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Number 42



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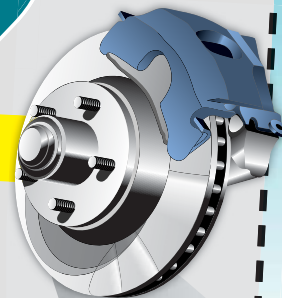
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MVRC welcomed Executive Director of the Abraham House

HERKIMER — Mohawk Valley Rotary Club welcomed guest speaker Executive Director of the Abraham House, Gina Ciaccia at their recent meeting. Ciaccia presented on the history of the Abraham House, which is a welcoming home for the terminally ill, based in Utica. Ciaccia stated that the mission of the "Abraham House is, to our guests, a secure loving home without charge while providing physical, emotional and spiritual support to the terminally ill."

Ciaccia also invited club members to the Abraham House's next community fundraising event called Abraham House's March Meatball Madness, which celebrates the Best of the Best meatballs from the greater Utica area. This event is scheduled for March 11, starting at noon. For more information on the Mohawk Valley Rotary Club, visit us at our Facebook page: www.facebook.com/MohawkValleyRotaryDistrict7150



Rotarians Rocco Lamanna (L-R), Denise Snyder, Elyse Enea Bellows, Gina Ciaccia, Francesca Magro, Bonny Brownrigg and Roger Skinner. Photo courtesy of Mohawk Valley Rotary Club

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Poland students continue tradition of support through Indoor Heart Walk

POLAND — Poland Central School District seniors Elizabeth Comstock and Keenan Satterlee remember starting

were in her class and current first-graders participate in raising money for the American Heart Association.

Greatest Heart Run & Walk, which took place this year on Saturday, March 3, starting at Utica College.

In 1995, Poland 3-year-old Ben Poplaski, who is now in his mid-20s, was diagnosed with an aortic valve issue and

later had to undergo valve replacement surgery. In 2002, what is now known as the Bionic Ben Team for America's Greatest Heart Run & Walk was formed, and in 2006, the team merged with the school team.

In 2007, after Alyssa passed away, Rosina Olezeski, who was then a teacher's aide, approached Alyssa's mother

Patricia Linneen about creating Team Alyssa, and the team was started that year. The Poland Has Heart Team is now a combination of a general school team, Team Alyssa and the Bionic Ben Team, and Livingston took over Olezeski's role as team captain of Poland Has Heart after Olezeski retired a few years ago.

POLAND 5



Poland Central School District seniors walk in the American Heart Association's Indoor Heart Walk.

their school journey with their cousin Alyssa Pomichter.

Comstock recalls sitting next to Alyssa on the school bus and celebrating their kindergarten graduation together at a relative's house. Satterlee said he remembers her as "nice" and that she was his best friend.

In 2007, as a first-grader in Poland teacher Karen Livingston's class, Alyssa passed away unexpectedly from cardiac arrest with no previous diagnosis of any problems.

Every year since, Poland students who

This year, the students who were Alyssa's classmates as first-graders are seniors. The seniors and current first-graders participated in the American Heart Association's Indoor Heart Walk on Wednesday, Feb. 28, at Sangertown Square to continue the goal they started 11 years ago.

"It was to keep her memory alive, to honor Alyssa and to raise money for an important cause," Livingston said.

Personal connections are what launched and continue to inspire Poland's strong involvement with America's

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POLND from 4

Poland Central School District leads the region in school support of America's Greatest Heart Run & Walk. Poland has won the American Heart Association's Schools Highest Pledge Award for the school district raising the most money every year except one dating back to 2006.

Comstock and Satterlee

said they are glad their class has been able to stay involved both to honor Alyssa and to support the American Heart Association.

"I think it's important to be part of this because it raises awareness of heart disease," Satterlee said.

Comstock said doing the Indoor Heart Walk again this year helps con-

nect everything back to where it started in 2007.

"It's nice that our senior year we get to participate in something we did as kids," she said.

Alyssa's family members also participated in the Indoor Heart Walk and said they appreciate the continued efforts of her classmates.

"They always come to-



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Poland Central School District first-graders walk in the American Heart Association's Indoor Heart Walk on Wednesday, Feb. 28, at Sangertown Square.
Photos courtesy of Poland Central School



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gether regardless of what's going on or what phase in life they are in because there are bumps in the road along the way

there, but they always come back around and pull together for this cause and it means a ton to us as her family," Patricia Linneen said.

Participating in the event and fundraising also helps Poland students learn about heart disease and spread awareness, Patricia Linneen said.

"It doesn't just happen to people who are old," she said. "Heart disease is real."

The whole Poland school community has been supportive, and the

family members are so thankful because it means a lot to them to keep Alyssa's memory alive, Patricia Linneen said. Alyssa's photo is put up in the school each year along with heart-shaped displays from people who donate to the cause.

"I think as a parent your biggest fear is that the world is going to move on and she's going to be forgotten," Patricia Linneen said. "To walk in her school and see her face, it's like she's still there, and it helps tremendously."

