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Events that helped shape Ireland

Ireland is a small island nation, but its diminutive size does not mean it doesn't have a storied history. Celtic influences and Christianity have played a strong role in helping Ireland become what it is today.

Prior to the arrival of Christianity, there was not much written history of Ireland, as much information was passed through rich but spoken tales. It's believed the Celtic culture began to evolve in Ireland between 800 and 400 BC. The ancient Celts were various tribes living in several parts of Europe north of the Mediterranean. Although it's easy to imagine Celtic warriors invading Ireland like the Vikings and Normans did many years later, historians believe the Celts integrated their customs more gradually through trade and travel. The last of the Celts to arrive in Ireland, the Goidelic and Gaelic, are perhaps best known for their influences on the country.

St. Patrick is revered and celebrated for bringing Christianity to Ireland, but

in his book, "The Story of Ireland," Irish author Neil Hegarty states that early Christians were most likely Britons who were brought to Ireland as slaves. In 431 AD, Bishop Palladius arrived from Rome to minister to any "Irish believing in Christ." However, St. Patrick is more widely credited with bringing Christianity to Ireland.

Proximity to Britain put Ireland in the eyes of the monarchy. In 1167, Anglo-Normans under the direction of England's King Henry II were able to take possession of the island. When Henry VIII became king in 1541, Ireland became formally united under the British crown.

The area that would eventually be called Northern Ireland has seen its share of conflict. In 1601, Scottish farmers, craftsmen and other settlers arrived at the port of Donaghadee to create the

Plantation of Ulster, a British (Protestant) settlement. Gaelic landowners were expelled, and this area would be in turmoil for a century to come.

An effort to regain an Irish-controlled country and one that supported Catholicism became a common theme in Irish history. The Irish Catholic Confederation was one attempt to do just that, as was the Irish Rebellion of 1798. In 1829, Daniel O'Connell's Catholic Association frightened the British with the threat of anarchy in Ireland.


The Easter Rising in 1916, which seized key government buildings in Dublin, would help set the course for the Irish War of Independence. In this uprising, the Irish Republican Army fought against British security forces.

As a result of this uprising, Northern Ireland, a small area of the is-

land, was partitioned to become a British-controlled area.

From 1916 to 1937, Ireland held the status of a dominion. In 1937, a new constitution was adopted and Ireland became a republic, though Northern Ireland remained under British control. Northern Ireland continued to be a conflict-driven portion of the island, and tensions boiled over when British soldiers shot 28 unarmed civilians during a peaceful protest on January 30, 1972, in Derry. Known as "Bloody Sunday," or the "Bogside Massacre," this incident was just one of many significant events that were ultimately referred to as "The Troubles."

More peaceful interactions have occurred in recent years thanks in part to the Good Friday Agreement signed in 1998. Today, Ireland ranks among the 25 wealthiest countries in the world. Though Irish history has its fair share of turmoil, the country has endured and is today among the most influential nations in the world.



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Herkimer BOCES Health and Safety Service event provides school facilities tips related to gas, oil, more

HERKIMER — School facilities workers from Herkimer-Fulton-Hamilton-Otsego BOCES and its 10 component school districts recently had the opportunity to learn more about how to look out for and respond to gas leaks, oil spills, mobile meth labs and more.

Custodians, groundskeepers, maintenance workers and other school facilities staff need professional development in order to effectively do their jobs and promote school safety, Herkimer BOCES Health and Safety Service Coordinator Adam Hutchinson said.

"They are an important part of keeping our schools running and safe," he said.

The Herkimer BOCES Health and Safety Service combined the school facilities workers' mandated trainings with applicable professional development,

and about 125 people attended the event on Thursday, Feb. 22, at Herkimer BOCES.

It's also helpful for Herkimer BOCES and its component schools to have the training take place all at once in one location.

"It's just more efficient I think to get everybody here," Hutchinson said.

The event started with the airing of a Right to Know refresher video. Hutchinson also presented mandated trainings during the day on the Dignity for All Students Act and school emergency plans and procedures.

National Grid's Richard Macheda, senior supervisor of operations, and Michael Wolzmuth, supervisor of damage prevention for the Mohawk Valley region, were the first presenters of the day and discussed pipeline

safety related to gas leaks.

Macheda said he aims to get pipeline safety information out to as many people as possible — including at places such as schools, colleges and hospitals.

"Just an awareness of, 'If you smell gas, act fast,'" he said, referencing a National Grid safety slogan.

Macheda stressed the importance of reporting suspected gas leaks by calling 911 right away.

"Don't assume that somebody else has already reported it," he said. "I don't care if we get 100 calls."

Signs to look out for range from the obvious such as the smell of gas to the more subtle such as dead vegetation caused by gas displacing oxygen, Macheda said.

HERKIMER 4



National Grid Senior Supervisor of Operations Richard Macheda speaks to local school facilities workers about gas pipeline safety.

Photos courtesy of Herkimer-Fulton-Hamilton-Otsego BOCES



National Grid Supervisor of Damage Prevention for the Mohawk Valley Region Michael Wolzmuth, speaks to local school facilities workers about Dig Safely New York.

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HERKIMER from 3

Macheda touched on a variety of topics including gas leaks, carbon monoxide, the need to plan school evacuations around avoiding the area of a gas leak and what to do to make sure you don't hit gas service when you are digging or staking. Even something such as

planting trees or putting in fences shouldn't be done without checking with National Grid first to find out how to avoid gas pipelines, he said.

"Just be thinking about gas safety," he said.

The Herkimer BOCES Health and Safety Service event is a great way to reach many local school workers who could be in-

volved with this type of work all at once, Macheda said.

"These are the people that I'm trying to get the message to," he said.

Wolzmuth presented information about Dig Safely New York. Anyone doing a project with digging or staking should visit www.digsafelynewyork.com and call 811 before do-

ing the work, he said.

By contacting Dig Safely New York, you can get help finding out which spots to avoid. The site will be marked off with where it's safe to dig or put in stakes, he said.

Wolzmuth, who gives even more detailed presentations when working directly with excavators, said it's important for school workers to be aware of the digging requirements and the benefits of Dig Safely New York.

"It's free," he said. "There's no reason not to use it."

Next, Daniel When, environmental engineer for the New York State Department of Environmental Conservation Region IV, presented about the reporting and remediation of oil spills in New York state — including the history of oil spills, steps to take in response to oil spills, reporting requirements and the state spill hotline number of 1.800.457.7362.

Later, Greg Loan, senior risk management representative of Utica National, did a lockout/tagout training, which is a training explaining ways to make sure machines can't be started up again prior to the completion of maintenance or servicing work. Loan also presented trainings on sexual harassment awareness and workplace violence prevention.

