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Country Editor

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Volume 7
Number 39

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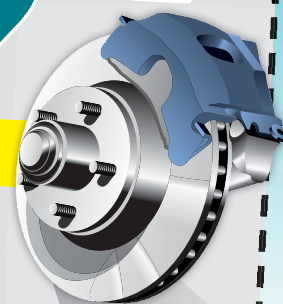
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Trustworthiness, student behavior highlighted during Poland's PPP Assembly

POLAND – Poland Central School District fourth-grader Wyatt Nebush recently stood blindfolded in the center of a circle of students from kindergarten to fourth grade and let himself fall slightly sideways in various directions into the students' arms.

Moments before, Poland Principal Greg Cuthbertson asked the other students to stand close to Wyatt, look at him and reassure him that they would support him.

"They're honest with him. They're focused on him," Cuthbertson said. "That's what trust is."

Trustworthiness was the character trait for Poland's third Prepared, Productive and Proud Assembly, which took place on Friday, Jan. 26, in the Walker Auditorium. Cuthbertson used the demonstration of trust to kick-off the assembly.

During the PPP Assem-

bly, students received awards for positive behavior and perfect attendance, awards were given to classes in a variety of categories and this assembly's spotlight was placed on second-graders.

Students Dharma Martin and Grace Shannon led the "Pledge of Allegiance," and Hannah Bullock led the "Character Pledge."

The first award of the day was the PPP Recognition Award given out at each PPP Assembly. This one went to Poland Elementary Library Media Specialist Mary Sundberg for entering a Bellwether Media contest and winning the school 522 of the company's Blastoff! Readers books.

"I'm very proud of this staff member and what she did for the kids," Cuthbertson said.

Next, students in Poland Central School District's Kids Against Pollution, Poverty and Prejudice club detailed their efforts to collect plastic film for proper recycling. Plastic film such as plastic bags can't be

recycled through most curbside recycling programs, but it can be recycled by dropping it off at grocery stores and other retailers.

The KAP club is having a contest to see which grade level can bring in the most plastic film. Students in the winning grade will receive drawstring bags. The plastic film will be collected in boxes near the elementary library.

Poland PK-12 Dean of Students Gina Smith then presented the Eye of the Tornado Awards, which went to students who have done something above and beyond that a staff member witnessed — such as helping another student carry items, welcoming a new student on the student's first day or practicing long division with another student during recess.

"Congratulations on all of your hard work and effort," said Smith to the students.

The Eye of the Tornado Award Winners were:

- Malakai Caye
- Cooper Farber
- Nate Haley

- Harper Hawkridge
- Jack Hoffman
- Elijah Jones
- Julian Litz
- Dharma Martin
- Faith McGurk
- Julia Metzger
- Baylee Mower
- Landon Rommel
- Madison Spicer
- Travis Stanko
- Noah Taylor
- McKenna Thompson
- Angelina Vauruk

Attendance Hero Awards, for students with perfect attendance, were then given out.

"Without kids being in the building, they can't learn, so attendance is very important," Cuthbertson said.

The following were Attendance Hero Award winners for each grade:

- Kindergarten: Benedict Prestigiaco.
- First grade: Timothy Paiement, Bentlee Roark, Eric Bowles IV and Luke Hulbert.
- Second grade: Benjamin Grimshaw and Emily Pope.
- Third grade: Lily Greenwood, Malakai

TRUSTWORTHINESS 5



Poland Principal Greg Cuthbertson directs students in kindergarten to fourth grade to focus on blindfolded fourth-grader Wyatt Nebush and tell him they will catch him if he falls. Cuthbertson arranged this demonstration of trustworthiness, which was the character trait for the school's Prepared, Productive and Proud Assembly on Friday, Jan. 26, in the Walker Auditorium.

Photos courtesy of Poland Central School

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Local volunteer organizations reach out to flood victims

Herkimer-Oneida Organizations Active in Disasters (HOOAD) is reaching out to residents to assess the needs of individuals in Herkimer and Oneida impacted by the recent flooding and to make them aware of how they can easily connect to resources and services that are or may become available. HOOAD is a group of volunteer, private, not-for-profit and government organizations, and businesses that support local relief efforts after a disaster or emergency. This local organization is modeled after the National Volunteer Organizations Active in Disasters (VOAD) that has for many years worked to assist communities affected by disasters. "Many people don't realize that we have this local partnership of organizations made up of a variety of public, private, not-for-profit, volunteer and business organizations in place to coordinate and assist with immediate and long-term needs that arise after a disaster," said HOOAD Chairperson Mike Scalzo. "The beauty of HOOAD is that its broad membership of organizations allows us to better identify needs and leverage and link those affected by a disaster to assistance that they may not be aware of," he added.

Residents may report their needs to HOOAD by calling 2-1-1, a toll free, health and human service hotline that can be dialed 24/7 to connect callers to existing

local services quickly and easily. Calls are confidential and free. Here are some of the types of calls that 2-1-1 receives after a flood:

- "Our basement was flooded, and even though it was pumped out, there's still mud."
- "My furnace and hot water heater were flooded out and I didn't have insurance."
- "We were flooded and now there's mold. What can I do to be sure we are safe?"
- "Ever since the flood, I've been really depressed. Whom can I talk to?"
- "Where I was living was flooded. I've been staying with friends and family ever since, but I need to find a permanent solution."
- "I'm on SNAP and lost food because our power was out for so long. How can I get food for my family?"

Sometimes, especially after an event like a flood, it may take time to mobilize help. There isn't always an available service to meet the needs of every caller. In these times, 2-1-1 will take the individual's name and contact information, so that if services become available, they can be contacted and connected later. "Calling 2-1-1 and identifying your unmet needs makes it easier for local disaster responders to identify what types of help are needed," said Betty-Joan Beaudry,

Director of 2-1-1 Mid-York. She continued, "For example, if 2-1-1 receives many requests for basement clean out assistance after a flood, it becomes clear that this type of help is needed."

Knowing what the demand for clean-out assistance is makes it easier to make the case with volunteer groups specially trained in flood clean-up that their help is needed."

HOOAD and its many partner organizations want to assist, but it all starts with getting connected. If the recent flooding impacted you, please call 2-1-1 to request assistance and learn what services are already available. Some residents of heavily impacted areas may also receive this message in a direct letter from HOOAD.