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Utica and Mohawk Valley Chapter of the National Railway Historical Society to meet March 9

The Utica and Mohawk Valley Chapter of the National Railway Historical Society will meet on Friday, March 9, at 7 p.m., at the Zion Lutheran Church on the corners of French and Burrstone Roads in the Town of New Hartford, NY. There will be a business portion conducted by Chapter President Harry Lenz with reports on the repair of the New York Central 6721, the one day bus trip to the Delaware and Ulster, the Amtrak

trip to Roanoke, VA, the annual banquet at Trackside Restaurant in Utica Union Station, the exhibit at the Children's Museum, the Adirondack Scenic Railroad, plus many more activities and projects ahead for us in the coming months and weeks. After the break, Past Utica and Mohawk Valley Chapter of the National Railway Historical Society President Al Gorney will have a special presentation

on the Adirondack Division of the New York Central that was seen at the New York Central Historical Society back in 2015. It will be a pleasure for our chapter to see this great program on how things were back in the days when the New York Central rolled trains on this line now run by the Adirondack Scenic Railroad. This meeting is open to anyone who is interested in railroads, the railroads of

the State of New York, and railroad history. We invite guests attending our meeting the opportunity to join the Utica and Mohawk Valley Chapter of the NRHS as regular members. We would also like to invite all active and retired railroad personnel to our meeting. For more information, contact Bradford Paulson at 315.853.5400.

Poland Spanish students try tapas as part of Spanish, Mexican cuisine comparison

POLAND — Poland Central School District Spanish students recently compared Mexican and Spanish cuisines — learning that there are more differences than similarities. “People think, ‘Well, everybody eats tacos’,” Poland Spanish teacher Hilary Gibbons said. “Nope.” The cuisine comparison was for Gibbons’ two Spanish 7 classes. Students learned that Mexican cuisine was more influenced by Mayans and Aztecs than Spain, and Spanish cuisine was more influenced by other cultures in Europe, Gibbons said.

Gibbons taught the students about how supper isn’t until after 9 p.m. in Spain and Latin America, so it’s common for people to go to snack bars called tascas earlier in the evening to eat tapas, which are small portions of food similar to hors d’oeuvres. Tapa means lid or cover, and the name came from Spanish inns covering glasses of wine with bread to keep flies out. This led to meat and cheese being added on top of the bread, and tapas were born. Over time, other tapas with vegetables, seafood and other foods were added, and the tapas were served in dishes instead.

Students had the choice of doing one of the following two projects:

- Create a tapas menu in Spanish with six tapas selections on it — including a picture and brief description for each one.
- Prepare an authentic tapas dish from Spain to bring in to share with the class along with the recipe.

Then the classes pretended they were at tascas and ate the tapas that were brought in. “They really enjoyed it,” Gibbons said.

Herkimer BOCES special education students gain public speaking experience and receive certificates



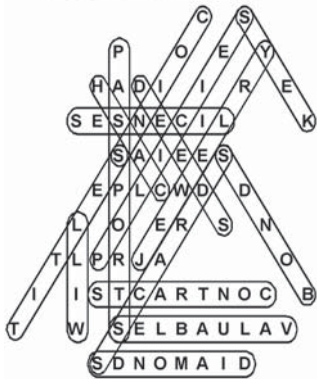
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Answer

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



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Adam had 84 cards and Bob had 60. One way to think about this is that if Adam gave Bob 12 of his cards so both had the same number, then Adam had to have 24 more cards than Bob in the beginning.

$$\begin{aligned} \frac{7}{5} : \frac{(x + 24)}{x} & \quad 5x + 120 = 7x \\ 2x &= 120 \\ x &= 60 \\ x + 24 &= 84 \end{aligned}$$

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Answers

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L	O	C	K	D	O	W	N		I	L	I	A
O	R	E	L		L	A	C		S	I	N	S
E	A	S	Y		D	Y	E		M	O	S	H

HERKIMER — Herkimer-Fulton-Hamilton-Otsego BOCES special education students in the occupational hazards 4-H club at BOCES recently participated in an event with Cornell Cooperative Extension to give presentations and gain experience with public speaking. Students chose topics of interest ranging from the Super Bowl champion Philadelphia Eagles to workplaces they have visited during class such as Hannaford, the Herkimer County Humane Society and Valley Health Services. “The students took pride in their accomplishments,” Herkimer BOCES special education teacher Alana Connolly said. The event took place on Feb. 14 at the Herkimer BOCES William E. Busacker Complex in Herkimer. A total of 35 students participated from the classes of special education teachers Connolly, Georgia Waite, Tyler Eysaman and Bryan Cronkhite. Students presented about their topics in front of some parents and some Herkimer BOCES staff and administrators including Herkimer BOCES District Superintendent Sandra Sherwood and Special Education Principal Brittany DerCola. Wendy Richardson of Cornell Cooperative Extension was the judge for the event. There was a ceremony for the awarding of certificates and a small reception.



Herkimer-Fulton-Hamilton-Otsego BOCES special education students in the occupational hazards 4-H club at BOCES hold their certificates after participating in an event with Cornell Cooperative Extension to give them experience with public speaking on Feb. 14 at the Herkimer BOCES William E. Busacker Complex in Herkimer. Photo courtesy of Herkimer-Fulton-Hamilton-Otsego BOCES

Unique, mysterious and lesser-known facts about Ireland

Ireland boasts a rich heritage, diverse weather and intriguing history. The Emerald Isle can be a mysterious place to visit — and an even more exciting place to live.

Millions of travelers visit Ireland each year. As St. Patrick's Day approaches, now is a great time to delve a little further into what makes Ireland so unique.

- Ireland is a relatively small country. The island covers 84,431 square kilometers (32,599 square miles). United States residents might be surprised to learn that Ireland is roughly the size of Indiana.

- Ireland is actually two countries. The Republic of Ireland comprises most of the island and is an independent sovereign state. Northern Ireland, which is the northeastern corner of the island, is a part of the United Kingdom, which also includes England, Scotland, Wales, and some smaller islands.

- The harp is the official national symbol of Ireland. In fact, Ireland is the only country in the world to have a musical instrument as its symbol. The harp symbolizes Celtic society and appears on Irish Euro currency, passports, government documents, and more.