Chad Chevrier, of the New York State Police Contaminated Crime

Scene Emergency Response Team, put on a "Mobile Meth Lab Awareness" presentation to wrap up the professional development for the day.

Chevrier spoke to attendees about what to look out for, what to do if you suspect something (call 911) what parts of the cooking process are responsible for its volatility and more. As part of that, he demonstrated how the "one pot" meth lab can be carried in a simple backpack.



Herkimer-Fulton-Hamilton-Otsego BOCES Health and Safety Service Coordinator Adam Hutchinson speaks to local school facilities workers about school emergency response plans during a training and professional development event.

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Easter symbolism complements the holiday

Tradition plays an important role in Easter celebrations for many families. Cherished traditions and symbols of Easter may include anything from egg hunts to lilies to lambs. Understanding the importance behind these symbols can make sharing the miracle of Easter that much more special.

Eggs

Eggs are one of the more recognizable symbols of Easter. For Easter egg hunts, eggs are hard-boiled and decorated in bright hues. It's believed that the origins of Easter eggs are both secular and religious. From the secular (once pagan) perspective, the egg is an ancient symbol of new life, according to The History Channel, and has been associated with pagan festivals that celebrate spring. Some Christians feel that Easter eggs represent Christ's emergence from the tomb and his subsequent resurrection. Eggs were once a food not consumed during Lent, therefore painting and deco-

rating them to mark the end of fasting and penance became a way to celebrate Easter.

Crucifix

The crucifix is one of the central symbols of Easter and Christianity. The cross is a symbol of Christ's crucifixion and sacrifice. The crucifix also highlights the ability of God to give new life to people after death.

In addition to wearing and displaying the cross during Easter, some people bake "hot cross buns" as another symbol of the season.

Rabbit

The Easter bunny is very much a secular symbol of the holiday, but one that has become so ingrained with the season that many people ascribe to it a Christian meaning. Pagan celebrations of spring often linked rabbits or hares with the season because of their fertility and ability to bring forth new life. According to the Christian living resource Crosswalk, believ-

ers associate the rabbit coming out of its underground home as a symbol of Christ emerging from the tomb.

Lilies

Lilies are often exchanged during Easter celebrations or presented as hostess gifts for those sharing the holiday meal with others. The American Bible Society says lilies grow in the spring around the time when Easter is typically celebrated. Also, because they look like trumpets, they can be a symbol that heralds Christ's resurrection.

Lamb

The lamb is another symbol associated with Easter. Lambs were originally associated with the Jewish holiday of Passover, when lambs were sacrificed and their blood was used to mark which houses contained those faithful to God. As a result of his crucifixion, Christ became the symbolic lamb for all — the ultimate sacrifice. In fact, Christ is often referred to as "The Lamb of God."

Easter is replete with many recognized symbols. Unearthing their meanings can be a learning experience and a way to further immerse oneself in this holy holiday.

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Snow shoveling and snow blowing safety

Many of us enjoy watching the first fluffy snowflakes of the winter season fall outside our windows. At the same time, we imagine piles of snow to be cleared from our driveway, steps and sidewalk in the coming months. By following some simple safety precautions, these inevitable cold weather tasks can be accomplished safely and without injuries.

The good news is that 15 minutes of snow shoveling counts as moderate physical activity. The bad news is that the number of fatal heart attacks resulting from snow shoveling increases after a heavy snowfall. Snow shoveling is extremely hard work. It increases heart rate and blood pressure. Cold weather itself, without any physical exertion, puts additional strain on your heart. Do not shovel snow unless you are in good physical condition. People who are overweight, have heart problems, high cholesterol or high blood pressure are at higher risk for injuries when snow shoveling. If you are not physically active, it's a good idea to consult a health-care provider before shoveling snow.

"Back injuries are among the most common injuries resulting from snow shoveling. Stretching first is always a good idea. If possible, wait until later in the day to start shoveling," said Diane Ward, CHN of the Herkimer County Public Health. Many back injuries occur in the morning because the tissue around the spine is not as warmed up or loose after a night of rest. Ironically, people between the ages of 20 and 50 are generally more likely than older individuals to injure their backs because they may not be aware they are out of condition. Older people with back prob-

lems should never attempt to shovel snow. An older person also has a greater risk of slipping on ice or snow and breaking a wrist, hip, arm or leg.

Here are some shoveling tips to prevent back injury and strain:

- Use a lightweight snow shovel. New "back-saver" snow shovels are designed with crooked handles to minimize bending and back strain.
 - Stand with your feet hip-width apart for balance and keep the shovel close to your body.
 - Take small loads of snow, bend at the knees and lift with your leg muscles, not your back.
 - Scoop in a forward motion and step in the direction you throw the snow.
 - Avoid twisting movements which put additional strain on your back.
 - Listen to your body and stop if you feel pain.
 - Take frequent breaks. Stand up and walk around for at least two or three minutes after every 10 minutes of snow shoveling.
- "Another leading cause of injury during the winter season is failure to take

precautions while using a snow blower," Ms. Ward said. These simple steps will help you avoid injury while using a snow blower:

- Wear winter boots with treads and tie the laces tightly so you have a firm footing before you start the snow blower.
- Remove obstacles from your path and aim the snow carefully. If rocks or chunks of ice are thrown by the snow blower, they may cause injury or damage to property.
- Do not unclog the snow blower chute while the engine is running.
- Do not wear loose-fitting clothing that may get caught in the snow blower.
- Do not operate the blower over gravel or loose stones or on steep hills.
- Know how to shut the machine off quickly.
- Never leave your snow blower running and unattended.
- Keep children away from the snow blower at all times.

Remember, as with any outdoor activity, you should dress properly for the weather. Wear several layers of loose fitting,

lightweight clothing. Half of body heat is lost through the head, so wear a hat. Wear mittens instead of gloves. En-

trapped, insulated air, warmed by body heat, is the best protection against the cold.

on shoveling and snow blowing safety, call the Herkimer County Public Health at 315.867.1176.

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 - 1 1/3 cups instant potato flakes
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 - 2 tablespoons Land O Lakes no-fat sour cream
 - 1 tablespoon plus 1 teaspoon I Can't Believe It's Not Butter Light Margarine
1. In a large skillet sprayed with butter-flavored cooking spray, saute coleslaw mix for 6 to 8 minutes. Lower heat. Stir in half and half. Add Velveeta cheese and black pepper. Mix well to

combine. Continue cooking over low heat until cheese melts, stirring often.

