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Country Editor

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Photographers sharing the beauty of the Mohawk Valley

by Daniel Baldwin

Cliff Oram and his son Gabe spend a majority of their free time taking photos of the Mohawk Valley's wonderful landscapes, majestic rivers, and historical landmarks.

Once the two get what they need on their camera, they rush back home and upload their pictures on their own Facebook page titled Mohawk Valley Through the Lens. Cliff and Gabe created this page four years ago, and the pictures that they uploaded to this page attracted a large online audience. Gabe said their page now has over 12,000 followers. They have followers all the way from China and all around California.

The Oram family displayed their pictures at the Ilion Public Library on Feb. 9. This art reception was the perfect opportunity for the page's followers and other local residents, who are not aware of the site, to come down and look at the photos in person.

Gabe said he and Cliff are using this site as a way to promote the valley in a

good light.

"It's just there to give people who enjoy the valley an opportunity to see it the way we see it," Gabe said. "A lot of people are negative about this area these days — how there's nothing to do and no jobs — but we think that this is a cool place to live. It looks really nice and pretty, and that's our goal when it comes to taking the pictures."

The pictures on this page also give the people, who no longer live in the Mohawk Valley, a trip down memory lane.

"It gives people who have moved away a connection to their home," Gabe said. "We've got followers all over California and Florida, and they comment regularly. They say 'hey. I loved that picture. I used to live up and down the road.' It keeps them in touch with their home."

Cliff and Gabe are not the only people doing this sort of work, as many other photographers help them out. Todd Walker is one of those volunteers, and he too attended this art reception.



For four years Cliff (R), Gabe (center), and other local photographers have been taking pictures of the wonderful Mohawk Valley landscapes and uploading them on the MV Through the Lens Facebook page.

Photos by Daniel Baldwin



The Oram family displayed their pictures at the Ilion Public Library.

"I've been doing this stuff for seven years," Walker said. "About two years ago, I used to send a lot of photos into this site, and one day Gabe got a hold of me and asked me if I wanted to be a contributor. They thought I would be a good addition, and I accepted. It's a great exposure. You get to reach out to a lot more people, especially people who don't live in the area. Most of these people don't get the chance to see these structures, landscapes, and buildings that they recall from childhood, so I think it's great to bring it to them."

The members of this group do not get paid for this sort of work and do it at their own leisure, according to Gabe. There is no deadline, so the volunteers can take photos whenever they have free time on their hands.

Bob Ostrander, another photographer for this site, said he does not mind do-

ing it for free.

"I love what I'm doing," Ostrander said. "We all support each other, and I think we're doing a good thing for people that used to live here because they see pictures of what it's like now. We try to look for the nice things in the area. We appreciate the area more."

People, who are interested in taking and uploading pictures for this site, do not have to have a high-tech digital camera. Any sort of camera is acceptable as long as it takes good pictures.

"It's not required that you have a nice really expensive camera," Gabe said. "It does help, but no one is getting paid, so you don't have to have a super megacamera. Just as long as you have a good camera, you're good. It is more important that you have a good eye."

To take a look at their photos, visit www.facebook.com/MVTTL

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The plane truth

There was a time before we became a wasteful throw-away society that craftsmen treasured their tools. Often we find those tools marked as the property of long ago owners. I want to tell the readers about two 19th century carpenters and the planes they once owned. Years ago the writer of these lines found a large quantity of documents in an old summer kitchen building on the north bounds of the town of Palatine. They had once belonged to Lawrence Marcellus, a man I had never heard of. He turned out to have been the Justice of the Peace of the town of Palatine from the 1840s to the 1880s when he died. You say what did they amount to? The answer was a lot if you were studying your family history. On those yellowed paged were family marriages that appeared nowhere else.

In addition to those

records there were many other 19th century documents. A great portion of them pertained to Marcellus' position as boss carpenter when the old courthouse in Fonda was built in 1836-37. Those records tell the story of the erection of the now well-known old courthouse. Marcellus worked in a day and age before you could go to the local lumberyard and purchase moldings. Instead you carried a huge chest of tools from job to job. Separate wooden planes were used to make the moldings you needed right on the job. Shortly after I purchased the Marcellus papers I bought his tools also. The plane illustrated is stamped in small letters 'Marcellus'. It also bears the name Scorvill, signifying it was made by Lyman Scorvill of Johnstown, NY, in the 1830s. An original bill of sale from Scorvill to Marcellus



This plane belonged to Lyman Scorvill before being sold to Lawrence Marcellus. Both of their names were marked in the wood to indicate ownership.

is here illustrated. Information about the owner of the second plane is not so easily

found. The owners name, Z. C. Neahr, appears on the plane along with its maker H. Howland + Co. N.Y. who probably produced it in the 1870s. The important part of the story is about Neahr and

his life. He was born in Palatine on Dec. 9, 1830. Zachariah Neahr lived his entire life in Palatine and Canajoharie. He was a carpenter by trade and

PLANE 4

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PLANE from 3

an auctioneer by profes-

sion. Then the Civil War came and in 1864 he joined Company K of the

142nd Regiment of the NY Volunteers. His military record states that he

received the Congressional Medal of Honor for his bravery at the assault on

Fort Fisher, NC, Jan. 15, 1865.

Neahr was one of only two to receive the Medal of Honor during the Civil War from Canajoharie. The other was Frank Shubert of the 43rd NY Volunteers.

Neahr returned from the Civil War. He was chaplain of the Farrel Post of GAR Veterans of the Civil War in Canajoharie. He taught Sunday School at the Methodist church of Canajoharie, apparently a very religious man. Neahr continued to build buildings and buy and sell real es-

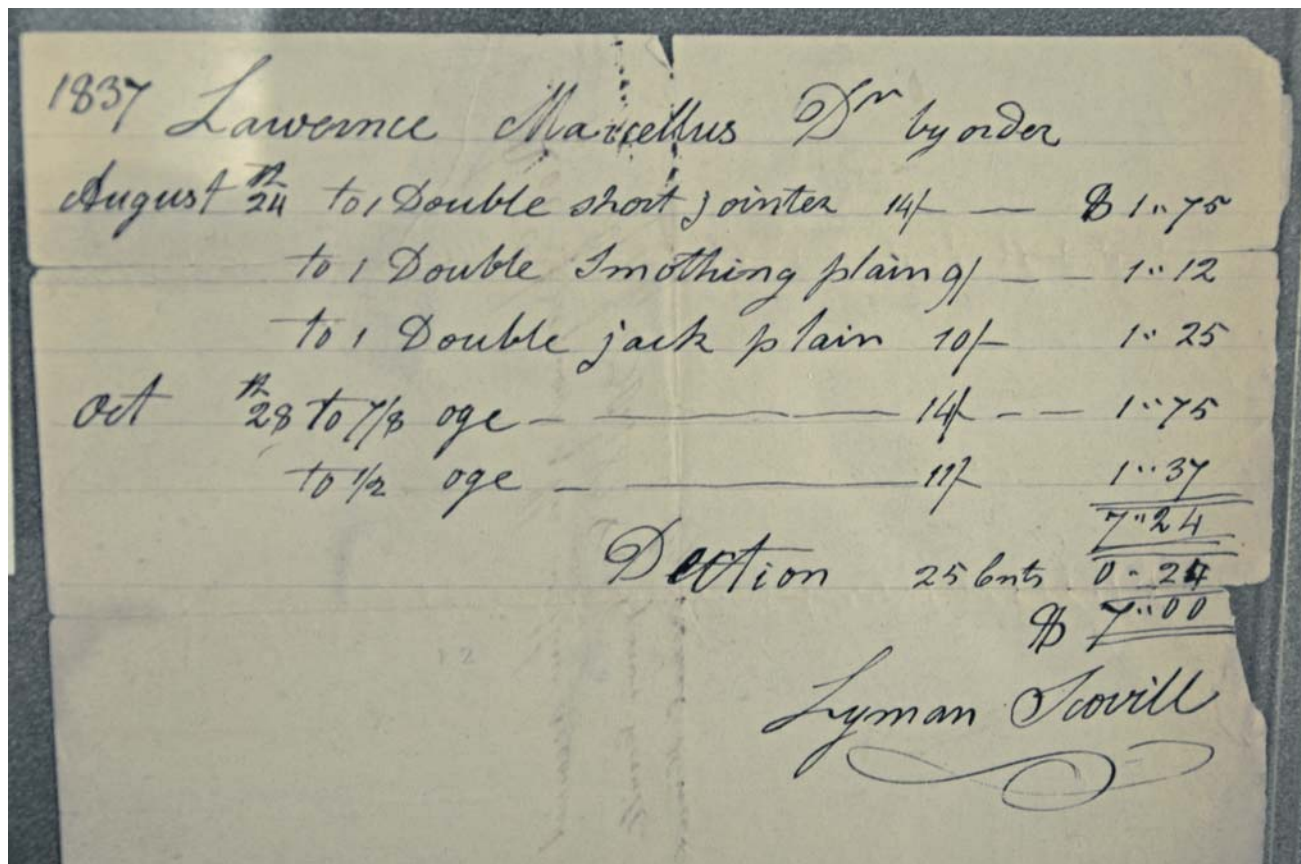
tate. In politics he was a Democrat sometimes serving as overseer of the poor. He was also a member of the Masonic Order. He was married and had two children who survived him when he passed away July 21, 1903.