- Globally, red hair is rather rare, with just 1 to 2

percent of the population possessing the gene that produces red hair. People of Irish descent have a higher incidence of red hair than people from other areas of the world.

- Despite common misconceptions, it's not always rainy in Ireland, even though the country gets its share of precipitation and overcast days. Weather tracking data points out that May is generally the driest month of the year in Ireland.

- The original seven Celtic Nations are Ireland, Scotland, Wales, the Isle of Man, Cornwall, Brittany (France), and Galicia (Spain).

- It is believed that more than 40 percent of all American presidents have had some Irish ancestry.

- Ireland's famed city of Dublin was originally named "Dubh Linn," which means "black pool." The moniker

referred to an ancient treacle lake in the city.

- According to Irish Central, there's one pub for every 100 people in Dublin.

- St. Patrick is known as the patron saint of Ireland. However, he was also given secondary patronage status for Nigeria, despite never actually visiting Africa.

- Irish people are the biggest drinkers in the world — tea drinkers, that is. They consume an average of 1,184 cups of tea per person per year.

- The place in Ireland with the longest name is Muckanaghderdauhaulia. It translates to "ridge shaped like a pig's back between two expanses of briny water."

Ireland is unique in many ways and worthy of celebrating on St. Patrick's Day and throughout the year.



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Helping bats and other March gardening tips

by Leonard Perry, UVM Horticulturist and Charlie Nar-dozzi, Garden Consultant

Helping bats by installing a bat house, sowing seeds of arugula and other greens, and choosing and caring for Easter lilies, are some of the gardening activities for this month.

Bats are important to our ecosystems, particularly in catching huge numbers of insects that damage our crops and gardens, as well as those such as mosquitoes that

carry diseases. Yet diseases and human activities, which have killed off many or destroyed their habitats, have made many endangered. You can help bring them back by proper gardening practices, and by installing a bat house.

Bat houses are flat-tented wood boxes, open on the bottom, with single or multiple roosting chambers. Height (12 feet or more off the ground), location (on buildings is

best, but poles can be used), orientation (generally toward the east, away from prevailing winds), and color (black to absorb heat in cold climates) are all important considerations. You can learn more on where to buy them, or how to build your own, from Bat Conservation International (www.bat-con.org).

To get an early harvest of arugula and other greens, dig out a large shallow container and sow some seeds. Grow them indoors until the weather warms enough to put

them outside during the day. Keep cutting leaves from the outside of the plants to prolong the harvest. Or you can sow seeds for a mesclun mix and cut off the leaves when still young. They will regrow for another harvest in a few weeks. Look for seeds to sow and grow quickly just for sprouts.

When buying an Easter lily, look for a plant with flowers in various stages of bloom from buds to open or partially opened flowers. Foliage should be dense, rich green in color, and extend all the way

down to the soil line (a good indication of a healthy root system). Look for a well-proportioned plant, one that is about two times as high as the pot. You also should check the flowers, foliage, and buds for signs of yellowing (improper culture), insects, or disease.

At home, keep your lily away from drafts and drying heat sources such as wood stoves or heating ducts. Bright, indirect light is best with daytime temperatures of 60 to 65 degrees (F). Water the plant only when the soil feels dry to the touch, but don't overwater. If the pot is in foil, make sure water doesn't collect and remain in the foil; this will keep the soil too wet.

To prolong the life of the blossoms, remove the yellow anthers (pollen-bearing pods) found in the center of each Easter lily flower. If you get this staining pollen on fabrics, don't rub it off, but remove it with sticky tape.

Probably the biggest gardening project for

March is to start transplants. Cabbage, broccoli, and other cole crops that can be set out early in the spring, as well as slow-growing flower varieties like verbena, pansies, and petunias, can all be started this month. But wait until April to sow seeds for tomatoes, peppers, eggplants, and most flower varieties that cannot be transplanted until the danger of frost has past.

Warm days may tempt you into removing winter mulch but wait a bit longer. We still could have snow and some very cold nights, and plants still need protection. The freeze and thaw cycles of early spring can damage plants that have survived a cold winter.

Other gardening activities for this month include making plans for attending spring gardening seminars, buying a Shamrock plant for St. Patrick's Day, and pruning on a non-freezing day — fruit trees, blueberries, and summer-flowering shrubs.

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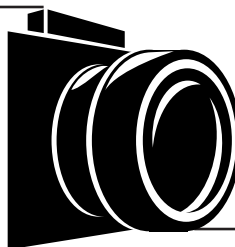
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Donna's Day: Creative family fun

by Donna Erickson

Brighten wintry days with oranges

I'll never forget the morning when a box of California sunshine appeared on our doorstep. It was a -20 degree day in Minnesota. The kids and I eagerly tore open the box to find carefully wrapped oranges, hand-picked from a tree in my aunt and uncle's backyard in Visalia, CA. Nothing could brighten our spirits more than this gift of citrus gold.

To humor us, Uncle Carl printed his initials with a blue pen on tiny stickers and affixed one on each orange as his personal trademark, just in case we doubted their place of origin. He also included a list of fun activities. Here are some of them, along with others you may enjoy doing during these winter days

when we all can use an extra dose of vitamin C and sweet goodness.

- Hand out an orange to each member of the family. Touch it, squeeze it, smell it after scraping the skin. Ask your young children to describe what's inside an orange. Think of all the possibilities.

- Guess the number of sections inside the orange you hold. Now, peel the orange, separate and count the sections, and find out who guessed correctly.

- Talk about where oranges come from. "The grocery store" is not a correct answer!

- At snacktime or lunchtime, for easy peeling, an adult should slice off the top half-inch of the orange. Starting at the trimmed edge, make a slice through the peel down to the base. Make five or six slices go-

ing around. Your child now easily can peel the orange.