2. Meanwhile, in a medium bowl, combine dry potato flakes and water. Mix well to combine. Stir in sour cream and margarine. For each serving, place 1/2 cup potatoes on a plate and spoon about 1/2 cup cabbage mixture over top. Makes 4 servings.

TIPS: 1) 5 cups shredded cabbage and 1 cup shredded carrots may be used in place of purchased coleslaw mix. 2) To make into a main dish, stir 1 full cup 97 percent fat-free ham into mixture when adding cheese.

• Each serving equals: 178 calories, 6g fat, 11g protein, 20g carb., 986mg sodium, 301mg calcium, 2g Fiber; Diabetic Exchanges: 1 1/2 Meat, 1 1/2 Vegetable, 1 Starch, 1/2 Fat; Carb Choices: 1.

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Route 20 Road Challenge held first ever recognition banquet

The Route 20 Road Challenge held its first ever banquet recognizing the accomplishments of runners participating in the year long running series for the year 2017.

The event was held at Michael's in Sangerfield on Saturday, Feb. 24, 2018.

Craig North of Eaton and Bill Kosina of Richfield Springs, who serve not only as the Road Challenge directors but direct races in their own hometowns, spoke at the event reviewing the year and outlining plans for the upcoming season with 18-20 races expected on the 2018 schedule.

Also speaking was Kevin Hoehn who serves as the series' unofficial 'ambassador'. He spoke of the camaraderie and friendships built up over the years among race participants. "Unlike clubs and similar formats, this series is unique; it's kind of freeform. There's really nothing like it I know of."

The Route 20 Road Challenge, which

links running events within the corridor of the Route 20 Scenic Byway, began in 2000. Former Route 20 Association President Bill Kwasniewski remembered how the concept developed with the input of a handful of race directors who gathered in the living room of his home in West Winfield.

"Craig North and Bill Kosina have been the backbone of this series since day one," he noted at Saturday's event.

Runners attending Saturday participated in a certain number of events the past year earning customized running jackets. Those recognized included: Craig North, Eaton; Kevin Hoehn, Rome; Mark Perrin, New Hartford; Richard Ough, Burlington Flats; Rocco Ough, Burlington Flats; Hunter Ough, Burlington Flats; Alexis Lafever, Eaton; Jennifer Caloia, Morrisville; Joy Gifford, Eaton; Margaret Kemp, New Hartford; Elizabeth Fish, Waterville; Mark Ruane, Waterville; Jim Davis, West Winfield; Patricia King,

Sherrill; Terri Woodford, Oxford; Ralph Rathbun, West Edmeston; Joanne Securra, Sherrill; Mary Pustay, West Winfield; Amber Piersma, Cassville; Jessica Powers, Milford; Susan Will, West Winfield; and Courtney Spatto, Waterville.

On a somber note, longtime participant Kermit Cadrette, who passed away the previous week, was recognized. Cadrette, of Rome, didn't begin running until he was over the age of 50. In addition to 5k and 10k events, he also ran in over 80 marathons. Along the way, he served as mentor and friend to countless runners in Central New York and beyond. According to Kosina, "He epitomized everything there is with the sport

of running." In his honor, a new award was introduced with its first recipient being Kevin Hoehn.

Helping coordinate Saturday's event was Courtney Spatto, a resident of Waterville and cross-country coach at Rome Free Academy. The dinner is expected to become an annual event.

The Route 20 Road Challenge 2018 schedule is expected to be announced shortly. For more information on the series or the Route 20 Association, contact Bill Kosina at 315.749.3286; Craig North 315.825.5691 (southof20@yahoo.com); or Kevin Hoehn 315.335.1687 (khoehn54@gmail.com); or visit the website www.nyroute20.com.

Senior News Line

by Matilda Charles

Danger lurks on the Internet

How can you keep from falling prey to online scammers? It's getting more difficult every day.

Here are a few steps to stay safe:

- Step one is to slow down. Use bookmarks for the sites you regularly visit. That will keep you from accidentally typing in the wrong name in a rush. Type in even one letter wrong, and it may send you to a fake site that looks identical to the one you want to visit. Once there, you might be willing to sign in because you think you're in the right place.

It's called typo-squatting, and scammers actually register domain names that are spelled incorrectly because they know there are common misspellings. Even big names like Google, Apple and Microsoft have been hit with typo-squatting. Only do banking online if you're very sure of the safety. (Better idea: Don't do online banking.)

- Have a long password, at least eight characters, and be sure to have symbols and numbers in it for any site where you need to sign in.

- Beware putting your credit-card number on an online retail site. (Better idea: Call in your order instead. Talk to a person.)
- If you're on a social

site, don't upload photos unless you know for certain that the location information has been stripped from them. Use a fun screen name that isn't your own name. Never announce that you'll be away on vacation. That would sound like an invitation to a scammer who can figure out where you live. (It's not difficult.)

- Keep the grandchildren off your computer unless you have a child safety program running, such as CyberSitter. (Better idea: Have computer games they can play, but turn off the Internet.)

- Keep your privacy settings on high.

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Avoid the rush: Taxpayers must validate identity when calling the IRS

WASHINGTON, D.C. — The Internal Revenue Service reminds taxpayers and tax professionals that they will be asked to verify their identities if they call the IRS. This is part of the agency's efforts to keep taxpayer data secure from identity thieves.

Callers should be prepared to verify their identities if they need to call the agency.

IRS call center professionals take great care to make certain that they only discuss personal information with the taxpayer or someone the taxpayer authorizes to speak on their behalf. To ensure that taxpayers do not have to call back, the IRS reminds taxpayers to have the following documents ready:

- Social Security numbers and birth dates for those who were named on the tax return in question
- An Individual Taxpayer Identification Number (ITIN) letter if the taxpayer has one in lieu of a Social Security number (SSN)
- Filing status – Single, Head of Household, Married Filing Joint or Married Filing Separate

• The prior-year tax return. Telephone assistants may need to verify taxpayer identity with information from the return before answering certain questions

• A copy of the tax return in question

• Any IRS letters or notices received by the taxpayer

By law, IRS assistants will only speak with the taxpayer or to their legally designated representative.

If taxpayers or tax professionals are calling about a third party's account, they should be prepared to verify their identities and provide information about the third party they are representing. Before calling about a third-party, be sure to have the following information available:

- Verbal or written authorization from the third-party to discuss the account
- The ability to verify the taxpayer's name, SSN/ITIN, tax period, and tax form(s) filed

• Preparer Tax Identification Number (PTIN) or PIN if a third-party designee

• A current, completed and signed Form 8821, Tax Information Authorization or

• A completed and signed Form 2848, Power of Attorney and Declaration of Representative

Questions regarding a deceased taxpayer require different steps. Be prepared to fax:

- The deceased taxpayer's death certificate, and
- Either copies of Letters Testamentary approved by the court, or IRS Form 56, Notice Concerning Fiduciary Relationship (for estate executors)

Answers to general tax questions may be found on IRS.gov. The quickest way to check the status of a tax refund is to go to "Where's My Refund?" or call 800.829.1954 for automated phone service.