Now this plane may be the only personal effect known to have belonged to Zachariah Neahr. The question remains as to how this plane found its way to the old William Garlock Farm near Marshville, NY.

**Skip Barshied
Stone Arabia**



Two wood planes belonging to Lawrence Marcellus and Z. C. Neahr.



The original bill of sale from Lyman Scovill to Lawrence Marcellus for one double short jointer, one double smoothing plane and one double jack plane.

Country Editor

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Send all correspondence to:

Country Editor
PO Box 121

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Advertising e-mail: jsnyder@leepub.com

Editorial e-mail: jkarkwren@leepub.com

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Poland cheerleaders competing for 1st time in 2 decades

POLAND — If Poland Central School District cheerleaders could do one cheer for their own team this year, it would be this: C-O-M-P-E-T-E!

For the first time since 1997, Poland's cheerleading team took part in competitions this school year and participated in sectionals on Saturday, Feb. 10, at Chittenango High School.

"To me, it was pretty exciting because I know all the girls on the team have wanted to compete for the longest time," said Poland junior Taylor Goodney, 16, a captain of the cheerleading team.

Poland cheerleaders competed at the Love to Cheer Classic hosted by the Fulton High School cheerleaders on Saturday, Jan. 27, at G. Ray Bodley High School and at the Starfest Cheerleading Competition hosted by Cicero-North Syracuse cheerleaders on Saturday, Feb. 3, at North Syracuse Junior High School. In addition to the competitions, the team also cheers at boys varsity basketball home games and some of the away games.

Alicia Guarascio, who is a Poland community member and former substitute teacher for the district and currently teacher's aide in one of the Herkimer-Fulton-Hamilton-Otsego BOCES classrooms at Poland, was appointed the coach of Poland's cheerleading team this school year, and she listened to the students' desire to join competitions.

"That was my goal when I became coach: to do competitions," Guarascio said. "To build the name for Poland cheer."

'A real sport'

Guarascio had to take a different course to be a coach for a competitive team. The change also meant adjustments for the team.

"We have to practice a lot now," Goodney said.

The cheerleaders have been embrac-

ing the challenge — working hard, asking to squeeze in extra hours of practice when they can and focusing on preparing for competitions.

"They had a reputation to break to be a sport," Guarascio said.

Poland senior Chloe Springer, 17, a captain of the cheerleading team, said the team can't afford to have any drama anymore because all effort has to be placed on the routine for competitions.

"It's a real sport now," Springer said.

The girls on the team have been happy to be included among other sports teams — including having their picture among those on the monitor in the hallway by a school entrance, they said.

Competitions are important in order "to be taken seriously by other people at the school," Springer said.

Springer has been a cheerleader since seventh-grade. At first, she just wanted to do what she saw "the big girls do" before her, she said, but as a senior in her sixth year of cheerleading, she felt it was time the team try competitions, so she pushed for it with Guarascio.

"I had been doing the same thing for so long, I really wanted to do more," Springer said.

Poland senior Samantha Valik, 17, a co-captain of the cheerleading team, said she is glad that she is able to take part in competitions for her senior year.

"It feels like a real sport. Now, it feels like a real team," Valik said. "We work as a team. We are building together and growing together."

'Hard work'

In addition to Goodney, Springer and Valik, the other cheerleaders on the nine-member team are Brianna Carcone, Sarah DeVuyst, Peyton Hulihan, Madisyn Kraeger, Destiny Taylor and Kaylee Tyson.

The routine for competitions lasts two minutes and 30 seconds. It includes cheers, tumbling and dancing.

"Everybody has an important position," Guarascio said. "They have their certain jobs."

Following competitions,



Poland Central School District cheerleaders have been participating in competitions this year for the first time since 1997. They won the "Most Spirited Team" award during the Love to Cheer Classic on Saturday, Jan. 27, and are pictured here at Poland holding the award. Front row, L-R: cheerleaders Kaylee Tyson, Samantha Valik, Chloe Springer and Destiny Taylor. Back row: cheerleaders Madisyn Kraeger, Brianna Carcone, Taylor Goodney, Peyton Hulihan, Sarah DeVuyst and coach Alicia Guarascio.

Photo courtesy of Poland Central School

the cheerleaders work on making recommended changes to the routine, and they have to fit in practice around the games they cheer at and other activities.

"They know how much hard work goes into it now," Guarascio said.

Guarascio and the captains said cheerleading teaches them teamwork, responsibility and time management skills — as well as memory skills for remembering the routine.

Springer said the closest thing to the competition routine in previous years was the halftime performance at boys basketball games.

"We already had a halftime, but it was

nowhere near what we do now," she said.

Valik said the competition routine is challenging and requires strength and athleticism similar to other sports.

"The stunts aren't easy," Valik said. "It's not easy to just throw a girl."

'Feel welcome'

At the Love to Cheer Classic, the team originally was going to participate in a non-competitive performance. After the cheerleaders expressed a desire to compete, Guarascio asked the organizers if the team could switch to competing, and it was approved. The students were

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POLAND from 5

then taken off guard that they were going to compete, but they stepped up.

Starting the competition felt "nerve-wracking," Springer said.

"The adrenaline is insane," she said.

Guarascio said she encourages the students to put their all into the routine.

"You have two minutes and 30 seconds to be anybody that you want," she said. "You have to over-do everything."

Valik said when you've just completed the routine and are on the mat, it's a great feeling.

Poland won the "Most Spirited Cheer Team" award at the Love to Cheer Classic.

Other teams were cheering Poland cheerleaders on because they knew it was their first competition, and cheerleaders from Oriskany were especially helpful,

Guarascio said.

"The other girls at the competition didn't make us feel awful," Valik said. "They made us feel welcome."