Good Housekeeping

Ginger-crusted salmon with melon salsa

Spicy and fresh, this easy dinner of rich salmon and melon-hot pepper salsa is healthy and anything but bland.

2 cubed cantaloupe cut into 1/3-inch pieces

1 cubed honeydew, cut into 1/3-inch pieces

1/4 cup packed fresh cilantro leaves

2 tablespoons finely chopped fresh mint leaves

1 jalapeno chile

2 tablespoons fresh lime juice

2 tablespoons grated peeled fresh ginger

2 teaspoons curry powder

Salt

Pepper

4 piece skinless salmon fillet

2 teaspoons vegetable oil

1. In medium bowl, combine cantaloupe, honeydew, cilantro, mint, jalapeno, lime juice and 1/4 teaspoon salt, stirring until well-mixed; set aside.

2. In small bowl, stir together ginger, curry powder,

1/8 teaspoon salt and 1/2 teaspoon freshly ground black pepper. Spread mixture evenly all over non-skin side of each fillet.

3. In 12-inch nonstick skillet, heat oil on medium 1 minute. Add salmon, ginger side down, and cook 10 minutes or until salmon just

turns opaque in center, turning over once. Serve salmon with melon salsa. Serves 4.

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

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Country Editor

Published weekly on Friday by Lee Publications
6113 St. Hwy. 5, Palatine Bridge, NY 13428

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TRUSTWORTHINESS from 3

Caye, Riley Gagnon, Dalton Potter, McKenzie Parow, Timothy Dunn and Breanna Crosby.

• Fourth grade: Wyatt Nebush, Nathan Fullem, Noah Lamphere, Grace McOwen, Ariel Pope, Faith McGurk and Colin Haver.

• Special education BOCES class: Cameron

Christian, Jeremy Beach, Jacob Shingler, Izabella Mauldin and Andrea Vandenburg.

Next up was the spotlight portion of this PPP Assembly. At each assembly, a grade level is highlighted, along with one student from that grade. Second-grader Madison Darrow did gymnastics on mats to music. All second-graders — in

the classes of Michelle Garrett, Heather Judd and Laura Rabbia — then put on a singing performance.

Behavior and special area awards were then given out to classes:

• The Golden Spatula Award for cafeteria behavior went to Brandi Cavallaro's BOCES classroom.

• The Single File Award

for hallway behavior went to Pam Finn's first-grade class and Lori Seymour's fourth-grade class.

• The Library Award went to Kathleen Hess's first-grade class and Laura Rabbia's second-grade class.

• The Music Award went to Kathleen Hess's first-grade class and Michelle Garrett's second-grade class.

• The Physical Education Award went to Pam Finn's first-grade class and Heather Judd's second-grade class.

• The Art Award went to Carrie Roark's kindergarten class and John Allen's third-grade class.

The final awards were for students with good behavior related to walking home from school or riding the bus

home:

• The Safe Walker Awards went to students Nathan Fullem and Gavin Horan.

• The Safe Rider Awards for bus behavior went to students Finnian Nebush, Brielle Schrader, Gracie Linneen, Tim Paiement, Vincent Talerico, Baylee Mowers, Annadalyn Dillow, Timothy Dunn and Emma Stanko.



Safe Rider Awards were presented during Poland Central School District's Prepared, Productive and Proud Assembly to students for showing good behavior related to taking the bus home from school. Pictured here, from left, Safe Rider winners Finnian Nebush, Brielle Schrader, Gracie Linneen, Tim Paiement, Vincent Talerico, Baylee Mowers, Annadalyn Dillow, Timothy Dunn and Emma Stanko.



Attendance Hero awards were presented during Poland Central School District's Prepared, Productive and Proud Assembly to students with perfect attendance. Pictured here, from left, first-grade winners Timothy Paiement, Bentley Roark, Eric Bowles IV and Luke Hulbert.

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To My Valentine

Valentine's Day is a holiday that has its roots in ancient times. But it was celebrated with gifts until the first cards appeared about 1760. Cards were made at home, with drawings, poems, cutouts and other ways of expressing love. Since then, valentines have changed with the fashions and technology, and they are a popu-

lar collectible.

In 1848, Esther Howland of Worcester, MA, started making valentines from pieces of fancy paper lace and printed pictures with handwritten messages of affection. Soon, she was selling valentines to friends, and started a business that lasted until 1880.

The style of the valentine can help tell its age. Mechanical cards with

parts that could move so a pictured girl could wave her arm were the newest type in the 1890s. Embossing also was popular. In the early 1900s to 1920s, postcards were used. Postage was 1 cent. Die-cut cards that could be punched out of a single sheet of stiff paper were developed around 1900. These often came as a set with 25 cards for students and one for the teacher. Folded cards were in style by the 1930s and these, plus photographs and digital cards, still are sent today.

Vintage homemade lacy cards made from paper lace, "scraps" and small shaped and printed pictures sell today for \$10 to \$100 or more. Age, condition and beauty determine the value.

Q: I have a matching set of two High Point Bending & Chair Co. office-style

walnut chairs labeled "Pattern No. 6711." They are in good original condition. How do I determine their value?

A: This company started as Siler City Bending Co. in Siler City, NC, in 1901. It made bentwood parts for carriages. In 1904, it was reorganized by Capt. Malvola Jackson Boling and renamed High Point Bending & Chair Co., after a nearby city. The company made bentwood chairs and other furniture. It became Boling Chair Co. in 1956. It remained open until at least 1999. Your chairs, with swivel seats and rolling casters, are called banker's chairs. The price of your chairs is only about \$15. They are not in a style that is popular today, and old office chairs are not wanted. Wooden chairs are not as comfortable as the new padded or mesh chairs.

Current prices

Baby bonnet, tatted lace, ivory, circle netting pattern, flowerhead and intertwined loop design border, late 1800s, \$60.

Night light, porcelain, figural polar bear, sulfur eyes, fragrance lamp, stamped, Bohne & Soehne, c. 1925, 10 x 7 inches, \$410.

Pie slicer, Tiffany, silver, slice and serve, sinuous

blade, ruffled tip, English King's pattern handle, marked, c. 1880, 12 inches, \$800.

Tip: Do not store paper collectibles in photograph albums with black pages. The acidic paper will cause damage.

For more collecting news, tips and resources, visit www.Kovels.com

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This handmade 1930s card is made from store-bought paper lace and features small chromolithographed pictures of children and flowers. The printed cardboard background is made to fit in an envelope. A collector bought it for \$25 about 1980 and felt the message "To Miss Nash" on the back added to the value. It would cost about \$50 today.

