

# Country Editor

Largest Circulation Publication in Herkimer County  
Delivered Weekly by the U.S. Postal Service

March 2, 2018

Volume 7  
Number 41



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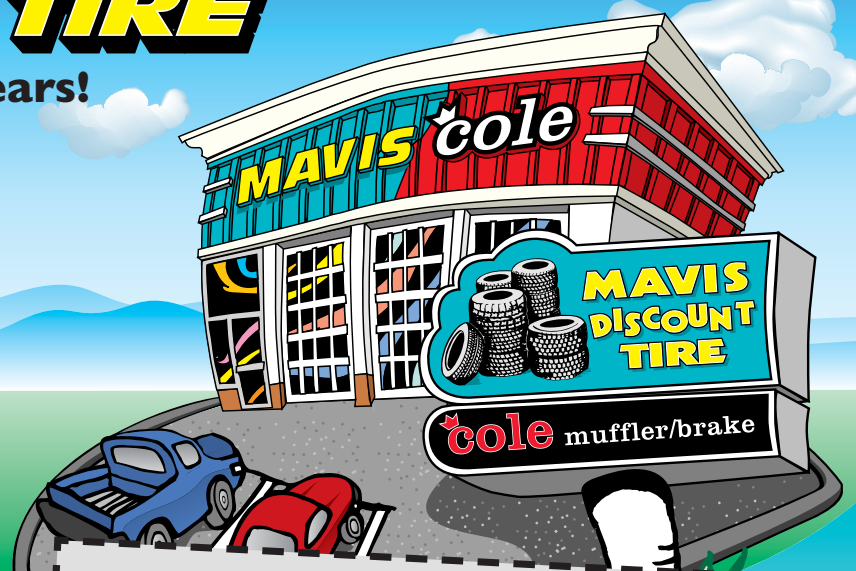
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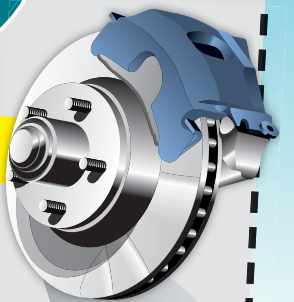
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# Early-blooming spring flowers

The arrival of spring is a welcome occurrence for many people. Budding flowers are among the harbingers of spring. Spring flowers can revitalize winter-weary people just when they need it most — and provide reassurance that brighter, warmer and longer hours of sunlight are just around the corner.

Cold-tolerant flowers are hardy enough to start blooming before the last frosts have dissipated. Other flowers will begin to fill in as days warm a little bit more, according to Better Homes and Gardens. Home gardeners looking to warm up their gardens with early blooms can use these flowers in their early-season containers, window boxes and planting beds.

• Pansy: Pansies prefer cool weather, which can make them one of the best flowers to plant in early spring and late fall. Pansies come in a variety of colors, so there's bound to be an offering that will blend with any



Crocus blooms are some of the first seen in early spring.

homeowners' landscape design.

• Creeping phlox: Also

known "moss phlox," herbaceous perennial. Phlox produces small, ground-cover that is a fragrant flowers in dense

clusters, which can attract wildlife, such as butterflies, to their mats across the soil surface.

• Snowdrops: Snowdrops can peek out even when there is snow still on the ground — sometimes as early as January and February. But their name is actually a reference to their appearance, as snowdrops have three white petals that hang down like drops dripping off the stem.

• Violets: These flowers are closely related to pansies and, as a result, prefer cool seasons. Violets are generally slightly smaller than pansy blooms, but they can be just as beautiful. But as with pansies, violets will start to fade when the heat arrives.

• Crocus: Crocus plants are relatively small, only reaching three to six inches in height. However, their grass-like leaves are some of the first sprouts that can be seen among bulb and corm plantings. Preferring full to partial sun, these gold, purple, lavender, white, or yellow flowers can be enjoyed during the earliest days of spring.

• Daffodil: Daffodil bulbs produce cheerful, yellow flowers in early spring. They're one of the most recognizable flowers thanks to their familiar shape and fragrant aroma.

• Lenten rose: Hellebores, also called the Lenten rose or Christmas rose, can tolerate light frosts. These blooms get their name from the time of year when they bloom, which is typically around the Christian Lenten season. Despite their name, these delicate flowers are not actually related to roses, however.

Early-blooming flowers give winter-weary gardeners hope that spring has arrived.

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## Helping Little Falls families displaced by explosion

LITTLE FALLS, NY — The recent explosion on the west end of Little Falls displaced seven families, resulting in a total loss for some. The community is grateful that no lives were lost during the incident, first responders remained safe, and even a family pet that was thought to have been lost to the explosion was later found alive.

Several faith and community leaders have been instrumental in aiding the families. One such individual is The Reverend Tamara K. Razzano, Pastor, First Presbyterian Church Little Falls. According to Rev. Razzano, "The recovery will certainly take time, and there are ways that everyone can help in the process. It begins with being generous to the families."

People are asked to contribute the following items:

- Woman's shirts 2x, pants xl, shoes 7/7.5
  - Woman's shirts 2x, pants 2x, shoes 9/9.5 wide
  - Woman's shirts 2x, pants 2x, shoes 11
  - Boy's shirts 14/16, pants L/XL (preferably sweats), shoes 5
  - Men's shirts M/L, pants 32-38, shoes 9.5 and 10
- For three individuals, multiple donations of listed men's sizes are needed

While the families have lodging in Little Falls, they are eating out for meals. Gift cards to Price Chopper and local eateries of any denomination are also encouraged.

Rev. Razzano shares, "The families are incredibly appreciative of all we are doing and I am thankful to be a part of such a caring community."

Contributions may be dropped off at the First Presbyterian Church and Little Falls Community Outreach Center located 16 Jackson St, Little Falls during Monday-Friday 8:30 a.m. – 1 p.m. People are encouraged to call Rev Tamara Razzano at 315.823.3004 with questions.

GoFundMe pages have also been created by families/friends for those affected.

<https://www.gofundme.com/55lm2ww> - Brent & Stephen

<https://www.gofundme.com/vf22u3-rebuild-our-home> - Ian

<https://www.gofundme.com/nv4wm8-house-fire-lost-everything> - Jeanette's GoFundMe

**Source: Laura Powers**

## Yogurt may help lower cardiovascular disease risk in adults with high blood pressure

There's more good news when it comes to yogurt as part of a healthy eating pattern and improved heart health. A new study published in the American Journal of Hypertension showed that eating two or more cups of yogurt a week is associated with a lower risk for developing cardiovascular disease (CVD) in adults who already have high blood pressure.

The large-scale observational study, funded by the dairy-farmer-founded National Dairy Council (NDC) and others, is the first of its kind to examine the relationship between eating yogurt and reduced CVD risk in hypertensive adults. Nearly 75 million Americans have high blood pressure, which increases the chances of having a heart attack or stroke — two of the leading causes of death for men and women in the United

States.

Earlier studies have shown a beneficial link between consuming dairy foods, including yogurt, and some diseases related to CVD, including type 2 diabetes. This new study suggests people with high blood pressure may have a reduced risk of heart attack or stroke if yogurt is part of their regular diet.

"People who have high blood pressure are already at risk for cardiovascular disease and this study indicates that eating yogurt just two or more times a week is something easy and tangible that may help," said Dr. Mickey Rubin, Vice President of Nutrition Research at NDC.

In the study, data from 55,898 females (ages 30-55) in the Nurses' Health Study (NHS) and 18,232 males (ages 40-75) in Health Professionals Follow-up Study (HPFS) was

analyzed to evaluate the association between eating yogurt and CVD risk among adults with high blood pressure. The results showed eating at least two cups of yogurt per week was associated with a 30-percent reduced risk of heart attack for women and a trend for a 19-percent reduced risk of a heart attack among men. During a follow-up period, eating one cup or more of yogurt per week was associated with an

approximately 20-percent lower risk of coronary heart disease or stroke.