Source: irs.gov

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Calendar of events

Mar 19

315.867.1121,

Collins at jlr34@cornell.edu .

Tai Chi Exercise Classes, Mar 19, 3:30 p.m. — 4:30 p.m., Litchfield Manor, 402 S. Litchfield St. in the Community Room, Frankfort, NY, Call Herkimer County OFA 315.867.1121.

Mar 22

Herkimer prekindergarten registration, Mar 22, 8 a.m. - 3 p.m., Herkimer Elementary School, Herkimer, NY. Contact the Herkimer BOCES prekindergarten office at 315.867.2098.

Mar 22

Reducing Challenging Behaviors Workshop, Mar 22, 10 a.m. - 12 p.m., Arc Herkimer's Training Center, Reservations required by registering online at www.archerkimer.org or calling Janet LaRock at 315.574.7780 or email jlarock@archerkimer.org, 350 S. Washington Street, Herkimer, NY.

Mar 23

Order trees and shrubs for spring planting by Mar 23. You only have until Mar 23 to place your order during the Herkimer County Soil and Water Conservation District's (SWCD) Annual Tree and Shrub sale. For more information, stop by the Herkimer County SWCD, 5653 State Route 5, East Herkimer, call 315.866.2520, Ext. 5, or visit our website at herkimercountyswcd.com.

Mar 24

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

Mar 26

Tai Chi Exercise Classes, Mar 26, 1 - 2 p.m., Holy Family Parish Gym, 637 E. John Street, Little Falls, NY, Call Herkimer County OFA at

Mar 10

Understanding Diploma and Credential Options for Students with Disabilities, Mar 27, 10 a.m.- 12 p.m., Arc Herkimer, 350 S. Washington Street, Herkimer, NY, Registration at www.archerkimer.org.

Mar 31

Golumbki Sale, Mar 31 18, 9:30 a.m. - 2 p.m., St. Mary's Ukrainian Orthodox Church, 324 Moore Ave., Herkimer, NY. Pierogi also available at \$8 dozen.

Mar 31

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

Apr 12

PreK and Kindergarten registration at Cherry Valley-Springfield Central School, Apr 12, 6 p.m., Cherry Valley-Springfield Central School auditorium, Cherry Valley, NY. Please contact Ms. Sears for more information at 607.264.3257 ext. 507 or email at bsears@cvsd.org .

Apr 24-26

Tractor Safety Certification, Apr 24-26 18, 8 a.m. - 3 p.m., Clinton Tractor. Safe Tractor and Machinery Operation Program for youth and adults 14 years of age and older. Pre-registration is required by April 9. You can register online at: https://tinyurl.com/ybezczwbl or by calling the Herkimer County 4-H Office at 315.866.7920. If you have any questions call or email Jennifer

Apr. 16

Navigating Relationships with a Disability, Apr 16, 6 - 8 p.m., Little Falls High School Auditorium, 1 High School Road, Little Falls, NY. Registration at www.archerkimer.org.

Apr. 26

Senior Health & Wellness Fair, Apr 26, Herkimer College, in the Robert McLaughlin College Center, Herkimer, NY. Speaker is Scott F. Scherer, Undersheriff, Herkimer County Sheriff's Office, at 10:30 a.m., about Scams Against Seniors. For more information, contact the Office of Community Relations and Fund Development at 315.866.3330 extension 2329.

Apr. 26

Developmental Delays versus Development Disabilities, Apr 26, 10 a.m. - 12 p.m., Arc Herkimer, 350 S. Washington Street, Herkimer, NY. Registration at www.archerkimer.org or 315.574.7822 or mfermin@archerkimer.org

Apr. 21

Vendor Wanted, Apr 21, 10 a.m. - 4 p.m., East Herkimer Fire Station, Main Road, East Herkimer, NY. Arts and Crafts. Sponsored by Ladies Aux. E. Herkimer VFD. Contact Barbara Noyes at 315.866.5879.

May 19

Fort Klock Opening Day, May 19 18, 10 a.m., 4 p.m., Fort Klock, St. Johnsville, NY. Experience the sights and sounds of 1776. Join us at Fort Klock for a special living history event featuring a chandler, black smith, tin smith, weaver, militia muster hands-on demonstrations and more. www.fortklockrestoration.org. Call 518-568-7779.

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

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Winter weather emergencies

It's that time of year. As the wind howls and the snow falls, the possibility of power outages looms. Are you prepared with a well-stocked food supply? Tailor your supply of food to the type of things your family normally eats. Familiar foods can lift morale and give a feeling of security, even in the height of a storm.

"Build up your reserves by buying a few extra items each week until you have a supply large enough to feed your family for three to seven days," said Diane Ward, CHN of Herkimer County Public Health. Consider whether there is anyone in your household with special diets or allergies that you need to accommodate. Buy foods that require no refrigeration and little or no preparation or cooking.

If the power goes out, open the refrigerator and

freezer as little as possible. Eat the most perishable items first, such as leftovers, meat, poultry and food containing milk, cream, sour cream or soft cheese.

"For emergency cooking, you can use a fire-place, wood stove, barbeque grill or camp stove," Ms. Ward said. Never use a barbeque inside the house. You can also heat food with candle warmers, chafing dishes and fondue pots, but be careful about fire safety. Canned food can be eaten right out of the can. Make sure you have a manual can opener available in your emergency supplies. If you heat the can, be sure to open it and remove the label first.

Despite your best efforts, the food in your freezer may thaw before power is restored. Foods that have completely thawed, but

are still cold, may be eaten or refrozen if the following conditions are met: fruits may be eaten or refrozen if they still taste and smell good. Vegetables should not be eaten or refrozen if thawed completely, since bacteria can multiply rapidly in them. Meat and poultry should be thrown away if color or odor is questionable, or if it has been warmer than 40 degrees Fahrenheit for more than two hours. Fish and shellfish should not be eaten or refrozen if thawed completely.

Remember the general rule: When in doubt, throw it out! Make sure to check your expiration dates on canned foods every six months. For more information on food safety during a weather emergency, visit the New York State Department of Health website at www.health.ny.gov/environmental/emergency.