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Whatchamacallits



Although still in use today, the pickaroon has been a tool used by those in the lumber industry for a long time. This Whatchamacallit comes from a time before machines carved out the metal pick.

Lumber has always been a big industry, and it continues to be dangerous and physically strenuous. To decrease the danger and expedite the process, many devices have been created. The pickaroon, or hookaroon, was created to help move cuts of wood or felled trees with minimal effort.

Pickaroons were also used in log drives, or moving logs down riv-

er to sawmills or paper mills. This was to help the logs from damming up the river and stay moving.

The metal head of the pickaroon has a pointed tip running perpendicular to the handle. The handler would have to simply swing the pickaroon and stick the tip into the wood that needs to be moved. At this point, the wood could be carried or dragged to whatever location the wood was being moved to. This saved energy and a literal backbreaking experience.

Many antique pickaroons can be found on the internet, but this

particular one had no identifying mark to indicate a maker. It is made out of iron, bolted to the wooden handle by a bolt at the base of the hook and a nail placed in the handle.



Do you have your own Whatchamacallit?

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

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UNITED METHODIST CHURCH
467 Main St.
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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 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

HERKIMER
ST. FRANCIS de SALES CHURCH
Rev. Mark Cunningham, Pastor
219 N. Bellingr St.
Phone 866-4282
Saturday Vigil Mass 4 PM
Sunday Mass 8 & 10:30 AM

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

REDEEMER CHURCH
Pastor Michael Servello
931 Herkimer Rd.
Utica, NY 13503
Phone 792-4748
Saturday 6 PM • Sunday 9 & 11 AM

OAK RIDGE FREE METHODIST CHURCH
Pastor Chris Schumske
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with iPraise for the children (K-5th grade)
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Holy Day Liturgy 9 AM
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337 Protection Ave.
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Worship 10 AM
Wednesday Worship 6:30 PM

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Sunday Worship Service
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THE SALVATION ARMY
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Phone 866-1240
www.thesalvationarmy.org
Sunday School 10 AM
Morning Worship 11 AM

FIRST UNITED
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Prospect St & Park Ave.
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Sunday School 10am during school year

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Sunday School 11:20 AM
Sacrament Meeting 10 AM
Family History Center hours by
appointment; please leave a message at
315-866-7189

HERKIMER REFORMED CHURCH
102 Church St.
Phone 866-1523
Worship 9:30 AM
Sunday School 11 AM
Shepherd's Table:
Tuesday 11-12:30 PM
Thursday 11:30-12:30 PM
Shepherd's Table Dinner:
First & Third Tuesday 6 PM

CHRIST EPISCOPAL CHURCH
Rev. Jill Stellman
300 N. Main St.
Church Office (315) 866-0551
Email: christchurchherkimer@gmail.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
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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

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

LITTLE FALLS
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 lffirstpres@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

MOHAWK
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

THE WORD CHRISTIAN CENTER
Pastor Gene Kipper
27 E. Main St.
Phone 868-1790
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Intercession - Tuesdays at 7 PM
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Thursday of the Month at 6 PM

NEWPORT
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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

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

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Kuyahoor Valley Rotary Spring 2018 schedule

The Kuyahoor Valley Rotary Club, a group of very active local community members, contributes generously to the Kuyahoor Valley community. The club supports the Poland and Newport Fire Departments, the KV Ambulance Corps and local school/student projects such as Science Fairs, Scouting, Leadership Seminars and cheerleading. Annually, the club gives out \$4,000 in scholarship awards to graduating students in Poland Central School (PCS) and West Canada Valley Central School (WCVCS). We are proud of our club and are always looking for new members to carry

out the good work. The Spring 2018 schedule, hosted and funded by the Kuyahoor Valley Rotary Club, is:

April 15, 2018 - Rotary Youth Leadership Awards (RYLA) Application Deadline. RYLA, a Rotary International program designed to recognize and enhance leadership skills in young people, is a weekend seminar that focuses on teens that have just completed their junior year in high school. Held every year in July at Cazenovia College, experienced presenters teach and guide activities for participants in leadership, decision-making, time management, ethics,

goal setting, responsibility, communication skills, service and teamwork.

The Kuyahoor Valley Rotary Club sponsors one student each from PCS and WCVCS for this powerful experience. Any junior in PCS or WCVCS wishing to attend RYLA in July of 2018 should visit their guidance office and submit an application to the KV Rotary Club by April 15, 2018. Applications will be reviewed and approved at the district level in May 2018.

May 5, 2018 - The 26th annual Kuyahoor Valley Rotary Auction will be held at Snyder Fuel Service on Main St. in Newport. This auction is the

Club's largest fundraising event. We graciously accept donations of high quality, gently used furniture, household goods, sports equipment and/or Gift Certificates to be sold at the auction. Please contact John at 315.725.2393 or Bob at 315.826.3609 to coordinate pick-up/delivery of your donation.

May 15, 2018 - The Hugh O'Brian Youth (HOBY) State Leadership Seminar will be held at Utica College June 1 through June 3, 2018. The HOBY Mission inspires young people to make a difference and become catalysts for positive change in home,

school, workplace and community. As America's foremost youth leadership organization, HOBY has a long and impressive history of successfully motivating youth and volunteers to outstanding leadership. For more information about HOBY, visit www.HOBY.org.

The Kuyahoor Valley Rotary Club sponsors PCS and WCVCS students to attend HOBY seminars. Students interested in attending a HOBY seminar need to apply to the Kuyahoor Valley Rotary prior to May 15, 2018.

June 2, 2018 - The 20th annual Kuyahoor Valley Rotary Club Youth Fishing Derby will be held

at the usual location, 126 Gage Road, Newport from 8 a.m. until noon. The Fishing Derby is open and free of charge to all grammar school aged students of the Kuyahoor Valley. Prizes for the largest fish caught for each age group and overall largest fish caught will be presented at the end of the fishing derby. Hot dogs, coffee, soda and baked goods will be available to all attendees (children and their parents) free of charge.

The Club meets for dinner on Tuesdays at 6:30 pm at Patti Jean's Family Restaurant on Route 28 between Newport and Poland. All are welcome.