Finally, regular yogurt eaters in the study who followed the Dietary Approaches to Stop Hypertension (DASH) diet, which includes low-fat dairy as a key food group, showed an associated risk reduction of CVD of 16 percent and 30 percent in women and men, respectively.

**Source: National Dairy Council**



**10<sup>th</sup> Annual Chinese Auction**  
**To Benefit H.A.L.O (Helping Animals Live Organization of Little Falls, NY)**  
 In Memory of Nedda Thomas  
**Sunday, March 11<sup>th</sup>, 2018**  
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## Country Editor

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 6113 St. Hwy. 5, Palatine Bridge, NY 13428

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When disaster strikes, you won't have time to plan your response. Planning in advance for an emergency is the best way to protect your family. "By working as a team and ensuring that family members know their roles, your family will be prepared to handle disaster before it strikes," said Diane Ward, CHN of Herkimer County Public Health.

She said, "A well thought-out preparedness plan will better protect your family from such disasters as a tornado, hurricane, earthquake, fire, flood, a hazardous materials spill or even an act of bioterrorism. Your plan should include educating your family about what actions to take to keep them safe, as well as assembling a family disasters supply kit."

According to the American Red Cross, your family disaster plan should include educating your family about warning signals, emergency numbers, contact person(s) and a meeting place. Ms. Ward said, "Talk to your partner and children about warning signals. Your family should be familiar with emergency sounds

## Family disaster planning

and warnings, such as fire detectors, fire alarms and sirens. Everyone should know emergency numbers. Keep emergency numbers visible and accurate in your home. All phones should have easy-to-read emergency numbers posted on them. Have family members carry emergency numbers in their wallets, backpacks and other carry-along items."

She continued, "Designate an out-of-state contact person for a buddy check. If you are separated during an emergency, family members can check-in with that 'buddy.' Assign two places to meet in case your family gets separated or if you are not allowed to return to your home."

The American Red Cross says that you should stock your emergency kit with six basic supplies: water, food, first aid and supplies, clothing, bedding, tools and special items, such as communication devices. Since electricity, power and phone lines could be knocked out, it's crucial that your supplies include a battery-operated or ham radio. Also, include battery-operated flashlights. Store the supplies in an easy-to-carry, waterproof backpack or duffel bag.

Ms. Ward said, "Keep at least a three-day supply of water for each person in your household. Store water

in plastic containers, such as soft drink bottles. Store one gallon of water per person per day- two quarts for drinking and two quarts for food preparation and sanitation."

"Store at least a three-day supply of non-perishable food," she continued. Good choices are canned meats, fruits and soups; high-energy foods, such as peanut butter and granola bars; and comfort and stress foods, such as cookies and dry cereal, stored in a tightly sealed container.

The first aid kit should include assorted, sterile adhesive bandages, scissors, needles, tweezers, moistened toiles, antiseptic, thermometer, lubricant, cleansing agent or soap and sunscreen. Also, include non-prescription drugs such as aspirin and non-aspirin pain reliever, anti-diarrhea medication, antacid, syrup of Ipecac (used to induce vomiting for poisoning and given under the direction of a poison prevention specialist) and laxatives.

Ms. Ward said, "Evaluate your family disaster plan at least once a year. Make sure batteries, medications and emergency numbers are updated regularly." For more information on creating a disaster plan and kit, call Herkimer County Public Health at 315.867.1176.

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## Save the dates for Arc Herkimer Spring Workshops

As a leader in Central New York in bringing renowned experts on autism and developmental disabilities to area professionals, individuals supported, and families, Arc Herkimer will host five workshops in Spring 2018.

All workshops are free and open to the public but require registration at [www.archerkimer.org](http://www.archerkimer.org).

Workshops include "Reducing Challenging Behavior" scheduled for Thursday, March 22, from 10 a.m. to 12 p.m. at Arc Herkimer, 350 S.

Washington Street, Herkimer. This workshop is sponsored by the Central Early Childhood Direction Center and the RCIL (Resource Center for Independent Living) in collaboration with Arc Herkimer.

Arc Herkimer and SU-PAC (Syracuse University Parent Assistance Center) will present "Understanding Diploma and Credential Options for Students with Disabilities" on Tuesday, March 27, from 10 a.m. to 12 p.m. at Arc Herkimer, 350 S. Washington Street in Herkimer.

Arc Herkimer will host William Van Evera, a special care planner with The Albany Agency, who will discuss "What Happens When...? Special Care Planning" on Wednesday, March 28, from 6 p.m. to 7:30 p.m. at Arc Herkimer, 350 S. Wash-

ington Street in Herkimer.

Alix Generous, a mental health activist, speaker and writer with Asperger syndrome, will explore "Navigating Relationships with a Disability" on Monday, April 16, from 6 p.m. to 8 p.m. at Little Falls High School Auditorium, 1 High School Road in Little Falls. This workshop is made possible by Arc Herkimer and a grant from the Family Support Services of the CNY DDRO Consumer Council.

The workshop, "Developmental Delays versus Development Disabilities," will be held on Thursday, April 26, from 10 a.m. to 12 p.m. at Arc Herkimer, 350 S. Washington Street, Herkimer. This workshop is sponsored by the Central Early Childhood Direction Center and the Resource Center for Independent Living in collaboration with Arc Herkimer.

Visit [www.archerkimer.org](http://www.archerkimer.org) to register, download flyers, and to learn more about the speakers. For questions, contact Arc Herkimer Outreach Coordinator Mona Fermin-Fennell at 315.574.7822 or email: [mfermin@archerkimer.org](mailto:mfermin@archerkimer.org).

Arc Herkimer's mission is empowering people with disabilities and enriching lives throughout the community. For more information regarding the Arc Herkimer call 315.574.7000.

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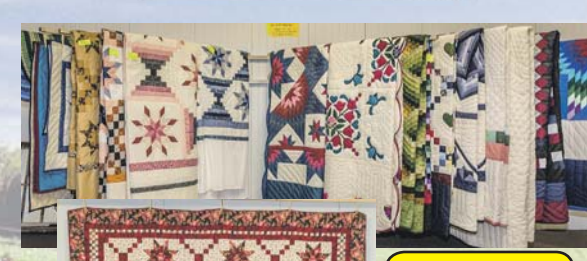
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# Area Church Services

**COLD BROOK**  
**COLD BROOK**  
**UNITED METHODIST CHURCH**  
467 Main St.  
Sunday Worship 10:30 AM

**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

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

**UKRAINIAN ORTHODOX CHURCH OF**  
**ST. MARY'S PROTECTRESS**  
326 Moore Ave.  
Sunday Divine Liturgy 10 AM  
Holy Day Liturgy 9 AM  
Phone 866-1336

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

**TRINITY EVANGELICAL**  
**LUTHERAN CHURCH**  
Rev. Ann Zimmerman, Pastor  
Corner of West German & Henry Streets  
Phone 866-6474  
Sunday Services 8 AM Spoken  
Sunday Worship Service  
10:30 AM with Music  
Bible Studies on Thursday Mornings at 10 AM

**THE SALVATION ARMY**  
Lieutenants John and Lori Wood  
429 N. Prospect St.  
Phone 866-1240  
www.thesalvationarmy.org  
Sunday School 10 AM  
Morning Worship 11 AM

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

**HERKIMER**  
**CHURCH OF JESUS CHRIST**  
**OF LATTER-DAY SAINTS (MORMONS)**  
Branch President Blake Francisco  
Gros. Blvd., East Herkimer  
Phone 315-866-8095  
Priesthood/Relief Society 12:10 PM  
Sunday School 11:20 AM  
Sacrament Meeting 10 AM  
Family History Center hours by  
appointment; please leave a message at  
315-866-7189