- Use empty halves of oranges as lovely natural bowls for a fruit salad, sorbet or gelatin.

- Keep oranges, mandarins, clementines and tangerines in easy reach on your kitchen table or counter for healthy snacking any time of day. I like to place the sunny-looking fruit in a favorite family bowl that came in a trunk from Sweden when my great-grandparents immigrated to the U.S. in the 1880s. I am quite sure oranges were a new treat to them when they arrived here. Now I tempt my family with their healthy goodness while creating a colorful centerpiece at the same time.

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Whatchamacallits



There are numerous people in many countries who would instantly recognize this item, but not so much in the U.S. This Whatchamacallit is an eggcup.

The oldest record of eggcups date back to the city of Pompeii. The item did lose popularity around 1453, but re-emerged with a vengeance during the 1600's. During this time, the eggcups were made out of silver for the aristocracy, and wooded eggcups were used by the lower classes.

As the popularity of eggcups continued to rise during the 1700s and 1800s, they became a standard addition to china sets, including matching trays and special spoons to be used in eating the egg. Their inclusion in china sets are now limited to countries like Great Britain.

The eggcup is used to hold soft boiled eggs upright. These eggs are only boiled for about one to four

minutes before rapidly cooled to stop the cooking process. The egg is then placed in the eggcup. Some place with the narrow end up, while others place the egg with the wide end up.

At this point, the method varies greatly. The egg needs to be cracked across the top, as cleanly as possible. Some use a knife and tap around the egg to lift the top of the shell. Other can take a knife and cut halfway through the egg with one chop before rolling the top of the egg off of the shell. Others use devices to help crack the egg before taking the shell off.

Either way, the top of the egg comes off and the soft-boiled egg and runny yolk are then eaten out of the remaining shell.

This particular eggcup is part of an old china set from a frequent contributor. Unfortunately, no maker's marks can be found on the item.



Do you have your own Whatchamacallit?

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

Five tips to successfully sell your car

Selling a used vehicle does not have to be a complicated process. But too often private sellers struggle to sell their vehicles because they are unsure of how to do so. A little information on the selling process can make it easy to unload vehicles quickly and at the prices sellers desire.

1. Know the market.

The experts at Edmunds say sellers should research the market before putting their vehicles up for sale. Compare the prices of similar makes and models, and track whether those vehicles are moving quickly. Cars that are hot commodities will sell relatively quickly. Even though these may not be the flashy vehicles, family sedans, trucks and vans tend to turn over fast. Convertibles,

classic cars or those with special features may take longer to move and will have to be priced accordingly.

2. Determine the vehicle's worth.

Just because sellers want to get predetermined amounts for their vehicles doesn't mean those figures are the going rates for their cars and trucks. Using resources like Kelley Blue Book, NADA Guides and Autotrader.com can help sellers determine the value of their rides according to factors such as mileage, age, model, and condition of the vehicle.

3. Gather receipts and other paperwork.

Sellers should dig through their files to unearth maintenance receipts and other documentation on their vehicles.



For those who can't find receipts, ask for such receipts where the vehicle was serviced. According to Kelley Blue Book, proof of regular oil changes and other services can be a good selling point because it shows that the seller maintained the vehicle to the best of his or her ability. It could be worth the investment to pull the CarFax® report on the vehicle as well to see how it measures up. Some buyers will request that information as well.

The Department of Motor Vehicles also suggests gathering a release of liability form to keep sellers from being liable for any damages incurred after the vehicle is sold; warranty documents if the car is still under a manufacturer's warranty; and the vehicle's title.

4. Prepare the vehicle.

Prior to selling, give the car a facelift and a good wash. Vacuum floors, floor-mats, seats, and the trunk. Clean the interior, and wash windows inside and out. A fresh wash and wax can improve the appearance of the vehicle and help it to photograph well for sale pictures.

5. Advertise the sale.

Advertise the vehicle in a variety of different formats. Opt for the classifieds section of a local newspaper, post it online and share through social media. A sign on the vehicle is also smart. This will improve the chances of it being seen.

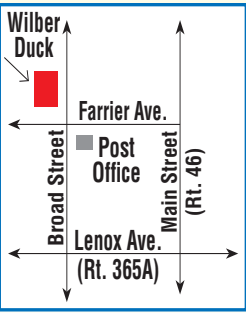
Selling a car can take some effort, but with the right tactics, cars can be sold quickly and at prices that make sellers happy.

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Good Housekeeping

Texas-Style Chili

A pot of this chili simmering on the range brings our children in from the cold mighty quickly. Little chunks of tender beef with onions and green peppers — but no beans — are simmered in a thick tomato sauce.

- 3 1/2 pounds beef for stew
- 1/4 cup salad oil
- 2 medium onions, chopped
- 3 medium green peppers, diced
- 4 cloves garlic, crushed
- 2 cans (28-ounce) tomatoes
- 1 can (12-ounce) tomato paste
- 1/3 cup chili powder
- 1/4 cup sugar
- 2 teaspoons salt
- 2 teaspoons dried oregano leaves
- 3/4 teaspoon cracked black pepper

1. Cut beef for stew into 1/2-inch cubes. In 8-quart Dutch oven over high heat, in hot salad oil, cook one-third of meat at a time, until browned. With slotted spoon, remove meat cubes to bowl as they brown; set aside.

2. Reserve 1/2 cup onions; cover and set aside. Add green peppers, garlic and remaining onions to drippings in Dutch oven; over medium-high heat, cook 10 minutes, stirring occasionally.