Four easy ways to create more time in your day

Managing one's time can sometimes feel like an uphill battle. As a result, adults with hectic schedules and multiple responsibilities may pine for an extra hour or two in the day. While it's impossible to extend a day from 24 to 26 hours, there are ways for busy men and women to create more time in their day.

1. Embrace organization tools. Whether it's day planners, smartphone reminders or more traditional print calendars with meetings and deadlines written on them, organization tools can greatly cut back on time spent trying to remember and/or confirm meeting times, project schedules, deadlines, and other obligations.

2. Assess your productivity. Some people are most productive in the mornings, while others do not hit their strides until after lunch. Identify the time or times of day when you tend to be most productive, and make an effort to focus exclusively on work during these times. Resist any urge to schedule meetings or conference calls during those times of day when you are most productive, as it can be hard to multitask or focus when discussing projects with coworkers or clients.

3. Minimize distractions. Social media, the internet and texting can distract attention away from tasks that must be completed, ultimately af-

fecting how quickly and efficiently such projects are finished. Make a concerted effort to avoid social media and the internet while at work, and turn off smartphone alerts that entice you to go online. In addition, turn off text alerts if they are proving too great a distraction.

4. Reconsider your commute. Professionals who drive to work but find themselves sitting in traffic on their way to and from work can investigate possible alternatives to driving themselves. Public transportation might not get you to work more quickly than driving yourself, but time spent

on a bus or train can be used to work on projects and check and answer work-related emails, clearing up time later in the day. Time spent behind the wheel of an automobile cannot be safely spent working.



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Comfort Foods Made Fast and Healthy

by **Healthy Exchanges**

Jubilee Cherry Cheese Pie

This recipe has all the flavor of Cherries Jubilee!

1 Pillsbury refrigerated unbaked 9-inch pie crust

1 teaspoon almond extract

1 (20-ounce) can Lucky Leaf Lite (no sugar added) Cherry Pie Filling

2 (8-ounce) packages Philadelphia fat-free cream cheese

2 eggs or equivalent in egg substitute

1/2 cup Splenda Granular

3/4 cup Land O'Lakes no-fat sour cream

2 tablespoons slivered almonds

Dash nutmeg

1. Heat oven to 450°F. Place pie crust in deep-dish 10-inch pie plate and flute edges. Stir 1/2 teaspoon almond extract into cherry pie filling. Evenly spoon mixture into prepared pie crust. Bake for 15 minutes. Remove pie from oven and lower heat to 350°F.

2. In a large bowl, stir cream cheese with a sturdy spoon until soft. Stir in

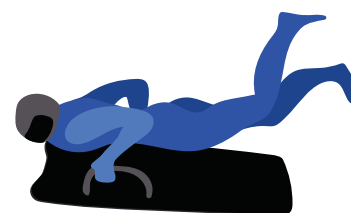
eggs and remaining 1/2 teaspoon almond extract. Add Splenda. Mix well to combine.

3. Carefully spoon cream cheese mixture evenly over cherry pie filling. Continue baking for 30 minutes. Place pie plate on a wire rack and allow to cool at least 1 hour.

4. Evenly spread sour cream over top of cooled pie. Lightly sprinkle almonds and nutmeg over top. Refrigerate for at least 30 minutes. Cut into 8 servings.

• Each serving equals: 241 calories, 9g fat, 11g protein, 29g carbs, 434mg sodium, 200mg calcium, 1g fiber; Diabetic Exchanges: 1 1/2 fat, 1 Starch/Carb, 1 Meat, 1/2 Fruit; Carb Choices: 2.

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by **Keith Roach, M.D.**

Blisters may need medication for life

Dear Dr. Roach: A year ago, I broke out with pimples on my back, arms and thighs. They itched so badly I thought I would go mad. A dermatologist took a biopsy and told me it was an autoimmune disease called bullous pemphigoid. I was started on prednisone and doxycycline. When it cleared up, I would stop the medication, but it came back. The doctor said she thinks I'll have to take medication for the rest of my life. I don't like taking this medication, as it blurs my eyesight and I

lose energy. I also have osteoporosis. I do take some vitamins. — G.B.

Answer: Bullous pemphigoid is an autoimmune disease that causes blisters, mostly in older adults. The blisters are large and tense (as opposed to pemphigus, an even more dangerous autoimmune disease, in which the blisters are soft). Bullous pemphigoid tends to come and go over months or even years. Diagnosis is confirmed by biopsy.

The usual treatment for bullous pemphigoid is a corticosteroid, either topical or systemic. Since it was over such an extended area of your body,

your dermatologist decided on systemic, at a moderate dose of 20 mg. Prednisone has many long-term side effects, including making your osteoporosis much worse. Further, I am concerned that the blurry vision could indicate the onset of diabetes or a cataract, as both are strongly associated with chronic steroid use. Your regular doctor should be testing you for diabetes and treating the osteoporosis, and should make sure that you see the eye doctor.

Certain medications, such as the doxycycline she started you on, can reduce your need for steroids. Other medications used for autoimmune disease can further reduce the need for steroids, but azathioprine, methotrexate, mycophenolate and others have serious side effects of their own. Nicotinamide, also called vitamin B-3, can make the doxycycline more effective.

Although bullous pemphigoid sometimes does go away, I agree with your

doctor that you are likely to need some medication long term; however, she may be able to reduce the dosages.

Dear Dr. Roach: My adult daughter contracted ringworm or some other fungus from her beautiful Border Collie. She has been using over-the-counter meds on the two of them for over 10 months! The dog is doing better than my daughter. Any solutions to get rid of this once and for all? — E.B.

Answer: Ten months is

too long to treat something empirically. It's time to find out what this fungus might be, and that means a visit to a dermatologist, who can do a culture of the infection to find out what it is. There are some unusual fungi that can be passed from animals (dogs, cats, pigs, horses, cattle) to humans and cause skin infection. Rarely is systemic treatment necessary.

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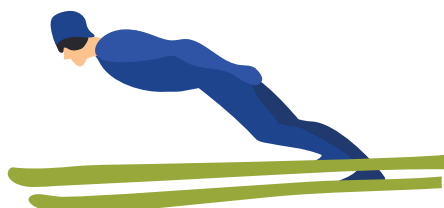
Country Preacher

by **Pastor Dan West**

Those of us in evangelical churches (as our Baptist church is) often use the term "born again", but others may not know what it means or where it comes from. This term, of course, comes from the Bible, being first used by Jesus Himself. In **John 3:1, 2** we read that a religious leader came to Jesus one night and inquired of Him regarding the kingdom of God. Jesus answered him "... except a man be born again, he cannot see the kingdom of God."