**HERKIMER 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**  
**ILION COMMUNITY CHURCH**  
Pastor Dean Mabry  
44 Central Plaza  
Sunday Worship 10am  
Child Care/Kids Church Available  
ilionchurch.com

**SAINT AUGUSTINE'S**  
**EPISCOPAL CHURCH**  
Deacon Bev Jones  
78 2nd Street  
Phone: (315) 894-3775  
Sunday School at 8:45 AM  
Adult Bible Study at 8:45 AM  
Holy Eucharist at 9:35 AM

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

**FIRST BAPTIST CHURCH**  
8 Second Street  
Reverend John Partise  
Sunday Worship 11 AM

**MORNING STAR UNITED**  
**METHODIST CHURCH**  
36 Second Street  
Reverend Bob Wallaber  
Sunday Worship 10 AM  
November 1 - May 1  
4224 Acme Rd, Frankfort  
May 1 - November 1  
36 Second Street, Ilion

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

**LITTLE FALLS**  
**FIRST BAPTIST CHURCH**  
555 Albany St.  
Morning Worship will begin at 10:15 AM  
Rev. Chris J. Wintermute will be speaking  
this morning.  
Nursery (infants through age 4)  
Junior Church (K-4) during Morning

**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.presbylf.org  
Sunday Worship 10 AM  
Sunday School 10 AM

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

**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  
Sunday Services at 10 AM  
Intercession - Tuesdays at 7 PM  
Free Community Dinner the last  
Thursday of the Month at 6 PM

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

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

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

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

**PAINES HOLLOW**  
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Rtes. 167 & 168 • 315-866-1128  
Worship 9-10AM

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# Herkimer BOCES announces prekindergarten registration dates for schools county-wide

Herkimer-Fulton-Hamilton-Otsego BOCES has announced the 2018-2019 school year registration dates for the prekindergarten program located at the Dolgeville, Frankfort-Schuyler, Herkimer, Owen D. Young and West Canada Valley school districts.

The prekindergarten program provides opportunities for positive intellectual, social, emotional and physical development for children ages 3 and 4 depending on the school district in which you reside. Successful transition to kindergarten is the targeted outcome for all students.

The program is free to families meeting eligibility factors including income and family circumstances.

Anyone with questions is asked to contact the Herkimer BOCES prekindergarten office at 315.867.2098.

The following is the schedule for registration at each school district:

- Dolgeville: 9 a.m. to 3 p.m. on Thursday, March 15, at the Dolgeville Elementary School.
- Frankfort-Schuyler: 8:30 a.m. to 3 p.m. on Friday, March 9, at the Frankfort-Schuyler Elementary School.
- Herkimer: 8 a.m. to 3 p.m. on Thursday, March 22, at the Herkimer Elementary School.
- Owen D. Young: 8 a.m. to 3 p.m. on Monday, March 26, at the Owen D. Young school.
- West Canada Valley: 9 a.m. to 3 p.m. on Thursday, March 1, at the West Canada Valley Elementary School.

## Calendar of events

Mar 2

**Owen D. Young prekindergarten registration** 8 a.m. - 3 p.m. Owen D. Young School Van Hornesville NY Contact Herkimer BOCES prekindergarten office at 315.867.2098.

Mar 8

**AARP Safe Driver Course** 9 a.m. - 3:30 p.m. Mohawk American Legion, 43 W. Main St., Mohawk NY Fee is \$20 for AARP members and \$25 for non-members. 315.866.4870

Mar 3

**Big Garage Sale** 9 a.m. - 12 p.m. Main Road East Herkimer NY \$15 a table. Sponsored by Ladies Aux. E. Herkimer VFD. Contact Eileen Ritter at 315.866.4650 or Nancy Tubia 315.866.1922.

Mar 10

**National Traffic Safety Institute's six hour Traffic Survival Workshop** 9 a.m. - 4 p.m. Training Center 350 S. Washington St., Herkimer NY Contact Kelly Bunce 315.574.7982 or visit [www.archerkimer.org](http://www.archerkimer.org)

Mar 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 Nelligs 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. 518-842-6400

Mar 11

**Breakfast with Easter Bunny** 8 a.m. - 11 a.m. Adirondack Post 1118 529 Main St. Cold Brook NY Children 10 and under free. 315.826.3254

Mar 11

**H.A.L.O. 10th Annual Chinese Auction** 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.**

Mar 15

**Chicken Schnitzel Dinner** 4 - 7 p.m. or until sold out Emmanuel Episcopal Church The Parrish Hall, 594 E Albany St., Little Falls NY Take out and free local deliveries. Call day of dinner 315.823.7009

Mar 15

**Dolgeville Central School prekindergarten registration** 9 a.m. - 3 p.m. Dolgeville Elementary School Dolgeville NY Contact Herkimer BOCES prekindergarten office at 315.867.2098.

Mar 22

**Herkimer prekindergarten registration** 8 a.m. - 3 p.m. Herkimer Elementary School Herkimer NY Contact the Herkimer BOCES prekindergarten office at 315.867.2098.

**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](mailto:cfeditor@leepub.com)

# Good Housekeeping

**Citrus Pudding-Cake**  
A lemon-orange pudding layer topped with its own "souffle." Spoon it right from the baking dish while it's still steaming hot.

3/4 cup sugar  
1/4 cup all-purpose flour  
1/8 teaspoon salt  
1 cup milk  
3 large eggs, separated  
4 tablespoons (1/2 stick) margarine or butter, melted  
1/4 cup fresh lemon juice  
1/4 cup fresh orange juice  
2 teaspoons grated orange peel

1. Heat oven to 350°F. Grease 8-by-8-inch glass baking dish. In large bowl, combine sugar, flour and salt. With wire whisk, beat in milk, egg yolks, melted margarine or butter, lemon juice, orange juice and orange peel.

2. In small bowl, with mixer at high speed, beat

egg whites until soft peaks form. Fold one-fourth of whites into orange mixture; gently fold in remaining whites. Pour batter into baking dish.

3. Set baking dish in roasting pan; place on oven rack. Carefully pour boiling water into roasting pan to come halfway up sides of baking dish. Bake 40 minutes or until top is golden and set (dessert will separate into pudding and cake layers). Cool in pan on wire rack 10 minutes, then serve right away. Make 6 servings.

- Each serving: About 255 calories, 12g total fat (3g saturated), 112mg cholesterol, 33g carb., 5g protein, 200mg sodium.

For thousands of triple-tested recipes, visit our website at [www.good-housekeeping.com/recipes/](http://www.good-housekeeping.com/recipes/).

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## Poland students participate in healthy activities

POLAND – Yoga, sledding, ice skating and dancing were just some of the activities various groups of Poland Central

School District students were able to experience during the school's annual Health and Wellness Day on Monday, Feb. 12.

Students in prekindergarten to fourth grade participated in stations including dance, healthy heart activities, bus safe-

ty, a technology activity and the outdoor activities of sledding, capture the flag and tug of war.

There were social media safety presentations for

students in grades 5-10.

Fifth- and sixth-graders took a trip to the Kennedy Ice Arena in Rome to go ice-skating. Students in grades 7-10 visited Health and Wellness stations at the school in-

cluding yoga, CrossFit-style workouts, art therapy and Eat Smart New York.

Juniors and seniors took a trip for some winter activities at Taberg Tower Tubing.



Poland Central School District kindergartener Grant Roark slides down a hill of snow outside the school during Health and Wellness Day on Feb. 12.

Photos courtesy of Poland Central School



Poland Central School District participate in yoga during Health and Wellness Day.