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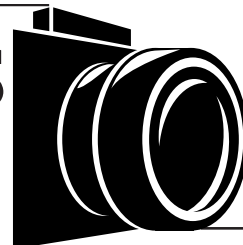
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If your child is going to be 4 years old on or before Dec. 1, 2018, he or she is eligible to apply for our Pre-Kindergarten program. If your child will turn 5 on or before Dec. 1, 2018, they are eligible to enroll in Kindergarten. A Pre-kindergarten parent meeting will be held on Thursday, April 12, 2018 at 6 p.m. in the Cherry Valley-Springfield Central School auditorium. Applications will be available at that time. Applications will also be available beginning April 13, 2018 by visiting the school website and found under the guidance link or by visiting the Guidance Office. Contact Ms. Sears for more information at 607.264.3257 ext. 507 or email at bsears@cvsd.org.

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4-H Public Presentation Event held at Herkimer High School

On March 1, Herkimer County 4-H members participated in 4-H Public Presentations, held at the Herkimer High School. Thirty-five 4-H youths, from all over Herkimer County took turns giving illustrated talks, demonstrations, speeches or job interview in front of judges that evaluated their presentation skills. All 4-H members (5-19 years old) were invited to give their presentation in front of trained volunteer evaluators who constructively critique each presentation

and provide positive feedback as well as suggestions for improvement. Special thanks go out to our volunteers for taking the time to evaluate and work with our youth. The evaluators were Kim Creater, Cathy Eysaman, Jennifer Hartsig, Sheryl Taylor, Sue Culver and Donna Salamone.

By participating in this event, 4-H youth improve their public speaking skills while developing self-confidence, poise, self-esteem, stage presence and knowl-

edge, giving them an advantage over their peers in this lifetime skills area. These skills will be useful in their future social, educational and career pursuits.

Congratulations to all of the Herkimer County 4-H youth who participated. Great job. Chosen to go on to District 4-H Public Presentations, on April 7 in Oneida County, are Juniors (8-12) Darby Bick, Fern Bick, Aleksandra Zaitseva, and Seniors (13-19) McCaylia Plungis, Sophia Simmons and Harold Goodwin.



McCaylia Plungis was one of the 4-H participants chosen to go on to District 4-H Public Presentations to be held on April 7 in Oneida County.

Photo courtesy of Herkimer County CCE



The recent 4-H Public Presentations event at the Herkimer High School included Aleksandra Zaitseva amongst the 35 youths who took turns giving illustrated talks, demonstrations, speeches or job interview in front of judges that evaluated their presentation skills.

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Whatchamacallits

Back during Colonial times, nails were a great commodity. There were acquired through the local blacksmith or they were actually made in the home



kitchen. This Whatchamacallit is called a hand nail header and was used during the process of creating nails.

Before the late 1700's, prior to the use of the hand nail header, anvils were used during the process. An experienced blacksmith could make nails very quickly, and it became a profitable use of time when not working on other projects.

Iron rods, about five feet in length, would be purchased from the local mill or ironmonger. These rods would range in thickness, depending on the size of nail needed. The ends of the rods would be heated in the hearth. The blacksmith would heat several rods at a time to make the process more streamline.

Using the flat head of a hammer and



an anvil, the blacksmith would taper about an inch of the rod. Once the end is sufficiently tapered, the blacksmith would use the peen to make a cut in the rod.

Before the invention of the hand nail header, the anvil would serve the purpose of helping snap the rod and create the irregular head of the nail. The hand nail header replaced that portion of the anvil by having the rod enter into the shaped hole at the end of the hand nail header, snapping the nail off of the cut rod and hammering the head of the nail into shape prior to tapping the tapered end to remove the nail from the header.

The hand nail header was practically obsolete by 1835 with the accessibility of more affordable European nails.

Do you have your own Whatchamacallit?

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



Donna's Day: Creative family fun

by Donna Erickson

Celebrate the Irish with Shamrock Suncatchers

Think green, think spring, think Saint Patrick's Day. Kids enjoy learning about interesting people and places. As parents, we can be instrumental in helping our children discover the diverse cultures that make up our world and our national heritage. That discovery is an important step in appreciating and respecting ethnic differences.

To get started, enjoy some family fun as many Irish Americans celebrate the "luck of the Irish."

Here are some ideas and a craft to help keep you thinking "green."

1. Go online or check out library books on Ireland. Learn the difference between Northern Ireland and The Republic of Ireland, and other interesting facts and curiosities about the Emerald Isle. Talk to Irish-American neighbors and discover what their families do to celebrate St. Patrick's Day.

2. List names and surnames that are typically Irish, such as Liam, Megan, Shannon and O'Brien. Do any of your kids' friends have Irish names? Any Irish ancestors in your family tree?

3. Make easy-to-create brilliant green shamrock suncatchers to hang in your window to welcome friends for a visit. Here's how:

Shamrock Shapes

1. Ask your young kids to sort through crayon boxes, and look for "almost used up" shades of green crayons. Peel off the paper.

2. Make crayon shavings in piles, by shade, from the peeled crayons using a grater or a crayon sharpener.

3. Lay a sheet of wax paper, waxed side up, on a small stack of newspapers on an ironing board. Sprinkle the shavings evenly over the wax paper. Set a second sheet of wax paper on top, this time waxed side down. Cover with a lightweight cloth.

4. Using an iron set at Warm, an adult may iron over the cloth until the shavings melt. Remove the cloth.

5. Make cutout shamrock shapes from your "stained glass" sheets. Glue string or fishing line to the top of each shamrock and hang them by a window.

TIP: It's easy to make a shamrock pattern by arranging three paper heart shapes with the points touching.

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Make easy-to-create green shamrock suncatchers to hang in your window to welcome friends for a visit.

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Senior Health & Wellness Fair hosted by VRS

Lisa M. Betrus, President VHS & VRS, to speak

HERKIMER, NY — Lisa M. Betrus, President of Valley Health Services and Valley Residential Services, is a featured speaker at VRS' Senior Health & Wellness Fair: Boardwalk to Better Health on Thursday, April 26, at Herkimer College.

Ms. Betrus is scheduled to speak at noon in conference room CC282/283 in the Robert McLaughlin College Center. Her talk, "Should we stay or should we go: What housing options are right for you," is for anyone struggling to answer such questions as:

- Are you at the point in your life where you may be considering alternative living arrangements?
- Are you caring for aging parents who need more support in terms of daily living care?

Ms. Betrus will explore the array of care and options available today from services to allow someone to remain in their home to the various levels of care available outside the home. She will outline how to determine what level of care is needed and how to access care and services. This session is essential for anyone trying to make sense of the confusing industry of senior care.