As you follow this conversation over the next few verses, you see that flesh and blood cannot inherit the kingdom of God (**I Corinthians 15:50**) so to be a part of it a person must have a spiritual birth — be born spiritually (**John 3:5**). Our first birth was only physical in nature. No one has ever had a spiritual nature or life at the time of their physical birth. (Adam and Eve were created [but not born] with a spiritual nature, but their fall into disobedience, sin, took that away from everyone after them.) So a second birth, a spiritual birth is needed to even see the kingdom of God (**John 3:3**) After our physical birth, we need to make the choice to be born again, born spiritually.

Peter writes of this in **I Peter 1:23** where he explains to believers "... Being born again, not of corruptible seed (that which is physical) but of incorruptible (spiritual), by the Word of God which lives forever," physical things like flesh and grass wither away and die (**v. 24**), but the Word of God is eternal (**v. 25**). Our physical body one day will cease working and die, but if we have made the choice to be born again, our soul will continue living in the presence of God for all eternity. Jesus continues to speak of this choice in **John 3:15-18**; whoever believes (trusts) in God's only Son (Jesus) will have eternal spiritual life.



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Frosting-free cakes the latest trend

A new trend is taking hold both in North America and on the other side of the Atlantic Ocean. Cakes are being pared down so that frosting and fondant coverings are now nearly absent from the confections.

They're called "naked cakes," and these simplified desserts showcase the texture of the cakes and their fillings. According to culinary experts,

the idea for the naked cake came from Christina Tosi, owner of Momofuku Milk Bar. It's an award-winning bakery with locations across the United States and Canada. Now many other pastry chefs and bakers are hopping on the naked cake bandwagon, with the trend being highlighted by the likes of Martha Stewart and the respected wedding resource The Knot.

Just because these cakes may be short on exterior buttercream doesn't mean they fall flat on flavor or visual appeal. Cakes can be embellished with fresh blooms, gum paste-molded flowers, edible pearls and gems, fresh berries, and much more. The Knot notes many naked cakes are garnished with flavors that are included in the cake, such as chocolate

chips, crumbs, cookie dough, or candy sprinkles.

Couples who are stripping down their weddings to include more basics and natural effects may be drawn to these naked cakes. They're also an option for those who find frosting, buttercream and fondant too sweet for the palate. Naked cakes enable the interior flavors to really shine.

Calendar of events

Feb. 20

Feb. 20. 11 a.m. **Presidential Portraits at Arkell.** Home over Winter Break? Come celebrate a slightly belated Presidents Day with an up-close look at one of the most famous portrait artists of the colonial era; Gilbert Stuart. This is a free program for artists of all ages and abilities. RSVPs and donations are not necessary but are always appreciated, as they help us get a better understanding of the number of supplies to prepare and help cover the cost of materials. For more information, contact Curator of Education & Public Engagement Jenna Peterson Riley or call 518.673.2314 x 113.

Feb. 24

Golumbki Sale. Feb. 24, 9:30 a.m.-2 p.m. St. Mary's Ukrainian Orthodox Church, 324 Moore Ave., Herkimer, NY. Pierogi also available at \$8 dozen.

Now-Feb. 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. 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 rainer-mariawehner@web.de.

Now-March 30

The Poland Vol. Fire Dept. Auxiliary's Fish Fries, Poland Firehouse, Station #1, 216 Rt. 8. Fridays. Serving 4-8 p.m. Call for take-outs at 315.826.7141.

March 3

Antique Show. March 3. 10 a.m.-4 p.m. Arkell Museum, Canajoharie, NY. The Palatine Settlement Society will hold its annual Antique Show & Sale for the benefit of restoring the 1747 Nellis Tavern of St. Johnsville, NY. The show will be held at the Arkell Museum in Canajoharie and features 25 dealers. An appraisal booth and light lunch will be available. Joan & Ray Draus, Show Managers, call 518-842-6400.

March 15

Agricultural Solutions Fair. March 15. 10 a.m. - 2 p.m., Bouck Hall, SUNY Cobleskill Agricultural Solutions Fair. Putting Money & Resources Into Farmers' Hands. Con-

nect with the agencies that can provide 1:1 assistance to farmers. Pre-register at Cobleskill.edu/agolutions or call Dr. Jason Evans at 518.255.5643. There is no charge and space is limited; lunch provided. Pre-registration required.

March 31

Murder Mystery Dinner. March 31, 5 p.m. Ilion Moose Lodge, 302 Barringer Road, Ilion, NY. "Secrets At The Suiter House" will be the theme for a Murder Mystery Dinner to benefit the Herkimer County Historical Society. Chinese Auction. Dinner at 6 p.m. Tickets are \$20/person and can be purchased in advance at the Herkimer County Historical Society, Monday-Friday, 10-4. 315.866.6413. herkimerhistory@yahoo.com

May 19

Fort Klock Opening Day. May 19. 10 a.m.-4 p.m. Fort Klock, St. Johnsville, NY. 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! 518-568-7779.

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.

Herkimer County OFA providing two new programs for older adults

As a new program offering, Herkimer County Office for the Aging will be providing transportation for Poland, Ohio, Newport and Middleville residents two times per month for shopping and errands.

Additionally, a falls prevention program will work collaboratively on reducing the number of falls among older adults in Herkimer County. The Office for the Aging will be reaching out to health-care providers, home health care agencies and pharmacists to raise awareness about how falls among older adults can be prevented.

These programs are funded through two grants from The Community Foundation of Herkimer & Oneida Counties totaling more

than \$85,000. These funds will allow Herkimer County Office for the Aging to continue to enhance the services provided which assist older adults to remain in their homes with respect and dignity.

Office for the Aging staff also provide home safety assessments, community education and will be offering additional tai chi classes in the community.

For questions on these new programs or information on other services, contact Herkimer County Office for the Aging/NY Connects for more information at 315.867.1124 or visit the Office for the Aging section under Departments on www.herkimercounty.org



Pictured (L-R): Alicia Dicks, President/CEO at The Community Foundation; Jan Squadrito, Senior Community Investment Manager at The Community Foundation; Kathy Fox, Director of Herkimer County Office for the Aging and Dr. Cathleen McColgin, Community Foundation Trustee.