## Whatchamacallits



This Whatchamacallit goes by many different names — Twybil, twyvil, trilbil, twivil, try-bill and dader being just a few. For this segment, we will refer to this Whatchamacallit as a twybil.

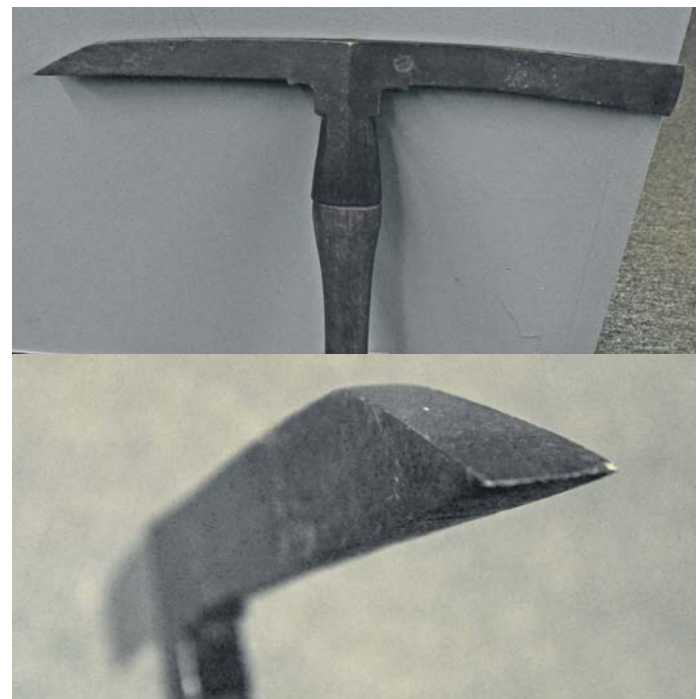
The tool looks like a double-blade axe with long blades and a short handle. But the tool actually functions more like a chisel, being used for mortises or for small projects like gates. Primarily, the twybil is used for green woodworking. One blade is very axe-like, while the other is closer to an adze. The correct way to use this entire tool is for chopping or levering, using one hand to hold the handle and the other hand on the tool. Using a twybil like an axe has caused many of these antique tools to break.

Older examples of twybils were forged from iron, but newer models are made from steel. This Whatchamacallit is considered rare, with those in good condition fetching a high price.

Youtube has a video of a craftsman using the twybil for making a mortise that is quite impressive. To view this video, visit [www.youtube.com/watch?v=Sza5YBK5i1I](http://www.youtube.com/watch?v=Sza5YBK5i1I).

**Do you have your own Whatchamacallit?**

Send a photo and short description to [cbarnden@leepub.com](mailto:cbarnden@leepub.com) or call Camden at 518-673-0144



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## Mohawk Valley Rotary Hosts Exchange Student from Argentina

HERKIMER — The Rotary Club of the Mohawk Valley welcomed their Exchange Student Mariana as their guest speaker at their meeting this past

Tuesday. Mariana is visiting the Mohawk Valley from Argentina and has been here since August 2017.

She updated the club

on her recent trip to New York City. Through Rotary District 7150 Mariana was able to travel with other Rotary ex-

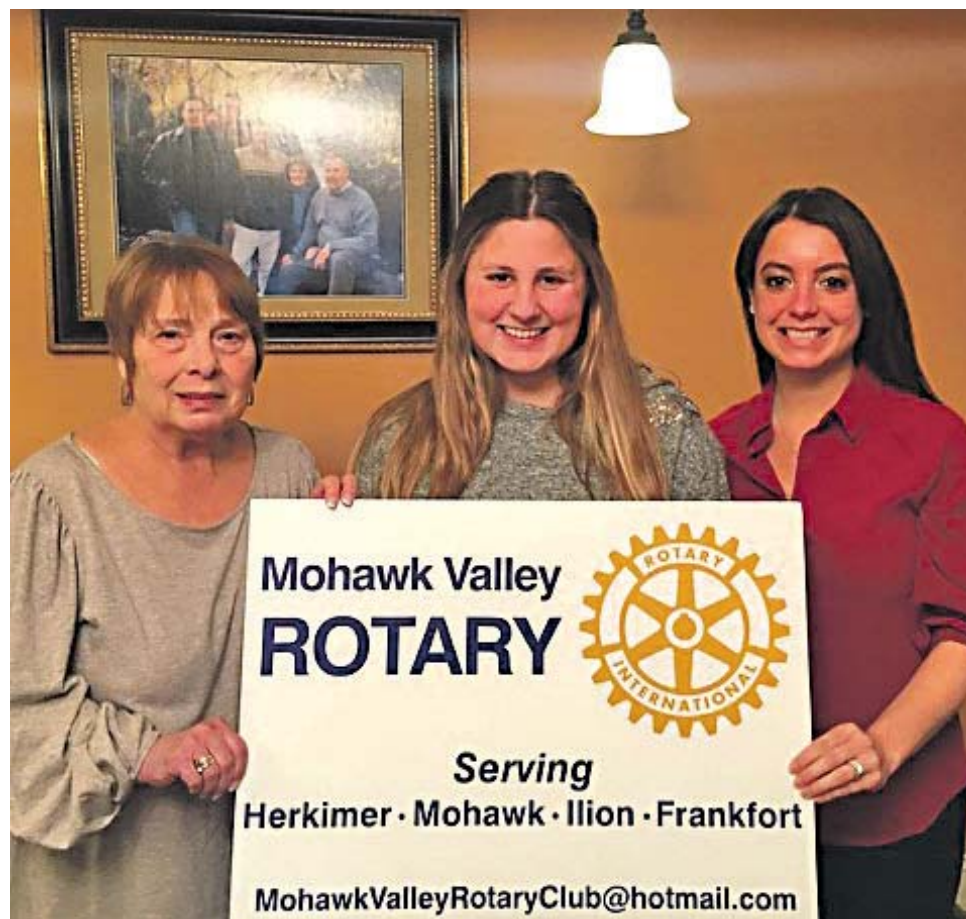
change students for the weekend and visit Rockefeller Center, St. Patrick's Cathedral, ice skate in Central Park, see a

Broadway show and visit the iconic Plaza Hotel. Marina said, "Being a part of the Mohawk Valley Rotary's Exchange Pro-

gram has been life changing. I am thoroughly enjoying my time in the Mohawk Valley, I cannot believe it has already been six months in the United States."

Rotary has a well-earned reputation and is recognized second to none as an excellent student exchange program. Because of its international, layered structure, Rotary provides a well-managed infrastructure which supports the student, the host family and everyone else involved in the exchange.

You do not need to be a Rotarian as a suitable host family. There is no typical family structure required. An acceptable family might have small children, older children or no children living at home. All that is expected is that a caring and friendly family and home atmosphere is provided. For more information on becoming a host family, contact Mohawk Valley Rotary on their Facebook page at [www.facebook.com/MohawkValleyRotaryDistrict7150/](http://www.facebook.com/MohawkValleyRotaryDistrict7150/).



Rotarian Bonny Brownrigg (L-R), Youth Exchange Student Mariana and Rotarian Elyse Enea Bellows.

Photo courtesy of Rotary Club of the Mohawk Valley

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## Now Here's a Tip

by JoAnn Derson

- "Frozen peas make the best quickie ice pack ever. They stay cold without being bulky and conform to just about any shape. You also can make a holder by doubling over a kitchen towel and stitching it up on the ends, leaving one end open. Stick your ice pack inside and apply directly to the skin. We have a bag of frozen peas that we drew a big "X" on, so we know that's the 'ice pack' peas!" — R.M. in Oregon
- You may have heard that wax paper can make your kitchen and bathroom faucets shine, but did you know it can help your shower curtain slide back and forth smoothly too? Just wipe a sheet across the bar. This also can work in the closet for your rods there. Wax paper to the rescue!
- Include reminders in your planner or calendar for mundane chores like

changing the air filter or treating pets for pests. As a reward, pair it with something fun, like a family game night or girls' night out!