Under Ms. Betrus' leadership at VHS, the greater Herkimer area now benefits from palliative care and a wide range of inpatient and outpatient rehabilitative services including physical therapy, occupational therapy, speech therapy, lymphedema management and osteoporosis management as well as cardiac rehabilitation. Her most recent accomplishment was establishing Herkimer County's only licensed, Enriched Housing/Assisted Living facility, opening its doors to the first residents in March 2015.

Ms. Betrus is a licensed Nursing Home Administrator and earned a Master's degree in Business Administration from Sage Graduate School and a Bachelor of Science degree in Health Services Administration from Ithaca College. She serves on numerous local Boards including The Stanley Theater, Little Falls Hospital and At Home Care.

To attend Ms. Betrus' session, RSVP to Kim Todd, Valley Health Services, at 315.866.3330 extension 2223, or by email at ktodd@valleyhealthservices.org.

VRS' Senior Health & Wellness Fair: Boardwalk to Better Health is sponsored by Valley Residential Services and will include an exhibitor's showcase with a broad range of products and/or services important to senior citizens, additional speaker and panel presentations throughout the day, and is free and open to the public.

For more information, contact the Office of Community Relations and Fund Development at 315.866.3330 extension 2329.

Perhaps because the day celebrating him is so widely associated with revelry, St. Patrick is arguably among the world's most popular saints. But as much as people may look forward to St. Patrick's Day, few celebrants may know the story of St. Patrick.

Though St. Patrick is widely associated with Ireland, he was born in Britain in the fourth century. In fact, Patrick's first encounter with Ireland was not the result of his desire to visit the Emerald Isle. At age 16, Patrick was actually captured by Irish raiders and brought to Ireland as a slave, ultimately spending more than half a decade as a herdsman.

Captivity may cause

Who was St. Patrick?

some to question or outright deny their faith, but Patrick's faith strengthened during his time in slavery. Patrick was inspired to escape slavery by a dream in which he was told by God to head for the coast, where a ship took him back to his native land after he successfully persuaded the ship's captain to allow him aboard.

Upon returning to Britain, Patrick, along with others from the ship, would struggle his way through the wilderness before ultimately reuniting with his family. Now a young but nonetheless grown man, Patrick, the son of a Christian deacon, continued to study Christianity.

Patrick's studies led him to pursue the priest-

hood, and he was eventually ordained a priest by the Bishop of Auxerre. Patrick would later be ordained a bishop, and was ultimately sent back to Ireland as a Christian missionary.

The details of Patrick's return to Ireland are hard to confirm, but it's likely he landed in County Wicklow on the eastern coast of Ireland before heading north to spread the Gospel.

In his autobiographical text "Confessio," which is widely accepted as having been written by Patrick,

he is largely vague about his work as a missionary. But he is believed to have converted thousands of native Irish to Christianity, all the while building churches and ordaining priests and bishops.

Throughout the decades he spent traveling around the country as a Christian missionary, Patrick lived in poverty, enduring many hardships. The dates of his life are difficult to confirm, but St. Patrick's Day is celebrated each year on March 17 because that is the day he is believed to have died in 461.



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by Dr. Leonard Perry, Horticulture Professor Emeritus, University of Vermont

From the tropical rainforests to deserts, bats pollinate a wide variety of crops and plants from bananas to peaches, carob to agave. They also help to disperse seeds, particularly in areas cleared of their rainforests for lumber. This has earned them the nickname

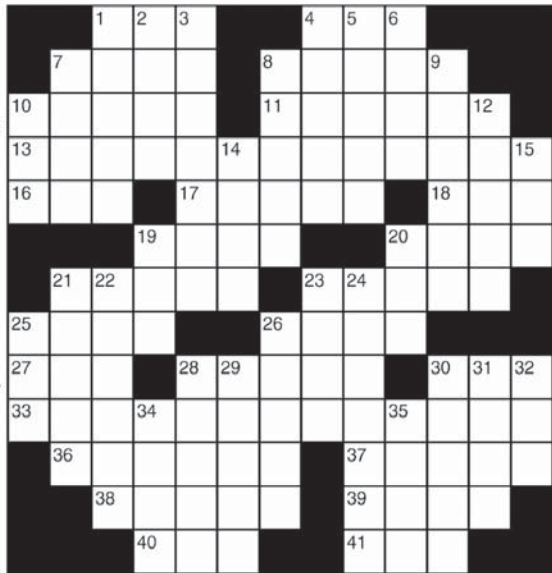
Auctioneers Note: This is a collection that the Wren Family has worked on for many years. Come and join us for an old fashion country sale.

Auction to be held for Robert & Greg Searles. 2005 Co. Hwy 31 Cooperstown, NY 13326 (1 Mile south of Rt 20)

King Crossword

ACROSS

- 1 Chaps
- 4 Insane
- 7 Location
- 8 Skeptical sort
- 10 Original "Trivial Pursuit" edition
- 11 Traitor Benedict
- 13 Monopoly avenue neighboring "Go"
- 16 Winehouse or Poehler
- 17 Wooden strips
- 18 I love (Lat.)
- 19 Big party
- 20 Always
- 21 Fischer's game
- 23 Cloys
- 25 "Hey, sailor!"
- 26 Legend
- 27 — de Janeiro
- 28 Occurrence
- 30 Hot tub
- 33 1970s TV hospital drama
- 36 Ending that may be grand
- 37 Point-and-click device
- 38 Follow
- 39 Bridge, in Brest



- 40 That woman
- 41 Powerful stick
- 2 — blanche head
- 9 Stick firmly
- 23 Harmonization
- 10 "Today Show" rival, for short
- 24 Try
- 25 Upper limb
- 26 Knighted women
- 28 Brawl
- 29 Worth
- 30 "Beat the Clock" challenge
- 31 Nuisance
- 32 Exist
- 34 Quaint stop-overs
- 35 Midday

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MAGIC MAZE • CAN BE A NOUN OR A VERB

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

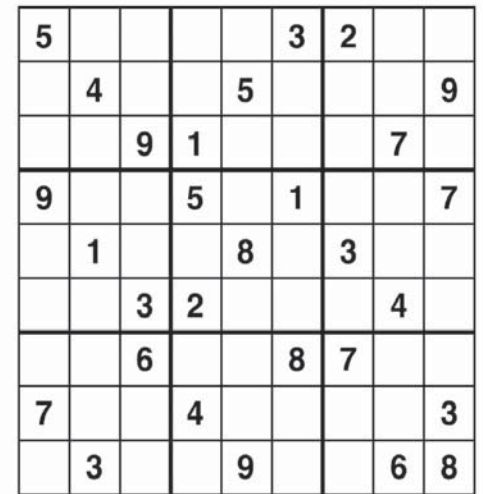
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