3. Return meat to Dutch oven; add tomatoes with their liquid, tomato paste, chili powder, sugar, salt,

oregano leaves, cracked black pepper and 2 cups water; over high heat, heat to boiling. Reduce heat to low; cover and simmer 1 1/2 hours or until meat is fork-tender, stirring occasionally.

4. Spoon chili into large bowl. Pass reserved onion to sprinkle over each serving. Serves 12.

• Each serving: 505 calories, 37g total fat, 97mg cholesterol, 710mg sodium.

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Poland 5th-graders learn trust through gymnastics, human pyramids

POLAND — At the end of a recent physical education gymnastics unit, Poland fifth-graders suggested trying to create human pyramids.

Poland physical education teacher Josh Mazzaferro recognized this as an opportunity to teach trust, respect and teamwork, so he approved the idea.

"They decided to do it on their own," he said. "They felt confident and trusted each other enough to have people stand on top of them."

Trustworthiness is one of the character traits being focused on this school year at Poland Central School District, and the gymnastics unit and human pyramids helped teach that, Mazzaferro said.

"That is something that they're starting to build," Mazzaferro said, of trust. "Whether they realize it or not — trusting each other in the pyramid was essential to make it work. That's a charac-

ter trait they're going to have forever."

During the gymnastics unit, students started off practicing individual skills including jumps, rolls, balancing techniques and more before advancing to vaulting, handsprings, headstands and cartwheels.

Through the unit, students were able to build their flexibility, strength and balance, which are all components of healthy fitness, Mazzaferro said.

Then Mazzaferro split the fifth-graders into two groups and created sets of four students within those groups. Each set of four students planned gymnastics routines that incorporated the skills they learned, and then the sets within each larger group combined their routines into longer routines that they performed.

"I think it really exemplifies what the unit is all about in terms of collaboration and working in groups," Mazzaferro said.

The performances went well, he said.

"They kind of surprised themselves a little bit," he said. "It's nice that they can work on these routines and realize

that we just put all the parts together, and it was fun."



Poland Central School District fifth-graders recently completed their gymnastics unit by making human pyramids, which helped them build trust among each other. L-R, bottom row: Sahra Shannon, Emily Smith, Zyanna Irving-Summers, MaKenna Gemelli and Julia Oczowski. Second row up: Gracie Manipole, Liana Vauruk, Kendra Houghtaling and Rebecca Houghtaling. Third row up: Hailey Carrnright and Lexi Deragon. On top: Alyssa Militello.

Photo courtesy of Poland Central School



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mine just how much of a particular ethnicity comprises what makes him or her unique.

Thanks to an array of DNA-testing companies, just about anyone with some disposable income can have a vial of their saliva tested to determine their ancestry.

Before one starts toasting to St. Patrick, he or she should understand that these tests are not foolproof. Keep in mind that DNA tests use genetic markers that indicate variations in DNA that one or several ethnic groups may possess. Not all companies test for the same number of genetic markers. User error, namely a saliva sample that is compromised, can also affect results. While many of these tests can provide a general range of a person's ancestry, they are not 100 percent accurate.

As long as testers realize there is a margin for error and seek DNA for fun and curiosity, rather than to prove or disprove a country of origin, the results can be entertaining.



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Practical and fun tips for your tax refund

(BPT) — It's that time of year again when you may find a little bit of extra money in your pocket, thanks to your annual tax refund. There are plenty of practical ways to spend it, such as putting it toward paying off credit cards, loan payments or even starting a college fund, but there is always something tempting about taking that money and putting it toward something just a little bit more fun. Instead, consider something that is both practical and fun that you will use every day and will help you save money throughout the year.

1. Learn something new: Maybe you have been meaning to learn a new skill or explore a subject that you have taken interest in. Your refund is the perfect solution to fund a new hobby. A little bit of cash and a few extra hours a week can go a long way in honing in on one of your new (or old) passion points. Look into your local community college, dance studio, art center, etc. and check out the various classes offered to find one that piques your curiosity. If you are lucky, these courses could turn into something far more fruitful that will last far beyond tax season.

2. Be on the cutting edge: Haven't you always wanted to be the first among your friends with one of the latest smartphones? Often though, it becomes too expensive between the phone, the update charge and the data fees. This year, use your tax refund to purchase one of the latest smartphones and a

new wireless plan that allows you to save in the long-term.

3. Plan a staycation: Planning a vacation can be tough with a hectic family schedule. Between working out the details and packing, the planning process can become overwhelming. Why make it complicated when you can instead vacation from the comfort of your own home? Use your refund to have family-based experiences in your hometown — many museums, zoos, waterparks, etc. offer discounted year-round family memberships, too. Even though your staycation may end once the weekend is over, the new membership will allow for family fun to continue throughout the year.

4. Get fit: Have you faltered on that New Year's resolution to spend a few more hours a week at the gym? Your tax return is your second chance at getting into better shape this year. If the gym isn't for you, put it toward trying a new exercise class, or better yet, do it with a friend or partner. Many workout studios give discounted classes for your first session, so you'll have the opportunity to "try before you buy" — and if you love it, pick up a package of classes to reduce longer-term costs.

5. Cook a homemade family feast: While you could take your hard-earned tax return to a fancy restaurant, you could also make a fancy dinner right at home. Use your extra spending cash to revamp your kitchen with new appliances and ingredients that will allow for

more exciting in-home dining. Splurge on a homemade pasta maker or a brand-new mixer, then work as a family to cook up your very own secret recipe. These purchases and new creations will result in a fun night of cooking for the whole family, but also will be around for years to come.

You work hard all year and deserve to reward yourself with something fun and practical that can bring a little more balance to your emotional and financial health. For more information and ways to save, visit StraightTalk.com.