- "If you're changing out a door, save the old hollow-core door. If you balance it on two sawhorses, it's a perfect work surface, and the door is light enough to tote around." — T.F. in Texas

- Rub a magnet along the shaft of your screwdriver to magnetize it and keep screws from dropping, which can be a real pain if you're working in a tight spot or up high on a ladder.

- "Here's a nifty trick for spots where you need a nail but there's no room for a hammer. If you can wedge a C-clamp in, hold it steady on the nail head and tighten to drive the nail into the board." — L.W. in Oregon

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## Donna's Day: Creative family fun

by **Donna Erickson**  
**Homemade  
instruments to  
drum and shake**

When I heard the beat of the drums, I knew I was really back in Africa. It had been years since I taught in a secondary school in the remote Ubangi region of the Democratic Republic of Congo. Accessible only by boat or plane, I was fortunate to return recently to this tropical land of mangoes, butterflies and poinsettias as large as trees to see former students, and participate with Congolese women's groups devoted to hygiene, finance, agriculture and clean-water projects.

It was the rhythmic welcomes in villages, each drum with its own sound blended with the tones and beats of rattles and voices, that got

my feet stamping and hands clapping. The sounds are pervasive. All ages still beat drums to transmit messages, even while others simultaneously dial up their cellphones to do the same.

Percussion instruments are universal, really, and at their most basic level play an important part in a child's development. A simple rattle sparks an array of sensory experiences for a baby. No wonder a growing toddler enjoys finding anything that clangs to bang together like cymbals. Later, their fascination may lead them to musical training, which has been proven to increase math scores and self-expression.

Here is how to assemble a mini drum set and shaker to further your

child's musical journey:

### Drum set

- Paint various sizes of clean soup and vegetable tin cans in bright colors. Decorate with pompons and other favorite crafty charms.

- Wrap strong paper cut in circles over the open end of some of the cans. Hold paper in place with rubber bands. Turn remaining cans open-side down on a table.

Use wooden and metal spoons to tap out a rhythm. The eraser ends of unsharpened pencils make good drumsticks.

For fun, play a game of "echo." Hit the cans and challenge others to repeat what you have done.

For mini cymbals, thread a bead 3-inches down on a wooden skewer. Glue in place, then thread a flat canning-jar lid with a hole poked through its center, onto the skewer. Add another bead and a second lid. Top with a bead and glue in place. Tape to the side of a can. Hit with "drumsticks" as you play on the mini drum set.

### Bottle shakers

- Pour dry beans in a plastic bottle and glue the cap shut. Paint and decorate with colorful tape and stickers.

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*Percussion instruments are universal, really, and at their most basic level play an important part in a child's development.*





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Winter pedestrian safety

When conditions are right, wintertime walks can be exhilarating. However, snowy sidewalks and icy streets can turn a safe stroll into a dangerous activity. Many injuries result from falls on slippery surfaces, warns Diane Ward, CHN of Herkimer County Public Health.

During and after a snowstorm, residents should keep their steps and walkways as free of snow as possible to keep them from becoming ice-covered. If sidewalks become dangerous, or if there are no sidewalks, pedestrians may be forced to walk in the street.

Walking in the street may present its own hazards. Road surfaces may make it hard for motorists to stop at traffic signals or to slow down. Drivers may also be distracted by snow-covered signs and landmarks. When this happens, pedestrians are at risk of getting hit by a motor vehicle.

“Older adults should be especially careful while

walking outside in the winter. An older person’s risk for falls increases if he or she has dementia, impaired vision or impaired hearing,” she said.

Falls are more likely for people who have limited flexibility and coordination, as well as adverse reactions to some medicines. Falls are a leading cause of traumatic brain injuries, and among older adults falls are the leading cause of injury deaths.

This winter, follow these safe walking tips:

- Wear shoes or boots with non-slip soles. Also, wear reflective or bright-colored clothing, such as a hat or scarf, so motorists are better able to see you.
- Follow all traffic signs and signals.
- If you have to walk in the street, face traffic and stay as close to the curb as possible.
- Before you step off the curb, make sure any oncoming vehicles have come to a complete stop.
- Be aware of your surroundings. A covered patch of ice or a pothole

filled with snow may cause a slip or fall.

- Bend your knees a little and take slower steps to limit your chances of falling. Wear gloves to avoid putting your hands in your pockets. Avoid carrying heavy packages which may affect your balance and block your view.
- If you are pushing a child in a stroller in the road, put the stroller in front of you and as close to the curb as possible. Dress children in reflective or bright-colored clothes.
- Hats or scarves that cover your ears can also distort or eliminate the muffled sounds of approaching vehicles. Keep warm, but make sure that you can hear what’s going on around you.

For more information about pedestrian safety, call Herkimer County Public Health at 315.867.1176 or visit the New York State Department of Health website at [www.health.ny.gov/prevention/injury\\_prevention](http://www.health.ny.gov/prevention/injury_prevention).



Arc Herkimer can help reduce your auto insurance

Arc Herkimer will offer the National Traffic Safety Institute’s six hour Traffic Survival Workshop on Saturday, March 10, from 9 a.m. to 4 p.m. in the agency’s Training Center at 350 S. Washington St., Herkimer.

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

Access for the course is

the building’s main entrance. The course is open to the public and the fee is \$38. Books and materials are provided. Payment and registration can be made by calling Kelly Bunce at 315.574.7982. Classes

are subject to cancellation due to an insufficient number of registrants. For more information regarding the Arc Herkimer or to view when additional courses will be offered, visit [www.archerkimer.org](http://www.archerkimer.org).

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## How to become more attractive to auto lenders

It is common for consumers to spend months researching and saving for new vehicles. But many auto buyers do not put the same amount of effort into finding auto loans. That's unfortunate, as Consumer Reports notes that those who do not have financing arranged before visiting a dealership may not get the best loan terms.

Prior to buying a vehicle, drivers should give consideration to how they appear in the eyes of creditors. Few if any people pay for cars or trucks in full at the time of purchase. As a result, it's key for buyers to make themselves as attractive as possible in lenders' eyes.

### Improving credit score

Lenders use consumers' credit scores to determine how likely they will be to honor the terms of a potential loan. Consumers' FICO® scores are the type of credit score most often used to make lending decisions. FICO scores range between 300 and 850. The higher the score, the lower the risk to lenders. However, lenders do not necessarily use the same formula to assess risk.

The first step potential borrowers should take is figuring out what their credit score is, and what information is on their credit report. For those who haven't done so already, they can request a free copy of their credit reports from the three major credit monitoring bureaus.

Once credit reports are obtained, consumers can work to correct any mistakes or inconsistencies. Some of these may be simple fixes, while others may take some effort. A 2012 study from the Federal Trade Commission found that one in five consumers had an error on at least one of their credit reports.

Consumers also can improve their credit scores by doing the following:

- Make payments on time, as payment history can have the greatest effect on a bad credit score, according to Credit.com.
- Reduce debt by paying off balances on credit cards or other loans.
- Obtain a mix of different credit sources, such as those in the form of credit cards, furniture fi-

nancing, home ownership, and auto loans. This, too, can raise credit scores and make borrowers appear less risky.

- Keep old credit accounts open, as they establish a strong credit history. Try not to open too many new accounts in a short period of time.

### Shopping loans

Those with strong cred-

it have more wiggle room in terms of loan negotiation. A person with a high FICO score may be eligible for better terms, including a low interest rate.