The feeling of belonging at competitions generates more motivation to practice and work hard, Goodney said.

"It's a better feeling going where people actually want you there," Goodney said.

Two competitions were required for the team to qualify for sectionals. The goal for next year is to do three competitions before sectionals, Guarascio said, and Poland could potentially have junior varsity, varsity and competition cheerleading teams next year.

When watching her cheerleaders who are part of a team that hasn't competed in 20 years score closely at competitions to other schools, Guarascio started to feel like there is a possibility for success at sectionals.

Wintertime drawing set March 20

The Herkimer County Historical Society is holding a "Wintertime Drawing" with the first prize of two tickets to the "America" concert at The Stanley on May 11 in prime seating. The second prize is a gift certificate package for Price Chopper, Walmart and Jamo's Restaurant. The third prize is a Bart Carrig photograph of the Lamar Valley, Yellowstone National Park, in Montana; the fourth prize is a Kindle Fire 7 Table with Alexa. The fifth prize is a \$50 gift certificate to the Herkimer County Historical Society Gift Shop. Tickets are a \$5 donation or four for a \$15 donation. They can be purchased at the Society at 406 N. Main Street,

Herkimer, Monday-Friday, 10 a.m. - 4 p.m., or by sending a check to their address at 400 N. Main St., Herkimer, NY 13350. For more information, call 315.866.6413.

March is Poetry Month

Calendar of events

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.

March 2-25

Lynette Stephenson Paintings. March 2-25, 5:30 p.m.-7 p.m., The Other Side Gallery, 2011 Genesee St., Utica, NY. Art exhibit. Gallery hours are Thursdays from 5-7 p.m. and Saturdays from 12-2 p.m. or by appointment. Contact Rainer at 315.395.5235 or rainer-mariawehner@web.de

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 11

H.A.L.O. 10th Annual Chinese Auction. March 11, 11 a.m.-2 p.m., Herkimer VFW, 131 Mohawk Street, Herkimer, NY. Donations of Purina dry cat food, Friskies canned food, and cat litter will be appreciated. Raffles. Refreshments. Chinese Auction. Benefit for the animal rescue group and their cat shelter, H.A.L.O. House based in Little Falls.

March 15

Agricultural Solutions Fair. March 15, 10 a.m.-2 p.m., SUNY Cobleskill, Bouck Hall, Cobleskill, NY. Putting Money & Resources Into Farmers' Hands. Connect with the agencies that can provide 1:1 assistance to farmers. Pre-register online or call Dr. Jason Evans at 518.255.5643.

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 or 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! Call 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.

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by JoAnn Derson

- Another nominee for removing antiperspirant stains: meat tenderizer. D.L. of Michigan writes: “Moisten the armpit area and then drag it through some meat tenderizer. Work it in, let it sit for five minutes or so, then launder in the hottest possible water.”
- “Activity points are now a prerequisite in our house for allowance. Chores are still a part of the equation, but we are trying to instill how important it is to MOVE. I figure if my employer can incentivize me by lowering health-care costs if I use my Fitbit or participate in 5ks, I can

- ‘pay’ my kids to be active.” — Y.R. in North Carolina
- White porcelain sinks are so beautiful in a country kitchen — but boy do those food stains just pop! No sweat, though. Just sprinkle liberally and scrub with baking soda, and then spray on a little hydrogen peroxide. Rub and rinse.
 - Sources say that if you are having a hard time keeping your eating in check, the key is to plan ahead. At the beginning of the week, make a list of exactly what you plan to have each day for breakfast, lunch and dinner, as well as snacks. Then prep that food. Less decision-mak-

- ing midweek means less opportunity to make poor decisions. Good luck!
- “My three kids (and their friends) were always losing, bending or otherwise ruining my good flatware. So, I bought a bunch of cheap stuff, a bucket to fit it in and I put it on the counter. It all goes in there together, and you know what? It’s no big deal. We just grab what we need and get on with our lives. I still have the good stuff, and it’s what we use on special occasions.” — T.Y. in Illinois
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39th Annual Craft Festival scheduled

The 39th Annual Friendship Craft Festival sponsored by the Church Of Christ Uniting in Richfield Springs will take place on Saturday, June 9, from 9 a.m. to 3 p.m., in Spring Park on Scenic U.S. Route 20.

In addition to the area’s finest crafters, the Church’s “famous” bake sale will return, and Brooks’ equally as famous chicken BBQ will be served from 11:30 a.m. - 2:30 p.m. The Richfield Youth Sports or-

ganization will be selling hot dogs, hamburgers, hot sausage, french fries and beverages as a fundraiser.

The crafters go through a juried process to assure that the items they are offering for sale are truly handmade and are of the finest quality. There is always a wide variety. Come shop for that special gift for Father’s Day, graduation, birthday or other special occasion. Unique finds for your home or garden are always amongst the offerings.

Crafter application deadline is “officially” May 1. For space availability after May 1, crafters can call Lani King at 315.858.9451. For event info e-mail friendshipcraftfestival@yahoo.com . For an application and festival details go to www.rschurchofchristuniting.com .

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Whatchamacallits

Just shy of two inches in diameter and one inch in depth, this Whatchamacallit is undoubtedly a small package. But it carries over a century of history and a variety of uses. This



week’s Whatchamacallit is a pressed tin container that held Redding’s Russia Salve, produced by Redding & Company in Boston, MA.


The company began in 1806 and produced more than just Redding’s Russia Salve. The trademark for the product is listed for Sept. 3, 1878, with a re-register for Jan. 8, 1913.

According to a watermarked paper issued by the company, Redding’s Russia Salve had an impressive range of uses. The salve could be applied for cuts, sprains, hives, burns, cold sores, pimples, bruises, hemorrhoids, eczema, fever blisters, mosquito bites, chapped hands, dandruff, tired, burning

or aching feet and more. The paper also explains how to use the salve for every situation.

The design for the product, printed on the watermarked paper and silk paper, appears on the cover of the tin. This design depicts an officer treating an injured soldier, with a horse, gun and part of a canon present. This mark was used to prove the product was from the company and not produced by a copycat.

The salve itself was composed of yellow wax, sweet oil and glycerine and the cost was ranged from 25 to 30 cents per container.



For more information on the look of the container, the watermarked paper or the packaging of the salve, visit <https://tinyurl.com/ya7qzxm4> .

12 Herkimer BOCES students win regional SkillsUSA awards

Herkimer-Fulton-Hamilton-Otsego BOCES took a large group of students to the SkillsUSA Area 2 Regional Conference on Feb. 2 at Morrisville College, and 12 students took home awards.

The Herkimer BOCES contingent included 65 students from Career and Technical Education programs and the Valley Pathways in Technology Early College High School — as well as seven advisors.

"It's the first competition for many of them that allows them to showcase their skills that they've learned," said Holly Rotundo Fischer, Herkimer BOCES cosmetology instructor and SkillsUSA advisor. "These are skills that will hopefully help lead them to employment in their career fields."

Most of the students



Herkimer-Fulton-Hamilton-Otsego BOCES students Sierra Gonzalez, who won first place in the Advertising and Design competition, and Samantha Ferdula, who won third place in the competition, pose with their awards from the SkillsUSA Regional Conference.



Herkimer-Fulton-Hamilton-Otsego BOCES students Rachel VanOrder, who won first place in the Technical Computer Applications competition, and Anthony Treonze, who won second place in the competition, pose with their awards.

who attended the Regional Conference and others will participate in the SkillsUSA Leadership and Skills Championships at the SkillsUSA State Conference from April 25-27 at the Syracuse Fairgrounds, where students will have the opportunity to advance to the National Conference.