Mohawk Valley Rotary Rotarian Receives Paul Harris Fellow Award

HERKIMER, NY — Mohawk Valley Rotary Club members celebrated Rotarian Richard M. Dowe for receiving a very prestigious rotary award, the Paul Harris Fellow Award recently. Named for the founder of Rotary International, Paul Harris, the award commemorates Rotarians and community professionals, in recognition of their outstanding contributions, exemplifying the highest ideal in Rotary in placing "service above self." For more information on the Mohawk Valley Rotary Club contact www.facebook.com/MohawkValleyRotaryDistrict7150/.



Pictured (L-R): Rotarians Michele Hummel, Cindy Bennett, Richard M. Dowe and Roger Skinner.

Photo courtesy of Herkimer County HealthNet

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King Crossword

ACROSS

1 Greek consonant

4 Cold War weapon

8 2000 election scrap

12 Fool

13 Law office worker, for short

14 "Les Misérables" author

15 Accelerator

17 Quite excited

18 Tidy (up)

19 Altar affirmative

21 Vanna's cohort

22 Flame from a burner

26 Impersonator

29 Whatever amount

30 Timetable abbr.

31 "American —"

32 Golfer Ernie

33 Bivouac structure

34 Fresh

35 Individual

36 Emanations

37 Big talker

39 Morsel

40 Playwright

41 Strong points

45 Not up and about

12 13

15 16

18 19 20

21 22 23 24 25

26 27 28

29 30

31 32 33

34 35 36

37 38 39

40 41 42 43 44

45 46 47

48 49

50 51

52 53 54 55

48 1944 Boyer/Bergman film

50 Burden

51 Otherwise

52 Exist

53 Wrong

54 God, in

55 Doo-wop syllable

5 West Point newbie

6 Top supporter

7 Slanders

8 Utter disorder

9 Embrace

10 Past

11 Pooch

16 Student

20 Rotation duration

23 Scoff

24 Sicilian spouter

25 Makes lace

26 Chinese dynasty

27 Notion

28 Neatens the lawn

29 Microbrewery product

32 Betrothed

33 Rwandan tribe

35 Scull tool

36 Grocery areas

38 Hen

39 — profundo

42 "Zounds!"

43 From one end to t'other

44 Branch

45 Carte lead-in

46 Acknowledge applause

47 Listener

49 Foreman foe

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MAGIC MAZE • FOUND IN A RIVER

UEBXUQN JGDBZWTQ
NKHDAXURPMEJGDA
XVSQNKISFDAAGXV
TQOMJHFKCSVEASY
WURPNSLCWJEHTFD
BZXVTR EOQSR AOMK
IHFSDBNLEEOZYSW
VTMRQNOKTBNPKTL
KALLIGATORS C PLI
DHFMDNOREHUHSIF
CAZHSARTXDWTVSH

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

Alligators

Fish

Locks

Snakes

Boats

Geese

Minnows

Trash

Dams

Heron

Otter

Turtles

Ducks

Hippos

Silt

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Weekly SUDOKU

by Linda Thistle

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

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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Americanisms



"Love makes your soul crawl out from its hiding place."
—Zora Neale Hurston

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LAFF-A-DAY



"I'll have to charge you double. You're wearing one black shoe and one brown shoe."

GRIN & BEAR IT



"But all my diet pills have to be taken with food!"

Amber Waves

ALRIGHT, JUST A FEW FINISHING TOUCHES.

PERFECT! HE ALMOST LOOKS REAL, JUST NEEDS A CARROT FOR THE NOSE.

HEY BOB! HURRY UP WITH THAT CARROT!

WHAT...OH, LIKE THERE'S A DIFFERENCE?

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by Dave T. Phipps

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Car is different. 2. Leg is moved. 3. Hair is different. 4. Pocketbook is missing. 5. Sign is different. 6. Basement window is missing.

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Just Like Cats & Dogs by Dave T. Phipps



STICKELERS (sic) by Terry Stickels

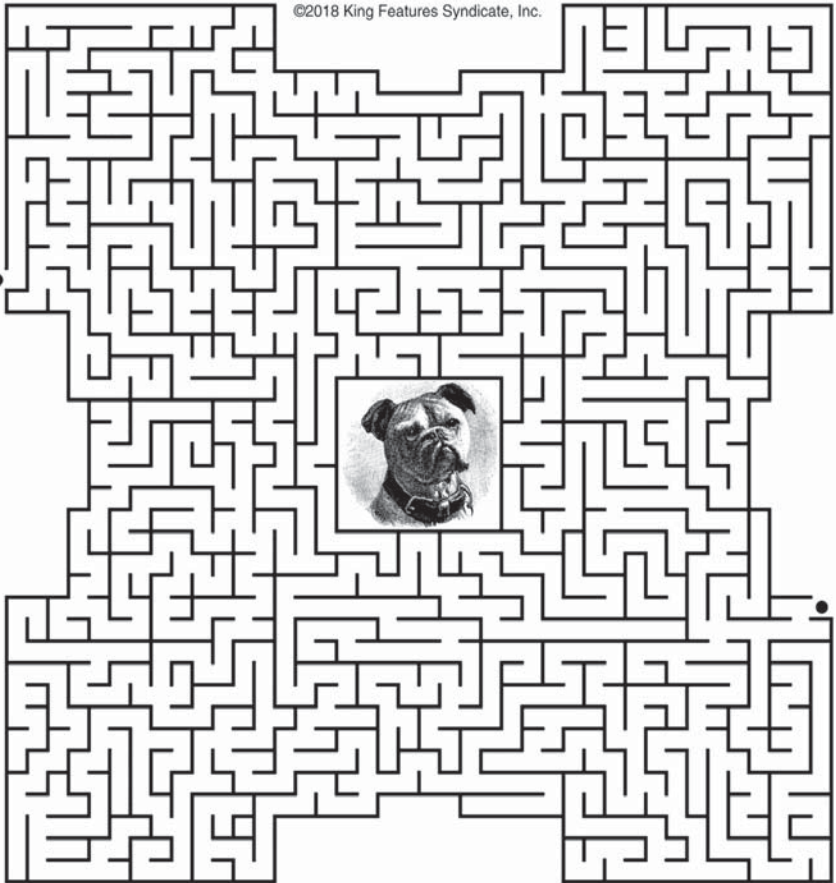
How many lines with a slope of -1 are tangent to the circle $x^2 + y^2 = 36$? Slope is defined in the change of y divided by the change of x.