Consumers should consider the length of the loan and how much they can afford before signing any paperwork. Lengthy loans will cost buyers

much more in the long run when factoring in interest payments. Still, Edmunds reports that, over the last 10 years, the length of the average car loan has risen above 68 months. Financial experts advise that buyers avoid relying on lengthier loans simply to buy more car than they can afford. Consider large lenders

when shopping for auto loans. Such lenders may have better rates than going through dealerships directly. Other lenders include credit unions, local banks and finance companies.

Borrowers with strong credit will be attractive to lenders and will have more loan options at their disposal.



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## Hydroseeding for Erosion Control

The Herkimer County Soil and Water Conservation District had a successful first year using our brand new Hydroseeder. The District completed 13 different projects in two months covering over five acres of total ground space. If funding is awarded again in 2018, we will continue to offer hydroseeding serv-

ices to municipalities within Herkimer County on a first come first serve basis until funds run out. We plan to seed early summer through mid-Fall. Give us a call to schedule your site for this year. For more information and hydroseeder availability for 2018 stop in or call the office at 315.866.2520 Ext 5.



Hydroseeding along Burt Road, in the Town of Norway, was done last year by the Herkimer County SWCD. For more information and hydroseeder availability for 2018 stop in or call the office at 315.866.2520 Ext 5.

Photo courtesy of Herkimer County SWCD

## Strange but True

by Samantha Weaver

• It was English novelist Eric Arthur Blair — better known by his pen name, George Orwell — who made the following sage observation: "During times of universal deceit, telling the truth becomes a revolutionary act."

• While his wife, Abigail, was ill, President John Adams stayed with her for seven months at their home in Boston — that's the longest any president has been away from the capital.

• Are you a cacographer? You may not be, but if you spend any time at all online you've certainly run across a few. A cacographer is someone who can't quite grasp the rules of spelling.

• This might be a good time for a reminder of an obscure New Orleans law: In that city, it is illegal to curse at a firefighter while he or she is engaged in official duties.

• It was in 1943 that Thomas Watson, who was then the chairman of Interna-

tional Business Machines (better known now as IBM), made the following public statement: "I think there is a world market for maybe five computers."

• The English word "velvet" comes from a Latin term that means "shaggy hair."

• You might already know that actor Mel Gibson grew up in Australia, but you might not know how he ended up there. He was actually born in New York, where he lived with his parents. The Vietnam War was going on, though, and his parents were afraid Mel would be drafted. After winning on "Jeopardy," they used the money to move to Australia.

Thought for the Day: "The simplest questions are the most profound. Where were you born? Where is your home? Where are you going? What are you doing? Think about these once in a while and watch your answers change." — Richard Bach

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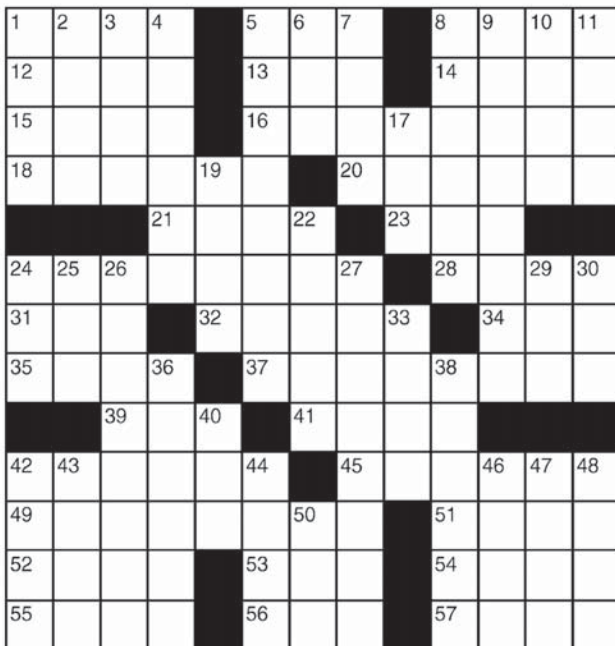
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# King Crossword

## ACROSS

- 1 See 12-Across  
5 Scoundrel  
8 Mine entrance  
12 With 1-Across, have trouble  
13 Bullring cheer  
14 Pianist Peter  
15 Fermi's bit  
16 Time on Earth  
18 Summer-house  
20 Deviating off course  
21 Albacore, e.g.  
23 — Aviv  
24 Help on "... Millionaire"  
28 Pealed  
31 Commotion  
32 Nuptial announcement  
34 Dead heat  
35 Legal wrong  
37 Shipwreck aid  
39 Bill and —  
41 Sea eagle  
42 Cover the cost up front  
45 Adjective modifier  
49 Organism  
51 Concept  
52 Finished  
53 Regret  
54 Whirlpool



- 55 Marries  
56 Conclude  
57 Back talk  
10 Persia, now  
11 Chinatown gang  
17 Dine  
19 Closed-up tulip  
22 Sandy's mistress  
24 Long. crosser  
25 "What can — for you?"  
26 Made to consume  
27 Put in a border, as a photo  
29 Zero  
30 Obtain  
33 Remit  
36 Drunkards  
38 Groups of quail  
40 LummoX  
42 Winter truck attachment  
43 Split  
44 Bygone times  
46 Icelandic epic  
47 Cincinnati team  
48 Chesapeake et al.  
50 Scoot

## DOWN

- 1 Carpet style  
2 Silents  
3 The gamut  
4 Reproductive cell  
5 House style  
6 Boxer  
7 Challenge  
8 Reply  
9 Remove hair  
10 Persia, now  
11 Chinatown gang  
17 Dine  
19 Closed-up tulip  
22 Sandy's mistress  
24 Long. crosser  
25 "What can — for you?"  
26 Made to consume  
27 Put in a border, as a photo  
29 Zero  
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38 Groups of quail  
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42 Winter truck attachment  
43 Split  
44 Bygone times  
46 Icelandic epic  
47 Cincinnati team  
48 Chesapeake et al.  
50 Scoot

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## MAGIC MAZE • MORE OR LESS WORDS

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

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

- |           |          |          |          |
|-----------|----------|----------|----------|
| Ageless   | Fillmore | Morello  | Sycamore |
| Baltimore | Helpless | Moreno   | Unless   |
| Careless  | Lesson   | Moreover | Wireless |
| Cordless  | Lessor   | Rushmore |          |

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"Whatever you are, be a good one."

~ Abraham Lincoln

## Puzzles4Kids

by Helene Hovanec

### WORD FUN

Study the two words on each line to find the ONE letter in the left column that is NOT in the word in the right column. Write the extra letter on the blank space. Then read DOWN to answer this riddle:

WHAT FOODS ARE FAST, LOUD AND CRUNCHY?