"We probably took double the number that we normally do because almost all the CTE classes are participating in Skill-

sUSA this year," Fischer said.

During the conference, 46 students and three advisors earned their SkillsUSA Statesman Awards.

The following Herkimer BOCES students placed in the following contests at the Regional Conference:

Advertising and Design:

- First place: Sierra Gonzalez
- Third place: Samantha Ferdula

Technical Computer Applications:

- First place: Rachel VanOrder
- Second place: Anthony Treonze

Customer Service:

- First place: Isaiah Oord
- Second place: Abigail Baumes

Employment Application Process Basic:

- Second place: Sharon Hamilton

Power Equipment Technology:

- First place: Griffin Parker

Small Engine Service Basic:

- Third place: Austin Daley

Motorcycle Service Technology:

- Third place: Brandon Loiacano

Welding:

- Second place: Derek LiBritz

Cosmetology Junior:

- Second place: Britney Tucker



Herkimer-Fulton-Hamilton-Otsego BOCES students pose with their awards from the SkillsUSA Regional Conference on Feb. 2 at Morrisville College. L-R: Isaiah Oord, who won first place in the Customer Service competition; Abigail Baumes, who won second place in Customer Service; Britney Tucker, who won second place in Cosmetology Junior, and Sharon Hamilton, who won second place in Employment Application Process Basic.

Photos courtesy of Herkimer-Fulton-Hamilton-Otsego BOCES

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Learn to break the procrastination habit

The idiom “Never put off until tomorrow what you can do today” has been credited to many people, including Thomas Jefferson, Mark Twain and Oscar Wilde. Regardless of who first uttered the phrase, it still rings true. Many people are guilty of procrastinating, which can affect their productivity and various other areas of their lives.

Procrastination can sometimes be a good thing, giving a person time to think through decisions more thoroughly instead of acting impulsively. Waiting to do something until a deadline looms also may motivate a person to work harder to complete the task at hand. Yet chronic procrastination can be a problem that affects one’s job performance, academic success and general state of mind.

Psychology Today says procrastinating is often done to temporarily reduce a person’s anxiety about a task or alleviate boredom or negative feelings toward the work at hand. Procrastination is more a symptom of emotions rather than a problem of poor time management. Experts in the field of psychology say that even though procrastinating may temporarily relieve anxiety or unpleasant feelings, procrastinating ultimately can increase negative feelings.

Resolving to stop pushing tasks into the future can be a worthwhile goal, but it’s difficult.

“To tell a chronic procrastinator to ‘just do it’ would be like saying to a clinically depressed person, ‘cheer up,’” said Joseph Ferrari, a professor of psychology

at DePaul University. Individuals can instead employ these strategies to get focused.

- Set deadlines. Open-ended time frames for getting things done may be a procrastinator’s worst enemy. Setting deadlines can provide the inspiration needed to get things done. Set reminders to help stay on task.
- Seek cognitive-behavioral therapy. CBT is a common type of talk therapy that is used as a tool in treating various mental health conditions and other situations. CBT helps a person become aware of inaccurate or negative thinking to change a view on challenging situations, says the Mayo Clinic. This way one can respond to them in a more effective way.
- Identify feelings. Identifying why a person is procrastinating can help him or her get past the block. Fear, change, sadness, or lack of experience may be behind a person’s tendency to procrastinate. Identifying the cause can help men and women overcome this hurdle.
- Break down the task. Dividing a challenging task into a handful of smaller tasks can make it easier to complete the project. Reward little successes, which will eventually add up to a big success.
- Keep distractions at bay. Remove distractions from the environment, so they can’t be used as a procrastination crutch.

Over time, people can break the habit of procrastination and become more efficient and successful.



Over time, people can break the habit of procrastination and become more efficient and successful.

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The history of umbrellas

Technology evolves with breakneck speed, and it is not too often that one can say he or she relies on something that has gone largely unchanged for centuries. But each time you reach for an umbrella, you're relying on an invention that's more than 4,000 years old.

Evidence suggests umbrellas originated in ancient Egypt and nearby Assyria. The earliest umbrellas or parasols were used to provide protection from the sun. These earliest umbrellas were made from palm leaves attached to sticks. According to UmbrellaHistory.net, umbrellas signified rank and nobles used the devices to keep their skin pale and untouched by the sun. In Assyria, only kings had the right to be protected by elaborate parasols.

Anyone who has been kept dry during a downpour because of umbrellas can thank the Chinese. The modern-day rain umbrella is a variation of waterproof parasols created in the 11th century BC. The earliest waterproof umbrellas were made of silk or paper that was waxed and lacquered for protection. Again, umbrellas signified a person of esteem, and the more elaborate the umbrella, the more important the person being protected by the device.

It wasn't until the 16th century that the umbrella became popularized in the western world, according to the history and invention site ThoughtCo. The word "umbrella" comes from the Latin root "umbra," meaning "shade." However, in the rainy climates of northern Europe, the waterproof umbrellas would be an asset for men and women hoping to stay dry. Persian traveler and writer Jonas Hanway popularized umbrellas through his own personal use, and men even called their umbrellas a "Hanway."

The British helped define the modern umbrella and even opened up the first shop devoted entirely to umbrellas. James Smith and Sons opened in 1830 in London, producing umbrellas made from wood or whalebone covered with alpaca or oiled canvas. Curved handles were made by hand and were genuine works of art.

Steel-ribbed umbrellas would come several years later. Collapsible umbrellas would not ap-

pear for roughly 100 years, when Hans Haupt's pocket umbrella and Bradford Phillips' modern folding mechanism in umbrellas were introduced.

Modern umbrellas continue to be perfected, with certain types folding outward rather than inward to keep errant drops at bay; umbrellas that cannot be

flipped inside out; those that can withstand very strong winds; and umbrellas that open and shut easily with the push of a button. China still reigns supreme in regard to the production of umbrellas, just as it did all those centuries ago.



Each time you reach for an umbrella, you're relying on an invention that's more than 4,000 years old.



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To Your Good Health

by **Keith Roach, M.D.**
COPD Is Double-Whammy

Dear Dr. Roach: I have been told that I have COPD. The lung doctor said that he's pleased with my X-ray and will see me next year. My concern is whether this will get worse. I'm scared to death. I have difficulty catching my breath. I quit smoking about four years ago. I know I can't repair the damage that has been done, but is there anything I can do to keep this disease from getting worse? — T.C.

Answer: Chronic obstructive pulmonary disease in North America is due mostly to cigarette smoking, but cooking fires, asthma and other rare conditions also may predispose people to COPD. Lung function decreases with aging in all adults, but in people with COPD (a combination of emphysema and chronic

bronchitis), the worsening of lung function over time is critical because of the loss of pulmonary reserve.

You already have done by far the most important thing you can do to prevent further damage: quit smoking. Avoiding other air pollutants (especially secondhand smoke) also may help. Regular physical activity seems to slow progression of COPD.

Treatment with inhaled steroids reduces airway inflammation and somewhat slows progression of the decline in lung function in COPD. Inhaled steroids also improve symptoms and reduce exacerbations. However, they do not have a significant effect on mortality.

X-rays are one way of following COPD, but measuring lung function through pulmonary-function tests is a much better way of determining severity of disease. Your

lung specialist can give you more-personalized information about your illness with those results.

Dear Dr. Roach: My question is, If a person eats a 2,000-calorie meal, how many calories, when digested, are absorbed by the body? I find it hard to believe that the body will absorb every single one of the 2,000 calories ingested. Please advise. — J.H.