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Flooding fast facts

Floods can be highly destructive natural disasters. The U.S. Geological Survey's Water Science School says that around 71 percent of the Earth's surface is covered by water. While oceans hold about 96.5 percent of all the planet's water, rivers, lakes, ice caps, and glaciers also are large water sources.

National Geographic points out that flooding has caused more death and destruction than any other kind of natural disaster in the United States. Flooding may result from overflowing streams or rivers; when coastal storms cause the sea to surge inland; if a dam or levee has ruptured; if ice melts rapidly in the mountains; or if excessive rain cannot be absorbed by the ground fast enough. Flooding can even occur without warning, and such instances are referred to as "flash flooding."

Staying safe during floods involves understanding floods. The following information, courtesy of the Emergency Management Institute, FEMA, Ready.gov, and National Geographic, can help men and women better understand floods and how to stay safe in flooding situations.

- No region is safe from flooding. Floods can occur anywhere, but are rare in areas where water is scarce.

- Floods may develop very slowly or in just a matter of seconds after an extensive rainfall.
 - Areal floods can occur where saturated grounds are present.
 - Although the term "hundred-year flood" describes an extremely large and very rare event, these types of floods have recently been occurring worldwide with increased regularity.
 - In the United States, floods cause about \$6 billion worth of damage and kill, on average, 140 people every year.
 - Coastal flooding alone attributes to \$3 trillion in damage worldwide.
 - China's Yellow River valley has been home to some of the worst floods in history.
 - Flood waters can quickly knock people off their feet and carry them away.
 - It's important to sanitize oneself after coming in contact with flood water, which could be contaminated with various natural and manmade substances.
 - It may be necessary to move to higher ground when flooding situations occur. It's important to heed safety precautions and evacuation messages.
 - Rapidly moving water has the potential to carry a house, car, trees, or other structures away.
 - Drivers should not try to navigate through flood waters. Many deaths that occur during floods happen when drivers try to move through flood waters.
 - It's imperative to keep an emergency kit, nonperishable food, flashlights, and batteries on hand to combat potential disasters like floods.
 - Flood damage is not necessarily covered by homeowners insurance. Those who live in high-risk flood zones would be wise to purchase flood insurance to protect themselves.
- Floods can be formidable foes. Armed with information, people can be safer when the waters rise.



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First Annual Mohawk Valley Rotary Club Chili Challenge Cook-Off held

ILION, NY — Mohawk Valley Rotary recently held its first annual Mohawk Valley Rotary Club Chili Challenge Cook-Off event, a daylong event that benefits the club to help with their community service projects. This event was held at Francesca's Banquets in Ilion, drawing an

estimated 200 people. Competing teams included PK's Pub, Heidelberg Bakery, Moose River Coffee, Franco's of Ilion, Dan's Fan's, Dominick's Deli, O'Baby's, The Java Shop by Cucina Berto, TravelLodge Little Falls, Asteroga Ale House, America Dining Creations from Herkimer

College, Fat Cat's, and The Brass Tack.

"We were honored to participate and to taste the delicious recipes prepared by so many of the area's finest restaurants," said club president Cindy Bennett. "With so many different chili options participants were sure to get a taste of something they would enjoy".

More than tasting chili, the family-friendly event included a beer tasting put on by Saranac Brewery, a 50/50 raffle and music by DJ Kenny the Promo Guy, all hosted by WKTV's Steve McMurray.

Franco's of Ilion took home the crown for hottest chili; TravelLodge Little Falls was awarded for Best Presentation,



Rotarians Cindy Bennett (L-R), Francesca Magro, Bonny Brownrigg, Youth Exchange Student Mariana, Elyse Enea Bellows, Rocco Lamanna, Joanna Marshall and Michele Hummel.

Photo courtesy of Mohawk Valley Rotary

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Anderson named chairperson of June Arc Herkimer Golf Open

Chris Anderson, owner of Valley Cinemas in Little Falls, NY, will serve as the 2018 committee chairperson for Arc Herkimer's 13th annual Golf Open slated for Thursday, June 7.

Anderson will also assist with securing sponsors for the nonprofit's major fundraising golf event. Last year, with the committee's work, sponsorship support registered another all-time record. Proceeds help support unfunded programs such as Self-Advocacy and Spirituality for individuals with disabilities and others in the community. For nearly 50 years, Arc Herkimer has been empowering people and enriching lives.

The Arc Herkimer Golf Open will feature 18 holes of golf at Mohawk Valley Country Club in Little Falls, NY on Thursday, June 7, with a shotgun start at 11 a.m. A \$150 registration fee includes all games, contests and prizes; golf, cart, lunch and beverages; and cocktails and dinner.

The Arc Herkimer Golf Committee has designed sponsorship opportunities from the top, an Event Sponsor at \$7,500, down to Birdie Sponsors at \$500. All levels allow for varying benefits such as advertising, signage, golfing privileges, event recognition and more.

Members of the 2018 Golf Committee include: Chris Anderson, Lorene Bass, Kevin Crosley, Mike Lamb, Jackie Lewis, Frank Reid and Tony Visconti.

To become a sponsor or to golf, contact VP — Strategic Development Frank Reid at 315.574.7347 or email freid@archerkimer.org . For more information, visit www.archerkimer.org .

Right — Chris Anderson, seated right, will serve as chairperson of the 2018 Arc Herkimer Golf Open. Arc Herkimer golf committee members on hand to thank Anderson for his leadership, include, seated left, Jackie Lewis. L-R: Tony Visconti, Kevin Crosley, Mike Lamb, and Frank Reid. Missing from photo: Lorene Bass.