- | | | | |
|---------|----------|---------|-----------|
| Address | Cook | Guide | Question |
| Balance | Drink | Judge | Stamp |
| Brush | Estimate | March | Transport |
| Control | Fight | Process | |

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Weekly SUDOKU

by Linda Thistle



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

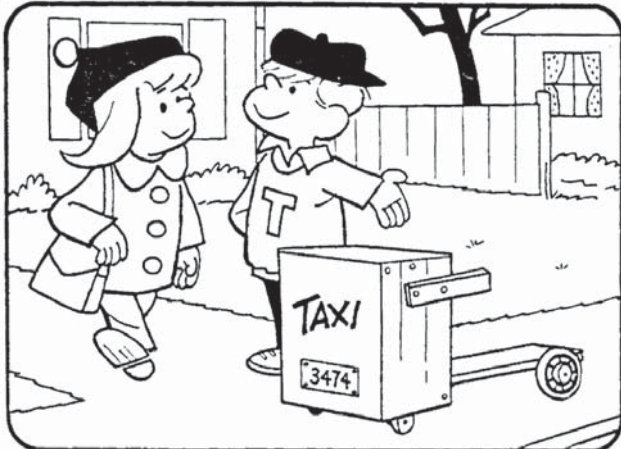
DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

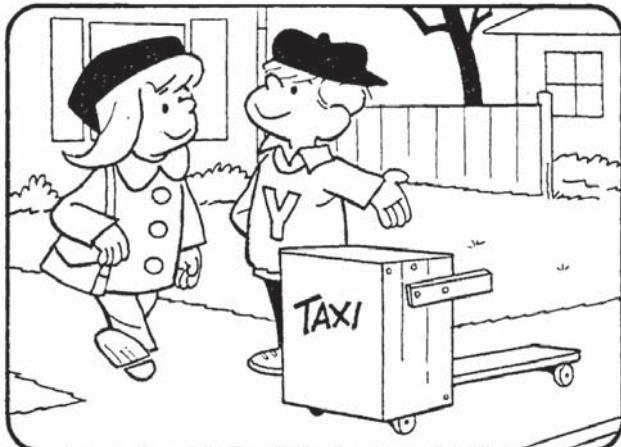
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HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Hat is different. 2. Purse is smaller. 3. Letter is different. 4. License is missing. 5. Curtains are missing. 6. Wheel is different.

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GRIN & BEAR IT



"Let's round up them toys, pardner!"

LAFF-A-DAY



"Day 6,573: It's getting harder and harder to claim a home-office deduction."

Just Like Cats & Dogs

by Dave T. Phipps



Americanisms



"Success isn't how far you got, but the distance you traveled from where you started."
—Steve Prefontaine

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STICKELERS

by Terry Stickels

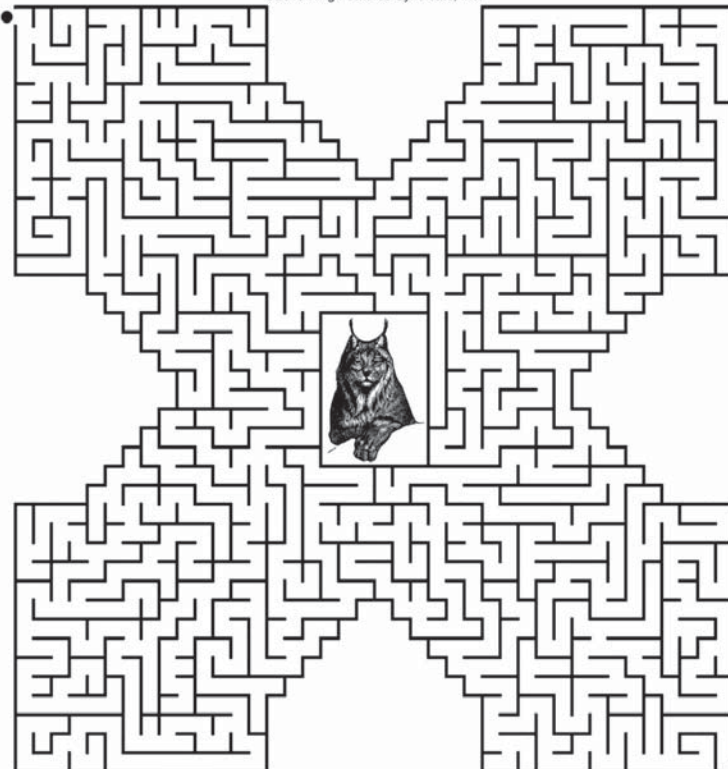
How many individual cubes are in the stack below? All rows and columns run to completion unless you actually see them end.



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Mega Maze

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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

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

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

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

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

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

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

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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
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Pastor Dean Mabry
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Sunday Worship 10am
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SAINT AUGUSTINE'S
EPISCOPAL CHURCH
Deacon Bev Jones
78 2nd Street
Phone: (315) 894-3775
Sunday School at 8:45 AM
Adult Bible Study at 8:45 AM
Holy Eucharist at 9:35 AM

FIRST PRESBYTERIAN CHURCH
90 Morgan St., Ilion, NY, 13357
Reverend Richard Riggie
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 9:30 AM
Sunday School 9:15 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.presbylfrg.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

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Rev. Brian Engel, Pastor
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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 866-1790
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Intercession - Tuesdays at 7 PM
Free Community Dinner the last
Thursday of the Month at 6 PM

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

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

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

ST. JOHN THE BAPTIST
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

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UNITED METHODIST
Lay Servant Gregg Sponburgh
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MVRC welcomes District Foundation Grant Coordinator



Back Row: Denise Snyder (L-R), Tony Vennera, Brad Newman, Joanna Marshall and Frank Green. Front Row: Elyse Enea Bellows, Kuki Haines, District Grant Coordinator; Bonny Brownrigg, Cindy Bennett, Rocco Lamanna.

Photo courtesy of Mohawk Valley Rotary Club

HERKIMER — Mohawk Valley Rotary Club welcomed District Grants Coordinator Kuki Haines from the District Foundation at their recent meeting. Haines was invited to discuss district grant projects and how they fund small-scale, short-term activities that address needs in your community and communities abroad.

The Rotary Foundation transforms your gifts into service projects that change lives both close to home and

around the world. Haines stated, "During the past 100 years, the Foundation has spent \$3 billion on life-changing, sustainable projects." The club is actively looking into collaborating with other local rotary clubs and applying for a district grant to help improve the local community. For more information on the Mohawk Valley Rotary Club, contact them on their Facebook page at www.facebook.com/MohawkValleyRotaryDistrict7150.