Answer: Our bodies are very well adapted to extract energy out of the food we eat, but you are right that there is some energy left in food at the time it is excreted. Some chemical energy also is used by the bacteria in the gut. A little bit is lost in the urine. But in general, we absorb probably 90 percent of the chemical energy stored in food.

A few factors can affect that number. Food that is cooked or processed tends to have calories that are more easily accessible and more absorbable. This may be one reason that those who eat only raw foods tend to lose weight (another may be that they avoid highly calorie-dense foods). There also are medical conditions that prevent us from absorbing food properly (lactose intolerance and celiac disease are two of the more common of the many causes of malabsorption).

In summary, calorie counts are imprecise, but still useful for comparing one food with another.

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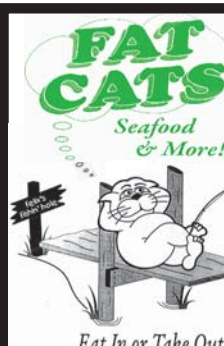


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Kovels: Antiques and Collecting

by Terry and Kim Kovel Washington Doll

While Valentine's Day is always Feb. 14, President's Day can be any one of seven dates, the third Monday

in February closest to the 20th. In 1885 George Washington's birthday, Feb. 22, was made a national holiday. But in 1971, Congress decided

that instead of celebrating the real birthdays of President Washington and President Abraham Lincoln (Feb. 12), there would be a Monday celebration for both. Why Monday? To give everyone a three-day weekend away from work. Feb. 20 was chosen because it was between the two real birthdays.

President Washington lived in the days before cameras, so he was remembered in designs for silhouettes, paintings, prints, medals, cameos, glass patterns, toys, Staffordshire figures to keep on the mantel and even drapery fabrics. Most of the memorabilia was copied from the few famous paintings of the president, images that still are used. A President Washington doll made after 1880 looks like Washington in his presidential years. The doll is made of cloth with pressed and oil-painted features, and gray hair worn in a ponytail. His eyes are blue. The doll is dressed in a silk suit with a lace jabot and wears a tri-corn hat, black stockings and shoes with buckles. The costume is a familiar one.

The doll probably was not made for a young child, but as a part of the 1889 centennial celebration of Washington's inauguration. It was made by Martha Jenks Chase, who started making portrait dolls in her backyard about 1880. A 25-inch tall Chase Washington doll sold in 2016 at a Theri-auction's auction in Las Vegas for \$3,080.

Q: I'd like information about my great-grandmother's full set of beautiful dishes and serving bowls given to her as a wedding gift in 1876. They are marked "LS & S Carlsbad Austria."

A: This mark was used about 1895 to 1917 by Lewis Straus & Sons, importers located in New York City. Carlsbad was part of Austria until after World War I, when it became part of Czechoslovakia. Today the town is called Karlovy Vary and is part of the Czech Republic. Several factories in Austria, Bavaria and Germany used "Carlsbad" in their mark. Many pieces were exported to the United States in the late 1800s

and early 1900s. Sets of china are hard to sell, but you can enjoy the dishes for their sentimental value.

Current prices

Fortune Telling Cards, tarot, gold edges, text and images, The Nile, US Playing Card Co., box, 52-card deck, c. 1900, 4 x 3 inches, \$145.

Bronze doorknocker, Abraham Lincoln, profile, slavery abolished speech text, round, ring striker, 1915, 3 1/2 x 3 inches, \$300.

Powder jar, orange milk

glass with purple iris, hinged lid with brass band, interior beveled mirror, Wave Crest, 1800s, 4 x 6 inches, \$500.

Tip: When polishing the metal hardware on old chests of drawers, slide a piece of stiff paper under the brass plate. This will protect the wood near the brass.

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

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This 1880s George Washington doll is made of painted cloth. The face and clothing are familiar, and he really did have blue eyes. It recently sold for \$3,080.

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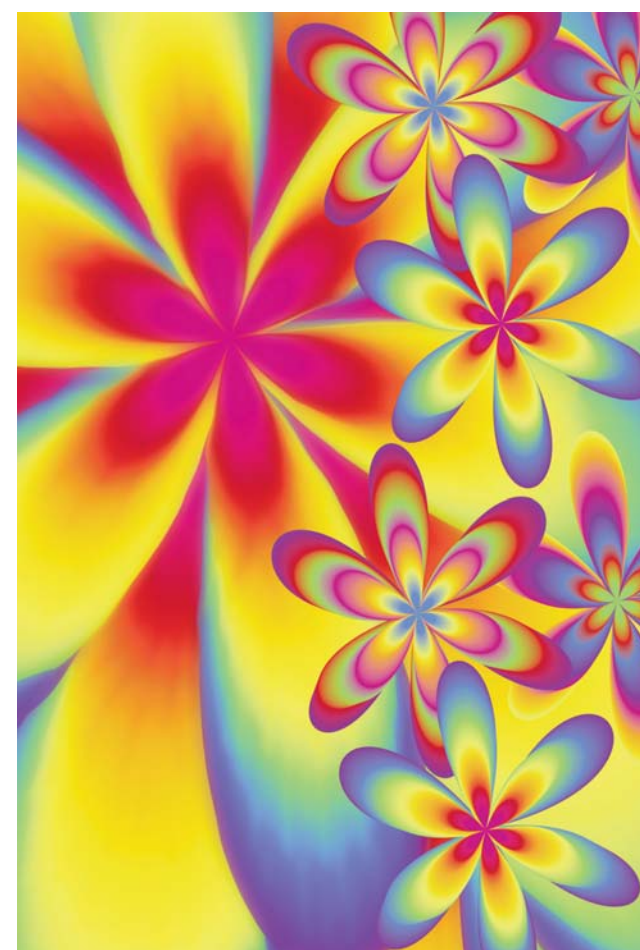
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Kitchen Diva

by Angela Shelf Medearis

Bowlful of comfort on a chilly day

Many kids dislike soft vegetables, the kind usually found in stew. If you're having trouble getting your children to eat stew, try this saucy beef recipe — adapted from the wonderful cookbook "Real Food for Healthy Kids: 200-Plus Easy, Wholesome Recipes" by Tracey Seaman and Tanya Wenman Steel. Tracey's



teenage daughter said, "This is the only stew I really like, because it doesn't have any mushy vegetables. I like my carrots crisp."

This rendition is made without carrots or potatoes so you can serve it — with its thick, rich gravy — over a mash of potatoes and parsnips, or a mound of fluffy rice. Add a side dish of crisp vegetables, or a salad, and serve it with some hot, crusty French bread, and you've got a meal that will please the pickiest eater.

If you're fortunate enough to have leftovers, you can stretch out the servings and transform your stew into French Dip sandwiches. Shred any remaining cubes of stew beef and re-heat the meat and any leftover sauce in the microwave for 2 to 3 minutes until warm. Pour the sauce into a separate serving dish.

Sprinkle some shredded Parmesan cheese on a whole-wheat hamburger bun or hot-dog bun, or a sliced hoagie roll. Place the bread on a cookie sheet under a broiler or in a toaster oven until the cheese starts to melt. Pile the shredded beef on the bread and add a few dill pickles or slices of purple onion, if desired. You can serve the remaining sauce on the side for dipping, "au jus" style.

This recipe is perfect for

a crockpot or for slow-cooking in a roasting pan in the oven. It also freezes well and can last for up to six months. This saucy beef stew is a bowlful of comfort on a cold day, or it makes a hearty sandwich for supper on a warm one.