A) 0 B) 1 C) 2 D) 3 E) infinite

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Mega Maze

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Protect vehicle paint finish

Perhaps nothing ages a car or truck more than a lackluster exterior finish. Even if vehicles are only a few years old, failure to maintain the paint, tires and chrome accents can make them look worn beyond their years, potentially affecting resale value.

The environment can be a vehicle's worst enemy. Protecting a car means being mindful of substances and habits that can compromise the exterior finish.

Seek shade

Over time, the sun can damage a vehicle's paint job through oxidation and premature fading. People who live in areas with especially warm climates may see the paint on their vehicles suffer considerable damage thanks to the sun.

One of the easiest ways to protect a vehicle from the sun is to use sheltered parking or park in the shade whenever possible. This can help protect the paint, headlights and trim. Drivers should store their cars in their garages overnight and during daylight hours when they are home.

Wash and dry

It's important to routinely wash vehicles to protect their exterior finish. Use a mild cleanser designed for automobiles and a clean rag or sponge so as not to cause scratches that can cause further damage. Because minerals in tap water can be left behind through evaporation and may oxidize and damage the paint, it's best to wipe away as much residual moisture as possible with a chamois.

Paint protection

Waxing can prevent bird droppings, berries, splattered bugs, and more from sticking to the paint and wearing down the finish. Waxes come in paste, liquid and spray. Each type has a different reapplication schedule, so drivers should consult the product instructions.

Vehicle owners also can invest in spray films to further protect painted surfaces. Do-it-yourself products are applied like a spray and then dry to an invisible, durable film. This helps protect against insects, gravel, sand, winter salt, and even road grime. Different manufacturers offer protection films.

It is important to safeguard the exterior of a vehicle to help it look newer longer, protecting the value of the car or truck while also protecting it against the elements.

Your vehicle has a recall ... now what?

Vehicles are expensive. When motorists drive their vehicles away from a dealership, they hope to travel many miles before they need to come back for maintenance. But manufacturers sometimes issue recalls that can affect drivers of both new and old vehicles.

Recalls are safety precautions taken should a portion of a vehicle or the entire car or truck not operate in the manner it was intended. In many instances, auto manufacturers will directly contact customers who are affected by a recall via a letter, email or both. Individuals also can stay current on recalls by visiting the National Highway Traffic Safety Administration's website (www.NHTSA.gov).

According to AutoTrader, recalls are becoming more common because of the complexity of modern vehicles. NHTSA flagged nearly 22 million vehicles for safety issues in 2013, and that number is on the rise. Drivers can follow these important steps if they learn of a recall.

- Don't panic, but don't ignore recalls. The experts at Kelley Blue Book say recalls often occur due to a problem in the manufacturing process in similar models, and this issue may surface in other vehicles. Recalls do not guarantee vehicles will malfunction or break down. However, consumers are urged to take recalls seriously, adopting a "better safe than sorry" approach when recalls are announced.
- Follow the instructions. A recall notice should come with instructions. Instructions often advise drivers to take their vehicles to the dealership where the cars were purchased. Notices may provide information regarding nearby dealerships for drivers who have moved since buying their cars or trucks.
- No payment should be necessary. The cost of repairing the recalled part should not fall on your shoulders. Such repairs are paid by the manufacturer. The financial resource Bankrate.com notes that, "if you had the repair made before the recall was issued (up to a full year), the automaker is legally obligated to reimburse you, as long as you had the work done at one of its franchised dealers." Save all receipts for the work. If work was done by a private mechanic, drivers still may be eligible for reimbursement.
- Be patient. Dealerships are not responsible for making repairs until the date indicated on the recall notice, so motorists may need to wait before having their vehicles repaired.
- Request a loaner vehicle. In some instances, recalls may take a few days to fix. Although not every dealership may make loaner vehicles available, it's still worth requesting one so you are not inconvenienced.

Anyone having difficulty with a recall can contact the NHTSA online, by phone or by mail. Those who suspect a safety problem also can contact the agency and report their concerns.



Recalls can affect any vehicle. Follow the instructions on the recall notice and have the problem addressed promptly.

FOUND IN A RIVER

Puzzles4Kids
Answer

What did the boy cat say to the girl cat on Valentine's Day?

You are purr-fect for me.

Stickelers Answer
C) 2

King Crossword
Answers
Solution time: 27 mins.

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

Mega Maze
Solution

Weekly SUDOKU
Answer

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

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In the February 2nd issue of the Country Editor the Brake Service Coupon was incorrect. The above coupon is correct.

Five cold-weather hacks for winter driving

(BPT) — As drivers take on Old Man Winter, having a few tricks up your sleeve can be a big help in keeping your cool on the road. Here are five hacks for battling the elements and staying safe on the roads.

Got stuck?

Snow problem!

Hazardous winter weather requires that drivers take additional precautions. According to the latest Hankook Tire Gauge Index, 72 percent of drivers indicated they would not want to drive in icy conditions. Further, 84 percent of Americans recognize the dangers of black ice, the most dangerous weather condition for driving.

If you find yourself stuck in the snow and ice, apply a bag of cat litter or sand under your wheels to provide much-needed traction to get out of a snowy situation. As an added bonus, the additional weight over the rear axle (especially for trucks and rear-wheel-drive cars) will further add traction. Floor mats can also come in handy. Place them under your tires in the direction you're looking to travel. The mats create a mini runway of traction for your vehicle.

Here comes the sun

When the snow starts to pile on the driveway, nearly a quarter of Americans (24 percent) rely on someone else to dig their vehicles out of the snow, according

to the Gauge Index. In fact, 18 percent simply wait for the snow to melt! To help with the backbreaking chore, park your vehicle overnight facing east. The rising sun can help melt the snow before you even get out of bed.

Raid the pantry

By using some items commonly found in your pantry, you can make your morning routines that much easier. For example, fit resealable freezer bags over your side-view mirrors to help prevent ice from forming. Other household items like cooking spray can also help melt ice. Spray it on your mirrors, let it sit for a few minutes, then wipe off the ice. You also can apply the spray to the rubber seals of your door on particularly cold nights. This will help keep your door from freezing shut or damaging the rubber seals if you force open the door.