Photo courtesy of Arc Herkimer



Taxpayers have several tax return preparation options

As taxpayers look ahead to the April 17 filing deadline this year, they will consider how to prepare their return. Taxpayers have several options:

Prepare their own return:

E-file — Taxpayers can use commercial tax software to prepare and file their tax returns. The software uses a question and answer format that makes doing taxes easier. After the taxpayer responds to the questions, the software selects the appropriate tax forms and does the calculations automatically. Once complete, the software securely transmits the return to the IRS.

Free File — Seventy percent of taxpayers have an adjusted gross income of \$66,000 or less and are therefore eligible to file using free, brand-name software. Taxpayers can find the right software for them at IRS.gov.

Paper Forms — Free File Fillable Forms have no age, income or residency restrictions for taxpayers who are comfortable completing a paper return. Taxpayers can also find forms (/node/6) on IRS.gov, fill them out in Adobe Acrobat, and then print and mail them to the IRS. Taxpayers may also fill out their forms by hand after they print them. Taxpayers who mail a paper Form 1040, U.S. Individual Income Tax Return, should know that it can take six to eight weeks for the IRS to process their return.

Free Volunteer Tax Preparation — The Volunteer Income Tax Assistance and Tax Counseling for the Elderly programs provide free tax preparation help for qualifying taxpayers.

Volunteer Income Tax Assistance — This program is also known as VITA. IRS-certified volunteers provide free, basic income tax return preparation with electronic filing to eligible taxpayers who generally earn \$54,000 or less.

Tax Counseling for the Elderly — TCE is mainly for people age 60 or older, but offers service to all taxpayers. The program focuses on tax issues unique to sen-

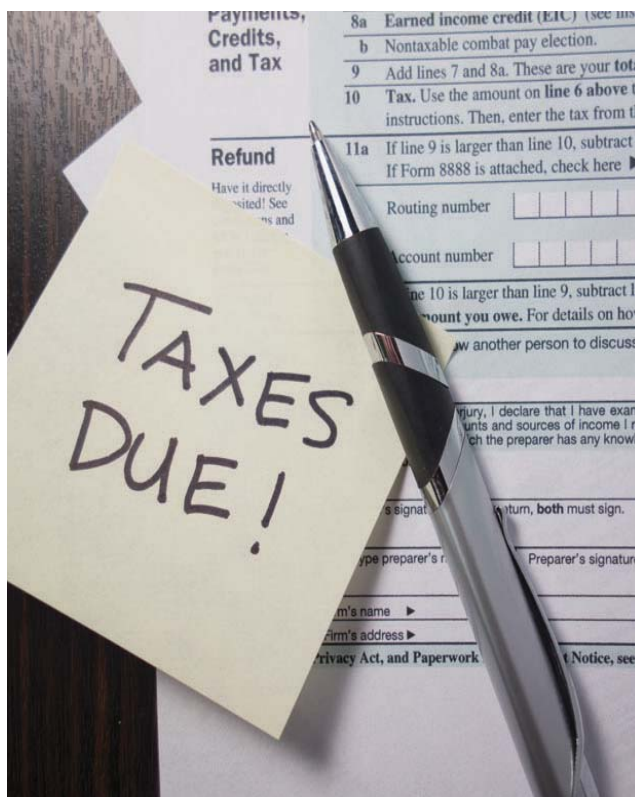
iors. AARP participates in the TCE program through AARP Tax-Aide.

Tax Preparers — Professional tax preparers across the country provide paid tax preparation services. Taxpayers can visit the Choosing a Tax Professional page on IRS.gov for tips on choosing a preparer who fits their needs.

All taxpayers should keep a copy of their tax return. Taxpayers using a software product for the first time may need their adjusted gross income amount from

their prior-year tax return to verify their identity. Taxpayers can learn more about how to verify their identity and electronically sign tax returns at Validating Your Electronically Filed Tax Return.

Source: irs.gov





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Holy Day Liturgy 9:30 AM

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Sunday Mass 10 AM

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Tuesday 11-12:30 PM
Thursday 11:30-12:30 PM
Shepherd's Table Dinner:
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Rev. Jill Stellman
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Church Office (315) 866-0551
Email: christchurchherkimer@gmail.com
www.christchurchherkimer.org
Sunday Services: 10:30 AM
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Free Community Dinner: Next-to-last and Last
Saturday of the month 5:00 PM (Parish Hall)
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Adult Bible Study at 8:45 AM
Holy Eucharist at 9:35 AM

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Church Service 10:30am
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(nursery through adult)
Morning Worship Service 11 AM and is
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Tuesday Trustee Meeting 7 PM
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763 E. Main St.
Phone 823-3410
Saturday Vigil Mass 4 PM
Sunday Mass 10:30 AM

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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

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

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September - June

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Afternoon Bible Study 1:30 PM
Wednesday Prayer & Bible Study 6 PM

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Sunday Worship 10 AM
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To Your Good Health

by Keith Roach, M.D.

People really are allergic to cold

Dear Dr. Roach: Is it possible to be allergic to the cold weather and temperature changes? My son is 23 years old, and when he goes out in the cold, he breaks out in hives. What can he do? — K.R.

Answer: This sounds exactly like cold urticaria, which isn't an allergy, but is similar in some ways. Doctors may test this by placing an ice cube (in a plastic bag with water) on the skin (usually the forearm) for five minutes, then watch the skin as it rewarms. If a hive devel-

ops (with raised skin and redness), that confirms the diagnosis. Cold urticaria can be associated with some infections (Lyme disease, hepatitis and HIV, among others) and with celiac disease.

People with cold urticaria need to worry about systemic reactions. Avoiding cold (especially swimming in cold water) is critical, but even cold beverages can cause a serious systemic reaction, including swelling of the mouth and throat. Even anaphylaxis, a life-threatening collapse of the circulatory system, can develop. Many people with severe cold ur-

ticaria carry an epinephrine auto-injector in case of emergency.