Saucy Beef Stew

If you're planning to prepare this stew in a slow cooker, follow steps one and two and then place the meat and the sauce in a crockpot, add the fresh or dried rosemary and thyme, cover and cook on low for 7 hours or until tender. Remove the sprigs of fresh herbs (if used), and season to taste before serving.

1/4 cup extra-virgin olive oil
5 pounds lean beef chuck, cut into 1- to 2-inch cubes
Kosher salt and freshly ground black pepper
3 extra-large onions, finely diced
5 garlic cloves, smashed and peeled
1/2 cup unbleached all-purpose flour
1 quart low-sodium beef broth
2 cups filtered water
2 tablespoons red wine vinegar
1 tablespoon tomato paste
2 sprigs each fresh rosemary and thyme (or 1 teaspoon each dried)

1. Heat 1 tablespoon of the oil in a 6-to 8-quart heavy Dutch oven over medium heat. Add a third of the beef, season lightly with salt and pepper, and cook, turning infrequently, until browned, about 8 minutes. Transfer to a plate and repeat with oil and the remaining beef and more salt in two batches.

2. Add the last tablespoon of oil, and the onions and garlic to the pot; cook, stirring occasionally, until softened, about 6 minutes. Sprinkle the flour on top and cook, stirring constantly until thick and lightly browned, about 2 minutes. Whisk in the broth, water, vinegar and tomato paste. Bring mixture to a boil.

3. Return meat to the pan, add rosemary and thyme, and return to a boil, stirring occasionally. Reduce heat to medium-low, cover and simmer gently, stirring occasionally, for 1 1/2 hours.

4. Uncover pot and continue simmering for up to 30 minutes more, until the meat is nicely tender but still holds its shape. Remove the sprigs and season to taste before serving. Makes about 3 quarts.

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This saucy beef stew is a bowlful of comfort on a cold day
Photo courtesy Bob and Tanya Steel

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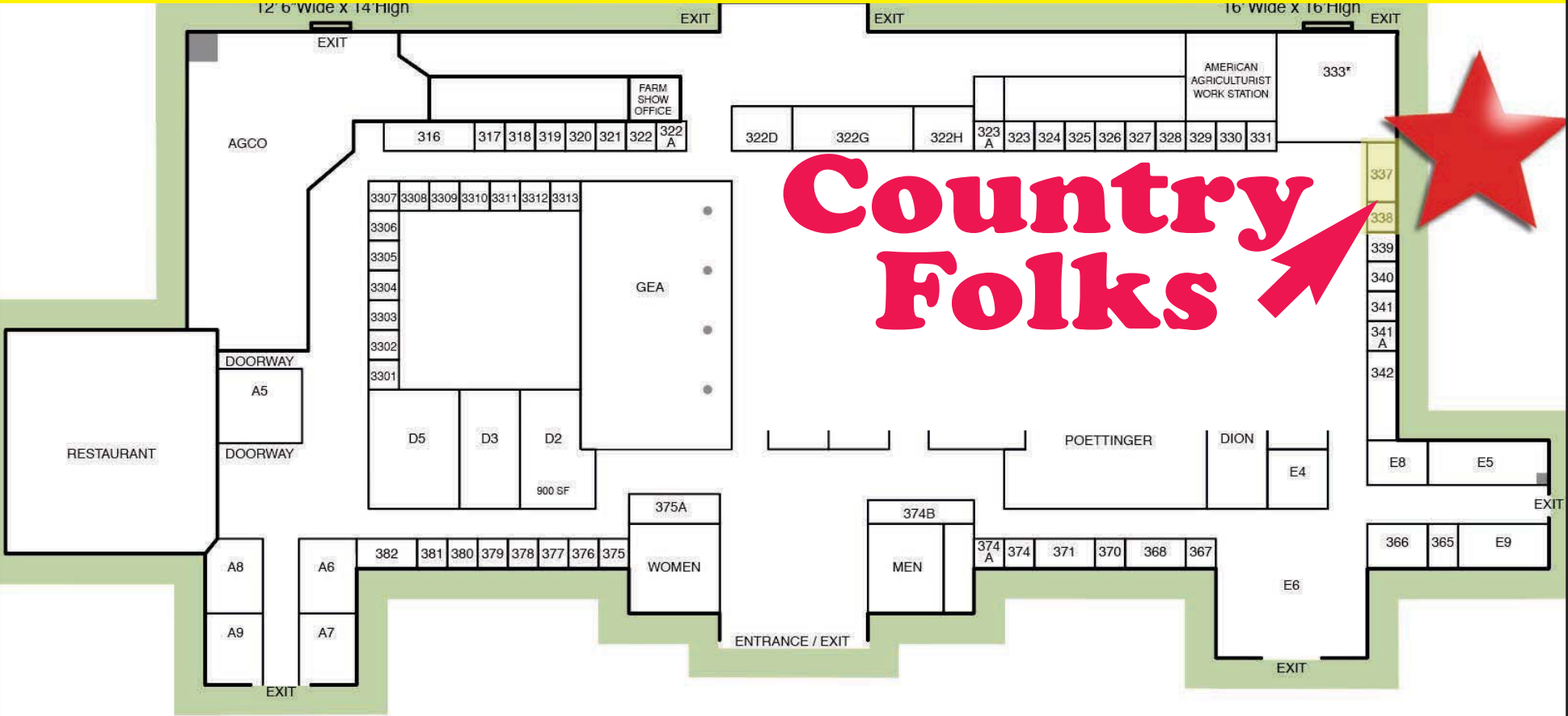
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King Crossword

ACROSS

1 Tiny bits

6 "I, Robot" writer

12 Catch in a net

13 Household

14 Treeless Asian plain

15 Bach piece

16 Corn recipe

17 Experts

19 Ultramodern

20 Reverberate

22 Kiwi's extinct cousin

24 — Khan

27 Get better

29 "Two and a Half Men" role

32 Arguably, best-known line from Shakespeare

35 Still

36 Peacenik

37 Performance

38 Blushing

40 Iodine source

42 Pitch

44 Spud's buds

46 Scored 100 on

50 Hard to find

52 Guarantee

54 Yearly

55 Tradition, per-haps

56 Forward a story

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57 Leg parts

10 Curved molding

31 Lepidopter-ist's prop

11 Kill a bill

12 Sixth sense

33 Away from WSW

18 Virginia city

21 Comedian

34 — Aviv

39 Sticker

41 Old hat

42 Despot

43 Dermatology subject

24 Noshed

25 Head of st.

26 Straying

45 Holler

47 Adorable

48 Cupid's alias

49 Rep.'s rival

51 Regret

53 Sister

20 Margaret

23 Feedbag

24 Noshed

25 Head of st.

26 Straying

28 Smitten, maybe unre-quitely

30 Jimmy Kimmel's

2 Grooving on

3 Reservation residence

4 Nile slitherer

5 One often seen with a crook?

6 Bullets etc.

7 Quake

8 Hostel

9 Hawaiian volcano

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MAGIC MAZE

WORDS FOUND IN "PRESIDENTS DAY"

HKHEBYVSPMJHEBY
VTQOLIGDBYWTRY P
MKIFDBSYWUSDDQ
OSMDKAI FDTNERAP
EPEDESTRIANSNEP
BRADZEXRWIUTSTQ
ONIRILPSTJHIFSD
CRASTSISRPNYWV
PTSQEYEERPNYLKI
HFECBDZRYIWVUSR
QPNMLJIPPRAEDNE

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

- Airspeed
Desire
Destined
Destiny
- Endear
Esprit
Ideas
Parent
- Party
Pedestrians
Pens
Persist
- Presides
Pride
Steady

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Amber Waves

HEY MOM, WE GOT OUR REPORT CARDS TODAY.