- |        |   |       |        |   |       |
|--------|---|-------|--------|---|-------|
| STREAM | — | MEATS | SCROLL | — | ROLLS |
| ENRICO | — | NICER | PARISH | — | PAIRS |
| SACRED | — | DARES | GOLDIE | — | LODGE |
| SHAKER | — | HARES | PROBES | — | ROBES |
| MELODY | — | MOLDY | BESTIR | — | TRIBE |
| HATTER | — | HEART |        |   |       |

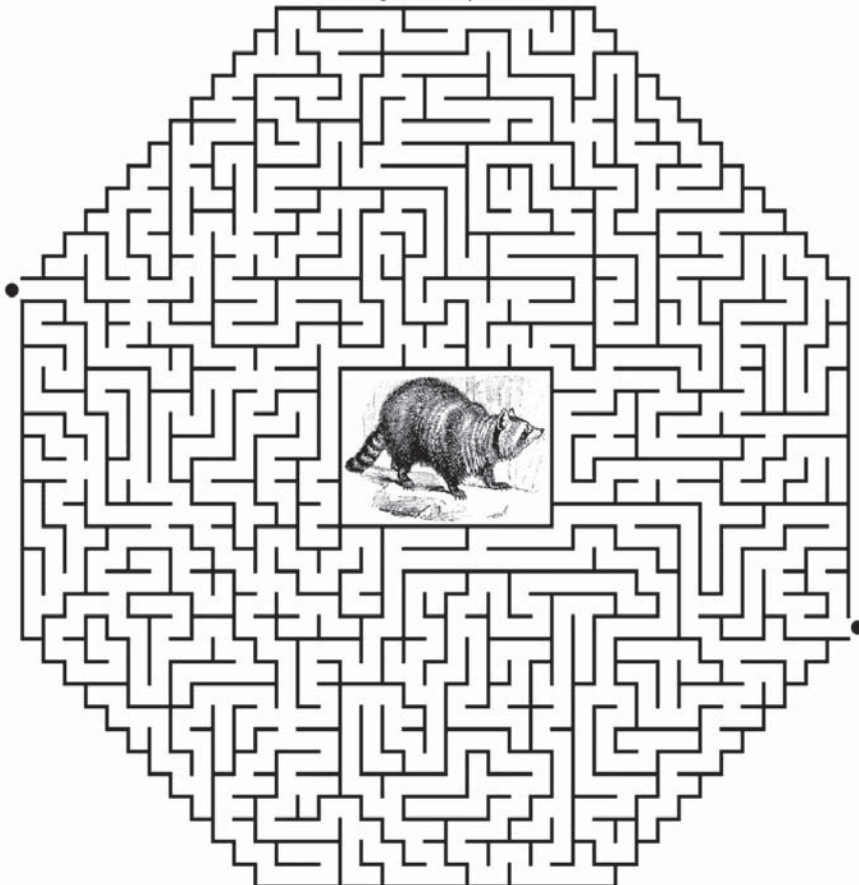
## Just Like Cats & Dogs

by Dave T. Phipps



## Mega Maze

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## LAFF-A-DAY



"I told you I could cook. I never told you I would cook."



"Play along. ... They think I'm getting out today."

## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Window is broken. 2. Football is missing. 3. Switch is missing. 4. Ruffie is missing. 5. Picture is smaller. 6. Drawer is missing.

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by **Keith Roach, M.D.**  
**What is a healthy room temperature?**  
*Dear Dr. Roach:* The senior center in my community is kept at a temperature that I and many other seniors find too cool for our comfort. After two hours of playing Scrabble or watching a film, we feel chilled to the bone. We have complained many times to the management, with no change. Recently, I overheard an employee explain to a complainer that the center maintains the cool temperature to keep the germ

To Your Good Health

count in the air down in order to promote a healthy environment. I know very warm temperatures can promote germ growth (anyone in Bacteriology 101 has seen it proven), but would raising the temperature from 72°F to 75°F have any bad effect on the air quality? — H.L.  
**Answer:** In bacteriology, most of what we did was in incubators at 37 degrees Celsius (about 99 degrees F), an optimal growth temperature for most pathogenic bacteria in or on a growth medium. However, I was surprised to find that hotter temperatures, in general, tend to reduce both viruses and bacteria in the air. So there's no validity to the employee's claim.  
The people controlling the temperature (the staff) probably are more comfortable at a cooler temperature than the seniors taking advantage of the senior center (there are many reasons for this). Your suggestion of 75°F seems a perfectly reasonable temperature to me, but maybe it's worth finding out what most of the community wants.  
*Dear Dr. Roach:* My doctor will not issue maintenance medication prescriptions for longer than three months. My insurance company has sent me many emails asking me to have him write them for the year, and when I mention it to him, he just refuses. I have been seeing him for five years, and everything is just fine. All bloodwork numbers are excellent. He has just

posted a sign in his office that no prescriptions will be refilled without an office visit, so I am not the only one subject to this policy.  
We like this doctor, but we think this practice is somewhat overbearing, if not unethical. I'd like my prescription to be for a year because we are retired and travel. In the past, more than once I have had to call my pharmacy and have refills sent to another address. This doctor will not respond to calls from a pharmacy for refills; only a visit will do. Is there anything that can be done other than changing doctors? — A.  
**Answer:** I wouldn't say that this practice is unethical. Physicians need to decide for themselves how comfortable they are in treating chronic conditions without seeing their patients for a prolonged period. His method ensures very regular follow-up, and he is likely to find changes to your condition more quickly than if he wrote yearly prescriptions.  
On the other hand, many people don't need such close follow-up, and it is significantly less convenient for many.  
The bottom line is, no matter what his motivation for such a policy, those who find this too much of an inconvenience probably would do better with a different provider.  
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Photography by Robert Knight

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Paw's Corner

by **Sam Mazzotta**  
**Good dental health for dogs and cats**  
**Dear Paw's Corner:** My dog "Chip" and I were at the veterinarian recently, and she told me

that Chip may have an abscess near a molar. He is now taking an antibiotic to try and heal the abscess, but if that doesn't work he may lose a tooth. How did this happen, and how can I prevent it from happening again? — Worried Mom in Wichita  
**Dear Worried Mom:** Even healthy young dogs can develop dental prob-

lems. There are a number of possibilities as to why it happens — sometimes it's blamed on a diet rich in soft, canned dog foods, or too many doggie treats. But many owners strictly regulate their pets' diet and yet still see signs of tooth decay and other issues like abscesses.  
Regular checkups are important to catch dental problems early. You did that, and hopefully Chip will respond to treatment without the need for surgery. Another way to prevent some dental issues, or keep them from getting worse, is to brush your dog's teeth regularly.  
Cat owners, don't think you're exempt, either. For both dogs and cats, brushing their gums and teeth gently about once a week takes about 10 minutes and can make a huge difference in their dental health.  
Pet supply stores and vets' offices carry meat-flavored toothpastes designed for pets (don't use human toothpaste). You can purchase a finger brush, or simply wrap a clean, soft cloth around your index finger. Put a little paste on the end of the brush or your finger, lift your pet's lip out of the way, and gently swipe from the gum line down each tooth. Give your pet a little treat and some love once you're done.  
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— **King Crossword** —

Answers

Solution time: 21 mins.


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

— **Weekly SUDOKU** —

Answer

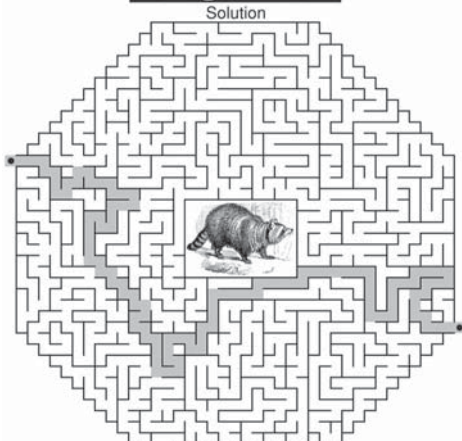
1	7	6	3	4	9	5	2	8
9	4	5	2	8	1	3	7	6
3	8	2	7	5	6	1	9	4
5	1	8	9	3	4	7	6	2
4	6	9	1	7	2	8	3	5
7	2	3	5	6	8	9	4	1
6	5	1	4	9	7	2	8	3
8	3	7	6	2	5	4	1	9
2	9	4	8	1	3	6	5	7

**Daylight Saving Time begins March 11. Mark your calendars!**



**Mega Maze**

Solution



**Puzzles4Kids**

Answer

STREAM	R	MEATS
ENRICO	O	NICER
SACRED	C	DARES
SHAKER	K	HARES
MELODY	E	MOLDY
HATTER	T	HEART
SCROLL	C	ROLLS
PARISH	H	PAIRS
GOLDIE	I	LODGE
PROBES	P	ROBES
BESTIR	S	TRIBE

## HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY

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

**Monday, Feb. 19th** – Sold 222 head. Cull Ave. \$.46 Top Cow \$.57, Bulls/Steers \$.46 - \$.68, Bull calves top \$2.40, heifer calf top \$1.00, Dairy feeders \$.27 - \$.96, Lambs 120#-175# \$1.19-\$1.50.