Order trees and shrubs for spring planting

Attention homeowners and landowners: You only have until March 23 to place your order during the Herkimer County Soil and Water Conservation District's (SWCD) Annual Tree and Shrub sale.

This year's program offers evergreen seedlings and transplants, deciduous trees, northern highbush blueberries, a variety of bushes and shrubs and semi dwarf apple trees.

Other items for sale are Amish made bluebird nest boxes, rain barrels, countryside wildflower seeds, barley straw and many planting accessories.

For more information, including an order form and complete descriptions of all items, stop by the Herkimer County SWCD, 5653 State Route 5, East Herkimer, call 315.866.2520, Ext. 5, or visit our website at herkimer-countyswcd.com.

Tractor Safety Certification

Cornell Cooperative Extension of Herkimer County will be offering a Safe Tractor and Machinery Operation Program to youth and adults 14 years of age and older. We invite and encourage all farm and non-farm youth and adults who will be working on or around machinery to participate in the program.

The program will be held at Clinton Tractor on April 24-26 from 8:30 a.m. – 3 p.m. each day. The cost for 4-H members is \$25. For non-members the cost is \$30. Lunch and all program materials are included.

Pre-registration is required by April 9. You can register online at <https://tinyurl.com/ybezczwb1> or by calling the Herkimer County 4-H Office at 315.866.7920. If you have any questions regarding this or other 4-H programs call or email Jennifer Collins at jlrc34@cornell.edu.

This program is sponsored by Clinton Tractor and Implement Company as well as the Workforce Development Institute through a grant from the Department of Labor.

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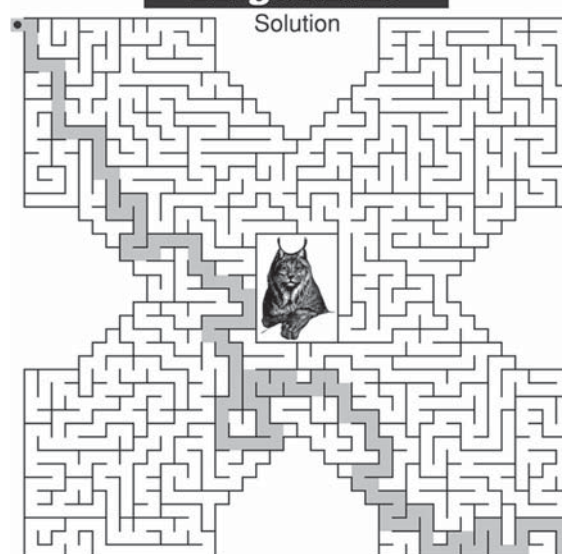
*Annual Percentage Yield. **Money Market Savings:** Rate current as of March 1, 2018 and may change at any time. Minimum to open is \$25,000. You must maintain an average daily balance of \$25,000 to earn the disclosed APY. The initial interest rate of 1.49% and 1.50%APY is effective on the day of account opening and remains in effect for 6 months. On the 6 month anniversary date, the account will revert to the variable rates, tiers and applicable Service charges in effect for a Money Market Savings account at that time that are posted on our website at www.kinderhookbank.com. Fees may reduce earnings. Limited time offer and may not be combined with any other rate promotions. Free gift when you open any new account while supplies last. **19-Month CD:** Rate current as of March 1, 2018. Minimum to open is \$500 and account will automatically renew into a 1-Year Certificate of Deposit term at the current rate posted on our website at www.kinderhookbank.com in effect at that time. Penalty will be imposed for early withdrawal. Fees may reduce earnings. Limited time offer and may not be combined with any other rate promotions. Free gift when you open any new account while supplies last. **Raffle Information:** Raffle drawing boxes available in all branches. No purchase necessary. Must be 18 years old to register. Kinderhook Bank employees and their immediate family members are not eligible to enter or win. Drawing will take place and winner will be notified by phone on March 30, 2018.

King Crossword — Answers

Solution time: 25 mins.



Mega Maze



Weekly SUDOKU — Answer

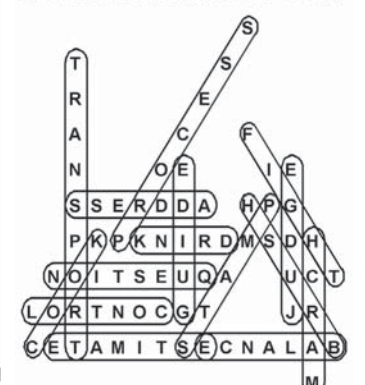
| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 7 | 1 | 9 | 4 | 3 | 2 | 8 | 6 |
| 6 | 4 | 2 | 8 | 5 | 7 | 1 | 3 | 9 |
| 3 | 8 | 9 | 1 | 2 | 6 | 5 | 7 | 4 |
| 9 | 6 | 4 | 5 | 3 | 1 | 8 | 2 | 7 |
| 2 | 1 | 7 | 6 | 8 | 4 | 3 | 9 | 5 |
| 8 | 5 | 3 | 2 | 7 | 9 | 6 | 4 | 1 |
| 4 | 9 | 6 | 3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



Stickelers Answer

48 cubes

CAN BE A NOUN OR A VERB



Lynn Hocking promoted at VHS

Welcome, Lynn Hocking as new Director of HR

HERKIMER, NY — Valley Health Services welcomes Lynn Hocking in her new position as Human Resources Director, effective January 2018.

She began her service with VHS in November 2005 as a payroll clerk and then assumed the position of Human Resources Assistant in June 2017.

Ms. Hocking has a Bachelor of Science Degree in Business Management from The State University of New York Empire State College as well as an A.A.S. Degree in

Accounting from Herkimer College). Ms. Hocking lives in Frankfort, NY with her

husband, Thomas. They have two children, Amanda and Adam.

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Valley Health Services welcomes Lynn Hocking as the new Human Resources Director.

Photo courtesy of Valley Health Services



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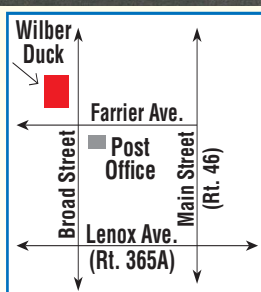


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1075 Snowblowers
1080 Snowmobiles
1096 Sports
1109 Thrift
1140 Trailers
1147 Trains
1148 Travel
1165 Trees
1170 Truck Parts & Equipment
1180 Trucks
1187 Vacuum
1190 Vegetable
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1205 Wanted

Announcements

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The Country Editor

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Announcements

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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Construction Services

Announcements

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ANTIQUES/FINE ART and unusual collectibles. 9200 State Route 365, Holland Patent. From Pete Rose autographs to Coca Cola ceiling fans. 315-794-9175.

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