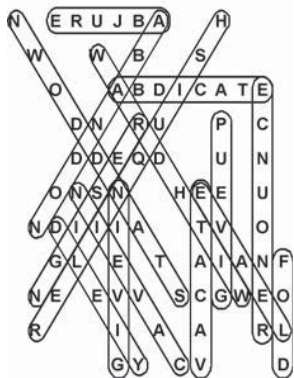


Weekly SUDOKU

Answer

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

CALL IT QUILTS



LUSTER	T	LURES
SWIVEL	W	LIVES
BERTIE	E	TRIBE
FOREST	E	FORTS
SETTER	T	TERSE
GUSHER	H	SURGE
HAYDEN	E	HANDY
MARION	A	MINOR
SANDER	R	DANES
ASCENT	T	CANES
CASTER	S	TRACE

Puzzles4Kids

Answer

LUSTER	T	LURES
SWIVEL	W	LIVES
BERTIE	E	TRIBE
FOREST	E	FORTS
SETTER	T	TERSE
GUSHER	H	SURGE
HAYDEN	E	HANDY
MARION	A	MINOR
SANDER	R	DANES
ASCENT	T	CANES
CASTER	S	TRACE

King Crossword

Answers


Solution time: 25 mins.

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

Sticklers Answer

-12

Subtract the sum of the 2 vertical numbers from the sum of the 2 horizontal numbers.
(-7) - (2 + 3) = -7 - 5 = -12



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. 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, Pastor
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
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Branch President Blake Francisco
Gros. Blvd., East Herkimer
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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
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
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44 Central Plaza
Sunday Worship 10am
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SAINT AUGUSTINE'S EPISCOPAL CHURCH
Deacon Bev Jones
78 2nd Street
Phone: (315) 894-3775
Sunday School at 8:45 AM
Adult Bible Study at 8:45 AM
Holy Eucharist 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.
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

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. Frank
Mark Bunce, Organist
565 Albany St.
Phone 823-2284
Sunday Service & Religious Education 10 AM

HOLY FAMILY PARISH OF THE ROMAN CATHOLIC COMMUNITY OF LITTLE FALLS
Deacon Jim Bower, Administrator
Rev. T. Healy, Sacramental Minister
763 E. Main St.
Phone 823-3410
Saturday Vigil Mass 4 PM
Sunday Mass 10:30 AM

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

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

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

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

MIDDLEVILLE
MIDDLEVILLE UNITED METHODIST
Rev. Robert Lindsay
24 Rte. 29
Phone 845-8730
Sunday School 9:30 AM
Worship Service 9:30 AM

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

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.
Phone 866-4292
Email mohawkpastor@verizon.net
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Morning Worship:
10:30 AM Sept. - June • 9:30 AM July-Aug.
Youth Sunday School (Pre-K - Sr. High) 9 AM
Adult Sunday School (Men, Women & 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.
Phone 866-1752
Saturday Vigil Mass 5:30 PM
Sunday Mass 9:30 AM

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

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

NEWPORT
FIRST BAPTIST CHURCH OF NEWPORT
7497 Main Street
Pastor's Phone 315-790-1877
Sunday Worship at 9:45am

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

COLD BROOK UNITED METHODIST CHURCH
Pastor Genett Timlin
467 Main St.
Sunday Worship 10:30 AM

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

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

PAINES HOLLOW
PAINES HOLLOW UNITED METHODIST
Lay Servant Gregg Sponburgh
Rtes. 167 & 168 • 315-866-1128
Worship 9-10AM

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