Right tools for the job

When the going gets rough, it's important to make sure your car is well equipped for the conditions you're driving in. As temperatures drop, so can your tire pressure, decreasing about one psi for every 10-degree drop in temperature. If your car was built after 2000, you likely have a Tire Pressure Monitor System that will alert you when pressure drops below the manufacturer's recommended levels for your vehicle. It's also important to be able to identify the TPMS symbol, as the Hankook Gauge Index found that 1 in 3 (35 percent) Americans do not know what the warning symbol means.

With 13 percent of drivers unsure of what category tire is on their car, understanding the difference in how a snow tire performs in relation to its summer and all-season relatives can go a long way in terms of safety and performance. For enhanced traction in low-grip situations, tire chains can be very useful, but as indicated in the Gauge Index, 65 percent of drivers are unsure how to install them. Be sure to practice once or twice at home before venturing out on wintry roads. And when you have chains on your tires, drive slowly — generally no more than 30 mph.

Always carry a spare ... pair of socks!

Packing emergency clothes in your trunk is always a great idea should you find yourself stranded and in need of extra warmth. Interestingly, your socks may be your most versatile piece of clothing, and drivers can benefit from carrying an extra pair in the glove compartment. When expecting snow, simply lift your windshield wipers off the glass and place a sock over each blade to help keep snow off the blades and ice from forming. Additionally, when socks are put over your shoes (yes, that's right) they can provide an added level of traction when walking on ice.

Hopefully, some of these tricks can help if you find yourself locked in a battle with the elements this season. Have a favorite winter hack we missed? Let us know at Hankook USA on Facebook or Twitter with the #WinterHack tag!



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Drivers' re-education on flat-tire fixing

(BPT) — The hardships of navigating winter roads aren't made any easier when facing a flat tire. In fact, for many Americans, fixing a flat remains a mystery. According to a survey from AAA, nearly 20 percent of U.S. drivers don't know how to change a flat tire. This is compounded by research saying there are 220 million flat tires annually — and each driver will experience up to five flat tires in their lifetime.

Before hitting the road,

study up on these flat-tire-fixing hacks and build up the confidence to complete this all-American road test:

Be spared: Knowing how to change a flat is all for naught if a spare tire is not along for the ride. Spares are usually hidden under the carpet in the trunk area, but they aren't always included in newer vehicles (allowing manufacturers to make lighter, more fuel-efficient vehicles). When purchasing a new vehicle, ask the

dealer about the inclusion of a spare.

Flatlining signs: It's fairly easy to spot a flat tire — it's usually accompanied by a loud noise or rubber flapping. The vehicle will feel like it is being pulled toward the side of the flat tire, and it will feel as if the vehicle can no longer accelerate. When in doubt, activate hazard lights and move the vehicle safely out of traffic, ideally on a flat area with enough space on the side of the road. Once in a safe

spot, remember to practice high visibility: Wear a reflective vest and position reflective emergency warning triangles to alert motorists — both of these items should be added to your roadside toolkit.

Hit the road, Jack: Having the right tools on board is critical, of course, and that's where a jack comes in. A Strongway Jack is a compact, strong and reliable partner in replacing the bum tire and raising up the vehicle. Remember, the jack is only used to get the vehicle off the ground, not to hold the vehicle in place — that's where the jack stands come in to ensure a safe and sustained lift. Refer to the owner's manual for the proper placement of the jack and the stands, which is typi-

cally the sturdiest part of the vehicle.

Rider's block: A common, and dangerous, error when changing a tire is not using blocks to prevent the wheels from rolling once the vehicle is raised. A tire-changing tool pack should include bricks or wooden wedges to be placed behind the wheels at the end of the vehicle that isn't being raised.

Get loose: Once the jack has been cranked up, and the wheel is slightly off the ground, it's time to remove the hubcap and then call for another key tool, a tire iron, to loosen the lug nuts and then pull off the flat tire. Be careful not to strip the lug nuts.

On the road again: With the flat tire off, line up the spare tire's holes

with the wheel bolts and push on, hand-screwing the lug nuts back on. Then, lower the jack a touch so the wheel is in slight contact with the ground. Use the tire iron to further secure the lug nuts in a "star-like" pattern: After tightening the first lug nut, tighten the one that is diagonally across from it and continue in that pattern. This will prevent the wheel from wobbling.

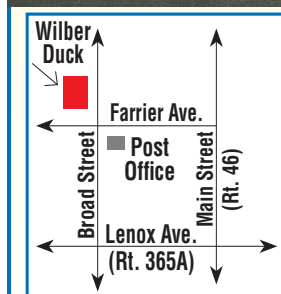
In an age of mobile phones and easy connection to roadside assistance, the knowledge of addressing a flat tire has gone out the window — or the sunroof. But, motorists should know — and practice — the basics of changing a flat to ensure they are prepared for the dreaded pop.

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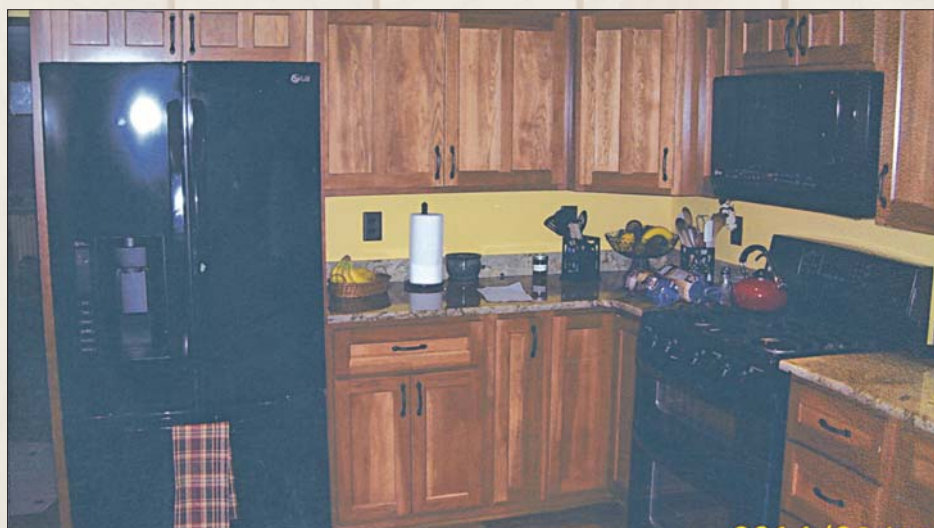
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