Antihistamines, such as loratadine (Claritin) and cetirizine (Zyrtec), are the best pharmacologic treatment. Experts in cold urticaria include allergists and dermatologists.

Dear Dr. Roach: Whenever someone is ill with most diseases, they are usually prescribed a drug or a medicine, or a pharmaceutical product. Why is it that cancer patients are treated with "chemo," or "chemotherapy," rather than one of the above? Is there a difference, or is it just semantics? Nobody

I've asked seems to have an answer. — D.G.

Answer: To be honest, I was confused too, until medical school, where I learned that "chemotherapy" is just another word for a drug or medicine intended to treat a condition. We just normally reserve the term for drugs used to treat cancer. Although we tend to think of the side effects of chemotherapy as horrific, and some certainly are the most toxic substances we ever use, they vary widely in how well they are tolerated.

Dear Dr. Roach: In August I had open repair of

my right rotator cuff. I was told it was a severe tear with bone and tendon involvement. I am 67, and the recovery has been a long one. If you can believe it, even with physical therapy and pain management, I am still uncomfortable at times. I have a stupid question that I hope you can answer. Ever since surgery, I have had to sleep on my unaffected side. Is it okay for me to finally try sleeping on my right side? I don't have another appointment at

the orthopedic office. I am embarrassed, as it is one question I haven't asked. — C.V.

Answer: It's not a stupid question at all. I don't think you will damage the surgery repair by sleeping on the shoulder now, and you certainly can try it to see if it feels uncomfortable. I also would recommend you continue the exercises your physical therapists gave you.

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Senior News Line

by Matilda Charles

Who really controls your smart devices?

Nowadays there are smart devices for the home that can be operated by your phone or even your voice. As convenient as they sound, there's a big problem: These devices can be controlled by others. And at this stage in our lives, this is the last thing we need.

Smart devices can control things like your front-door lock, central air conditioning and refrigerator/freezer, all hooked up to your Wi-Fi. But imagine what would happen in the middle of summer if a hacker turned off your A/C. Or a hacker instructed your front door to unlock — no breaking in required. Some smart speakers that respond to questions have been found to record every word spoken in your house and store it away.

Smart TVs are everywhere now, and they are huge data collectors. The information on the package makes it sound so convenient to stream movies, but think about what they learn, sitting in our living rooms listening, hooked up to other devices.

The problems start when you try to set up your new television. You need to be an attorney to understand

all the fine-print legalese you must agree to — which allows them to collect data on you. If you decline, there's one TV brand that punishes you by turning off all the set's smart features.

What if you already have a smart TV and find all of this snooping annoying? Put it all back to factory settings. Then, when you set it up again, say no to all of it.

If you're buying a new TV and want to avoid the high-tech data collection, consider a non-smart set.

Read up on smart devices and appliances security. If you decide to reject smart devices, you won't be the only one.

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Kitchen Diva

by Angela Shelf Medearis

Rotisserie chicken with taste of Morocco

I love using rotisserie chickens in my recipes when I'm pressed for time. Rotisserie chickens are reasonably priced, convenient, come seasoned in a variety of ways and can be transformed into a multitude of quick and easy main-dish meals. Best of all, if you purchase a plain, roasted chicken, you can use the bones to make a rich, homemade chicken stock or enhance the flavors of pre-packaged stocks or broths, so nothing goes to waste.

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Most rotisserie chickens are large enough to serve at least four people as a main course. Or, you can pull the meat from the bones and use it in recipes that call for pre-cooked chicken. Shredded chicken can be used in recipes from salads, sandwiches and soups to enchiladas or chicken pot pies.

Using a pre-cooked chicken lets you explore new and unusual recipes that would ordinarily take a lot of time to prepare. This recipe for Speedy Mediterranean Chicken is ready in just 30 minutes and imparts all the exotic spices and flavors of the traditional recipe. A rotisserie chicken seasoned with lemon pepper is perfect for this dish.

The flavors used in this recipe are reminiscent of an exotic Moroccan tagine. A tagine is both a type of heavy clay pot with a domed lid and the dish that is cooked in it. Tagines typically are found in the North African cuisines of Morocco. Most Moroccan tagines combine lamb, chicken or beef with a variety of ingredients and seasonings, including citrus fruits, nuts, honey and pungent spices.

This recipe blends spicy salsa and curry powder, and adds a hint of sweetness by incorporating honey and raisins with spectacular results. Toasting the curry powder in the oil first gives this dish an authentic taste and brings out the flavors of the spice. Serve with hot cooked couscous or rice to make the most of the savory sauce that envelops the chicken.

Speedy Mediterranean Chicken

- 1 tablespoon olive or vegetable oil
 - 2 teaspoons curry powder
 - 1 jar (16 ounces) chunky salsa
 - 1/2 cup sliced green olives
 - 1/4 cup golden raisins
 - 1/4 cup honey
 - 1 deli rotisserie chicken (2 to 2 1/2 pounds), cut into 6 to 8 pieces, skin removed if desired
1. In 12-inch nonstick skillet, heat oil over medium heat. Stir in curry powder. Cook over medium heat 1 minute, stirring constantly.
 2. Stir in remaining ingredients except chicken. Add chicken; turn to coat.

3. Cover; cook over medium-high heat 5 to 6 minutes, turning chicken occasionally until sauce is bubbly and chicken is thoroughly heated. Makes 4 servings.

(Recipe courtesy of Betty Crocker: www.bettycrocker.com/recipes)

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Speedy Mediterranean Chicken

Photo courtesy of Betty Crocker

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