DEAR, GERALD GOT HIS REPORT CARD TODAY. YOU NEED TO TAKE A LOOK.

UH, WOW...THIS IS ACTUALLY REALLY GOOD.

I'M CONFUSED. CHORES DONE, GOOD GRADES...WHAT DO WE DO NOW?

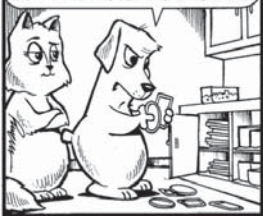


by Dave T. Phipps

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Just Like Cats & Dogs by Dave T. Phipps

IT'S TOO LATE, I'VE SPENT SO MUCH TIME TRYING TO FIND A MATCHING LID I THINK THE LEFTOVERS WENT BAD.



Mega Maze

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HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

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Differences: 1. Cap is reversed. 2. Cuffs are missing. 3. Leash is shorter. 4. Collar is different. 5. Fence board is missing. 6. Tail is shorter.

Americanisms

"My God! how little do my country men know what precious blessings they are in possession of, and which no other people on earth enjoy."

—Thomas Jefferson

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LAFF-A-DAY



STICKELERS

Below is a double pyramid of two 10-letter scrambled words. Put together, these two words form a common phrase known to all.

I
A D
E T Y
N D S C

O
U M
L I S
N S T C

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Puzzles4Kids

RIDDLE SEARCH – NICE!

Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: What do you call a nice vegetable?

CHARMING
CIVIL
DECENT
DUCKY
ENCHANTING
EXCELLENT
FINE
GENTLE
GOOD
GRAND
HAPPY
KEEN
NOT BAD
OKAY
PEACHY
PLEASANT
POLITE
SWELL

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

Riddle answer: _____

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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
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Rev. T. Healy, Sacramental Minister
31 N. Helmer Ave.
Phone 429-8338
Mass 9 AM Sun, Mon & Wed

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414 Frankfort St., Frankfort, NY
Pastor: Father Paul Catena
Deacon: Micheal Carbone
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Sunday 9:00 am; Tuesday & Thursday 9:00 am

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SS PETER and PAUL
ORTHODOX CHURCH
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Saturday Evening Vespers 4 PM
Sunday Divine Liturgy 9:30 AM
Holy Day Liturgy 9:30 AM

TEMPLE BETH JOSEPH
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Friday 8 PM • Saturday 9 AM

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Sunday Mass 8 & 10:30 AM

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Sunday Mass 10 AM

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Utica, NY 13503
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Thursday 11:30-12:30 PM
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Church Service 10:30am
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May 1 - November 1
36 Second Street, Ilion

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Phone 823-3410
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Sunday Mass 10:30 AM

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(Sept.-May)
Fellowship Coffee Hour 11:15 AM
Choir Rehearsal 11:30 AM
Holy Day Masses as announced
Confessions by appointment

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Sunday School 9 AM
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Sunday School 10 AM

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or 315-520-4723
Holy Eucharist 10 AM

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Morning Worship 11 AM
Evening Worship 6 PM
Wednesday Prayer 7 PM

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September - June

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Sunday Mass 9:30 AM

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Morning Service 11 AM

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Pastor Dwayne Durand
West Canada Valley
High School Auditorium
5447 St. Rt. 28
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Middleville, NY 13406
Phone 315-292-1303
www.kuyahorracc.org
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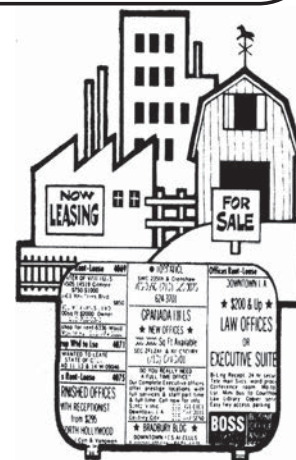


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The health benefits of singing a tune

A person need not be auditioning for the next season of "American Idol" or "The Voice" to start belting out a favorite tune. According to the singing advocacy group Chorus America, more than 32 million American adults sing regularly in groups nationwide. Millions of children enjoy music education as part of their school curriculum as well.

Although many people may restrict their singing to the shower or when no one is around to hear them, there are some surprising health benefits of singing frequently — and encouraging others to do so as well.

Singing and stress

Scientists say that singing can have a calming but energizing effect on people. Singing can help tame stress but also lift the spirits. Singing is a natural antidepressant. According to information published in Time magazine, singing may release endorphins associated with feelings of pleasure as well as stimulate the release of oxytocin, a hormone that is found to al-

leviate anxiety and stress. Prevention magazine notes that choir singers, who often report feeling happy and free of significant anxiety, may notice their moods improving when they start to sing.

Singing and immune system function

Singing can be a form of exercise that works the lungs and other parts of the body required to project one's voice. Singing may lead to a stronger diaphragm and stimulation of circulation due to the greater amount of oxygen needed to carry a tune.

Research conducted at the University of Frankfurt found that professional choir members who had their blood tested before and after an hour-long rehearsal displayed a greater amount of antibodies called immunoglobulin A after the rehearsal. These increases were not found in the choir members who simply listened to music. In the study, titled "Singing modulates mood, stress, cortisol, cytokine and neuropeptide activity in cancer patients and carers," researchers

found higher levels of cytokines present in the blood of those who sung for an hour in a choir, and lower levels of the stress hormone cortisol.

Singing and snoring

Singing may help alleviate snoring. A 2008 study published in the journal Sleep Breath found that the prevalence and severity of snoring among semiprofessional singers and nonsingers indicated that singers scored lower on the snoring scale. Singing strengthens muscles in the airway that can help reduce snoring. Furthermore, the breathing required to sustain a song may help improve lung function and reduce symptoms of mild asthma.

Singing and memory

Singing may help improve mental alertness by delivering more oxygenated blood to the brain. For those with dementia, singing can improve concentration and memory recollection. The Alzheimer's Society has a "Singing for the Brain" program to help people with dementia maintain their memories.

Singing and social connections

Singing with a group can reduce loneliness by bringing together like-minded people engaged in the same activity. Websites like ChoirPlace.com can help people find choir groups near them.

Singing can boost confidence, improve mental function, help with immune response, and be a form of cardiovascular exercise.



There are some surprising health benefits of singing frequently.

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Paw's Corner

by Sam Mazzotta

Water dog isn't a fan of snow

Dear Paw's Corner: Do different types of dogs handle cold weather differently? My big Lab mix "Gertie" hates going out in the cold, even though she's a good-sized dog (maybe a little too much, if you know what I mean). A few days ago on a morning walk in near-zero degree temperatures, we met two of Gertie's neighborhood buddies, both small dogs. They were having a great time with their owner, romping around in the snow, while Gertie was whimpering the whole time we

were out. How can I get her to deal with the cold better? — Paul in Burlington, MA

Dear Paul: Even though bigger dogs tend to do better in cold weather, every pup is an individual and has its own preferences. Gertie is clearly not a fan of cold weather, while her neighbors love being out in it and playing in the snow.

That said, she shouldn't just stay inside all the time, and you're not taking her outside for very long.

Try placing Gertie in a doggie sweater and booties anytime the temperature drops below 40°F. Take her

for the usual walk — no more and no less — and give her lots of praise before and after going outside. She may do much better with the sweater, even if she doesn't really need it.