**Monday, Mar. 5th** - Normal Monday Sale & Monthly Fat Cow & Feeder Sale

**Monday, Mar. 12th** - Normal Monday Sale & Monthly Heifer Sale

**Monday, Mar. 19 & Mar. 26th** - Normal Monday Sales & Our Easter Sheep, Lamb, Goat & Small animal Sale- call today to advertise your group.

**Sat. March 31st** – New Berlin, NY. 11:30AM Spring Premier All Breed Sale. Accepting 100 consignments of Registered all Breed Dairy Cattle. Watch for consignments from O-C-E-C Embryos, Melinda Howard, Gaipe Farms, Thorndale Swiss, Canary Dairy LLC, Oakfield Corners, Merrillea, Sco-Li, Fantasy-Found, Engelbrecht, Gottfried, Cossa Jerseys, Sunny Acres plus many more. Call today with your consignments.

**Sat. April 14th** – Alfred State College Spring Fling – sale held at Alfred College. Accepting consignments for this sale also – Registered all Breeds.

**Sat. April 21st** – New Berlin, NY. Annual Spring Consignment Spring Machinery Sale. Call today to have your equipment advertised!

**Friday, April 27th** – 11:00 AM sale held on the farm Cherry Valley, NY. Van-Acres LLC, Complete Registered Holstein Dispersal. 75 Milking age & 75 youngstock. Watch future ads for more details!

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330 Custom Services  
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410 Electrical  
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445 Farm Machinery Wanted  
447 Farm Market Items  
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470 Financial Services  
480 Fish  
483 Flooring  
494 For Lease  
495 For Rent  
500 For Sale  
510 Fresh Produce, Nursery  
525 Fruits & Berries  
527 Furniture  
529 Garage Sales  
530 Garden Supplies  
535 Generators  
537 Gifts  
575 Greenhouse Supplies  
585 Guns  
587 Hair Styling  
589 Hardware  
600 Health Care/Products  
605 Heating  
610 Help Wanted  
653 Hotel / Motel  
683 Jewelers  
700 Lawn & Garden  
711 Lessons  
760 Lumber & Wood Products  
790 Maple Syrup Supplies  
805 Miscellaneous  
810 Mobile Homes  
811 Monuments  
812 Multi Media  
813 Music  
815 Motorcycles  
817 Nails  
820 Nurseries  
910 Plants  
950 Real Estate For Sale  
955 Real Estate Wanted  
960 RVs & Motor Homes  
975 Rentals  
980 Restaurant Supplies  
1040 Services Offered  
1075 Snowblowers  
1080 Snowmobiles  
1096 Sports  
1109 Thrift  
1140 Trailers  
1147 Trains  
1148 Travel  
1165 Trees  
1170 Truck Parts & Equipment  
1180 Trucks  
1187 Vacuum  
1190 Vegetable  
1200 Veterinary  
1205 Wanted

## Announcements

### ADVERTISING DEADLINE

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*The Country Editor*

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**CHECK YOUR AD - ADVERTISERS** should check their ads on the first week of insertion. Lee Newspapers shall not be liable for typographical, or errors in publication except to the extent of the cost of the first weeks insertion of the ad, and shall also not be liable for damages due to failure to publish an ad. Adjustment for errors is limited to the cost of that portion of the ad wherein the error occurred. **Report any errors to 800-836-2888 or 518-673-0111.**

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## ★ ★ ★ ★ ★

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Get the best responses from your advertisements by including the age, condition, price and best calling hours. Also, we always recommend insertion for at least 2 issues for maximum benefits. **DEADLINE** for placing ads is **FRIDAY** at 2:00 PM- **Week Prior** to Each Friday Dated Paper. **Call Peg at 1-800-836-2888 or 518-673-0111**

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FISHING AUCTION - Sunday March 18th at 1:33pm. King's Auctions, 689 Burrows Rd., West Winfield, NY 13495. 315-822-5221

## Announcements

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## Lawn & Garden



# Country Editor

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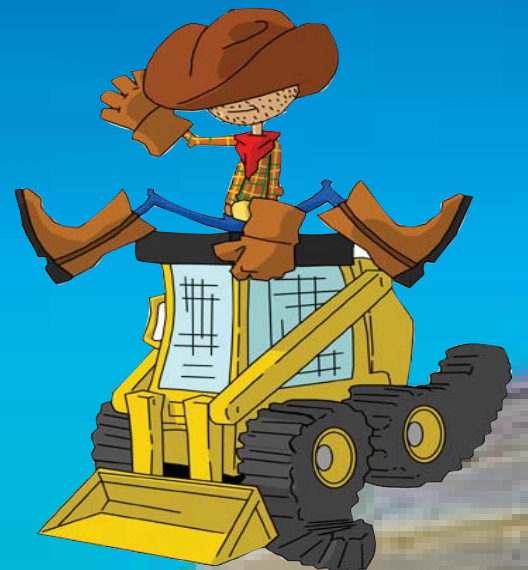
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## Pickup trucks remain popular among car buyers

Pickup trucks have long been among the most popular vehicles sold, and Statistica states the



number of new pickup trucks sold in the United States continues to grow. Between 2015 and 2016, 2.7 million pickups were sold, and some 2.24 million of those were full-sized pickups.

A recent study from the Automotive News Data Center found the big three pickup manufacturers, which include Ford, GM and Dodge, sell an average of 6,500 trucks every day in North America.

While the popularity of

pickup trucks may be evident to today's motorists, just who is behind the wheels of those trucks may come as a surprise. According to a recent study from MaritzCX, covering the 2016 model year, more people from affluent families are opting for pickup trucks than economy cars. The Ford F-150 was the most popular vehicle among households earning more than \$200,000 a year. Jeep Grand Cherokee, Honda Pilot and Jeep Wrangler were also tops among high-income Americans.

Other factors also may be contributing to the popularity of pickup

trucks. A survey from Insurance.com asked 2,000 licensed drivers ages 18 and up to rank the kinds of vehicles driven by the most attractive members of the opposite sex. The survey found that women prefer drivers of black pickup trucks.

Motorists who have never before driven pickup trucks but are mulling whether or not to join the truck-loving masses can consider a host of factors as they begin looking for trucks.

• **Size:** Pickups are larger than many other vehicles and tend to be heavier. As a result, when driving a pickup, leave more space for braking

and do not tailgate.

• **Blind spots:** Because pickup trucks are longer than cars, they may have larger blind spots. Drivers should adjust the mirrors to diminish as much of their blind spots as possible. Also, give ample notice when changing lanes or making turns.

• **Reverse:** Upon purchasing a pickup, first-time truck owners may benefit from practicing driving in reverse so they can grow accustomed to doing so in a truck.

• **Hauling gear:** Be sure to properly restrain items that are hauled in the pickup truck bed, or invest in a bed cover so nothing is lost and safety is not compromised.

• **Inclement weather driving:** Pickup trucks have very little weight in the back when their beds are empty. This can cause trucks to fishtail on wet or snowy roads. Alleviate this by placing some sandbags in truck beds before driving in poor weather.

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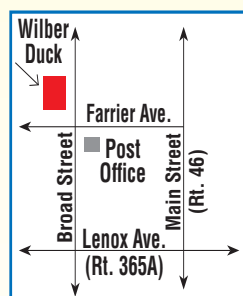
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