If Gertie still doesn't handle cold weather well, minimize her time in it. She still needs to get in some active time or she'll gain more weight. Maybe she'd have fun spending a day or two each week at a doggie daycare that includes lots of time running and playing with other dogs in a common space.

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Good Housekeeping

Easy Pasta Bolognese

At its most basic, Bolognese means "meat sauce." Although some recipes call for hours of cook time, we've boiled it down to 40 minutes flat. The result? A rich tomato-based sauce spiked with heavy cream that's fantastic on any long pasta.

- 1 medium carrot
- 1 clove garlic
- 1 can whole plum tomatoes
- 3 tablespoons olive oil
- Kosher salt and pepper
- 1 pound pasta
- 1 stalk celery
- 1 onion
- 3/4 pound lean ground beef
- 1/2 cup dry white wine
- 1/4 cup heavy cream
- 1/2 cup fresh flat-leaf parsley
- 1 tablespoon chopped fresh oregano

1. Pulse the carrot and garlic in a food processor until the garlic is finely chopped. Add the tomatoes and their juices, 2 tablespoons oil and 1/4 teaspoon each salt and pepper, and pulse

until finely chopped.

2. Transfer the tomato mixture to a medium saucepan and simmer until thickened, 20 to 25 minutes.

3. Meanwhile, cook the pasta according to package directions. Drain and return to pot.

4. While the pasta is cooking, heat the remaining tablespoon of oil in a large skillet over medium heat. Add celery and onion, and cook, stirring occasionally, until tender, 6 to 8 minutes. Add the beef and cook, breaking it up with a spoon, until no longer pink, about 4 minutes. Add wine and bring to a simmer.

5. Stir the tomato sauce and cream into the meat mixture and simmer until thickened, about 3 minutes. Stir in the parsley and oregano. Toss the pasta with the sauce. Serves 6.

TIP: Make the sauce omitting cream and herbs. Refrigerate for up to 5 days or freeze for up to 3 months. If frozen, thaw overnight in refrigerator. Reheat in a saucepan over medium heat. Stir in

cream and simmer for 3 minutes, then stir in herbs.

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

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Senior News Line

by Matilda Charles

Scammers at the door

The guy who showed up today came to the wrong door: mine. I pegged him for a scammer before he even said a word. And I was right. The only thing I didn't know was what kind of scam it was.

Turned out it was utilities. The guy claimed he was at the door at the request of my electric company to update my records. Then he said he only needed to scan my previous utility bill.

Wrong. I'd read about these guys.

First, I knew that my electric company didn't send him. Second, if I'd showed him my bill, he would have had my name and account number and would know what rate I pay.

The scam works like this: With all that information, they would offer me a ridiculously low rate. If I signed up, before I knew it, my electric bill would have gone

up 400 percent. I'd be locked into a contract and would have to pay a lot of money to get out of it. If I didn't pay, they would send the bill to a collection agency, and it would show up on my credit report. So I shut the door in his face.

This particular scammer has a long history in other states, and there are class-action suits and investigations. They've targeted seniors, saying the local utility company had changed names and new information is needed, falsified signatures to sign up, come to the door again and again, misrepresented who they worked for, lied about rates and much, much more.

If someone shows up at your door with a clipboard and a photo ID hanging from their neck, it's probably a scammer. If they ask for any information, it's probably a scammer. Just shut the door.

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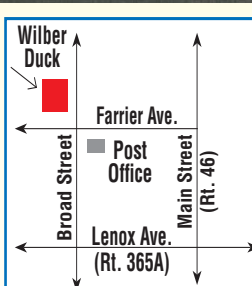
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Danielle Stephenson (L-R), Paul Campbell, Kali Noonan, Shelly Cole, Jennelle Rose, Hope Thomas, Tia Mosher, and hospital President Michael Ogden

Photo courtesy of Little Falls Hospital

Cole receives going the extra mile award

LITTLE FALLS, NY — Shelly Cole, RN, team leader of the inpatient unit at Little Falls Hospital, is the recipient of the 2017 fourth quarter GEM (going the extra mile) award.

The GEM award recognizes staff for going above and beyond their typical job duties and making a significant difference by improving the quality of health for patients and exceeding customer service standards for patients, clients, guests and co-workers.

“Shelly is a hard working nurse who is always willing to help everyone and maintains a positive and motivated disposition. When at work, her goal is to im-

prove the quality of a patient’s life one moment at a time. She goes above and beyond for our patients and her co-workers,” says Paul Campbell, manager of the inpatient unit.

When presented with the GEM award Cole said, “I felt so honored, grateful and surprised. I didn’t expect this award. I love my co-workers. I’m so appreciative of everyone who acknowledged me for this wonderful award.”

Cole lives in Cedarville with her husband, Mike, of 31 years. Cole has three children and six grandchildren, who are the joy of her life.

Good Housekeeping

Spicy Garlic-Chili Oil with Pasta

A trip to your pantry is all you need to whip up this Italian staple that’s as basic as can be — with just four ingredients — but alight with flavor. Once plated, jazz it up with grated Parmesan if

you like.

1 pound pasta
1/4 cup olive oil
6 cloves garlic
1 red chili

1. Cook pasta according to package directions. Drain pasta and return it to the pot.
2. Meanwhile, heat the

oil in a large skillet over medium-low heat. Add the garlic and cook, stirring occasionally, until beginning to turn golden brown, 3 to 4 minutes. Add the chili and cook, stirring, until the garlic is golden brown and the chili is just tender, 1

minute more. Toss with the pasta. Serves 6.

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

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VERSA



Model# 11157
HL853463
MSRP\$13,230
Nissan Bonus Cash.....\$500
Treiber Discount.....\$1,731

\$10999*

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ROGUES AWD



Model #29216
HP589396
MSRP\$26,730
Treiber Discount.....\$4,231

\$22499*

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FRONTIER



Model #31117
HN767200
MSRP\$23,220
Nissan Bonus Cash.....\$2,000
Treiber Discount.....\$1,221

\$19999*

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SENTRA S



Model#12017
HY353285
MSRP\$19,435
Nissan Bonus Cash.....\$500
Treiber Discount.....\$4,436

\$14499*

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PATHFINDER SV AWD



Model#25217
HC687680
MSRP\$37,905
Nissan Cust. Cash.....\$2,500
Nissan Bonus Cash.....\$1,000
Treiber Discount.....\$2,906

\$31499*

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NV 200 CARGO VAN



Model#67217
HK720759
MSRP\$24,240
Nissan Cust. Cash.....\$1,000
Nissan Bonus Cash.....\$500
Treiber Discount.....\$1,714

\$20999*

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ALTIMA SV



Model#13317
HC278884
MSRP\$27,500
Treiber Discount.....\$6,751
Nissan Bonus Cash.....\$750

\$19999*

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MURANO SL AWD



Model#24417
HN156248
MSRP\$43,055
Nissan Cust. Cash.....\$3,000
Nissan Bonus Cash.....\$1,500
Treiber Discount.....\$3,566

\$34999*

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Really clean, 89k mi, UC737

\$9,990†

Must Go!

'09 CHEVY MALIBU



Well equipped, 76kmi, UC789

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Cheap Enough

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Great commuter, 67k mi, UC820

\$9,390†

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Very popular, 34k mi, UC790

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Only 34,000 miles.

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Must see how nice it is!
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Rare

'13 XTERRA 4X4



Leather, loaded,
59k mi, UC761.

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Alloys, power
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mi, UC640.

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all the buttons,
UC800.

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16-17 FRONTIER CREW SV 4X4



From **\$22,995†**

2014-2015 ROGUES



AWD

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